



GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



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July 2005

ROWAN STREETS FIELD TO WIN 15 KILOMETRE ATHLETICS VICTORIA ROAD CHAMPIONSHIP AT ALBERT PARK Sunday 26th June

Nationally ranked Geelong runner, Louis Rowan showed that a winter spent covering many kilometres around Geelong's tracks and trails and regular Pilates sessions working on core-stability were paying dividends when he streeted a quality field under ideal conditions to win the Athletics Victoria 15 kilometre Road Championship at Albert Park on Sunday. Normally a middle-distance specialist, the smooth striding Rowan looked most comfortable running with the lead pack through to 10 kilometres (covered in a swift 30.30) before increasing the tempo to immediately open up a break that he was able to maintain to the finish. Second across the line was Geelong's Scott Rantall, who had to pull out all stops to hold off Athens' Olympic marathon representative, Nick Harrison in a frantic dash to the line, with last year's Zatopek 10 000 metre champion, David Ruschena fourth.

The 15 kilometre Road Race at Albert Park has been a popular event for Geelong athletes with Lee Troop and Mark Tucker recording victories around the road circuit in recent years. Both Louis Rowan and Scott Rantall will now line up for Geelong in the prestigious Athletics Victoria Road-Relays at Sandown on July 9th, where the Geelong Team will be hoping to add to the Division One Men's' Cross-Country Relay victory from earlier in the season.

In the Combined Junior 5 kilometre Road Race, Georgie Buckley made in three Athletics Victoria Winter Season wins from three starts to take a strangle-hold on the 'Champion Athlete' Title for Under 14 Girls. Fresh from her victory last weekend at the Victorian All-Schools Cross-Country Championships, Buckley was keen to test herself against older opposition in her longest ever race, and despite starting at a break-neck speed, was most satisfied with her finishing time of 18.13. Also collecting a medal in the junior race was Kelsey Rau, who ran a swift 17.37 against a very competitive Under 16 field to take third place.

Geelong Results:

Open Men	15 km.	
Louis Rowan	1 st	45.57
Scott Rantall	2 nd	46.06
Brett Coleman	66 th	54.58
Geoffrey Purnell	72 nd	55.28
Paul Wilson	100 th	56.40
Hugh Thyer	112 th	57.16
Geoff Clark	134 th	58.38
Rohan Perrott	187 th	61.50
Rowan Walker	188 th	61.50
Neil MacDonald	226 th	65.37
Ross Young	D.N.F.	

Fastest Times:

1. L Rowan	(Geelong)	45.57
2. S Rantall	(Geelong)	46.06
3. N Harrison	(Glenhuntly)	46.06
4. D Ruschena	(Glenhuntly)	46.23
5. M Michelsson	(Collingwood)	46.25
6. S Nicholas	(Glenhuntly)	46.58
7. G Schmidlechner	(Doncaster)	47.07
8. B Toomey	(Glenhuntly)	48.26
9. R Gleisner	(Ballarat YCW)	48.29
10. J Meagher	(Box Hill)	48.37

Open Women

	15 km.	
Nadia Semjanov	24 th	63.18
Cathryn Hoare	49 th	66.17

Fastest Times:

1. L Weightman	(Knox Ath.)	53.09
2. S Michelsson	(Collingwood)	54.00
3. K Dick	(Doncaster)	55.30
4. R Millard	(Sandringham)	55.57
5. K Seibold-Crosby	(Sandringham)	56.16
6. S McKinney	(Knox Ath.)	56.31
7. T Austin	(Malvern)	56.55
8. R Barton	(Eureka)	57.02
9. M Murray	(Diamond Vall.)	58.13
10. M Jelleff	(Malvern)	58.35

Under 14 Women

	5 km.	
Georgie Buckley	1 st	18.13

Fastest Times:

1.	G Buckley	(Geelong)	18.13
2.	L Den Ouden	(Ath. Essendon)	18.58
3.	S Daniliuk	(Keilor St. Bern)	19.38
4.	M Clarke	(Sandringham)	20.00
5.	N Puririi-Komarn.	(Keilor St. Bern)	21.22

Under 16 Women 5 km.

Kelsey Rau	3 rd	17.37
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Fastest Times:

1.	E Clayton	(Frankston)	17.09
2.	M Bell	(Frankston)	17.22
3.	K Rau	(Geelong)	17.37
4.	G Thek	(Doncaster)	17.42
5.	B Nash	(Inv.)	17.45
6.	M Duncan	(Knox Ath.)	18.02
7.	S Kondogonis	(Keilor St Bern)	19.05

Under 20 Women 5 km.

Chantelle Faraguna	7 th	19.49
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Fastest Times:

1.	J Gellert	(Eureka)	17.47
2.	K McKnight	(Knox Ath.)	18.04
3.	E Barker	(Glenhuntly)	18.50
4.	E Hudson	(Ath. Essendon)	19.07
5.	S Boorn-Wells	(Eureka)	19.17

Under 14 Men 5 km.**Fastest Times:**

1.	J Williamz	(Knox Ath.)	16.34
2.	R Geard	(Ath. Essendon)	16.35
3.	J Lochhead	(Wendouree)	16.35
4.	J Donnelly	(Frankston)	17.21
5.	S Quirk	(Traralgon)	17.44

Under 16 Men 5 km.**Fastest Times:**

1.	J Huggett	(Ballarat YCW)	15.07
2.	M Blicavs	(Keilor St. Bern)	15.41
3.	J Harris	(Collingwood)	15.44
4.	D Miller	(Frankston)	16.18
5.	A Seen	(Knox Ath.)	16.28

Under 18 Men 5 km.**Fastest Times:**

1.	M Frey	(Frankston)	14.57
2.	B Ashkettle	(Doncaster)	15.07
3.	R Mathews	(Ath. Essendon)	15.08
4.	M Seen	(Knox Ath.)	15.33
5.	A Smythe	(Williamstown)	15.37

Under 20 Men 5 km.

