



GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



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May 2006

WALKER STREETS 20 000 FIELD TO WIN HISTORIC FIRST STAGING OF THE 'RUN FOR THE KIDS' Sunday 9th April

Geelong's Rowan Walker, the quiet achiever of Victorian distance running, recorded the greatest win of his career when he took out the inaugural Herald Sun / City Link 'Run For The Kids' race on Sunday. Beautifully positioned throughout the early portions of the race, from the Telstra Dome to the Royal Children's Hospital, Walker emerged from the stuffy, slightly claustrophobic Domain Tunnel with only Australian Under 20 Cross-Country Champion Toby Rayner and Dual Olympic marathoner Rod De Highden for company. Over the next five kilometres Walker surged up every rise, eventually dropping the veteran De Highden. However, the younger Rayner answered every challenge and within sight of the finish, it was impossible to pick a winner. Summoning every ounce of energy in his compact, sinewy body, Walker sprinted up the final rise as though he had stolen something, gradually opening a small gap, which he was able to hold to the finish. For his magnificent win, Walker was awarded a return trip to San Francisco. However, in years to come, I'm sure the inaugural victory, in what will become an iconic event, is what will be remembered. Fantastic effort, Rowan.

Also recording a magnificent victory was Geelong's Brenton Rowe, who took out the 4.5 kilometre event in fine style, while Athens Paralympic Gold Medallist, Richard Colman was dominant in the Wheel Chair Race.

Well done also to new Geelong runners, Wes Benson, Charlie El Hage and David Wynn, who all acquitted themselves extremely well on debut, and our junior athletes, Kate Sly, Georgia Scott, Breanna Ryan, Holly Lipson and Michael Kenny in recording top ten finishes in the under 18 section.

Interesting to note that those taking part in the 'Run For The Kids' race made history as the 20 000 field broke the Victorian Fun Run record, eclipsing the 17 500 strong field that contested the Sun SuperRun in the 1980's.

Full Athletics Victoria results, including team placings should be available soon.

Geelong Results: Full A.V. Results Soon. 14.7 km.

Rowan Walker	1 st	44.43
Scott Rantall	6 th	46.06
Lee Troop	17 th	47.34
Brett Coleman	39 th	49.42
Wesley Benson	41 st	49.48
David Wynn	71 st	51.49
Charlie El Hage	86 th	52.30
Rohan Perrott	112 th	53.48
Michael Kenny	130 th	54.29
	5 th	U 18 Men
Geoffrey Purnell	136 th	54.37
Hugh Thyer	210 th	56.08
Paul Wilson	282 nd	57.12
Nadia Semjanov	288 th	57.19
Jamie Godwin	534 th	60.27
Jeff Walker	542 nd	60.32
Neil MacDonald	708 th	62.12
Cathryn Hoare	998 th	64.22

14.7 km. Wheel Chair

Richard Colman	1 st	31.53
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4.5 km.

Brenton Rowe	1 st	13.53
Kate Sly	21 st	17.08
	2 nd	U 18 Women
Georgia Scott	29 th	17.31
	5 th	U 18 Women
Breanna Ryan	38 th	18.09
	7 th	U 18 Women
Holly Lipson	43 rd	18.25
	9 th	U 18 Women

VOTES FOR "BEST PERFORMED GEELONG REGION ATHLETES" AT THE "RUN FOR THE KIDS"

Senior Men.

3. Rowan Walker
2. Scott Rantall / Brenton Rowe
1. Lee Troop

Senior Women.

3. Nadia Semjanov
2. Cathryn Hoare

Junior Women.

3. Kate Sly
2. Georgia Scott
1. Breanna Ryan / Holly Lipson

THE BUSH INN AWARD

The winner of the Bush Inn Award for the "Run For The Kids" race is **Brenton Rowe**, for his excellent run to win the 4.5 km. race without gaining any official credit (yet!) Brenton – I'm sure you will enjoy the Bush Inn's famous food and hospitality.

"THE ATHLETE'S FOOT" GEELONG ATHLETICS INC. ROAD CHAMPIONSHIPS

Deakin University. Saturday 22nd April

"The Athlete's Foot" Geelong Road Championship was held under cold, blustery conditions around the Deakin University outer road circuit on a day when gloves and beanies were preferred to thin, skimpy singlets and crop-tops. The Deakin course, with it's early undulating terrain, gut busting climb to the top of Nicol Drive, long gradual descent back to Deakin Avenue before a deceptively tough final 400 metres, certainly fully tests runners' strength, fitness level and determination at this early stage of the season.

