



GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 52

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

August 2006

GEELONG REGION CROSS-COUNTRY TEAM TRIVIA NIGHT

When: Saturday 19th August. 7:00pm - 10:00pm

Where: The Geelong Cross-Country Club Rooms
(the blue building under the James Harrison Bridge)

Why: This will be a fantastic night of **FUN FUN FUN**
Also, this is a great way for all members to support
our team, have a great night with your mates, while
helping to raise much needed funds.

How much: \$10 for Adults / \$5 for Under 18
Tables of 8 will work best.

BYO Drinks and Nibbles
Tea and coffee supplied for supper

BUT THERE'S MORE!

Lee Troop will auction off his highly valued
memorabilia from the Sydney and Athens Olympics.
These highly valued collector's items will take pride
of place in the lucky new owner's home so bring
along some extra cash so you can make a bid.

**Put Saturday 19th August in your diary now as
this will be a WONDERFUL NIGHT.**

GEELONG WOMEN VICTORIOUS AT COLIBAN ROAD RELAYS

Saturday 24th June

The long trip north for the Harcourt to Bendigo
Coliban Road Relays was to prove successful for
Geelong with two teams coming home with hard
fought medals. Congratulations to our Women's
Team of Cathryn Hoare, Ashlea Clifton, Cheryl
Boness, Nadia Semjanov and Pattie Galvin, who
combined beautifully to comfortably take out the
Division Two race, thus consolidating their position at
the head of the 2006 Team Premiership. Well done
also to the Geelong Division One and Three Mens'
Teams, who finished third and fourth respectively in
tightly contested races. Both Lee Troop and Rowan
Walker underlined their fine form leading up to next

Sunday's Gold Coast Marathon by recording fastest
individual splits for their legs. Lee Troop's time of
20.59 for the Sedgwick Valley Road Leg was also a
new course record.

COLIBAN ROAD RELAY GEELONG RESULTS

Note: % of leg record in ()

DIVISION 1 MEN (48.8 km. 7 runners)
(The Orchards Leg - 5.2 km. "Hard Leg")
Rowan Walker 17.43 (96.4%)

Fastest Individual Splits:

R Walker	(Geelong)	17.43
D McNeil	(Doncaster)	18.01
D Ruschena	(Glenhuntly)	18.09

(Mt. Alexander Leg - 8.3 km. "#@&%\$#@ Hard Leg")
David Wynn 30.30 (89.1%)

Fastest Individual Splits:

P Hulbert	(Glenhuntly)	29.01
A Patti	(Doncaster)	29.17
B Fahy	(Ballarat YCW)	29.57

(The Gap Leg - 9.3 km. "Very Hard Leg")
Scott Rantall 30.52 (90.7%)

Fastest Individual Splits:

S Rantall	(Geelong)	30.52
M Chettle	(Glenhuntly)	30.55
T Harlow	(APS)	31.05

(Coliban Water Race Leg - 5.0 km. "Relatively Flat")
Nick Wightman 18.01 (87.9%)

Fastest Individual Splits:

L Gloster	(Glenhuntly)	16.24
B Ashkettle	(Doncaster)	16.39
H Beaumont	(Melb. Uni)	17.25

(Sedgwick Valley Leg - 7.5 km. "Relatively Flat")
Lee Troop 20.59 (100.8% - new course
record)

Fastest Individual Splits:

L Troop	(Geelong)	20.59
A Failla	(Doncaster)	21.58
B Dyson	(Glenhuntly)	22.43

(Hogan's Road Leg - 8.6 km. "Undulating")
Brett Coleman 27.22 (90.2%)

Fastest Individual Splits:

S Moneghetti	(Ballarat YCW)	25.25
T Rayner	(Glenhuntly)	25.41
S Field	(APS)	25.54

(Athletic Track Leg - 4.9 km. "Relatively Flat")

Wes Benson 15.30 (93.7%)**Fastest Individual Splits:**

W Niewwoudt	(Doncaster)	15.25
W Benson	(Geelong)	15.30
J Marsh	(APS)	15.41

1 st	Glenhuntly	158.47
2 nd	Doncaster	159.00
3 rd	Geelong	161.04
4 th	APS	164.45
5 th	Knox Athletic	167.31
6 th	Box Hill	168.08