Brenton Rowe	4 th	14.44
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Fastest Times:

1.	L Adams	(Ath. Essendon)	14.12
2.	T Rayner	(Frankston)	14.20
3.	S Ellis	(Eureka)	14.37
4.	B Rowe	(Geelong)	14.44
5.	D Verwey	(Frankston)	15.11

VOTES FOR "BEST PERFORMED GEELONG REGION ATHLETES" AT ALBERT PARK ROAD RACE

Senior Men.

3.	Louis Rowan
2.	Scott Rantall
1.	Geoffrey Purnell / Brenton Rowe

Senior Women.

2.	Nadia Semjanov
1.	Cathryn Hoare / Chantelle Faraguna

Junior Women.

3.	Georgie Buckley / Kelsey Rau
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THE BUSH INN AWARD

The winner of the Bush Inn Award for the Albert Park Road Race is **Louis Rowan** for recording his first individual win during the Athletics Victoria Winter Season Competition. Great running Louis and hope you enjoy the Bush Inn's famous food and hospitality.

"BRONZE, BRONZE, BRONZE" TO GEELONG AT A CHILLY SANDOWN ROAD RELAYS Saturday 9th July

Media commentator, Norman May is famous for his cry of "GOLD, GOLD, GOLD" as Australia powered to victory in the swimming pool at numerous Olympic and Commonwealth Games. Well, at a cold, wet and windy Sandown Racecourse, the sound of "Bronze, Bronze, Bronze" was applicable as six Geelong Teams took third placing at the prestigious Athletics

Victoria Road Relays. As usual at this time of the year, winter ailments, school holidays and injury niggles had taken their toll on the originally selected Geelong Teams. However, after a few late line-up changes, eleven fit and focused Geelong Teams were ready to "Rock 'n' Roll" in the race that best tests a club's talent and depth.

Standout performances came from our Division One Men, who battled not only wet weather induced traffic congestion on Springvale Road but the might of a Steve Moneghetti led Ballarat YCW and the depth of Glenhuntly to record an excellent third and thus consolidate third placing on the Winter Season Premiership ladder. Well done also to Louis Rowan, Scott Rantall, Rowan Walker, Ross Young, Brett Coleman and junior athlete Brenton Rowe, who all ran under 20 minutes on the time-tested two lap course on a day not made for fast times. (Nick Wightman just missed this exclusive group in recording 20 minutes 'dead'!)

Graeme Watkins and Geoffrey Purnell, two of our more 'mature' athletes, also showed great dash to record excellent individual times in the very competitive 40 + Veterans' Section. Interestingly, both will enter the 50 + Veterans' Section in the next year or so, where a whole new set of challenges will await. Over the last decade, Rohan Perrott has been the back bone of many Geelong Division One Teams. However, after sustaining a stress fracture in his foot earlier this year, Rohan has been forced to take some down-time to recover. At Sandown Rohan continued his return to full fitness with two solidly run laps - great to have you back racing in Geelong colours, Rohan!

In the Womens' Open Section, Cathryn Hoare continues to go from strength to strength with an outstanding individual time of 24.19 - a whopping 2 minutes 47 seconds faster than her previous best at the Sandown Road Relays. Great running, Cathryn.

In the Junior Mens' ranks, Ryan Christian and Jeremy Vogrin both ran excellent opening laps for their teams, breaking ten and eleven minutes respectively, to be in top few individual splits recorded for their age-groups. It was also great to see Tim Kilfoyle running strongly, against older competitors, after a frustrating run with injury and illness over the last sixth months.

Not to be outdone, our junior girls were also recording some swift times for their 3.1 kilometre lap of Sandown. In the highly competitive Under 16 Womens' Division (while just missing a medal in their age-group, our Under 16 girls would have won the Under 20 Division and finished second in the Under

18 Division!), Laura Stekelenburg (11.19) and Kate Sly (11.16) both ran within a few seconds of the fastest individual splits of the day. Despite being eligible for the Under 14 Division for another one to two years, our youngest Women's Team of Clare Hodgson, Amy Stekelenburg and Meg Hockey all ran brilliantly to finish a highly creditable third. Well done, girls!

A special thank you to Eileen Hockey, Andrew Hodgson, Carol Kilfoyle, Graeme Kilfoyle, Melanie McHutchison, Chris Sly, Janette Sly, John Stekelenburg, Mary Stekelenburg, Susan Rantall, Lyn Taylor, Simon Taylor and Jaime Werner who braved Arctic like conditions, hypothermia and frost-bite to manage teams and cheer us on - we could not race without your fantastic support!

Division One Men. (6 x 6.2 km.)

Brenton Rowe	19.14
Louis Rowan	18.43
Nick Wightman	20.00
Scott Rantall	18.50
Rowan Walker	19.09
Ross Young	19.51

Note: Brenton Rowe is Under 20.

Third Place:	115.48
First Place: Ballarat YCW	112.23

Fastest Individual Splits:

1. C Birmingham (Eureka)	17.52
2. S Moneghetti (Ballarat YCW)	18.03
3. N Harrison (Glenhuntly)	18.14
4. S Field (St Kevins)	18.18
5. S Nankervis (Ballarat YCW)	18.27
6. G Smidlechner (Doncaster)	18.30
7. M Chettle (Glenhuntly)	18.38
8. L Rowan (Geelong)	18.43
9. R De Highden (Doncaster)	18.48
10. S Rantall (Geelong)	18.50

Division Four Men. (5 x 6.2 km.)

Graeme Watkins	21.15
Rohan Perrott	21.56
Paul Wilson	22.54
Brett Coleman	19.59
Hugh Thyer	22.31

Third Place:	108.35
First Place: Box Hill	104.54

Division Seven Men. (4 x 6.2 km.)

Neil MacDonald	25.00
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Kevin Hoare	23.37
Phillip Christian	24.38
Celia Cosgriff	DNF

No Place Recorded
First Place: Western Athletics 98.43

Veteran Men. (3 x 6.2 km.)