In the junior race, the Arctic like conditions, wintry ailments and other sporting commitments decimated the field with many of Geelong's talented youngsters unable to line up on the challenging 3 kilometre course. However, this did not deter Kate Sly as she charged over the undulating circuit to record an impressive victory on a day not made for fast times. A little further behind, Eliza Curnow was running on strongly to record an identical time as in 2005 with talented young walker, Emily Payne taking the bronze medal.

In the senior men's race, Nick Wightman and Brett Coleman staged a replay of their classic, stride for stride 2005 Road Championship duel. As in 2005, the younger Wightman was able to kick clear over the last few hundred metres for a hard earned victory,

thus adding his name to an illustrious group of former Road Championship winners (2001 – Darren Lynch. 2002 – Mark Boxer, 2003 – Lee Troop, 2004 – Mark Tucker, 2005 - Rowan Walker). Simon Taylor's bronze medal was a great reward for his perseverance and determination over the last few years to overcome many lower leg injuries. In the senior women's race, Nadia Semjanov was able to defend her road crown with a strongly run, all-the-way win from impressive new recruit, Cheryl Boness, whose suspect achilles coped well with Deakin's uphill. Talented junior middle-distance athlete Sarah James claimed the bronze medal in a fine debut.

Thanks very much to Tony Stewart and "The Athlete's Foot" for their continued sponsorship of the Geelong Road Championships. Thanks also to: The Pakington Bakery, Subway, The Bush Inn Hotel, The Corio Bay Sports Medicine Centre and the City of Greater Geelong for their wonderful support of Geelong Athletics.

Results: 2005 times in ()

Under 16 Men and Women. 3 km.

1. Kate Sly	Deakin	11.08	(11.01)
2. Eliza Curnow	Deakin	11.26	(11.26)
3. Emily Payne	Corio	13.56	
4. Darcy Fahroedin	Inv.	14.25	
5. Eliesha Byrt	Guild (Inv.)	15.45	
6. Jae Fahroedin	Inv.	29.26	

Junior Medal Winners:

Under 16 Women

1. Kate Sly	(Deakin)
2. Eliza Curnow	(Deakin)
3. Emily Payne	(Corio)

Senior Men and Women. 2005 times in () 6 km.

1. Nick Wightman	Deakin	20.08	(19.30)
2. Brett Coleman	Chilwell	20.12	(19.38)
3. Simon Taylor	Guild	21.05	
4. Hugh Thyer	Deakin	21.35	(22.11)
5. Geoff Purnell	Guild	22.11	(21.42)
6. Daniel Garcia	Inv.	22.28	
7. Matt Williams	Chilwell	22.32	
8. Neil Maurer	Inv.	23.16	
9. Nadia Semjanov	Deakin	23.28	(23.37)
10. Andrew Chalmers	Chilwell	23.37	(23.27)
11. Cheryl Boness	Deakin	24.03	(24.19)
12. Kevin Hoare	Bellarine	24.22	(22.38)
13. Sarah James	Deakin	24.34	

14. Lee Troop	Chilwell	25.30
15. Neil MacDonald	Deakin	25.30 (25.06)
16. Rowan Walker	Deakin	25.31 (18.54)
17. Cathryn Hoare	Bellarine	26.07 (25.31)
18. Doug Byrt	Guild	26.28 (26.06)
19. Joanne Lambert	Bellarine	27.04
20. Ashlea Clifton	Deakin	27.51
21. Scott Randall	Inv.	28.04
22. Cathy Overmar	Inv.	36.15

Senior 3 km.

1. Denise Matthews	Inv.	21.22
2. Alyson Salmon	Inv.	21.22
3. Claire Wright	Inv.	21.31

Senior Medal Winners:

Senior Men

1. Nick Wightman	(Deakin)
2. Brett Coleman	(Chilwell)
3. Simon Taylor	(Geelong Guild)

Senior Women

1. Nadia Semjanov	(Deakin)
2. Cheryl Boness	(Deakin)
3. Sarah James	(Deakin)

THE BUSH INN AWARD

The winner of the Bush Inn Award for the "Geelong Road Championships" is **Nick Wightman**, for his excellent first senior Geelong Championship victory. Nick – I'm sure you will enjoy the Bush Inn's famous food and hospitality.

