



GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 53

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

September 2006

PRESENTATION NIGHT

Thursday 28th September.

7:00pm. - 9:30pm.

Bush Inn Hotel

Please put Thursday 28th of September in your diary now so that you can wind-up the 2006 Winter Cross-Country Season in style with your team mates, while dining on a delicious Bush Inn Meal.

During the night, trophies / awards will be presented to our best - performed winter season athletes.

Could you please notify Neil MacDonald of final numbers by Tuesday 26th September.

ATHLETICS VICTORIA BALLARAT

CROSS - COUNTRY

Saturday 5th August

Despite most athletes running over shorter distances in Ballarat, the Victorian Country Championships were certainly not a stroll in the park, with a substantial bog, rhythm breaking climbs and slippery sections making the race a true cross-country test. First-up for Geelong were our junior women, with Georgie Buckley (2nd), Bree Ryan (3rd) and Kate Sly (3rd) all producing excellent runs as they prepare for the Australian All-Schools Cross-Country Championships, to be held in Hobart on August 26th. In his first race since winning the Gold Coast Marathon last month, Lee Troop challenged rising-star Collis Birmingham over the first five kilometres before tiring a little to finish a gutsy second. Also running his first race since his Gold Coast Marathon break-through performance was Rowan Walker, who finished a very solid tenth. Lee and Rowan, along with Brett Coleman, Nick Wightman, David Wynn and Wes Benson took our Division One Men's Team to an excellent second placing. Other Geelong teams to medal were the Under 20 Women (Georgie Buckley, Bree Ryan and Ashlea Clifton - first place), the Division Two Women (Julie McNamara, Kristen Wyatt and Pattie Galvin - third place) and the Division Three Men (Rohan Perrott, Geoffrey Purnell, Jamie Godwin, Paul Wilson and Andrew Chalmers - third place)

Geelong Results:

Under 16 Women 3 km.

Kate Sly	3 rd	11.15
	1 st	Country

Fastest Times:

1. G Thek (Doncaster)	10.42
2. E Gangelhoff (Essendon)	11.10
3. K Sly (Geelong)	11.15
4. S Kondogonis (Keilor St. Bern.)	11.19
5. B Nash (Essendon)	11.29
6. R Menadue (Essendon)	11.37
7. L Hall (Essendon)	11.40
8. L Den Ouden (Essendon)	11.41

Under 18 Women 3 km.

Holly Lipson	11 th	13.01
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Fastest Times:

1. R Green (Frankston)	10.37
2. M Duncan (Knox)	11.01
3. E Clayton (Frankston)	11.04
4. M Bell (Frankston)	11.29
5. R Gatt (Western Ath.)	12.01
6. E French (Essendon)	12.02
7. M Findlay (Ballarat Region)	12.08
8. C Griffith (Knox)	12.28

Under 20 Women 4 km.

Georgie Buckley	2 nd	16.07
	1 st	Country
Bree Ryan	3 rd	16.33
	2 nd	Country
Ashlea Clifton	6 th	18.01

Fastest Times:

1. K Duncan (Knox)	15.50
2. G Buckley (Geelong)	16.07
3. B Ryan (Geelong)	16.33
4. K Wall (Box Hill)	16.47
5. C Wilson (Ballarat YCW)	17.51
6. A Clifton (Geelong)	18.01
7. L Cuttler (Glenhuntly)	18.21
8. C Broberg (Diamond Valley)	18.46

Open Women 6 km.

Julie McNamara	30 th	25.20
Kristen Wyatt	36 th	25.31
Pattie Galvin	49 th	26.21
Cathryn Hoare	63 rd	27.17
Joanne Lambert	69 th	27.35

Fastest Times:

1. A Thompson (Glenhuntly)	20.43
2. L Weightman (Knox)	21.25
3. K Seibold-Crosby (Sandringh.)	22.53
4. A Worland (Eureka)	22.55
5. T Austin (Malvern)	22.58
6. L Dick (Ringwood)	23.31
7. M Murray (Diamond Valley)	23.36
8. N Legge (Sandringham)	23.38
9. L Allen (Doncaster)	23.39
10. S Michelsson (Collingwood)	23.44

Under 16 Men 3 km.

Jeremy Vogrin	11 th	11.11
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Fastest Times:

1. A Seen (Knox)	10.14
2. A Davis (Ballarat YCW)	10.16
3. A Green (Ballarat YCW)	10.17
4. K Grimster (Frankston)	10.19
5. M Blicavs (Keilor St, Bern.)	10.24
6. R Geard (Essendon)	10.29
7. J Williamsz (Knox)	10.33
8. J Warhurst (Collingwood)	10.50

Under 18 Men 4 km.