Geoffrey Purnell	21.50
Geoff Clark	22.43
Brad Saunders	22.45

Third Place: 67.18
First Place: Wendouree 65.36

Fastest Individual Splits:

1. S McLennan (Wendouree)	21.05
2. M Johnson (Peninsula R.R.)	21.15
3. M Bialczak (Keilor St. Bern.)	21.23
4. G Purnell (Geelong)	21.50
5. M Muscara (Keilor St. Bern.)	22.16
6. P Fitzgerald (Wendouree)	22.20
7. N Bignell (Malvern)	22.26
8. S Daniliuk (Keilor St. Bern.)	22.33

Under 20 Men. (3 x 6.2 km.)

Fastest Individual Splits:

1. T Rayner (Frankston)	18.39
2. D Verwey (Frankston)	19.55
3. L Searle (Western Athletics)	20.32

Under 18 Men. (3 x 3.1 km.)

Ryan Christian	9.43
Michael Kenny	10.35
Tim Kilfoyle	10.40

Note: Tim Kilfoyle is Under 16.

Third Place: 30.58
First Place: Box Hill 29.01

Fastest Individual Splits:

1. C Hamer (Box Hill)	9.27
2. S Kelly (Box Hill)	9.39
3. S Crowther (Knox Athletics)	9.40
4. R Christian (Geelong)	9.43
5. K Wille (Knox Athletic)	9.52
6. N Arunsalam (Box Hill)	9.55
7. M Seen (Knox Athletics)	10.03
8. A Howard (Ballarat YCW)	10.05

Under 16 Men. (3 x 3.1 km.)

Daniel Payne	10.57
Joshua Hay	12.31
Caleb Byrt	11.52

Fifth Place: 35.20
First Place: Knox Athletic 31.05

Fastest Individual Splits:

1. J Huggett (Ballarat YCW)	9.42
2. D Miller (Frankston)	9.57
3. M Blicavs (Keilor St. Bern.)	9.59
4. J Darcy (Knox Athletics)	10.01
5. D Ireland (Keilor St. Bern.)	10.16
6. M Seen (Knox Athletics)	10.25
7. A Holmes (Knox Athletics)	10.39
8. G Hedley (Frankston)	10.45

Under 14 Men. (3 x 3.1 km.)

Jeremy Vogrin	10.53
Tim Vogrin	12.02
Ryan Saunders	11.35

Third Place: 34.30
First Place: Frankston 33.08

Fastest Individual Splits:

1. L Rayner (Ath. Essendon)	10.33
2. K Grimster (Frankston)	10.38
3. R Geard (Ath. Essendon)	10.47
4. J Donnelly (Frankston)	10.51
5. J Vogrin (Geelong)	10.53
6. R Saunders (Geelong)	11.35
7. N Verwey (Frankston)	11.39
8. T Vogrin (Geelong)	12.02

Division One Women. (4 x 6.2 km.)

Cathryn Hoare	24.19
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No 2nd, 3rd, 4th runner DNF
First Place: Sandringham 91.57

Fastest Individual Splits:

1. S Power (Glenhuntly)	20.01
2. L Weightman (Knox Athletics)	20.49
3. S Michelsson (Collingwood)	21.24
4. K Seibold-Crosby (Sandringham)	21.30
5. K Dick (Doncaster)	21.43
6. R Gibney (Ballarat Harriers)	21.53
7. C Papworth (Richmond)	21.58
8. L Crowe (Diamond Valley)	22.05
9. A Worland (Eureka)	22.07
10. R Millard (Sandringham)	22.15

Under 20 Women. (3 x 3.1 km.)

Chelsea Merry	12.35
Chantelle Faraguna	12.41

Charlotte Curnow 12.44

Note: Chelsea Merry and Charlotte Curnow are Under 18.

Fifth Place: 38.00
First Place: Ballarat Region 36.04

Fastest Individual Splits:

1.	J Gellert	(Ballarat Region)	11.07
2.	A Uys	(Frankston)	11.18
3.	L Cuttler	(Glenhuntly)	11.45
4.	S Donnelly	(St Stephens Harriers)	11.51
5.	L Monagle	(Glenhuntly)	12.09
5.	R Owen	(Frankston)	12.09
7.	N Menhennet	(Ballarat Region)	12.24
8.	S Boorn-Wells	(Ballarat Region)	12.33

Under 18 Women. (3 x 3.1 km.)

Fastest Individual Splits:

1.	S Grahame	(Frankston)	10.49
2.	Z Warrington	(Frankston)	10.52
3.	R Green	(Frankston)	10.55
4.	M Duncan	(Knox Athletics)	11.30
5.	L Olayos	(Doncaster)	11.49
6.	L Lane	(Western Athletics)	12.02

Under 16 Women. (3 x 3.1 km.)

Laura Stekelenburg	11.19
Kate Sly	11.16
Eliza Curnow	12.26

Fourth Place: 35.01
First Place: Athletics Essendon 33.34

Fastest Individual Splits:

1.	E Clayton	(Frankston)	10.49
2.	R Menadue	(Ath. Essendon)	11.03
3.	M Bell	(Frankston)	11.04
4.	B Nash	(Ath. Essendon)	11.09
5.	G Thek	(Doncaster)	11.10
6.	K Sly	(Geelong)	11.16
7.	L Stekelenburg	(Geelong)	11.19
7.	B Gange	(Doncaster)	11.19
9.	L Hall	(Ath. Essendon)	11.22
10.	E Paulin	(Doncaster)	11.32
11.	A Lavale	(Doncaster)	11.33
11.	S Kondogonis	(Keilor St. Bern.)	11.33
13.	S Lund	(Doncaster)	11.38
14.	A Paulin	(Doncaster)	11.46

Under 14 Women. (3 x 3.1 km.)

Clare Hodgson	12.16
Amy Stekelenburg	12.08
Meghan Hockey	13.10

Third Place: 37.34
First Place: Athletics Essendon 35.51

Fastest Individual Splits:

1.	T Daly	(Sandringham)	11.36
2.	L Den Ouden	(Ath. Essendon)	11.41
3.	J Kenny-Page	(Ath. Essendon)	11.48
4.	A Stekelenburg	(Geelong)	12.08
5.	C Hodgson	(Geelong)	12.16
6.	S Daniliuk	(Keilor St. Bern.)	12.17
7.	A Hampton	(Ath. Essendon)	12.22
8.	M Clarke	(Sandringham)	12.27

**VOTES FOR
"BEST PERFORMED GEELONG
REGION ATHLETES" AT THE
SANDOWN ROAD RELAYS**

Senior Men.