THREE GEELONG TEAMS POST VICTORIES AT THE YARRA BEND CROSS-COUNTRY RELAYS

It was with much anticipation that ten Geelong Teams journeyed to Melbourne for the second race of the Athletics Victoria Winter Season, the Cross - Country Relays. However, with 250 teams entered in total, any victory at Yarra Bend Park would certainly be well earned. The Geelong highlights of the day were outstanding wins to the Division Three Men's

Team, the Division Three Women's Team and the Under 18 Women.

Over the summer, Geelong was able to recruit extremely well, with talented locals Charlie El-Hage, David Wynn and Wes Benson adding great depth to our senior men's team. At Yarra Bend they combined brilliantly with the experienced Rohan Perrott and Brett Coleman to record an impressive victory in Division Three, after hitting the lead on the final leg. Fantastic work guys!

In the Division Three Women's Team, it was again experience to the fore with Geelong's trio of Cathryn Hoare, Patti Galvin and Joanne Lambert delighted to claim a well deserved victory with three strongly run legs. Excellent running, ladies!

Kelsey Rau, Holly Lipson and Breanna Ryan were all members of the victorious 2005 Under 16 Winter Championship Team. This year, all three girls have stepped up an age group but showed that they would again be hard to beat with an impressive win over quality opposition. Great running girls!

Special mention to our Division One Men, who finished a nail-biting second to arch rivals Glenhuntly after Lee Troop made up nearly a minute on his final leg to almost claim a remarkable win. Lee's time of 18.12 was easily the fastest individual leg of the day. Great to see you getting back to full fitness, Lee!

Welcome aboard to new runners Wes Benson, Cheryl Boness, Ashlea Clifton, Charlie El-Hage, Sarah James, Matt Williams, Kristen Wyatt and David Wynn, who all acquitted themselves very well at Yarra Bend Park and will be wonderful additions to the Geelong Team in up-coming races.

Finally, thank you very much to Jane Adcock, Sue Buckley, Tim Kilfoyle, Bea Lipson, Susan Rantall, Tracey Rau, Chris Sly, Lyn Taylor and Kevin Varker who managed Geelong Teams or acted as Athletics Victoria marshalls. Thanks also to Chris Sly for piloting the Geelong Team bus to and from Yarra Bend. With ten Geelong Teams competing, a lot of assistance is required and your wonderful support and encouragement is much appreciated.

Geelong Results:

Division One Men (6 x 6 km.)

1. Nick Wightman	20.14
2. Brenton Rowe	19.52
3. Matt McDonough	19.06
4. Rowan Walker	18.45

5.	Scott Rantall	19.07
6.	Lee Troop	18.12

Second Place: 115.16

First Place: Glenhuntly 115.06

Note: Brenton Rowe is Under 20**Fastest Individual Legs:**

1.	L Troop (Geelong)	18.12
2.	C Semple (Glenhuntly)	18.28
3.	R Walker (Geelong)	18.45
4.	T Rayner (Glenhuntly)	18.58
5.	P Hulbert (Glenhuntly)	19.01
6.	A White (Box Hill)	19.03
6.	B Dyson (Glenhuntly)	19.03
7.	R Jackson (Knox Ath.)	19.05
8.	C Hamer (Box Hill)	19.06
8.	M McDonough (Geelong)	19.06
9.	S Rantall (Geelong)	19.07
9.	R De Highden (Doncaster)	19.07
10.	G Schmidlechner (Doncaster)	19.10

Division Three Men (5 x 6 km.)

1.	Rohan Perrott	20.09
2.	Charlie El-Hage	21.38
3.	David Wynn	20.43
4.	Wes Benson	20.57
5.	Brett Coleman	20.14

First Place: 103.32

Second Place: Box Hill 104.19

Division Six Men (4 x 6 km.)

1.	Andrew Chalmers	24.16
2.	Jamie Godwin	23.48
3.	Paul Wilson	22.56
4.	Hugh Thyer	22.07

Second Place: 93.17

First Place: Doncaster 88.15

Veteran 40 + Men (3 x 6 km.)