DIVISION 3 MEN (32.3 km. 5 runners)

(The Orchards Leg - 6.3 km. "Hard Leg")

Simon Taylor 23.34 (92.7%)**Fastest Individual Splits:**

S Taylor	(Geelong)	23.34
E Lim	(Knox)	24.24
R Harvey	(Mentone)	24.47

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

Jamie Godwin 19.26 (81.3%)

(Sedgwick Valley Leg - 7.5 km. "Relatively Flat")

Paul Wilson 27.01 (78.3%)

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

Geoffrey Purnell 30.30 (81.1%)

(Athletic Track Leg - 4.9 km. "Relatively Flat")

Geoff Clark 19.15 (74.9%)

1 st	Knox Athletic	116.52
2 nd	Mentone	117.58
3 rd	Box Hill	119.26
4 th	Geelong	119.46
5 th	Athletics Nunawading	120.11

DIVISION 2 WOMEN (32.3 km. 5 runners)

(The Orchards Leg - 6.3 km. "Hard Leg")

Cathryn Hoare 28.55 (83.1%)**Fastest Individual Splits:**

N Legge	(Sandringham)	26.03
M Duncan	(Knox)	26.35
A Harper	(Box Hill)	26.52

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

Ashlea Clifton 24.28 (78.8%)**Fastest Individual Splits:**

D Hewitt	(Glenhuntly)	20.59
B Cardy	(Knox)	21.01
M Haydock	(Melb Uni.)	21.54

(Sedgwick Valley Leg - 7.5 km. "Relatively Flat")

Cheryl Boness 28.07 (80.6%)**Fastest Individual Splits:**

H Field	(Knox)	25.48
R Johnson	(Box Hill)	27.41
K Jackson	(Sandringham)	28.05

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

Nadia Semjanov 32.30 (91.6%)**Fastest Individual Splits:**

A Baquie	(Box Hill)	30.26
K Seibold-Cros.	(Sandringham)	31.09
A Worland	(Eureka)	31.14

(Athletic Track Leg - 4.9 km. "Relatively Flat")

Patti Galvin 19.39 (92.2%)**Fastest Individual Splits:**

I de Castella	(APS)	18.05
A Mills	(Sandringham)	18.25
K McKnight	(Knox)	19.21

1 st	Geelong	133.40
2 nd	Western Athletics	139.18
3 rd	Traralgon	140.15
4 th	Collingwood	140.29
5 th	Coburg	150.48

**COLIBAN ROAD RELAY
INDIVIDUAL LEG RECORDS****Leg 1. The Orchards - 5.2 km.**

Sean Quilty 1998 Doncaster 17.05

Leg 1. The Orchards - 6.3 km.Lex Davey 1999 Keilor St. Bern. 21.52
Serena Gibbs 2002 Peninsula R.R. 24.00**Leg 2. Mt. Alexander - 8.3 km.**

Sean Quilty 1997 Doncaster 27.11

Leg 3. The Gap - 9.3 km.

Steve Moneghetti 1997 Ballarat YCW 27.57

Leg 4. Coliban Water Race - 5.0 km.Travis Longmuir 2002 Doncaster 15.52
Nicole Webster 1999 LSW 19.19**Leg 5. Sedgwick Valley - 7.5 km.**Lee Troop 2006 Geelong 20.59
Haley McGregor 2002 Knox Athletic 22.41**Leg 6. Hogan's Road - 8.6 km.**

Michael Power	2003	Glenhuntly	24.47
Susan Michelsson	2002	Collingwood	29.46

Leg 7. Athletic Track - 4.9 km.

Mark Tucker	2003	Geelong	14.28
I de Castella	2006	Knox	18.05

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

Note: Votes for Coliban Road Relays were decided on each athlete's time percentage of leg record.

Senior Men.

3. Lee Troop
2. Rowan Walker
1. Wes Benson

Senior Women.