3.	Louis Rowan / Scott Rantall
2.	Brenton Rowe / Rowan Walker
1.	Brett Coleman / Geoffrey Purnell / Graeme Watkins

Junior Men.

3.	Ryan Christian
2.	Jeremy Vogrin
1.	Ryan Saunders / Tim Kilfoyle

Senior Women.

3.	Cathryn Hoare
1.	Chantelle Faraguna

Junior Women.

3.	Laura Stekelenburg / Kate Sly
2.	Amy Stekelenburg
1.	Clare Hodgson

THE BUSH INN AWARD

The winner of the Bush Inn Award for the Sandown Road Relays is **Simon Taylor** for his fantastic support of the Geelong Region Cross-Country Team while he recovers from a persistent achilles injury. Thanks Simon and hope to see you back racing in the Geelong singlet soon. In the meantime, enjoy the Bush Inn's famous food and hospitality.

ATHLETICS VICTORIA CROSS-COUNTRY BUNDOORA PARK Saturday 23rd July

The Athletics Victoria Cross-Country race at Bundoora Park served as the Senior / Under 20 Selection Trial for the Australian Cross-Country Championships to be held in Adelaide on August 27th. Consequently, a large contingent of athletes turned up to a cold and windy Bundoora Park (is it ever any other way?) ready to run 'fast'. Top New South Wales coach, Ken Green and a group of his athletes had also journeyed south in search of a hard hit-out, so competition for the top few places was going to be fierce.

However, Geelong's senior men were up to the task with Scott Rantall running a great race to finish in the placings, thus consolidating his position at the top of the 2005 Champion Senior Athlete Award. Over the last few years, Rowan Walker has been a constant in the Geelong Team with regular top ten finishes, despite running with lower leg 'niggles' that require constant management. At Bundoora, Rowan again ran a sterling race to finish a highly creditable eighth. A little further back in the field, Brett Coleman and Ross Young were having a 'race within a race' as they sped around the undulating course. Eventually, a dipping Brett was given the nod although both were given the same time. Fifth Geelong finisher was Rohan Perrott, who is regaining fitness after an injury interrupted start to the cross-country season. Rounding out the Division One Men's Team was the 'evergreen' Geoff Purnell, who tuned up for Bundoora with a Thursday fartlek session of 4 x 3 mins. 'on' with 1 minute 'off' around the immaculate grass hockey fields at King Lloyd Reserve.

Due to injury and other commitments, our Division One Women's Team has been depleted of late. However, Cathryn Hoare has done a magnificent job of 'flying the flag' for the Geelong Team. At Bundoora, Cathryn continued her fine form with another excellent run. In the Under 20 Women's race, Taryn Rau made a promising return to cross-country racing - great to see you back in Geelong colours, Taryn!

In the junior ranks, Under 14 athlete Georgie Buckley ran a solid race to finish third in her first cross-country race over 4 kilometres, while team-mate Amy Stekelenburg 'tuned-up' for next weekends' State

Little Athletics Cross-Country 2 km. event by running hard over the first 2 km. (7:50) before backing off to run a comfortable second lap.

In the highly competitive Under 16 Women's race, also over 4 kms., Georgia Scott ran on very strongly over the second lap to finish a highly creditable 6th, while Holly Lipson recorded her fastest-ever time around Bundoora Park. Great to see that our Under 16 Women's Team of Jessie Couch, Holly Lipson, Kelsey Rau, Bree Ryan, Georgia Scott, Kate Sly and Laura Stekelenburg still lead the Teams' Premiership from the very strong Athletics Essendon and Frankston Teams - great work, girls!

Geelong Results:

Under 14 Women - 4 km.

Georgie Buckley	3 rd	15.11
Amy Stekelenburg	9 th	17.01

Fastest Times:

1.	T Daly	(Sandringham)	14.58
2.	L Den Ouden	(Ath. Essendon)	14.59
3.	G Buckley	(Geelong)	15.11
4.	E Paulin	(Doncaster)	15.12
5.	J Kenny-Page	(Essendon)	15.42
6.	S Daniliuk	(Keilor St. Bern.)	16.08
7.	M Clarke	(Sandringham)	16.09
8.	A Coldham	(Sandringham)	16.11

Under 16 Women - 4 km.

Georgia Scott	6 th	15.08
Laura Stekelenburg	11 th	15.53
Holly Lipson	12 th	16.14

Fastest Times:

1.	E Clayton	(Frankston)	14.18
2.	L Hall	(Ath. Essendon)	14.34
3.	R Menadue	(Ath. Essendon)	14.40
4.	E Gangelhoff	(Ath. Essendon)	14.53
5.	B Nash	(Ath. Essendon)	14.56
6.	G Scott	(Geelong)	15.08
7.	S Kondogonis	(Keilor St Bern.)	15.16
8.	S Lund	(Glenhuntly)	15.22
9.	M Russell	(Diamond Valley)	15.39
10.	H Hodgkinson	(Box Hill)	15.51

Under 18 Women - 4 km.

Fastest Times:

1.	S Grahame	(Frankston)	14.15
2.	H Tomlinson	(Box Hill)	15.10
3.	R Owen	(Frankston)	15.14

Under 20 Women - 6 km.

Taryn Rau 6th 24.22

Fastest Times:

1.	J Gellert	(Eureka)	22.04
2.	K McKnight	(Knox Ath.)	22.52
3.	K Duncan	(Knox Ath.)	23.06
4.	N Menhennet	(Wendouree)	23.56
5.	E Hudson	(Ath Essendon)	24.20
6.	T Rau	(Geelong)	24.22
7.	L Cuttler	(Glenhuntly)	24.57
8.	S Boorn-Wells	(Eureka)	25.03

Open Women - 8 km.