Tim Kilfoyle	16 th	15.44
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Fastest Times:

1. M Frey (Frankston)	12.41
2. A Watson (Ballarat)	12.45
3. J Huggett (Ballarat YCW)	12.54
4. C Huffer (Glenhuntly)	12.59
5. L Hennessy (Glenhuntly)	13.24
6. K Wille (Knox)	13.38
7. S Zuliani (Frankston)	13.44
8. T Fawthorpe (Ringwood)	13.54

Open Men 8 km.

Lee Troop	2 nd	25.08
	2 nd	Country
Rowan Walker	10 th	26.29
	3 rd	Country
Brett Coleman	14 th	26.47
Nick Wightman	22 nd	27.09
David Wynn	35 th	27.43
Wes Benson	44 th	28.11
Rohan Perrott	64 th	29.13
Geoffrey Purnell	91 st	30.21
	3 rd	U 50
Paul Wilson	133 rd	31.54
Jamie Godwin	142 nd	32.12
Andrew Chalmers	175 th	32.56
Geoff Clark	177 th	32.57

Neil MacDonald 252nd 36.35

Fastest Times:

1. C Birmingham (Eureka)	24.42
2. L Troop (Geelong)	25.08
3. L Adams (Essendon)	25.27
4. C Perrett (Mentone)	25.45
5. B Dyson (Glenhuntly)	25.52
6. A White (Box Hill)	26.01
7. D McNeill (Doncaster)	26.09
8. M Fedmowski (Mentone)	26.19
9. Z Ashkanasy (Sandringham)	26.26
10. R Walker (Geelong)	26.29
11. T Rayner (Glenhuntly)	26.30
12. P Hulbert (Glenhuntly)	26.36

Other Age Group Results:**Under 14 Women 2 km.**

1. T Daly (Sandringham)	7.10
2. K Tour-May (Glenhuntly)	7.11
3. D Baulch (Essendon)	7.22
4. B Healey (Eaglehawk)	7.32
5. J Baulch (Essendon)	7.42

Under 14 Men 2 km.

1. S Quirk (Traralgon)	6.53
2. C Drake (Williamstown)	7.06
3. N Verwey (Frankston)	7.09
4. B Huggett (Ballarat YCW)	7.10
5. T Hatchman (Sandringham)	7.11

Under 20 Men 4 km.

1. S Crowther (Knox)	12.46
2. D Christou (Box Hill)	13.30
3. N Arunasalam (Box Hill)	13.41
4. S McCullough (Diamond V.)	14.25
5. R Lindsay-Johns (Ringwood)	14.25

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

Senior Men.

3.	Lee Troop
2.	Rowan Walker
1.	Brett Coleman

Senior Women.

3.	Julie McNamara
2.	Kristen Wyatt
1.	Pattie Galvin

Junior Men

3. Jeremy Vogrin
2. Tim Kilfoyle

Junior Women

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

THE BUSH INN AWARD

The winner of the Bush Inn Award for the Ballarat Cross-Country is **Graeme Kilfoyle** for his continued fantastic support of the Geelong Region Cross-Country Team. Well done, Graeme - hoping you enjoy the Bush Inn's famous food and hospitality.

ATHLETICS VICTORIA BURNLEY HALF MARATHON Sunday 3rd September

A small but determined band of Geelong athletes braved early rain and some spirited competition to keep Geelong's chances of a Winter Premiership podium team finish on track at the Burnley Half Marathon. Leading the way was the ultra-consistent Brett Coleman, who in finishing ninth overall, also took out the Victorian Country Half Marathon Championship, just ahead of David Wynn, who slashed minutes from his old personal best time. Rounding out the Geelong Division One Team was the gutsy Wes Benson, who was still feeling the effects of contesting his first National Cross-Country Championship six days before and Lee Troop, who completed a faster than usual Sunday long run to collect vital team points.

And so, after six months of racing, the season comes down to the Tan Relays, where our Division One Men have the opportunity to finish second overall - this would be our highest finish, while our Women can take out the Division Two Premiership.

GO GEELONG!!!

Geelong Results:

Open Mens' Half Marathon (21.1 km.)

Brett Coleman	9 th	1:11.00
David Wynn	11 th	1:11.18
Wes Benson	16 th	1:13.07
Lee Troop	17 th	1:13.08
Paul Wilson	120 th	1:22.33
Geoffrey Purnell	130 th	1:23.09
Geoff Clark	162 nd	1:25.40

Fastest Times:

1. R de Highden (Doncaster) 1:08.51
2. J Marsh (APS) 1:09.40
3. D Hornery (Sandringham) 1:09.44
4. L Gloster (Glenhuntly) 1:10.16
5. S Stevens (Keilor St. Bern) 1:10.33
6. D Bickham (Box Hill) 1:10.48
7. D Verwey (Frankston) 1:10.51
8. J Cook (Glenhuntly) 1:10.59
9. B Coleman (Geelong) 1:11.00
10. T Aldred (Melb Uni.) 1:11.17
11. D Wynn (Geelong) 1:11.18
12. A Wilson (Glenhuntly) 1:11.36

Open Womens' Half Marathon (21.1 km.)

