



GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 49

<http://au.geocities.com/grxct/>

September 2005

ATHLETICS VICTORIA CROSS-COUNTRY BALLAM PARK FRANKSTON Saturday 6th August

A small but determined band of Geelong athletes made the long trek around the bay to Ballam Park, for the running of the Athletics Victoria Frankston Cross-Country event. This race last year, at Coburg, was held under extreme weather conditions where hypothermia was a distinct possibility. However, Frankston presented a beautiful day and a challenging, technical course that included many rhythm breaking hills and turns as well as varied footing.

In the lead-up to the Australian Cross-Country Championships, to be held on Saturday August 27th in Adelaide, many junior athletes chose to run out of age-group to compete at their desired distance. However, these athletes acquitted themselves very well and gave many of their older competitors a real run for their money.

In the opening race over 3 kilometres, Georgie Buckley relished the competition provided by the Under 14 Men and Under 20 Women to record an impressive win, her fourth individual victory of the season from five starts. Also running the 3 kilometre event, but in the Under 20 age-group was Kelsey Rau, who was returning to racing after some downtime to recover from a lower leg injury niggle. Kelsey, as usual, ran aggressively and will greatly benefit from the Frankston hit-out and next week's Geelong Cross-Country Championships as she prepares for the Australian Cross-Country Championships. Incidentally, Kelsey was delighted to receive a cash prize of \$25 for her third placing as part of the New Balance / Runners World Winter Challenge, although Mum, Tracey was putting in a late bid for the money to cover the cost of petrol.

Another athlete preparing for the Australian Cross-Country Championships was Brenton Rowe, who ran solidly in a swish pair of new Nike Kennedy cross-country spikes to finish third in the strong Under 20

age-group. Once again, Brenton proved that distance was no hardship for dedicated athletes by using public transport and car-pooling to make it to Frankston.

In the Open Women's 4 kilometre event, 13 year old Kate Sly turned a few heads as competitors toed the starting line. However, once the gun sounded the old saying: 'if you're good enough, you're old enough' rang true as Kate ran an excellent Australian Country Trial to finish 14th against her more seasoned competitors. Also running the Open Women's race was Cathryn Hoare, who continues to improve her overall placing with every race, Frankston's 35th being her best result (so far!) A few seconds behind Cathryn was Taryn Rau, another athlete running up an age-group. With each race and training session completed, Taryn is regaining fitness and form.

And so, it was left to the Open Men to strut their stuff, in what might be the last Athletics Victoria 16 kilometre cross-country race (there is a proposal to reduce the event to 10 kilometres). Leading the way for Geelong was Scott Rantall, who was racing his longest ever event. Wisely, Scott chose to run in racing flats and, while pretty weary on the finish line, did enough in finishing 5th to consolidate his lead in the Champion Individual Open Male Athlete Competition. Following in rapid succession were the ultra-consistent Rowan Walker (7th) and first year runner, Brett Coleman (12th) to give Geelong's Division One Men's Team an outstanding one, two, three. Despite rapidly closing in on 50, Geoffrey Purnell is in the best shape of his forties (must be the new hair cut!) as he continues to embarrass much younger athletes with his racing times and placings. At Frankston Geoff finished an outstanding 41st – his highest ever position in an AV race. Training partner, Paul Wilson also ran an excellent race to finish 60th, easily his top finish of the Winter Season. During the week, Geoff Clark was listed as 'highly unlikely to race' due to a back that made anything approaching vertical out of the question. However, Geoff is 'as tough as teak' and somehow managed to tie up his laces and make it to Frankston, where he put in his usual gutsy performance in crossing the line as our

final scoring athlete for the Division One Men's Team.

Geelong Results:

Under 14 Women - 3 km.

Georgie Buckley 1st 11.01

Fastest Times:

1.	G Buckley	(Geelong)	11.01
2.	T Daly	(Sandringham)	11.11
3.	L Den Ouden	(Ath. Essendon)	11.34
4.	S Daniliuk	(Keilor St. Bern.)	11.49
5.	J Kenny-Page	(Essendon)	12.03
6.	A Coldham	(Sandringham)	12.18

Note: B Nash (Ath. Essendon – U16) 10.50

Under 16 Women - 6 km.

Fastest Times:

1.	G Thek	(Doncaster)	22.43
2.	S Lund	(Glenhuntly)	23.56
3.	E Gangelhoff	(Ath. Essendon)	24.58
4.	M Casha	(Western Athletics)	26.08
5.	C French	(Traralgon)	26.14
6.	S Daniliuk	(Keilor St. Bern.)	27.23

Under 18 Women - 6 km.

Fastest Times:

1.	S Grahame	(Frankston)	22.35
2.	R Green	(Frankston)	22.58
3.	R Gatt	(Western Athletics)	24.08
4.	Z Warrington	(Frankston)	24.24
5.	R Owen	(Frankston)	24.35
6.	S Renouf	(Frankston)	24.52

Under 20 Women - 3 km.

Kelsey Rau 3rd 11.00

Note: Kelsey Rau is Under 16

Fastest Times:

1.	J Gellert	(Eureka)	10.44
2.	E Clayton	(Frankston)	10.48
3.	K Rau	(Geelong)	11.00
4.	K Duncan	(Knox Ath.)	11.13
5.	K McKnight	(Knox Ath.)	11.25
6.	E Barker	(Glenhuntly)	11.37

Note: Kelsey Rau / Elise Clayton are Under 16

Open Women - 4 km.