Cathryn Hoare 38th 32.33

Fastest Times:

1.	S Michelsson	(Collingwood)	26.55
2.	L Weightman	(Knox Ath.)	27.03
3.	K Seibold-Crosby	(Sandringham)	27.17
4.	K Smyth	(Glenhuntly)	27.23
5.	R Millard	(Sandringham)	27.31
6.	E Rilen	(Inv.)	27.44
7.	R Gibney	(Ballarat Harriers)	28.15
8.	K Dick	(Doncaster)	28.25
9.	C Papworth	(Richmond)	28.29
10.	A Worland	(Eureka)	28.46

Under 14 Men - 4 km.**Fastest Times:**

1.	R Geard	(Ath. Essendon)	13.59
2.	J Lochhead	(Wendouree)	14.04
3.	J Donnelly	(Frankston)	14.11

Under 16 Men - 6 km.

Tim Kilfoyle 11th 22.07

Fastest Times:

1.	J Huggett	(Ballarat YCW)	18.55
2.	M Seen	(Knox Ath.)	19.24
3.	T Fawthorpe	(Ringwood)	19.28
4.	M Blicavs	(Keilor St. Bern.)	20.00
5.	J Harris	(Collingwood)	20.17
6.	K Fitzgerald	(Wendouree)	21.21
7.	A Conway	(Traralgon)	21.31
8.	M Davis	(Ringwood)	21.57
9.	A Davis	(Ballarat YCW)	22.00
10.	M Masseni	(Williamstown)	22.06

Under 18 Men - 6 km.

Michael Kenny 17th 21.11

Fastest Times:

1.	M Bayley	(Knox Ath.)	18.23
2.	S Crowther	(Knox Ath.)	18.37
3.	A Watson	(Wendouree)	18.46
4.	K Wille	(Knox Ath.)	19.00
5.	R Mathews	(Ath. Essendon)	19.03
6.	M Brown	(Keilor St. Bern.)	19.33
7.	A Neilson	(Doncaster)	19.38
8.	D Ireland	(Keilor St. Bern.)	19.49
9.	B Ashkettle	(Doncaster)	19.50
10.	J Darcy	(Knox Ath.)	19.51

Under 20 Men - 6 km.

Brenton Rowe 4th 24.49

Fastest Times:

1.	T Rayner	(Frankston)	23.48
2.	L Adams	(Ath. Essendon)	24.07
3.	S Ellis	(Eureka)	24.12
4.	B Rowe	(Geelong)	24.49
5.	D McNeill	(Old Xaverians)	25.08
6.	D Locke	(Peninsula R.R.)	25.53
7.	D Verwey	(Frankston)	26.08
8.	L Searle	(Western Ath.)	26.15
9.	N Arunasalam	(Box Hill)	27.09
10.	C Camilleri	(Western Ath.)	27.20

Open Men - 12 km.

Scott Rantall	3 rd	35.30
Rowan Walker	8 th	36.57
Brett Coleman	21 st	38.34
Ross Young	22 nd	38.34
Rohan Perrott	54 th	40.38
Geoff Purnell	72 nd	41.56
Paul Wilson	99 th	43.36
Hugh Thyer	137 th	45.16
Geoff Clark	140 th	45.20
Neil MacDonald	216 th	49.57

Fastest Times:

1.	S Field	(St. Kevins)	34.51
2.	R Dissaix Chin	(Inv.)	35.19
3.	S Rantall	(Geelong)	35.30
4.	M Chettle	(Glenhuntly)	35.45
5.	C Birmingham	(Eureka)	35.50
6.	J Hunt	(Inv.)	36.27
7.	M Michelsson	(Collingwood)	36.52
8.	R Walker	(Geelong)	36.57
9.	J Kent	(Wodonga)	37.06
10.	G Morgan	(Melbourne Uni)	37.16

VOTES FOR "BEST PERFORMED GEELONG REGION ATHLETES" AT BUNDOORA CROSS - COUNTRY

Senior Men.

3. Scott Rantall
2. Rowan Walker
1. Brett Coleman / Ross Young / Brenton Rowe

Senior Women.

2. Cathryn Hoare
1. Taryn Rau

Junior Men.

2. Tim Kilfoyle
1. Michael Kenny

Junior Women.

3. Georgia Scott
2. Georgie Buckley
1. Laura Stekelenburg / Holly Lipson / Amy Stekelenburg

THE BUSH INN AWARD

The winner of the Bush Inn Award for the Bundoora Cross - Country is **Rowan Walker** for his consistent high placings over a number of years during the Athletics Victoria Winter Season Competition. Great running Rowan and hope you enjoy the Bush Inn's famous food and hospitality.

"THE ATHLETES FOOT" GEELONG CROSS-COUNTRY CHAMPIONSHIPS Saturday 13th August

A reminder to runners that "The Athletes Foot" Geelong Cross-Country Championships will be held at the Eastern Gardens on Saturday 13th August. Juniors (Under 16) will race over 3 kms. While senior athletes will cover 6 kms. For athletes planning to race at the Australian Cross-Country Championships in Adelaide on Saturday 27th August, our race would be a fantastic lead-up competition. Racing begins at 2:00pm for juniors and 2:30pm for seniors. Tony

Stewart and "The Athletes Foot" have kindly donated a pair of running shoes as a spot prize.

2006 CROSS – COUNTRY NEWS Venue Rotation

The Athletics Victoria Winter Committee has successfully negotiated with Parks Victoria to use Jells Park, Wheelers Hill as a Cross-Country venue. This brings to four the number of cross-country venues that can be used for non-schools competitions in the metropolitan area: Yarra Bend Park, Ballam Park, Bundoora Park and Jells Park. Rather than drop one of the current venues, the AV Winter Committee has decided to adopt a rotation system, whereby one venue drops out every fourth year. Some of the benefits of a rotation policy are:

- Flexibility in fixture dates.
- A back-up venue is available if unforeseen problems arise.
- Strengthens relationship with Parks Victoria.
- More choices for Australian Championship venues.
- Enables more clubs to participate in Winter course set up and canteen revenues.