1.	Neil MacDonald	25.44
2.	Geoffrey Purnell	22.11
3.	Peter Rau	26.47

Sixth Place: 75.42

First Place: Bendigo YMCA Harriers 67.05

Fastest Individual Legs:

1.	M Bialczak (Keilor St Bern.)	20.44
2.	S McLennan (Wendouree)	21.13
3.	R Evans (Bendigo YMCA H.)	21.39
4.	G Purnell (Geelong)	22.11

Under 20 Men (3 x 6 km.)

1.	Michael Kenny	22.16
2.	Jeremy Vogrin	25.08

3.	Matt Williams	23.13
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Sixth Place: 70.39

First Place: Knox Athletic 62.56

Note: Jeremy Vogrin is Under 16**Fastest Individual Legs:**

1.	S Crowther (Knox Ath.)	19.35
2.	B Ashkettle (Doncaster)	20.05
3.	D Christou (Box Hill)	20.36
4.	A Neilson (Doncaster)	20.53
5.	B Hogan (Knox Ath.)	21.18
6.	P Rice (Sth Bendigo)	21.32

Division Two Women (3 x 6 km.)

1.	Nadia Semjanov	23.57
2.	Cheryl Boness	24.30
3.	Kristen Wyatt	25.04

Second Place: 73.32

First Place: Doncaster 72.26

Fastest Individual Legs:

1.	A Thompson (Glenhuntly)	20.13
2.	L Weightman (Knox Ath.)	21.09
3.	S Lofts (Knox Ath.)	21.32
4.	K Smyth (Glenhuntly)	21.45
5.	J Edwards (Glenhuntly)	22.19
6.	A Bacquie (Box Hill)	22.21
7.	R Millard (APS United)	22.25
8.	R Barton (Eureka)	22.31
9.	A Worland (Eureka)	22.33
10.	L Dick (Ringwood)	22.36

Division Three Women (3 x 6 km.)

1.	Cathryn Hoare	27.11
2.	Patti Galvin	25.39
3.	Joanne Lambert	25.15

First Place: 78.03

Second Place: Glenhuntly 78.33

Under 20 Women (3 x 3 km.)

1.	Ashlea Clifton	12.32
2.	Taryn Rau	12.25
3.	Sarah James	12.01

Sixth Place: 36.58

First Place: Doncaster 34.07

Note: Sarah James is Under 18**Fastest Individual Legs:**

1.	F Nash (Doncaster)	11.12
1.	H Tomlinson (Box Hill)	11.12
2.	K Katsanevakis (Doncaster)	11.13
3.	Z Warrington (Frankston)	11.30
4.	S Cant (Box Hill)	11.35
5.	R Gatt (Western Ath.)	11.50

6. K Cuk (Essendon) 11.54

Under 18 Women (3 x 3 km.)

1. Kelsey Rau 11.00
2. Holly Lipson 12.05
3. Breanna Ryan 11.40

First Place: 34.45

Second Place: Frankston 34.58

Fastest Individual Legs:

1. K Rau (Geelong) 11.00
2. M Bell (Frankston) 11.15
2. E Clayton (Frankston) 11.15
3. G Chalmers (Doncaster) 11.38
4. B Ryan (Geelong) 11.40
5. S Kondogonis (Keilor St. B.) 11.46
6. L Monagle (Glenhuntly) 11.53

Under 16 Women (3 x 3 km.)

1. Georgie Buckley 11.43
2. Georgia Scott 11.51
3. Kate Sly D.N.S. (ill)

D.N.F.

First Place: Essendon 34.27

Fastest Individual Legs:

1. L Hall (Essendon) 11.14
2. B Nash (Essendon) 11.17
3. E Ganglehoff (Essendon) 11.32
4. R Menadue (Essendon) 11.40
5. A Lavale (Doncaster) 11.42
6. G Buckley (Geelong) 11.43
7. G Scott (Geelong) 11.50
8. B Gange (Doncaster) 11.53

VOTES FOR "BEST PERFORMED GEELONG REGION ATHLETES" AT THE YARRA BEND CROSS - COUNTRY RELAYS

Senior Men.

3. Lee Troop
2. Rowan Walker
1. Matt McDonough / Scott Rantall

Senior Women.

3. Nadia Semjanov
2. Cheryl Boness
1. Kristen Wyatt / Joanne Lambert

Junior Women.

3. Kelsey Rau
2. Breanna Ryan / Georgie Buckley

1. Georgia Scott

Junior Men.