Kate Sly 14th 15.13

Cathryn Hoare 35th 16.32

Taryn Rau 38th 16.38

Note: Kate Sly is Under 16 and Taryn Rau is Under 20

Fastest Times:

1.	L Weightman	(Knox Ath.)	13.34
2.	S Michelsson	(Collingwood)	13.40
3.	K Seibold-Crosby	(Sandringham)	13.44
4.	A Cross	(Ath. Essendon)	14.19
5.	S Coxhell	(Peninsula R.R.)	14.27
6.	C Papworth	(Richmond)	14.33
7.	I De Castella	(Ath. Essendon)	14.42
8.	T Austin	(Malvern)	14.42
9.	M Murray	(Diamond Valley)	14.47
10.	C Fearnley	(Knox Ath.)	14.53
11.	M Bell	(Frankston)	15.00
12.	S McKinney	(Knox Ath.)	15.01
13.	L Hall	(Ath. Essendon)	15.04
14.	K Sly	(Geelong)	15.13

Under 14 Men - 3 km.

Fastest Times:

1.	R Geard	(Ath. Essendon)	10.25
2.	J Lochhead	(Wendouree)	10.35
3.	S Quirk	(Traralgon)	10.40
4.	H Malone	(Sandringham)	10.45
5.	N Verwey	(Frankston)	10.52
6.	C Kelly-Dalgety	(Sandringham)	11.01

Under 16 Men - 4 km.

Fastest Times:

1.	J Huggett	(Ballarat YCW)	13.07
2.	T Fawthorpe	(Ringwood)	13.20
3.	D Ireland	(Keilor St. Bern.)	13.30
4.	M Blicavs	(Keilor St. Bern.)	13.32
5.	J Harris	(Collingwood)	13.35
6.	D Miller	(Frankston)	13.42

Under 18 Men - 8 km.

Fastest Times:

1.	B Ashkettle	(Doncaster)	27.30
2.	S Crowther	(Knox Ath.)	27.38
3.	M Brown	(Keilor St. Bern.)	28.16
4.	K Wille	(Knox Ath.)	29.05
5.	R Lindsay-Johns	(Inv.)	29.28
6.	S Ryan	(Ringwood)	29.59

Under 20 Men - 6 km.

Brenton Rowe 3rd 19.11

Fastest Times:

1.	T Rayner	(Frankston)	18.18
2.	D McNeill	(Old Xaverians)	18.46
3.	B Rowe	(Geelong)	19.11
4.	D Locke	(Peninsula R.R.)	19.26
5.	S Ellis	(Eureka)	19.30
6.	M Frey	(Frankston)	19.37

Note: Mitchell Frey is Under 18

Open Men - 16 km.

Scott Rantall	5 th	53.29
Rowan Walker	7 th	53.43
Brett Coleman	12 th	55.22
Geoff Purnell	41 st	61.36
Paul Wilson	60 th	63.16
Geoff Clark	106 th	66.41
Neil MacDonald	150 th	72.31

Fastest Times:

1.	N Harrison	(Glenhuntly)	51.34
2.	D Ruschena	(Glenhuntly)	51.59
3.	M Michelsson	(Collingwood)	52.41
4.	G Schmidlechner	(Doncaster)	52.49
5.	S Rantall	(Geelong)	53.29
6.	S Nicholas	(Glenhuntly)	53.37
7.	R Walker	(Geelong)	53.43
8.	P Hulbert	(Glenhuntly)	53.48
9.	J Kent	(Wodonga)	54.01
10.	A Searle	(Glenhuntly)	54.53
11.	S Stevens	(Keilor St. Bern.)	55.21
12.	B Coleman	(Geelong)	55.22

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

Senior Men.

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

Senior Women.

3. Kelsey Rau / Kate Sly
1. Cathryn Hoare / Taryn Rau

Junior Women.

3. Georgie Buckley

THE BUSH INN AWARD

The winners of the Bush Inn Award for the Frankston Cross - Country are **Kate Sly**, for her excellent form during the Winter Cross-Country Season and **Chris Sly** for his great support by driving the team bus to various races. Well done, Kate and Chris - hoping you enjoy the Bush Inn's famous food and hospitality.

"THE ATHLETE'S FOOT" GEELONG CROSS - COUNTRY CHAMPIONSHIPS EASTERN PARK Saturday 13th August

After the Arctic like conditions experienced during the week, Saturday's "The Athlete's Foot" Geelong Cross-Country Championships were held under magnificent, spring like weather at Eastern Park, Geelong. However, while the weather was favourable, the 1500 metre loop course around Eastern Park was certainly challenging, with the long, rhythm breaking hill back to the start / finish area particularly difficult.

Lining up in the Junior Race over 3 kilometres were Victorian Team Representatives Jeremy Vogrin, Kate Sly and Georgie Buckley, who were all after a hard race two weeks out from the Australian Cross-Country Championships to be held in Adelaide. However, on the gun it was defending Junior Champion, Tim Kilfoyle who led, despite recently recovering from a virus. On the second lap, Tim understandably tired, with Jeremy Vogrin impressively taking the Geelong Cross-Country Title, with the much improved Ryan Saunders taking second. Jeremy's win at Eastern Park sits nicely with his Geelong Road Championship victory from earlier in the year. A little further back, Kate Sly and Georgie Buckley were running strongly, stride for stride, neither willing to give a centimetre. Up the final, gut busting hill it was impossible to pick a winner as both girls looked strong and determined. However, on cresting the final rise, Georgie was able to gain a small break, which she was able to hold to the finish. Well done, Georgie and Kate – your race, within a race, was sensational. Third place in the Junior Women's Race went to Holly Randall, with Holly Lipson and Meg Hockey finishing hot on her heels. In the Senior Men's Race, Rowan Walker continued his excellent cross-country form with an impressive win from talented youngster Nick Wightman and first year Geelong Cross-Country Team runner, Brett Coleman.