3. Patti Galvin
2. Nadia Semjanov
1. Cathryn Hoare

THE BUSH INN AWARD

The winner of the Bush Inn Award for the Coliban Road Relays is **David Wynn** for his gutsy run up and down the incredibly challenging Mt Alexander Leg. Well done, David - hoping you enjoy the Bush Inn's famous food and hospitality.

GEELONG WOMEN ON FIRE AT SANDOWN ROAD RELAYS Saturday 8th July

For the second time this year, Sandown Racecourse was as benign as it gets with just a hint of a breeze to distract athletes as they negotiated the gradual climb out the back of the course. And as it had been for most of the year, the Geelong women were to the fore with impressive victories for the Division Two Team (Nadia Semjanov, Cheryl Boness, Kristen Wyatt), the Division Three Team (Cathryn Hoare, Jo Lambert, Patti Galvin) and the Under 16 Team (Kate Sly, Georgie Buckley, Georgia Scott). The Geelong Division One Men's Team had their depth tested with both Lee Troop and Rowan Walker recovering after excellent races in the Gold Coast Marathon. However, lead-off runner Wes Benson continued his excellent form with a fast split of 19.08 while Scott Rantall was one of a handful of athletes to record a sub nineteen minute time for the time-tested Sandown Course.

A special thank-you to: Jane Adcock, Sue Buckley, Carol Kilfoyle, Graeme Kilfoyle, Rohan Perrott, Susan Rantall, Chris Sly and Lyn Taylor for their great work as Team Managers at the Sandown Road Relays.

Division 1 Men (6 x 6.2 km.)

1. Wes Benson 19.08
2. Nick Wightman 20.06
3. Scott Rantall 18.49
4. Brett Coleman 19.31
5. Simon Taylor 20.29
6. Charlie El-Hage 21.26

Seventh Place: 1:59.34

First Place: Glenhuntly 1:53.47

Fastest Individual Times:

1. C Birmingham (Eureka) 18.07
2. L Adams (Essendon) 18.15
3. D Ruschena (Glenhuntly) 18.22
4. S Moneghetti (Ballarat YCW) 18.28
5. S Field (APS) 18.29
6. T Rayner (Glenhuntly) 18.30
7. D McNeil (Doncaster) 18.46
8. S Rantall (Geelong) 18.47
9. A White (Box Hill) 18.50
10. L McArthur (Doncaster) 18.51
11. M Chettle (Glenhuntly) 18.58
12. Z Ashkanasy (Sandringham) 19.00

Division 3 Men (5 x 6.2 km.)

1. Geoffrey Purnell 22.06
2. Michael Kenny 22.12
3. Paul Wilson 22.59
4. Matt Williams 22.17
5. Hugh Thyer 21.52

Seventh Place: 1:51.28

First Place: Mentone 1:43.38

Division 6 Men (4 x 6.2 km.)

1. Neil MacDonald 25.12
2. Geoff Clark 24.07

No 3rd or 4th runner

D.N.F.

First Place: Ballarat YCW 1:29.15

Under 18 Men (3 x 3.1 km.)

1. Tim Kilfoyle 10.06
2. Daniel Payne 10.45
3. Jeremy Vogrin 11.00

Eighth Place: 31.54

First Place: Glenhuntly 29.23

Fastest Individual Times:

1. A Watson (Ballarat Region)	9.17
2. M Seen (Knox)	9.23
3. R Mathews (Essendon)	9.26
4. L Hennessy (Glenhuntly)	9.34
5. T Fawthorpe (Ringwood)	9.43
6. J Darcy (Knox)	9.49

Division 2 Women (3 x 6.2 km.)

1. Nadia Semjanov	23.57
2. Cheryl Boness	23.18
3. Kristen Wyatt	23.39

First Place: 1:11.01

Second Place: Doncaster 1:13.21

Fastest Individual Times:

1. L Weightman (Knox)	20.44
2. S Michelsson (Collingwood)	21.21
3. A Worland (Eureka)	21.52
4. S Lofts (Knox)	21.57
5. K Seibold-Crosby (Sandringh.)	22.19
6. S Klein (Frankston)	22.23
7. N Legge (Sandringham)	22.25
8. L Furst (Knox)	22.34
8. R Barton (Eureka)	22.34
10. T Austin (Malvern)	22.47
11. L Allen (Doncaster)	22.49
12. S Grahame (Box Hill)	22.57

Division 3 Women (3 x 6.2 km.)