POSSIBLE DRAFT ROTATION

YEAR	YARRA BEND PARK	BALLAM PARK	BUNDOORA PARK	JELLS PARK
2006	XC Relays	10 km 16 km.	-	12 km.
2007	XC Relays	-	12 km.	10 km 16 km.
2008	-	10 km. 16 km.	12 km.	XC Relays
2009	XC Relays	10 km. 16 km.	12 km.	-

Men's Open 16 km. Cross – Country Proposal

That the Men's Open 16 km. Cross – Country Race be reduced in length to 10 km., starting season 2006. First run in 1892, the Men's Open 10 mile / 16 km. cross-country is Athletics Victoria's oldest event and has a great tradition. However, for participation, it is the worst AV cross-country race and has further declined over recent years. Obviously runners are choosing not to compete in it for a variety of reasons. It may be that:

- 16 km. is a very demanding cross-country run. The maximum international distance is 12 km. – we are still running 4 kms. further.
- Runners have a lot more long events to compete in these days, with many half-

marathons / fun runs that did not exist previously.

A change down in distance to 10 km. would provide:

- Greater flexibility with venues and fixturing.
- Almost certainly increase participation numbers.
- Provide a more relevant pathway for elite runners to progress through to national and international events.
- Further modernise the winter season, making it more relevant to the generation coming through the junior ranks now.

This proposal will be voted on by clubs at the Winter AGM in October 2005.

Could any feedback on the above proposal be directed to Neil MacDonald
nmac@pipeline.com.au or 5223 1620

AROUND THE TRACK AND TRAILS

In the lead-up to the Victorian All-Schools Cross-Country Championships, our Sacred Heart College girls travelled to pancake flat Albert Park for the Catholic Schools Cross - Country Championships. As can be seen from the results below, our girls were in fine form over the slightly long three kilometre course around the grassy Grand Prix track parkland.

2005 CATHOLIC SCHOOLS CROSS - COUNTRY CHAMPIONSHIPS

Albert Park
Friday 10th June

Year 7 – 8 3 km.
1st. Georgie Buckley 11.40

Year 9 – 10 3 km.
1st. Kelsey Rau 11.27
3rd. Bree Ryan 11.40
4th. Holly Lipson 12.10
5th. Jessie Couch 12.27

Our youngest athletes were also in competition mode at the VPSSA State Cross-Country Championships at a cold and windy Bundoora Park.

2005 V.P.S.S.A. STATE CROSS - COUNTRY CHAMPIONSHIP

Bundoora Park
Thursday 16th June

GEELONG RESULTS

Girls 11 year 3 km.
17th. Clare Hodgson 11.24

Boys 12 / 13 year 3 km.
5th. Ryan Saunders 9.53
21st. Tyron Cover 10.24

2005 VICTORIAN ALL-SCHOOLS CROSS - COUNTRY CHAMPIONSHIP

Bundoora Park
Saturday 18th June

A small but talented group of Geelong junior athletes journeyed to windy Bundoora for the Victorian All - Schools Cross - Country Championships. While these Championships pit Victoria's best junior cross-country runners in head to head competition, they also serve as a selection trial for the Victorian Team to contest the Australian Cross - Country Championships to be held in Adelaide on August 27. Congratulations to Georgie Buckley (Under 14) and Kelsey Rau (Under 16) who ran brilliantly to record impressive victories.

GEELONG RESULTS

Girls Under 14 3 km.
1st. Georgie Buckley 11.36
3rd. Eliza Curnow 11.55

Girls Under 15 4 km.
4th. Kate Sly 15.25
6th. Georgia Scott 15.37

Girls Under 16 4 km.
1st. Kelsey Rau 15.19
5th. Bree Ryan 16.09
14th. Holly Lipson 16.55

Girls Under 18 4 km.
8th. Chelsea Merry 16.39
10th. Ashlea Clifton 16.42

Boys Under 14 3 km.
8th. Jeremy Vogrin 11.14

Boys Under 16 4 km.
14th. Daniel Payne 14.44

Boys Under 18 6 km.
8th. Ryan Christian 20.37

Boys Under 20 8 km.
3rd. Brenton Rowe 26.08

Congratulations to the following junior Geelong athletes who have been selected in Victorian Teams to contest the Australian Cross – Country Championships in Adelaide on the 27th August:

Athletics Victoria Team:

Georgie Buckley	Under 14 Girls
Kelsey Rau	Under 16 Girls
Brenton Rowe	Under 20 Boys

V.S.S.S.A. Team:

Jeremy Vogrin	13 Year Old Boys
Eliza Curnow	13 Year Old Girls
Kate Sly	14/15 Year Old Girls
Georgia Scott	14/15 Year Old Girls

Congratulations also to Brenton Rowe, who is one of 15 recipients of the Ron Clarke Foundation Award. The award and \$500 is presented to Australia's talented junior athletes to assist in their future development.

A small contingent of Geelong athletes traveled north for the Gold Coast Marathon. Despite torrential rain falling on the Gold Coast in the lead-up to the event, (Geelong's annual rainfall fell in four days!) race day was perfect for recording fast times. Well done to:

Loretta McGrath	6 th	Marathon	2:46.15 (P.B.)
Rowan Walker	16 th	Half Marathon	67.50
Brett Coleman	20 th	Half Marathon	70.40
Georgie Buckley	4 th	4 km.	14.58

Because of injury, illness and animal attack (Cathryn Hoare was a late withdrawal after being kicked by a horse!) only three Geelong athletes traveled to Ballarat for the running of the Chas Suffren Cross-Country. However, congratulations to Ryan Christian, who finished first in the Men's Under 18 6.4 kilometre event and Chelsea Merry who was second in the Women's Under 18 3 kilometre race:

Ryan Christian	23.47	1 st	Under 18 6.4 km.
Chelsea Merry	12.07	2 nd	Under 18 3.0 km.
Phillip Christian	27.38		Veteran 6.4 km.

On the other side of the world, our elite athletes have been busy racing on the European circuit:

Craig Mottram:

After recording impressive victories on the road, Craig continued his fine form on the track where he won over 1500 metres in Gothenburg, Sweden on June 14th. Craig's time was 3:36.68 – his second fastest time behind the 3:35.40 he recorded in 2001. Second was Englishman Nick McCormick (3:37.66) with Kenyan Eliud Njubi (3:38.72) third. Craig took up the running from 280 metres out and recorded a swift 53.6 for the last lap. More importantly, the race was a chance to hone tactics rather than a fast-paced circuit race, leaving Craig confident that he could run 3.32 in the not too distant future. Interestingly, Craig's race was in the same stadium (Slottsskogsvallen Stadium) where the great John Walker ran history's first sub three minute 50 mile (3:49.4) in 1975.