Leading the way in the Senior Women's Race was Cathryn Hoare, who led from start to finish to take out her first Geelong Championship Title, from Nadia Semjanov and Taryn Rau.

Much thanks to Michael Kenny, Graeme Kilfoyle, Joanne Lambert, Mary McDonald, Chris Sly and Lyn Taylor for their wonderful assistance on the day and

Tony Stewart of "The Athlete's Foot" for his fantastic support of Geelong Athletics. Congratulations also to Nick Wightman, who was the winner of the running shoes kindly donated by "The Athlete's Foot".

Results:

Under 16 Women - 3 km.

1.	Georgie Buckley	(Deakin)	11.52
2.	Kate Sly	(Deakin)	11.53
3.	Holly Randall	(Chilwell)	12.40
4.	Holly Lipson	(Deakin)	12.47
5.	Meg Hockey	(Deakin)	13.00

Under 16 Men - 3 km.

1.	Jeremy Vogrin	(Chilwell)	11.29
2.	Ryan Saunders	(Chilwell)	12.09
3.	Tim Kilfoyle	(Deakin)	12.15

Senior Women - 6 km.

1.	Cathryn Hoare	(Bellarine)	26.45
2.	Nadia Semjanov	(Deakin)	27.07
3.	Taryn Rau	(Deakin)	28.53
4.	Chantelle Faraguna	(Guild)	30.35

Senior Men - 6 km.

1.	Rowan Walker	(Deakin)	20.04
2.	Nick Wightman	(Deakin)	20.43
3.	Brett Coleman	(Chilwell)	21.04
4.	Rohan Perrott	(Deakin)	21.49
5.	Ryan Christian	(Deakin)	22.43
6.	Geoffrey Purnell	(Guild)	22.52
7.	Hugh Thyer	(Deakin)	23.23
8.	Paul Wilson	(Guild)	23.35
9.	Phillip Christian	(Deakin)	25.10
10.	John Skinner	(Inv.)	26.17
11.	Neil MacDonald	(Deakin)	26.37
12.	Scott Randall	(Inv.)	30.25
	Greg Sleehvoorden	(Inv.)	D.N.F.

TEAM PHOTO Saturday 1st October 8:00am at Landy Field

All athletes who have run for the Geelong Region Cross-Country Team this winter are requested to attend for a quick team photo. Please wear your full Geelong racing uniform (AV numbers removed) Team photos will then be distributed to our valued sponsors while athletes will be able to purchase a photo as a memento of the 2005 Winter Season. Please be there to support your team.

ATHLETICS VICTORIA COLIBAN ROAD RELAYS HARCOURT - BENDIGO Saturday 20th August

For the first time in many years, Geelong did not field a Men's Division One Team at the Coliban Road Relays. However, our Division One Women's Team made the long journey to Harcourt and acquitted themselves extremely well over the varied and challenging Bendigo terrain, eventually finishing a highly creditable fifth. Great work, Taryn Rau, Cathryn Hoare, Loretta McGrath, Nadia Semjanov and Chantelle Faraguna. Congratulations also to Coliban specialists, Cathryn Hoare and Loretta McGrath, who recorded Personal Best Times for their Individual Legs. Finally, thanks very much to Rohan Perrott, who acted as Team Manager / Cheer Squad and Lyn Taylor for Marshalling on the course.

Geelong Results:

Division One Women

Previous Best Time / Year in ()

The Orchards Leg - 6.3 km. "Hard Leg"

Taryn Rau 26.34

Fastest Times - K Jackson (Sandringham) - 26.30
- M Jelleff (Malvern Harriers) - 26.46

Coliban Water Race Leg - 5.0 km. "Relatively Flat"

Cathryn Hoare 21.40 (25.58 - 2003)

Fastest Times - J Liston (Sandringham) - 21.14
- C Piretta (Glenhuntly) - 21.20

Sedgwick Valley Leg - 7.5 km. "Relatively Flat"

Loretta McGrath 26.35 (27.01 - 2004)

Fastest Times - C Fearnley (Knox Athletics) - 25.26
- L McGrath (Geelong) - 26.35

Hogan's Road Leg - 8.6 km. "Undulating"

Nadia Semjanov 34.40

Fastest Times - K Seibold-Crosby (Sand.) - 29.47
- T Austin (Malvern Harriers) - 31.02

Athletic Track Leg - 4.9 km. "Relatively Flat"

Chantelle Faraguna 21.16

Fastest Times - K Duncan (Knox Athletics) - 19.29
- J Jensen (Glenhuntly) - 19.46

Geelong 5th place in 2:13.51

1st place Sandringham in 2:07.21

2nd place Knox Athletics in 2:09.25

3rd place Glenhuntly in 2:11.22

COLIBAN ROAD RELAY INDIVIDUAL LEG RECORDS

Leg 1. The Orchards - 5.2 km.

Sean Quilty	1998	Doncaster	17.05
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Leg 1. The Orchards - 6.3 km.