1. Cathryn Hoare	25.41
2. Jo Lambert	24.52
3. Patti Galvin	24.47

First Place: 1:15.20

Second Place: Melb Uni 1:17.23

Under 20 Women (3 x 3.1 km.)

1. Ashlea Clifton	13.03
2. Sarah James	11.52

No 3rd runner**D.N.F.**

First Place: Frankston 32.42

Fastest Individual Times:

1. E Clayton (Frankston)	10.35
2. M Duncan (Knox)	10.53
3. A Uys (Frankston)	10.57
4. Z Warrington (Frankston)	11.10
5. S Cant (Box Hill)	11.20
6. A Wilson (Box Hill)	11.30

Under 16 Women (3 x 3.1 km.)

1. Kate Sly	10.55
2. Georgie Buckley	11.33
3. Georgia Scott	11.24

First Place: 33.52

Second Place: Ballarat YCW 36.55

Fastest Individual Times:

1. K Sly (Geelong)	10.55
2. G Scott (Geelong)	11.24
3. G Buckley (Geelong)	11.33
4. S Howard (Ballarat YCW)	11.55
5. B Meaden (Ballarat YCW)	12.00
6. R Wood (Ballarat YCW)	13.00

OTHER RESULTS:**Under 14 Men (3 x 3.1 km.)****Fastest Individual Times:**

1. N Verwey (Frankston)	10.59
2. B Huggett (Ballarat YCW)	11.17
3. L Whitfield (Frankston)	11.19

Under 16 Men (3 x 3.1 km.)**Fastest Individual Times:**

1. R Geard (Essendon)	9.58
2. A Davis (Ballarat YCW)	10.05
3. K Grimster (Frankston)	10.06

Under 20 Men (3 x 6.2 km.)**Fastest Individual Times:**

1. B Ashkettle (Doncaster)	19.15
2. B Threlfall (Ballarat YCW)	20.18
3. A Neilson (Doncaster)	20.19

Under 14 Women (3 x 3.1 km.)**Fastest Individual Times:**

1. T Daly (Sandringham)	12.05
2. T Kehoe-Sporton (Sandringh.)	12.11
3. S Fenton (Malvern)	12.32

Under 18 Women (3 x 3.1 km.)**Fastest Individual Times:**

1. R Green (Frankston)	10.27
2. S Kondogonis (Keilor St Bern.)	11.09
3. M Bell (Frankston)	11.12
4. S Carberry (Doncaster)	11.17
5. G Chalmers (Doncaster)	11.19
6. B Gange (Doncaster)	11.36

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

Senior Men.

3. Scott Rantall
2. Wes Benson
1. Brett Coleman

Senior Women.

3. Cheryl Boness
2. Kristen Wyatt
1. Nadia Semjanov

Junior Men.

3. Tim Kilfoyle
2. Daniel Payne
1. Jeremy Vogrin

Junior Women.

3. Kate Sly
2. Georgia Scott
1. Georgie Buckley

THE BUSH INN AWARD

The winner of the Bush Inn Award for the Sandown Road Road Relays is **Charlie El-Hage** for flying back from Queensland early to race for Geelong. Well done, Charlie - hoping you enjoy the Bush Inn's famous food and hospitality.

ATHLETICS VICTORIA JELLS PARK CROSS - COUNTRY Saturday 22nd July

Magnificent weather conditions greeted Geelong athletes as they arrived at Jells Park, ready to tackle this new Athletics Victoria winter venue. However, while athletes were happy to avoid the traditional Bundoora winds of previous years, most reported that the soft going, undulating terrain and lush grass made Jells Park a very challenging assignment. First up for Geelong were the Junior Women, with Holly Lipson finishing a highly creditable 8th in the Under 20 Womens' 6 km., then Kate Sly (1st), Georgie Buckley (4th) and Georgia Scott (5th) combined well to take out team honours by a single point from arch-rivals Essendon. Well done also to Bree Ryan, who ran home strongly to collect the bronze medal in the Under 18 Womens' 4 km.