Just after his win over 1500 metres win in Gothenburg, Craig sent the following email:

"Hi to members of the Geelong Region Cross - Country Team,

Thanks very much for your support. At the moment I am training hard in London. My last race was over 1500 metres in Gothenburg. The race itself went well - I won in 3:36.68 which I was pleased about. I definitely feel like I can run a lot quicker. My plans over the next two months or so leading into the Helsinki World Champs are:

A 3000 metre track race in Cork on July 2nd. I hope to run a National Record there provided the weather is good.

A 1500 metre track race in Madrid on July 16th. Hope to run under 3.34.

A 5000 metre track race at Crystal Palace London on July 22nd. Try and win in whatever time it takes to win.

I then won't race until the World Champs. Obviously things change over here all the time so if they do, I'll be sure to let you know.

My training is going really well. At the moment we are continuing to train hard completing 160 plus kilometres a week. The main aim is Helsinki in August so we have to concentrate on building fitness until then. Training consists of the usual two long runs and three hard sessions a week - 1 session is on the track, 1 in Bushy Park at heart - rate and the other is hill repeats in Richmond Park.

Hope you are all well.

Regards,
Buster"

On July 2nd Craig raced over 3000 metres at the

Bupa Ireland Cork City Meet, easily winning in 7:38.16. Craig was just outside his National Record of 7:37.30 but finished more than 17 seconds ahead of second place in windy conditions. Then on July 16th Craig raced over 1500 metres at the IAAF Madrid Super Grand Prix Meet, finishing a close second in a time of three minutes 34.80 seconds (P.B. and 5th on the All-Time Australian List) behind Kenyan Augustine Choge (3:34.74). Portugal's Rui Silva (3:35.86) was third. After the race, Craig sent through the following race report:

"Hi Geelong,

The race was run pretty evenly (splits: 55 / 1.55 / 2.53) in extremely hot and dry conditions - 40c and windy. Madrid is also 700m above sea level so we were pretty pleased with the time as this indicates I could run 3.32 or thereabouts. I was passed in the last 10m so was a little frustrated but it was a good race.

All the best with the upcoming cross - country races.

Regards.

Buster".

Craig's next race, over 5000 metres, was at London's Crystal Palace at the Norwich Union British Grand Prix Meet on July 22nd. In this race last year, Craig pushed Ethiopian legend, Haile Gebrselassie all the way in finishing second in 12:55.76. This year it was another Ethiopian superstar, Kenenisa Bekele who was awaiting the "Geelong Flier". Remarkably the result was similar to last year with Bekele having to pull out a 25 second last 200 metres, before winning in 12:55.55 with Craig a gallant second in 12:56.13.

Depending on how he pulls up from London, there is also a possibility that Craig will line up for the Golden Mile at the famed Bislett Games in Oslo on July 29th before competing at the Helsinki World Championships.

Mark Tucker:

Mark Tucker has been very busy in his quest for fast times and high placings: Firstly, he ran at the British Milers' Club Meet at Watford on Saturday 11th June, recording 3:45.68, despite a touch of leg-lag after the long flight from Australia. First across the line was fellow Australian athlete, Lachlan Chisholm in 3:39.15. Next up it was a 10 km. road race in Braunschweiger, Germany, where Mark finished 5th in 29.21. Then, on the 22nd June, Mark ran over 1500 metres at the Papendal Games in the Netherlands, finishing 7th in 3:42.69 before running the 3000 metres at Nivelles, Belgium on 25th June, winning in 8:06.12. Mark also had time for a 5 km. road race in Horwich, England, where he finished 4th in 14.10. Next, it was off to the Bupa Ireland Cork City Sports

Meet, finishing 7th over 1500 metres in 3:42.14 behind England's Nick McCormick (3:38.85), before finishing second over 3000 metres on July 11th in Norrtelje, Sweden, running 7:54.09 (1st was Joseph Kosgey of Kenya in 7:53.40) Finally, on July 23rd Mark raced over 5000 metres in the KBC Night Of Athletics at Heusden-Zolder, Belgium, finishing 15th in 13:43.87 behind winner, Al-Outaibi Moukheld (KSA) who ran 12:58.58. Phew!!!

Mark also sent an email on July 20 detailing his exploits overseas:

"Hi to everyone in Geelong,

Ran a BMC race in Cardiff last night but was very windy and slow. Came 3rd in 3.45.84, with fellow Aussie, Mitch Kealey winning in 3.45.23. Crappy race and was basically a lottery with Mitch making the right move at the right time... So far I have been solid, but nothing special. Disappointed in some ways as I see it as mediocrity the times I am running. Anyway, got a pb in the 3km in Sweden in 7.54, less than a second behind the winner (who has pbs of 7.37 and 13.06, which I found out on the warm-down). Five days before that race ran 3.41.91 in a 1500m in Albertville, France to run close to my pb but was very frustrated as I crossed the line full of running and ran poor tactically. So far I have done 9 races! I have raced in Germany, the Netherlands, Belgium, Wales, England, France and Sweden! Good experience but still looking for the breakthrough...