Lex Davey	1999	Keilor St. Bern.	21.52
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Serena Gibbs	2002	Peninsula R.R.	24.00
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Leg 2. Mt. Alexander - 8.3 km.

Sean Quilty	1997	Doncaster	27.11
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Leg 3. The Gap - 9.3 km.

Steve Moneghetti	1997	Ballarat YCW	27.57
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Leg 4. Coliban Water Race - 5.0 km.

Travis Longmuir	2002	Doncaster	15.52
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Nicole Webster	1999	LSW	19.19
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Leg 5. Sedgwick Valley - 7.5 km.

Phil Sly	1999	Peninsula R.R.	21.10
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Haley McGregor	2002	Knox Athletic	22.41
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Leg 6. Hogan's Road - 8.6 km.

Michael Power	2003	Glenhuntly	24.47
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Susan Michelsson	2002	Collingwood	29.46
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Leg 7. Athletic Track - 4.9 km.

Mark Tucker	2003	Geelong	14.28
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Joanne Lambert	2004	Geelong	19.10
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VOTES FOR "BEST PERFORMED GEELONG REGION ATHLETES" AT COLIBAN ROAD RELAYS

Senior Women.

- | | |
|----|---|
| 3. | Loretta McGrath |
| 2. | Cathryn Hoare |
| 1. | Taryn Rau / Nadia Semjanov / Chantelle Faraguna |

THE BUSH INN AWARD

The winner of the Bush Inn Award for the Coliban Road Relays is **Lyn Taylor** for her continued great support of our team. Well done, Lyn - hoping you enjoy the Bush Inn's famous food and hospitality.

AUSTRALIAN CROSS-COUNTRY CHAMPIONSHIPS VICTORIA PARK RACECOURSE, ADELAIDE Saturday 27th August

Nine Geelong athletes made the trek across the border to beautiful Adelaide, where they donned the Victorian Team uniform for the Australian Cross-Country Championships. And while the course around picturesque Victoria Park Racecourse at first glance appeared flat and suited to the faster track athletes, warm conditions and thirty metres of ankle deep, shifting crushed white rock, that had to be negotiated each lap, made conditions challenging. Well done to Mark Tucker, Scott Rantall, Brenton Rowe and Georgie Buckley, who all recorded top-ten finishes, while Eliza Curnow, Georgia Scott, Kate Sly, Laura Stekelenburg and Jeremy Vogrin will have all benefited greatly from competing at the highest level. Congratulations also to Kate Sly, who was part of the all-conquering Victorian 14 / 15 Girls' Team that collected gold in Sunday's Relay Competition. Thirteen year old, Eliza Curnow won a bronze medal in the same relay competition.

Also competing in Adelaide, but in the Australian Road Walking Championships at Santos Stadium, was Under 16 athlete, Daniel Payne. Daniel finished an excellent 4th in the Under 16 5 km. event (27.03) behind winner, Brook Keys of New South Wales (25.01). Well done, Daniel.

RESULTS: AUSTRALIAN CROSS-COUNTRY CHAMPIONSHIPS

Open Men - 12 km.

- | | | | |
|----|----------------------|-----|-------|
| 1. | Martin Dent | ACT | 36.50 |
| 2. | Alistair Stevenson | QLD | 37.00 |
| 3. | Russell Dessaix-Chin | NSW | 37.10 |

4.	David Ruschena	VIC	37.23
5.	Jeremy Roff	NSW	37.30
6.	Scott McTaggart	ACT	37.33
7.	Mark Tucker	VIC	37.34
8.	David Byrne	NSW	37.37
9.	Scott Brittain	QLD	37.47
10.	Scott Rantall	VIC	37.54

Open Women - 8 km.

1.	Susan Michelsson	VIC	28.27
2.	Melissa Moon	NZL	28.28
3.	Kate Seibold-Crosbie	VIC	28.30
4.	Anna Thompson	VIC	28.40
5.	Sarah Salmon	ACT	28.53
6.	Lauren Shelley	WA	29.04
7.	Melinda Vernon	NSW	29.20
8.	Kate Smyth	VIC	29.30
9.	Belinda Wilsher	NSW	29.42
10.	Elizabeth Miller	NSW	29.44

Under 20 Men - 8 km.

1.	Toby Rayner	VIC	25.06
2.	Liam Adams	VIC	25.29
3.	David McNeill	VIC	25.47
4.	Andrew Haigh	NZL	25.57
5.	Brenton Rowe	VIC	26.07
6.	Steve Kelly	VIC	26.23

Under 20 Women - 6 km.

1.	Madeline Heiner	NSW	21.47
2.	Kathryn Archbold	NSW	22.10
3.	Camilla Whishaw	TAS	22.27
4.	Stephanie Powell	QLD	22.41
5.	Brooke Simpson	NSW	22.53
6.	Josephine Gellert	VIC	22.56

16 / 17 Year Boys - 6 km.

1.	Ben Guest	NSW	19.11
2.	Matthew Coloe	VIC	19.15
3.	Chris Hamer	VIC	19.16
4.	Mitch Frey	VIC	19.20
5.	Hugo Beamish	NZL	19.22
6.	Matthew Bayley	VIC	19.29

16 / 17 Year Girls - 4 km.

1.	Lara Tamsett	NSW	14.35
2.	Rachel Green	VIC	14.46
3.	Jennifer Conder	NSW	14.54
4.	Genevieve Lacaze	QLD	15.03
5.	Chloe Tighe	NSW	15.08
6.	Sarah Grahame	VIC	15.21

14 / 15 Year Boys - 4 km.