As they have done all season, the Geelong Senior Womens' Team were very impressive in winning the 8 km. team's event, with Cheryl Boness running her best race for Geelong by finishing 12th in a highly competitive event.

Finally, it was left to the senior men to tackle four tough laps around Jells Park. Leading the way was the ever-reliable Brett Coleman (24th), with impressive first-year runners David Wynn and Wes Benson following in quick succession, thus leading the Division One Mens' Team to a solid fourth placing. Special mention to super-vet Geoffrey Purnell, whose consistent winter season form was rewarded with a third placing in the very strong Under 50 Veterans' Event.

Geelong Results:

Under 16 Women 4 km.

Kate Sly	1 st	15.19
Georgie Buckley	4 th	15.48
Georgia Scott	5 th	15.50

Fastest Times:

1. S Carberry (Inv.)	15.01
2. K Sly (Geelong)	15.19
3. B Nash (Essendon)	15.30
4. L Den Ouden (Essendon)	15.35
5. G Buckley (Geelong)	15.48
6. G Scott (Geelong)	15.50
7. R Menadue (Essendon)	16.01

Under 18 Women 4km.

Bree Ryan	3 rd	15.54
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Fastest Times:

1. M Duncan (Knox)	14.29
2. M Bell (Frankston)	15.10
3. B Ryan (Geelong)	15.54
4. R Gatt (Western Aths)	16.17
5. E French (Essendon)	16.30
6. L Monagle (Glenhuntly)	16.41

Under 20 Women 6 km.

Holly Lipson	8 th	27.22
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Fastest Times:

1. F Nash (Doncaster)	23.46
2. A Uys (Frankston)	24.01
3. K Duncan (Knox)	25.04
4. Z Warrington (Frankston)	25.34
5. K Cuk (Essendon)	25.54
6. J Tromp (Doncaster)	27.01
7. K Wall (Box Hill)	27.09
8. H Lipson (Geelong)	27.22

Open Women 8 km.

Cheryl Boness	12 th	31.31
Nadia Semjanov	21 st	32.35
Kristen Wyatt	34 th	33.36
Cathryn Hoare	60 th	35.40

1. A Thompson (Glenhuntly)	27.39
2. K Smyth (Glenhuntly)	28.30
3. L Weightman (Knox)	28.47
4. S Lofts (Knox)	29.31
5. B Thomas (Essendon)	30.18
6. A Worland (Eureka)	30.33
7. S Michelsson (Collingwood)	30.41
8. K Seibold-Crosby (Sandringh.)	30.49
9. L Dick (Ringwood)	30.58
10. T Austin (Malvern)	31.00

Under 20 Men 8 km.

Michael Kenny	15 th	31.49
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Fastest Times:

1. S Crowther (Knox)	25.58
2. S Vance (Frankston)	26.09
3. B Ashkettle (Doncaster)	26.55
4. D Christou (Box Hill)	27.28
5. A Neilson (Doncaster)	27.37

Open Men 12 km.

Brett Coleman	24 th	40.55
David Wynn	30 th	41.43
Wes Benson	31 st	41.47
Nick Wightman	53 rd	43.25
Rohan Perrott	72 nd	44.44
Geoffrey Purnell	86 th	45.34
	3 rd	U 50
Hugh Thyer	123 rd	47.59
Paul Wilson	140 th	48.44
Geoff Clark	249 th	53.49
Neil MacDonald	258 th	54.52
Scott Rantall	D.N.F.	

Fastest Times:

1. C Birmingham (Eureka)	38.01
2. S Moneghetti (Ballarat YCW)	38.15
3. R Dessaix-Chin (Inv.)	38.19
4. D Ruschena (Glenhuntly)	38.50
5. L McArthur (Doncaster)	38.57
6. L Adams (Essendon)	39.04
7. C Perrett (Mentone)	39.11
8. B Dyson (Glenhuntly)	39.13
9. T Rayner (Glenhuntly)	39.36
10. A White (Box Hill)	39.57

Other Age Group Results:**Under 14 Women 4 km.**

1. D Baulch (Essendon)	15.11
2. K Tour-May (Glenhuntly)	15.13
3. B Healey (Eaglehawk)	15.25
4. T Daly (Sandringham)	15.45
5. J Baulch (Essendon)	15.54

Under 14 Men 4 km.