3. Jeremy Vogrin

THE BUSH INN AWARD

The winner of the Bush Inn Award for the Yarra Bend Cross - Country Relays is **Rowan Walker**, one of the few athletes to improve on his 2005 Yarra Bend time on a course approximately 80 metres longer than last year. Rowan – I'm sure you will enjoy the Bush Inn's famous food and hospitality.

AROUND THE TRACKS AND TRAILS

On the recovery road from injury, Lee Troop made a successful return to racing, taking out the Annual Sheepwash Classic 8 km. Fun Run on Saturday 15th April. Well done also to Holly Lipson, who was successful in the Under 16 4 km. event.

After his stirring silver medal in the Melbourne Commonwealth Games 5000 metres, Craig Mottram boarded a plane for Fukuoka Japan, where he contested the World Cross – Country Championship Short Course event, finishing an excellent eleventh in 11.10 behind the incomparable Ethiopian, Kenenisa Bekele (10.54). Augustine Choge, the 5000 metre gold medalist from Melbourne finished 7th in 11.03. Craig was also scheduled to contest the Long Course event over 12 kms. the following day but wisely chose to skip the event due to fatigue. Then it was onto Europe where Craig claimed a fourth successive Great BUPA Ireland Run over 10 kms. running 28.51.

As for Craig's plans for the next few months, his coach Nic Bideau sent through this report mid April: "Craig is in London with me and has just had a weeks holiday. He is going to Ireland for a check-up with physio Gerard Hartmann tomorrow and then easing back into full training this week. He's going to the US for a 3 week training camp on April 27. He will return to competition in New York City over 10k on the road on May 20 (he won there last year) and all going well will run the 2 miles at the Prefontaine Classic in Eugene on May 28. From there he will return to London. As yet we haven't planned his racing

schedule for Europe but it will probably be a couple of races in June followed by another training camp - this time in St Moritz, and then a series of races in July."

A little closer to home Geelong Region Cross – Country Team members were to the fore in the Geelong Half Marathon, run around the Barwon River Tracks on Sunday April 23rd.

Geelong Region Cross – Country Team Results:

1.	Scott Rantall	68.22	
4.	Wes Benson	73.08	
5.	David Wynn	74.54	
10.	Charlie El – Hage	77.18	
24.	Lee Troop	82.39	
28.	Michael Kenny	83.15	2 nd U 20 Male
99.	Patti Galvin	93.15	2 nd Vet Female

No! Troopy did not run a shocker but chose to run the event as part of a long, easy 2 hour 30 minute training run with great mate, Steve Moneghetti.

WHAT MAKES A CHAMPION?

Part Eight

Twenty - three year old Ethiopian, Kenenisa Bekele is arguably the greatest all-round distance runner the world has seen (although Haile Gebrselassie's sustained excellence over more than a decade might have the ever - smiling "Emperor of Ethiopia" still in front with many athletics fans) However, consider this for a moment: Bekele has dominated cross-country like no other athlete, winning the last five World Cross-Country Championships over both short and long course for ten consecutive titles in total. He is also Olympic and World Champion over 10 000 metres and holds the World Record for 5000 metres (12:37.35) and 10 000 metres (26:17.53).

So, what makes him so good? Well, obviously he is extremely talented but like most of the champion African athletes, he works extremely hard in training so that he is fully prepared for whatever his opponents dish up to him in a race.

Thought you might be interested in the general training plan used by **Bekele** as well as the rest of the Ethiopian National Team. Please note: the training below is often completed at altitude.

DO NOT TRY THIS AT HOME!

Sample Weekly Schedule

Mon. am. 3 hour long run in the forest

(3.30 - 3.35 km. pace)
pm. rest

Tues. am. 90 min. run / stretching
pm. 60 mins. easy

Wed. am. Hard 15km - 30km run on roads at half marathon - marathon pace (2.45 - 3.00 min. km. pace)
20 minutes stretching.
pm. 60 mins. easy

Thurs. am. Long warm-up / plyometrics and sprints (100 metres) in spikes.
20 minutes stretching.
pm. 60 mins. easy

Frid. am. 15 - 20 x 400 metre hills with jog down recovery. 15 - 20 minutes stretching.
pm. 60 mins. easy

Sat. am. Specific Track Session. Depending on the time of year and up-coming races, session could be one of:
* 6 x 800 metres (lap one in 64 / lap two in 53 to prepare for final lap kick
* 6 - 10 x 1000 metres @ 3 km. Race Pace (2.27)
* 3 x 2000 metres @ 5 km. Race Pace (5.00) with 3 mins. recovery
* 5 x 2000 metres @ 10 km. Race Pace (5.15)
pm. 60 mins. easy

Sun. am. 60 mins. very easy
pm. Rest

Bekele also lifts light weights with high repetitions for strength endurance.