1.	Richard Everest	SA	13.17
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2.	Ryan Gregson	NSW	13.19
3.	Jamie Huggett	VIC	13.22
4.	Angus Campbell	NSW	13.23
5.	Mitchell Lamb	ACT	13.29
6.	Matthew Hawke	QLD	13.33

14 / 15 Year Girls - 4 km.

1.	Emily Pluck	ACT	13.39
2.	Linden Hall	VIC	14.54
3.	Claire Doyle	NSW	15.02
4.	Jamie Rennell	QLD	15.06
5.	Sally Fitzgibbons	NSW	15.09
6.	Kerrie Simpson	NSW	15.10
7.	Grace Thek	VIC	15.14
8.	Brittany Nash	VIC	15.21
22.	Kate Sly	VIC	15.42
41.	Georgia Scott	VIC	16.22
55.	Laura Stekelenburg	VIC	16.36

13 Year Girls - 3 km.

1.	Jessica Gilfillan	QLD	10.36
2.	Celia Sullohearn	NSW	10.50
3.	Kelly-Ann Perkins	QLD	10.53
4.	Sarah Deuble	QLD	11.02
5.	Rebecca Krause	QLD	11.05
6.	Ashley Mason	NSW	11.06
7.	Georgie Buckley	VIC	11.08
8.	Charlotte Wilson	NSW	11.09
9.	Chavon Livey	WA	11.10
10.	Ruby Hackett	NSW	11.12
19.	Eliza Curnow	VIC	11.28

13 Year Boys - 3 km.

1.	Michael Todd	NSW	9.59
2.	Aaron Bernard	QLD	10.01
3.	Keith Gregson	NSW	10.06
4.	Kane Grimster	VIC	10.08
5.	Hamish Wagner	QLD	10.09
6.	Sam Martyn	NSW	10.09
7.	Ryan Geard	VIC	10.14
8.	Jordan Williamsz	VIC	10.15
27.	Jeremy Vogrin	VIC	10.40

PRESENTATION NIGHT DINNER
Friday 14th October
7:00pm at the Bush Inn Hotel

Please come along to wind-up a successful Winter Season while enjoying a delicious meal with your team - mates. Trophies/Awards will be distributed. Meals can be ordered from main

menu. Please inform Neil MacDonald
nmac@pipeline.com.au or 52231620 by Sat 8th
 October to book your place.

ATHLETICS VICTORIA BURNLEY HALF MARATHON Sunday 4th September

Magnificent distance running conditions greeted Geelong athletes as they leapt enthusiastically from their beds to make the early morning trek up the Melbourne Road for the running of the Athletics Victoria Burnley Half Marathon. Once the gun sounded, it was the long distance specialists who quickly took up a position near the front of the pack. As is his usual practice, Geelong's Rowan Walker started conservatively before working his way through the field as he chased 'marathon man', Magnus Michelsson over the multi-lap Burnley course. These two athletes would clear out from the large field and decisively take first and second placing, both running very smart times. A little further back in the field, but also running on strongly was Brett Coleman, who was using the half marathon as a hard 'hit-out' in preparation for the "Bellarine Rail Trail" 32 km. Fun Run the following Sunday (11th September). The two Geoff's, Purnell and Clark ran their usual gutsy races to be Geelong's final two Division One scoring athletes while Hugh Thyer made a solid debut in his longest ever race. In the women's race, the ultra consistent Cathryn Hoare again flew the Geelong flag when she slashed more than a minute from her old Personal Best time. Congratulations to Rowan Walker (first), Brett Coleman (third) and Cathryn Hoare (third) who won medals in the Athletics Victoria Country Half Marathon Championships at Burnley.

Geelong Results:

Open Mens' Half Marathon (21.1 km.)

Rowan Walker	2 nd	1:07.13
Brett Coleman	13 th	1:13.10
Geoffrey Purnell	49 th	1:19.25
Geoff Clark	78 th	1:22.10
Hugh Thyer	137 th	1:27.14
Neil MacDonald	214 th	1:34.42

Fastest Times:

1.	M Michelsson (Collingwood)	1:06.09
2.	R Walker (Geelong)	1:07.13
3.	J Ndirangu (Inv.)	1:09.00
4.	J Meagher (Box Hill)	1:09.19
5.	S Stevens (Keilor St. Bern.)	1:10.09
6.	A Searle (Glenhuntly)	1:11.23

7.	C Strzadala (Eureka)	1:11.57
8.	P Champion (Diamond Valley)	1:12.14
9.	D Hornery (Sandringham)	1:12.29
10.	D Locke (Peninsula R.R.)	1:12.34
11.	D Lane (Malvern)	1:12.37
12.	B Norman (Diamond Valley)	1:13.01
13.	B Coleman (Geelong)	1:13.10
14.	T Gorman (Melbourne Uni)	1:13.21
15.	A Vincent (Box Hill)	1:13.51

Open Womens' Half Marathon (21.1 km.)