1. T Hirik (APS)	14.13
2. S Quirk (Traralgon)	14.15
3. C Drake (Williamstown)	14.26
4. L Matthews (Essendon)	14.33
5. C Smith (Frankston)	14.53

Under 16 Men 6 km.

1. R Geard (Essendon)	22.07
2. M Blicavs (Keilor St, Bern.)	22.19
3. J Williamsz (Knox)	22.49
4. N Hiruma (Doncaster)	22.55
5. A Davis (Ballarat YCW)	23.21

Under 18 Men 6 km.

1. M Bayley (Knox)	19.57
2. A Watson (Wendouree)	20.21
3. L Hennessy (Glenhuntly)	20.56
4. A Howard (Ballarat YCW)	21.42
5. M Seen (Knox)	21.52

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

Senior Men.

3.	Brett Coleman
2.	David Wynn / Wes Benson
1.	Nick Wightman / Geoffrey Purnell

Senior Women.

3.	Cheryl Boness
2.	Nadia Semjanov
1.	Kristen Wyatt

Junior Women

3.	Kate Sly
2.	Georgie Buckley / Georgia Scott / Bree Ryan
1.	Holly Lipson

THE BUSH INN AWARD

The winner of the Bush Inn Award for the Jells Park Cross-Country is **Cheryl Boness** for excellent 12th placing on a challenging course and her excellent debut season with the Geelong Region Cross-

Country Team. Well done, Cheryl - hoping you enjoy the Bush Inn's famous food and hospitality.

RUNNER PROFILE

Andrew Chalmers has been a valued member of the Geelong Region Cross-Country Team for a few years now but has had his battles with injury niggles during that time. However, this year all the hard work is starting to pay off as Andrew has been able to put in the necessary work and is beginning to reap the benefits as he closes in on his personal goals.

Andrew Chalmers

Occupation Mill Operator

Age 40 **Date of Birth** 21 / 7 / 65

Height 173 cm. **Weight** 67 kg.

Married / Single Married to Audrey. Children: Tegan (16) and Cameron (14)

Coach Lee Troop

Personal Bests

1500m.	5:15
5000m.	19:15
10000m.	38:35
Half Marathon	1:25.13
Marathon	3:27

Favourite Food Beef Casserole

Food Eaten Before a Race Sandwich and fruit

Favourite Drink Chocolate Milk

Favourite Movie "Gladiator"

Favourite Book "Marching Powder" by Rusty Young (a story about life inside a South American gaol)

Favourite Music / Band "U2 and Cold Play"

Favourite TV Show "Seinfeld"

Favourite Night Spot At home

Favourite Holiday Spot Istanbul, Turkey.

A Normal Winter Training Week.

Mon. pm. 50 minute jog.

Tues. pm. 20 minute warm-up
"Mona Fartlek"
20 minute warm-down

Wed. pm. 90 minute easy run

Thur. pm. 60 minute easy run

Fri. pm. 50 minute jog

Sat. am. 20 minute warm-up
2 laps of Eastern Park Hill Course.
20 minute warm-down
pm. 30 minute easy run

Sun. am. 2 hour run.
pm. 20 minute easy run.

Other Training / Recovery Sessions.

"Pitates on Monday and Friday. A massage every fortnight."

Favourite Training Session "Sunday long run."

Favourite Race "Any marathon."

Best Ever Performances "Running my 10 kilometre P.B. (38.35) at Sandown this year."

Favourite Place To Train "Eastern Park."

Toughest Ever Training Session "A 2 hour run through the Otways over some really tough hills".

Most Admired Runner / Person "John McLean." (champion wheelchair endurance athlete)

Advice to Other Runners "Be dedicated and everything else will take care of itself!"

Goals for the Future "To break 3 hours for the marathon."