RUNNER PROFILE

Brett Coleman began running for the Geelong Region Cross-Country Team last season but in the short time he has been wearing the prestigious Geelong singlet with the distinctive Sammy logo, Brett has created a great impression with his consistent, quality running and his wonderful team-spirit. And while he is unable to devote the time to his running as he would like, due to upcoming medical exams and family commitments, expect to see Doctor Coleman consistently in the top end of the field this winter.

Brett Coleman

Occupation Doctor - Anaesthetics

Age 32 **Date of Birth** 17 / 5 / 74

Height 173 cm. **Weight** 68 kg.

Married / Single Married to Emma with 1.5 children (daughter Sophie, plus one on the way!)

Coach Self – wife and baby make sure I don't over-train!

Personal Bests

400m.	55 – 56 ish (a long, long time ago)
800m.	2:00.20
1500m.	4:04
3000m.	8:53
5000m.	15:38
10000m.	32:05
Half Marathon	70.36
Marathon	2:38

Favourite Food Fruit Salad and Yoghurt

Food Eaten Before a Race Nothing before a morning race. Anything non-dairy for afternoon race.

Favourite Drink Good wine of any variety.

Favourite Movie Forgotten what they are!

Favourite Book "Mao's Last Dancer" by Li Cunxin

Favourite TV Show Love the "Tour de France" coverage on SBS but don't have time for anything else.

Favourite Night Spot Bed

Favourite Holiday Spot Port Douglas

A Normal Winter Training Week.

No such thing as 'normal' training at present but rough aim is:

Mon.	am.	Study in morning whenever working – no am. running until post exams.
	pm.	Rest
Tues.	pm.	20 min. warm-up. Mona fartlek. 20 minute warm-down
Wed.	pm.	Usually race in Master's Athletics Competition at Landy Field – whatever is scheduled or an easy 30 – 40 minute run.
Thur.	pm.	Easy 30 – 40 minute run.

Fri. pm. Rest

Sat. am. 20 min. warm-up
25 min. hills session at Eastern Park.
20 min. warm-down.

Sun. am. 60 – 90 min. long run.

Other Training / Recovery Sessions.

"Occasional 10 km. ride to work. Plan to get into Pilates when exams finish on 28th May."

Favourite Training Session "Sunday long run with the group."

Favourite Race "Athletics Victoria 10 km. Road Race – love the depth of the field. Gold Coast Marathon / Half Marathon – love the taste of summer in the middle of winter!"

Best Ever Performances "Running 2.38 in my marathon debut at the 2002 Gold Coast Marathon."

Favourite Place To Train "Path between Jan Juc and Point Addis."

Toughest Ever Training Session "After putting it off all weekend, I ran solo for 2 hours 40 minutes, starting at 5:30am in early June (so, it was pitch black), around Flemington."

Most Admired Runners / People "Dr Karim Khan, a Sports Doctor now living in Vancouver – the most inspirational, positive and productive person I have ever met."

Advice to Other Runners "DON'T GET INJURED! Not sure how to do that yet!"

Goals for the Future

"To pass what will hopefully be my last exam ever on May 28."

"To help Geelong win the 2006 Division One Athletics Victoria Winter Premiership."

"To not get injured – however, I have to get over my current injury before that can become a realistic goal!"

How I started running? In 1989 I had run a few 400's at the school sports. Eventually, I won a 400 metre race so was selected to run an Inter-School qualifying race where the last runner's school would not progress to the next round. The State 400 metre Champion was from our school and was counting on me to finish in the first eight out of nine runners. Well, you guessed it, I finished last and the State Champion did not get to run and had to look on from the sidelines. Looking back, the teachers must have had a few too many hash cookies if they thought I'd ever cut it as a 400 metre runner. However, I was very embarrassed and swore that would never

happen again so I started to train seriously for running.”

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

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 52 231620 or nmac@pipeline.com.au