Cathryn Hoare	33 rd	1:36.11
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Fastest Times:

1.	S Michelsson (Collingwood)	1:14.49
2.	K Seibold-Crosbie (Sandringham)	1:17.45
3.	E Carozzi (Inv.)	1:17.57
4.	K Dick (Doncaster)	1:18.03
5.	K Smyth (Glenhuntly)	1:19.20
6.	S McKinney (Knox Athletics)	1:21.07
7.	M Murray (Diamond Valley)	1:21.18
8.	K Jackson (Sandringham)	1:22.24
9.	M Jelleff (Malvern)	1:22.37
10.	M Cummins (Glenhuntly)	1:23.40

VOTES FOR "BEST PERFORMED GEELONG REGION ATHLETES" AT BURNLEY HALF MARATHON

Senior Men.

3.	Rowan Walker
2.	Brett Coleman
1.	Geoffrey Purnell / Geoff Clark

Senior Women.

3.	Cathryn Hoare
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THE BUSH INN AWARD

The winner of the Bush Inn Award for the Burnley Half Marathon is **Brett Coleman** for his excellent debut season with the Geelong Region Cross-Country Team. Well done, Brett - hoping you enjoy the Bush Inn's famous food and hospitality.

AROUND THE TRACKS AND TRAILS

Many of our junior athletes have been busy over the last few weeks with both school and club events.

2005 VICTORIAN SECONDARY SCHOOLS CROSS - COUNTRY CHAMPIONSHIP Bundoora Park Friday 29th July

Under 14 Girls 3 km.

Kate Sly 1st 10.34

Under 21 Girls 3 km.

Chantelle Faraguna 24th 12.51

Under 14 Boys 3 km.

Jeremy Vogrin 23rd 10.49

Tim Vogrin 36th 10.59

Under 15 Boys 3 km.

Caleb Byrt 29th 10.34

Under 16 Boys 5 km.

Tim Kilfoyle 18th 19.00

Under 21 Boys 5 km.

Michael Kenny 14th 17.52

2005 STATE LITTLE ATHLETICS CROSS - COUNTRY CHAMPIONSHIPS

Hanging Rock Racecourse Sunday 31st July

Under 11 Girls 2 km.

Meghan Hockey 8th 7.29

Clare Hodgson 9th 7.31

(Meg and Clare, along with Kahani Motiani, won the Team Gold)

Under 12 Girls 2 km.

Amy Stekelenburg 13th 7.35

Under 14 Girls 3 km.

Kate Sly 1st 11.54

Georgia Scott 4th 12.23

Laura Stekelenburg 5th 12.42

(Kate, Georgia and Laura won the Team Gold)

Under 14 Boys 3 km.

Caleb Byrt 13th 12.16

Under 13 Boys 3 km.

Jeremy Vogrin 5th 11.37

Tim Vogrin 11th 12.38

Under 15 Boys 3 km.

Daniel Payne 5th 11.31

2005 PACIFIC SCHOOL GAMES VICTORIAN SELECTION TRIALS

Doncaster Saturday 3rd / Sunday 4th September

Five of our junior athletes traveled to the Doncaster

Athletics Track for the Victorian Pacific Games Selection Trials. The 2005 Pacific School Games will be held at Olympic Park, Melbourne early in December, and despite having to compete with little track specific training, our juniors performed extremely well on the fitness and strength gained from a winter of cross-country running.

13 / 14 year Old Girls 800 metres.

Kate Sly Heat 2nd 2:21.16
(National Qualifying Time)
Final 2nd 2:21.79
(National Qualifying Time)

Laura Stekelenburg Heat 2nd 2:25.50

(Laura qualified for the final but had to rush to Ballarat for her Auntie's wedding)

Eliza Curnow Heat 4th 2:24.55
(National Qualifying Time)
Final 6th 2:24.30
(National Qualifying Time)

13 / 14 year Old Girls 3000 metres.

Kate Sly Final 3rd 10:23.76
(National Qualifying Time)

Laura Stekelenburg Final 6th 10:47.65
(National Qualifying Time)

13 / 14 year Old Girls High Jump.

Eliza Curnow Final 5th 1.48 cm.

Laura Stekelenburg Final 10th 1.42 cm.

15 / 16 year Old Boys 800 metres.

Tim Kilfoyle Heat 5th 2:09.36

Daniel Payne Heat 8th 2:15.29

15 / 16 year Old Boys 3000 metres.

Daniel Payne Final 9th 10:27.60

15 / 16 year Old Boys 1500 metre walk.

Daniel Payne Final 1st 15.00.43

Congratulations to Daniel Payne, who was selected in the Victorian Team for the Pacific Schools Games.

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

Craig Mottram:

Craig's build-up for the Helsinki World Championships continued on schedule with an outstanding run at the famous Oslo Bislett Games Meet, where Craig smashed the Oceania / Australian Records for the mile with his time of 3:48.98 for 5th place (1st. Najim Daham Bashir (Qatar) - 3:47.97 2nd. Bernard Lagat (USA) - 3:48.38 3rd. Daniel Komen Kpchircir (Kenya) - 3:48.49 4th. Alan Webb (USA) - 3:48.92)

Craig has a goal of owning the Australian Records for the 1500 metres, mile, 3000 metres, 5000 metres and 10 000 metres, with only the 1500 metres and 10 000 metres to be ticked off.

After the Dream Mile, Craig sent the following email:

“The Oslo race was great and I am pleased with the time. My splits were roughly 1.52 low at 800, 2.50 at 1200 and 3.32.7 at 1500m. Training now consists of a generally normal week but just simply toning down the volume and intensity a little bit. Between London and Oslo I did a long run and a 35 minute pace run. I stayed off the track and used the race in Oslo to bring me forward.
All the best for the Geelong athletes competing at Frankston.
Buster.”