RUNNER PROFILE

Georgia Scott is one of our talented junior athletes who is able to successfully combine more than one sport. An accomplished netballer, Georgia has also represented Victoria in both Track and Field and Cross-Country over the last few seasons. In fact, Georgia will often play her heart out for either The Geelong College Senior Girls' Netball Team or the Geelong Amateurs Netball Team before lunch, then a quick trip up the highway for an Athletics Victoria Cross-Country race.

Georgia Scott

School Year 9 Student at The Geelong College

Age 15 **Date of Birth** 18 / 5 / 91

Height 159 cm. **Weight** 48 kg.

Married / Single Single

Coach Neil MacDonald

Personal Bests

400m.	67.2
800m.	2:26.63
1500m.	4:49.70

3000m. 10:38.80
Other Ran 31.17 for 8km. Lorne Mountain 2 Surf Fun Run. (2nd Junior Girl and 13th Woman overall)

Favourite Food “Anything my Mum makes - she’s a great cook!”

Food Eaten Before a Race Vegemite roll / banana

Favourite Drink Pineapple juice

Favourite Movie “Blue Crush”

Favourite Book “Tomorrow, when the war began” by John Marsden

Favourite Music / Band “Too many to list”

Favourite TV Show “Desperate Housewives” and “The OC”.

Favourite Holiday Spot Byron Bay or Lorne.

A Normal Winter Training Week.

Mon. pm. Netball Game.

Tues. pm. 3 sets of “Big Lap / Little Lap” at Eastern Beach with 4 minutes recovery b/w. The idea is to run strongly on the uphill ramps / promenade dirt path and recover on the downhills. Each set takes about 4.20 - 4.30 minutes. On other weeks I might do a fartlek session around Eastern Park’s scoria track with a total of 12 minutes ‘on’ (ie. 4 x 3 minutes ‘on’ with 2 minutes easy b/w or 3 x 4 minutes ‘on’ with 2 minutes easy b/w)

Wed. am. Netball Fitness Session in Geelong College Gym.
 pm. Easy 25 minute run around Barwon River Track from Landy Field. Finish with mobility exercises, sprint drills, hip mobility exercises, 4 x ‘fast / relaxed’ strides with walk back recovery, then core-stability exercises. Occasionally, if I’m not racing on the weekend and I’m feeling good, I might do: 10 minutes easy, 15 minutes run at threshold pace, 5 minutes easy, then finish off with some ‘fast / relaxed’ strides with walk back recovery.

Thur. pm. Two lots of netball training: one with the Geelong College Senior School Team and the other with the Geelong Amateur’s Team.

Fri. am. Easy swim **or** occasionally an easy 20 - 25 minute jog, plus strides **or** rest if racing on Saturday.

Sat. am. Netball Match
 pm. Athletics Victoria Cross - Country Race every two or three weeks.

Sun. am. 50 - 60 minute easy run over Buckleys Falls / Fyansford Hills. If feeling good, we often run the last kilometre at a faster, relaxed pace. Finish with 4 x ‘fast / relaxed’ strides with walk back recovery.

Other Training / Recovery Sessions.

“Netball, swimming, core - stability exercises and occasionally some cycling.”

Favourite Training Session “3 x 1000 metres at 3 km. race pace with 4 minutes recovery between.”

Favourite Race “3000 metres on the track and the Lorne ‘Mountain 2 Surf’ Fun Run.”

Best Ever Performance At the 2005 Australian All-Schools Track and Field Championships in Sydney I took 16 seconds from my old p.b. (10.54 – 10.38) and came 11th from of a field of 25.”

Favourite Place To Train “Landy Field or Eastern Beach.”

Toughest Ever Training Session “3 sets of “Big Lap / Little Lap” with 4 minutes recovery between” - see sample training schedule above.

Most Admired Runner “Kerryn McCann”

Advice to Other Runners “Train with a goal in mind and make sure it’s fun!”

Goals for the Future

“To run a National Qualifying Time for 1500 metres – at the moment I’m 1 second off!”