One of my favourite races so far was the 10km road race I did in Germany (Braunschweig). It was 7 loops of a circuit that went through the city, literally metres away from locals sipping on coffees etc. Started just before midnight and was an awesome atmosphere. People lined the course and supported us well. I came 5th in 29.21 (my pb on the road) and wasn't far from the winner who has run 27.42 on the track. The presentation ceremony was awesome as got the traditional flowers and kiss that you see on television... Have had one win, my 3000m in Belgium, where I sat on a Kenyan and smoked him over the last 250m... Has been good having other Australians at the meets as it has boosted morale and we have all got on quite well... Anyway, that is it for now. Hope you are well and enjoying the running back in Australia. Will keep in touch,

Regards,

Mark"

Georgie Clarke:

Georgie's competition program has picked up since arriving in Europe. In her first hit-out on the 28th June, Georgie won over 1500 metres in 4:16.01 at the

Sollentuna Grand Prix Meet in Sweden. Then, on July 2nd, Georgie again raced over 1500 metres at the Bupa Ireland Cork City Sports Meet, finishing second in 4:16.61, a stride behind Irina Krakoviak of Lithuania (4:16.42). However, Georgie made a stunning breakthrough on July 8th at the Rome Golden League Grand Prix, where she recorded 4:06.50 for 1500 metres, finishing ninth in a tightly packed finish behind Ethiopia's Tadesse Mestawat (4:04.92). Georgie's time takes her to third place on the Australian All-Time List (behind Margaret Crowley – 4:01.34 and Sarah Jamieson – 4:04.73) and smashed her five year old P.B. from 2000 (4:06.77 as a 15 year old!) Later in 2000, as a precocious 16 year old, Georgie made a semi-final appearance in the 1500 metres at the Sydney Olympics. Importantly, Georgie's Rome time bettered the A Qualifying Standard for the 2006 Commonwealth Games. Great work, Georgie! Hot on the heels of her Rome race, Georgie travelled to Leige, Belgium, where on 20th July she finished 3rd over 1500 metres (4:11.74) behind Maria Martins of France (4:10.22) before dropping down in distance to contest the 800 metres at the Norwich Union British Grand Prix at Crystal Palace on 22nd July. Georgie ran 2:03.83 in finishing 7th (her quickest 800 since 2001) behind Neisha Bernard-Thomas who ran 2:00.00. Georgie's next major competition will be the 2005 World University Summer Games in Izmir, Turkey from August 11 – 21.

Richard Jeremiah:

Richard's first race European race was in Zaragoza, Spain on June 25th where he contested the 3000 metre steeple in windy conditions. Richard finished a promising 6th in 8:36.91. It was then off to Lapinlahti, Finland, for another 3 km. steeple on July 3rd. However, after the pacemaker took the field through the opening kilometre in a touch under 3 minutes, a fast time was always going to be difficult. Despite picking up the pace over the final laps, Ritchie crossed the line in 8:35.91 for second place behind Japan's Yoshitaka Iwamizu (8:32.07). On July 17th, Ritchie competed over 3000 metres in Lignano, Italy, running 8:10.98 for 9th place.

RUNNER PROFILE

To many of us, the smooth striding Ross Young is Louis Rowan's colourful training partner (read tattooed!) However, Ross is an excellent athlete in his own right and is determined to see just how far his running can progress over the next few years under the tutelage of coach Jaime Werner.

Ross Young

Occupation Carpenter

Age 27

Date of Birth 9 / 2 / 78

Height 173 cm.

Weight 64 kg.

Married / Single Neither – Libby Crowe and I will marry in December

Coach Jaime Werner

Personal Bests - should beat all of these this year!

800m. 2:00

1500m. 4:02

3000m. 8:59 - first 3000 metres of a 5000 metre race.

5000m. 15:24 (Eastern Gardens road circuit)

10000m. 32.30 (road)

3000m. St. 9.20

Favourite Food Lasagne

Food Eaten Before a Race Subway

Favourite Drink Green Cordial

Favourite Movie "Karate Kid Series – I II III"
"Wax on, Wax Off!"

Favourite Book "Tattoo Magazines - I like the articles!"

Favourite Music / Band "All types but mostly Hardcore / Punk"

Favourite TV Show "Spicks and Specks (ABC) and Glasshouse (ABC)"

Favourite Night Spot "In Bed"

Favourite Holiday Spot "Byron Bay"

A Normal Winter Training Week.

Mon. am. 30 minute easy run.
pm. 45 minute easy run.

Tues. pm. Fartlek Session. i.e. 10 mins, 8 mins, 6 mins, 4 mins 'on' with 3 mins. recovery between. (3 km., warm-up and 3 km. cool-down)

Wed. am. 30 minute easy run.
pm. 50 – 60 min. medium pace run.

Thur. pm. Track Session. 20 x 300 metres with 45 second jog recovery between.

Fri. am. 30 minute easy run.
pm. Sand Dunes or Hill Session. Average 10 – 12 kms.

Sat. am. Race or Threshold Run.

Sun. am. 80 - 90 min. long run or Threshold Run depending on whether I've raced on Saturday.

Other Training / Recovery Sessions.

"Massage weekly, core and pelvic-stability session three times a week."

Favourite Training Session "Track - 200 / 300's or Long Run."

Favourite Race "Any Steeple Chase race"

Best Ever Performances "I'll let you know at the end of the coming track season."

Favourite Place To Train "You Yangs and Track."

Toughest Ever Training Session Any session I'm training with Louis Rowan – trying to keep up is an absolute nightmare!"

Most Admired Runners / People "???"

Advice to Other Runners "Wear lots of warm running gear at this time of the year! Consistency is the key – something I have only really discovered this year."

Goals for the Future

"To stay consistent in my training for another two years to see how far I can go. Hopefully, I can run a few of the Australian Grand Prix races."

**FINALLY, THANK YOU TO THE
FOLLOWING FOR THEIR FANTASTIC
SUPPORT OF THE GEELONG REGION
CROSS-COUNTRY TEAM**

BUCKLEY'S

CORIO BAY SPORTS MEDICINE CENTRE

**TONY STEWART AND
"THE ATHLETES FOOT"**

**CRICHTON COLLINS
AND THE "PAKINGTON BAKERY"**

**CRAIG GODDARD
AND SUBWAY**

THE CITY OF GREATER GEELONG

**TONY & PAULA KELLY AND
"THE BUSH INN HOTEL"**

GEELONG ATHLETICS INC.

Please support the above businesses and organisations. And don't forget to say that you're from the Geelong Region Cross-Country Team whenever you use their services.

Hoping you have a great Winter Season running for the Geelong Region Team.

If you have any questions, don't hesitate to give Neil MacDonald a call on 5223 1620 or nmac@pipeline.com.au