AUSTRALIAN ALL-TIME MILE LIST

3:48.98 Craig Mottram V Oslo, Norway 29 Jun 05
3:49.91 Simon Doyle Q Oslo, Norway 6 Jul 91
3:51.82 Mike Hillardt Q Koblenz, Germ. 28 Aug 85
3:53.24 Mark Fountain V Sheffield, Eng. 21 Aug 05
3:53.58 Pat Scammell V Melbourne 7 Feb 91
3:54.5 Herb Elliott W Dublin, Ireland 6 Aug 58
3:55.2 Ken Hall V Goteborg, Sweden 12 Aug 75
3:55.59 Graham Crouch V Stockholm, Swe. 1 Jul 74
3:55.75 Scott Petersen V Melbourne 20 Feb 97
3:55.9 Merv Lincoln V Dublin, Ireland 6 Aug 58
3:56.23 Youcef Abdi N Eugene, USA 24 May 03
3:56.52 Andrew Lloyd N London, GBR 27 May 90
3:56.59 Steve Foley V Dublin, Ireland 10 Jul 79
3:56.8 Peter Fuller V Melbourne 9 Jan 74
3:57.12 Holt Hardy N Melbourne 25 Feb 98
3:57.3 Chris Fisher S Eugene, USA 18 May 75
3:57.53 Peter Bourke V London, GBR 11 Jul 86
3:57.79 Steve Austin V Melbourne 14 Jan 82
3:57.9 John Landy V Turku, Finland 21 Jun 54

Then finally, after a meticulous build-up, it was onto Helsinki for the World Athletic Championships.

5000 metre heat: Thursday 11th August

1st Eliud Kipchoge (Kenya) 13:12.86
2nd Craig Mottram (Australia) 13:12.93
3rd Sileshi Sihine (Kenya) 13:13.04

Craig looked really relaxed in his heat and appeared to have a lot left for the final.

5000 metre final: Sunday 14th August

In a slowly run, muddling paced final (1 km. splits were: 2.54 2.45 2.48 2.39 2.26) it came down to a mad dash for the line over the last 250 metres with Craig looking set for fifth place with only 50 metres to go. However, showing fantastic determination and grit, Craig ran on strongly to secure a fabulous bronze medal, the first 5000 metre medal in 18 years at world level by a non African athlete. Great work, Craig!

1st Ben Limo (Kenya) 13:32.55
2nd Sileshi Sihine (Ethiopia) 13:32.81
3rd Craig Mottram (Australia) 13:32.96
4th Eliud Kipchoge (Kenya) 13:33.04
5th Ali Said Sief (Algeria) 13:33.25

After Craig's race, super-star American 200 / 400 metre runner Michael Johnson penned the following:

American athletes racing ahead but fans are left behind

By Michael Johnson

(Filed: 22/08/2005)

“Jeremy Wariner has always refused to let the colour of his skin be an issue, and that attitude has helped him to become the seventh fastest 400m runner of all time as well as the Olympic and world champion. ... “

“Another athlete who did not let stereotypes, his skin colour or the sceptics stop him from achieving greatness is **Craig Mottram**, of Australia, who finished third in an event that historically, and certainly recently, has been dominated by Africans. Mottram's bronze medal in the World Championships 5,000m was the first time since 1987 that a runner not born in Africa was placed in the top three of this event at the championships.

Mottram showed true grit and determination over the last 50 metres when, having been passed by what looked to be the eventual three medallists, he gave everything he had to pass the third-placed Eliud Kipchoge, of Kenya, to snatch the bronze medal. Mottrams' determination, not only in this race but also during training and preparation, should inspire to those young athletes who go into a race with Africans having already conceded the medals.”

A mere five days later (19th August) and with legs still scarred from being badly spiked in the World Championships 5000 metre final, Craig traveled to Zurich for the famous Weltklasse Golden League Meeting (referred to as the Olympics in one night) where he would take on Kenenisa Bekele over 3000 metres. Initially Craig was hoping to better his own Australian Record of 7:37.30 but in driving rain had to settle for third place, just outside his best time.

1st Kenenisa Bekele (Ethiopia) 7:32.59
2nd Ali Said Sief (Algeria) 7:37.57
3rd Craig Mottram (Australia) 7:38.03

On 21st August, Craig lined up in the 2 mile event at the Sheffield Super Grand Prix, posting an impressive victory in 8:11.27 from Boniface Songok

(Kenya – 8:12.56) Shadrack Korir (Kenya – 8:19.53) and previous Newsletter interview athlete, Adrian Blincoe (New Zealand – 8:21.00). Craig's time was a National Record, replacing the great Ron Clarke's 8:19.8, set in London in 1968.

Unfortunately, Craig missed the Berlin Grand Prix (where he was to run 1500 metres) and the Grand Prix Final in Monaco due to a minor hamstring 'niggle'. However, if he recovers as expected, Craig will race in Newcastle and New York, before returning home to Australia on October 5th for a well earned rest.

Interesting to note that US based Geelong athlete, Mark Fountain raced the mile at the Sheffield Super Grand Prix, finishing 4th in 3:53.24 behind England's Michael East (3:52.50). Mark's latest time takes him to fourth on the Australian All-Time Mile List and comes just five days after he ran 3:54.88 for the mile in Malmo, Sweden. Then, on Sunday 28th August, Mark's blistering form continued with a fabulous time of 3:33.68 (6th place behind America's Bernard Lagat – 3:29.30) for 1500 metres at the IAAF Grand Prix in Reiti. Mark's time was a massive personal best (and a Commonwealth Games A Qualifier) and takes him to third place on the Australian All-Time List behind Simon Doyle (3:31.96) and Michael Hillardt (3:33.39).