AROUND THE TRACKS AND TRAILS

After a frustrating run with injury over the last few years, Lee Troop recorded an emphatic victory in the Gold Coast Airport Marathon on Sunday July 2nd. Even though Lee conceded that he was only 80 - 90% fit for the 28th running of the prestigious Gold Coast event, he was delighted to run 2:14.12 (a

World Championship B Qualifier), seeing both the time and the victory as a stepping-stone to bigger and better performances. A special feature of this year's race, was that all five of Australia's sub 2:10 marathoners (Rob de Castella - 2:07.51, Steve Moneghetti - 2:08.16, Derek Clayton - 2:08.33, Pat Carroll - 2:09.39 and Lee Troop - 2:09.49) were in attendance.

Also lining up for the Gold Coast Marathon was in-form Geelong athlete, Rowan Walker, who finished an outstanding 6th (third Australian) in a personal best time of 2:20.25, slashing an amazing 9 minutes and 1 second from his previous best.

Well done Lee and Rowan.

In the Gold Coast Half Marathon, Kristen Wyatt ran a steady, relaxed race to finish comfortably in 1:29.26 (45th woman).

In his first race since he fell in the 1500 metre final at the Commonwealth Games, Craig Mottram has smashed his own Australian 3000 metre record to win in Liege, Belgium on July 20. Running in 35 C heat, Craig left his competitors behind to clock a winning time of 7:32.84, nearly 5 seconds better than the record he set in Monaco in 2002. Craig said he was highly motivated after nearly four months away from the track.

"The time was great, even though conditions weren't perfect in the heat. It was my first race of the European summer so it is always good to win your first race and to run fast is a bonus", Craig said. Craig told his coach, Nic Bideau, only half-jokingly, that he could break the World 3000 metre record of 7:20.67, set by Kenyan Daniel Komen in 1996. "That World Record is one of the best ever. It is a fair step from 7.32 to 7.20 but I can definitely run under 7.30 – that would be the first step", Craig said. "Breaking the record is definitely not impossible, it is doable, but not quite yet."

On Friday 28th July, Craig Mottram returned to his European base of London for the much anticipated clash over 5000 metres with Kenenisa Bekele, his Commonwealth Games conqueror, Augustine Choge and a host of brilliant Africans. In his previous two races over 5000 metres at London's Crystal Palace, Craig pushed both Haile Gebrselassie and Kenenisa Bekele to the limit, both times running under the magical 13 minute barrier. Anticipating another fast time, a pace-maker was set to take the field through the first 3000 metres in 7.45. However, the heat (27 C) and humidity, plus the opening two laps of 59 and 65 seconds, which were more like those of a championship race, made the going tough.

Unfortunately, Craig was not able to respond when the pace kicked down with 500 metres to go and finished 7th behind ex-Kenyan 1500 metre star and Athen's Olympic silver medallist over that distance, Bernard Lagat, whose 52 second last lap was too much for even the great Bekele.

London Grand Prix 5000 metre results:

1. Bernard Lagat (USA)	12:59.22
2. Kenenisa Bekele (Ethiopia)	13:00.04
3. Augustine Choge (Kenya)	13:00.74
4. Eluid Kipchoge (Kenya)	13:01.74
5. Ben Limo (Kenya)	13:04.68
6. Boniface Songok (Kenya)	13:07.84
7. Craig Mottram (Australia)	13:08.96

Craig will now head to St Moritz for a block of altitude training, before contesting the 1500 metres in Zurich (August 18), the 3000 metres in Monaco (August 20) and possibly the 5000 metres in Brussels (August 25).

A little closer to home our junior athletes have been to the fore competing in the Victorian Secondary Schools Sports Association Cross-Country Final at Bundoora on Friday 28th July:

Kate Sly	1 st	Under 15 Girls 3km.
Jeremy Vogrin	16 th	Under 15 Boys 3km.
Michael Kenny	17 th	Under 21 Boys 5km.

Well done, Kate, Jeremy and Michael.

Congratulations also to: Georgie Buckley (Under 16), Kate Sly (Under 16), and Breanna Ryan (Under 18) who have been selected in the Victorian Team to contest the Australian All-Schools Cross-Country Championships in Hobart on Saturday 26th August. All the very best, Georgie, Kate and Bree.

**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”**

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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