Mark Tucker:

Mark Tucker's busy race schedule continues with: Watford, England. 27th July
1500 metres: Mark Tucker 2nd 3:43.45
First - Mark Draper (GBR) 3:43.11

Georgie Clarke:

Helsinki Grand Prix. 25th July
1500 metres: Georgie Clarke 6th 4:08.93
First - Lindsay Gallo (USA) 4:06.03

Richard Jeremiah:

Nuoro, Italy. 23rd July
1500 metres: Richard Jeremiah 16th 3:48.86

Rebecca Forlong

After recovering from a nasty virus, Rebecca was able to record some impressive times in Europe. Dublin, Ireland. 31st July
1500 metres: 4:16.2 (New Zealand Junior Record)

Crystal Palace, England. 6th August
2000 metre Steeple Chase: 10.16 1st place.

A little closer to home, Louis Rowan competed in the

35th running of Sydney's City To Surf Fun Run on 14th August, eventually finishing 10th in 43.37 after running with the lead group for the first half of the race.

1.	Patrick Nyangelo (Tanzania)	41.12
2.	Dickson Marwa (Tanzania)	41.15
3.	Martin Dent (Australia)	41.19
4.	Steve Monaggetti (Australia)	41.34
5.	Simon Field (Australia)	42.20

Also competing north of the border was Loretta McGrath, who battled strong winds in the Sydney Half Marathon on 11th September.

1.	Kate Smyth (VIC)	1:18.48
2.	Alison Outram (NSW)	1:19.50
3.	Erika Aketa (Japan)	1:21.24
4.	Jane Miles (NSW)	1:22.35
5.	Loretta McGrath (VIC)	1:23.09

Finally, four of our runners tackled the Bellarine Rail Trail Run on Sunday 11th September, covering 34 kilometres for their weekly long run. Great to also see Lee Troop getting back into top shape after a frustrating run with injury over the last ten months.

Lee Troop	2 hours 18 minutes
Rohan Perrott	2 hours 18 minutes
Rowan Walker	2 hours 18 minutes
Brett Coleman	2 hours 23 minutes

RUNNER PROFILE

Daniel Payne has been a regular competitor with the Geelong Region Cross-Country Team for the last three seasons. He is also a multi – skilled athlete, combining both race walking with middle distance running, both of which he does at a high level as well as regular games of tennis.

Daniel Payne

Occupation Student. Year 10 Kardinia International College

Age 15 **Date of Birth** 2 / 1 / 90

Height 168 cm. **Weight** 50 kg.

Married / Single Single - I'm just a kid!

Coach Mandi Cole (running) Russell McFarlane (race walking)

Personal Bests

400m.	62.98
800m.	2:15.29
1500m.	4:38 (run) 6.57 (walk)
3000m.	9:58 (run) 14.32 (walk)
5000m.	18.20 (run) 26.42 (walk)

Favourite Food Pasta

Food Eaten Before a Race Some fruit and energy bars

Favourite Drink Milk Shakes (chocolate)

Favourite Movie "The Longest Yard"

Favourite Book "Day After Tomorrow" series by John Marsden

Favourite Music / Band "Any"

Favourite TV Show "24" and "C.S.I."

Favourite Night Spot "In bed"

Favourite Holiday Spot "Thailand"

A Normal Winter Training Week.

Mon. REST.

Tues. pm. Running Session: Fartlek at Eastern Gardens.
2 x 90 secs, 4 x 60 secs, 6 x 30 secs, 8 x 15 secs (all with equal time recovery between)

Wed. pm. Race Walking Session: 7 km. at Landy Field and along the Barwon River, changing pace.

Thur. pm. Running Session: 15 minutes continuous running taking in the steps and ramps at Eastern Beach.

Fri. pm. Race Walking Session: Sprints at Landy Field - 8 x 100m. 4 x 200m. 2 x 400m. 4 x 200m. 8 x 100m. (All with slow walk back recovery)

Sat. Cross-Country Race / Tennis / Race Walking at Albert Park.

Sun. pm. Special Walking events.

Other Training / Recovery Sessions.

"Recovery in the pool and neuromuscular massaging when needed (from a witch doctor!)"

Favourite Training Session "Any which are easy!"

Favourite Race "3000 metre walk / 1500 metre track run."

Best Ever Performances "In 2004 / 2005 I was State Little Athletics 1500 metre walk Champion. 7th in State Little Athletics Cross-Country (2004). 14th in Victorian Secondary Schools Cross-Country. I have

also been School's Track / Road / Country / A.V. Walk Champion."

Favourite Place To Train "Eastern Gardens."

Toughest Ever Training Session "Running up and down the hills at Eastern Beach."

Most Admired Runners / People "Craig Mottram and Nathan Deakes."

Advice to Other Runners "You've got to think high and rise to the challenges as life's battles don't always go to the strongest or fastest but those that think that they can do it!"

Goals for the Future

"To qualify for the Pacific School Games." "To keep enjoying my running and race walking" "To keep improving."

**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.

If you have any questions, don't hesitate to give
Neil MacDonald a call on 5223 1620 or

nmac@pipeline.com.au