Cathryn Hoare 34th 1:37.26

Fastest Times:

1. A Thompson (Glenhuntly) 1:18.42
2. K Natoli (Knox Ath.) 1:20.54
3. T Austin (Malvern) 1:21.18
4. S Van Dueren (Coburg) 1:21.43
5. M Murray (Diamond Valley) 1:23.18
6. M Cummins (Glenhuntly) 1:23.26
7. A Martin (Ballarat YCW) 1:23.54
8. J Carberry ((Glenhuntly) 1:26.02
9. M Szirom (Ringwood) 1:26.03
10. S Prosenica (Essendon) 1:26.41
11. B Coleman (Melb. Uni) 1:27.00
12. M Jelleff (Malvern) 1:27.27

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

Senior Men.

3. Brett Coleman
2. David Wynn
1. Wes Benson / Lee Troop

Senior Women.

3. Cathryn Hoare

THE BUSH INN AWARD

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

GEELONG WOMEN SECURE PREMIERSHIP AT TAN RELAYS

Saturday 16th September

Magnificent spring weather greeted Geelong athletes as they gathered at the world famous Tan Track for the final race of the 2006 Athletics Victoria Winter Season. However, enjoying the sunshine was furthest from the minds of our senior men and women as the finishing order at the Tan Relays would decide the highly competitive Team's Premiership placings. After a fantastic winter of consistent high placings, the Geelong Women were well on track to secure a much sought after Team Premiership and promotion to Division One for 2007, as long as they could defeat the strong Glenhuntly Team. Well, the race around the time-tested 3.827km. course was an absolute cliff-hanger with the gutsy Geelong trio finishing just 2 seconds ahead of Glenhuntly. Well done to Cheryl Boness, Georgie Buckley, Patti Galvin, Cathryn Hoare, Jo Lambert, Julie McNamara, Nadia Semjanov and Kristen Wyatt, who all scored valuable team points during the season. Great work, girls!

For the Division One Men the equation was pretty simple: finish in front of the strong Doncaster Team and Geelong would finish second for the year – the best winter season result in our short history. And so, it was a very determined group who toed the starting line, ready to give their all. However, while our athletes ran strong legs, each recording a time under 12 minutes, Doncaster proved too strong and won comfortably, thus relegating our team to a highly respectable third place. Well done guys on an excellent winter season.

Congratulations also to our Division Three Men (2nd place), Division Six Men (1st place), Under 20 Men (4th place), Division Three Women (2nd place) and Under 20 Women (2nd place) who all finished the season on a high note. Well done also to Kate Sly, who was named the Champion Under 16 Woman Winter Season Athlete for 2006 – great work, Kate! A special thank-you to: Janette Sly, Chris Sly and Lyn Taylor for their great work as Course Marshalls at the Tan Road Relays.

GEELONG RESULTS:

Division 1 Men (6 x 3.827 km.)

1.	Wes Benson	11.56
2.	Nick Wightman	11.44
3.	Rowan Walker	11.17
4.	Scott Rantall	11.29
5.	David Wynn	11.52

6. Brett Coleman 11.42

Third Place: 70.06

First place: Doncaster 68.22

Fastest individual splits:

1.	C Birmingham (Eureka)	10.52
2.	C Perrett (Mentone)	11.04
2.	L Adams (Essendon)	11.04
4.	L McArthur (Doncaster)	11.11
5.	S Moneghetti (Ballarat YCW)	11.12
6.	G Schmidlechner (Doncaster)	11.14
6.	T Rayner (Glenhuntly)	11.14
8.	B Toomey (Knox)	11.15
9.	R Walker (Geelong)	11.18
10.	D McNeill (Doncaster)	11.20
10.	R de Highden (Doncaster)	11.20
12.	C Hamer (Box Hill)	11.25
12.	M Bayley (Knox)	11.25

Division 3 Men (5 x 3.827 km.)

1.	Josh Baker	11.43
2.	Geoffrey Purnell	13.28
3.	Rohan Perrott	11.55
4.	Simon Taylor	12.14
5.	Michael Kenny	13.32

Second Place: 62.54

First place: Box Hill 60.07

Division 6 Men (4 x 3.827 km.)

1.	Hugh Thyer	12.56
2.	Andrew Chalmers	14.28
3.	Paul Wilson	13.32
4.	Neil MacDonald	15.22

First Place: 56.21

Second place: Sandringham 57.00

Under 20 Men (3 x 3.827 km.)

1.	Daniel Payne	13.00
2.	Josh Hay	14.31
3.	Matt Williams	13.27

Fourth Place: 40.58

First place: Knox 37.30

Fastest individual splits:

1.	M Seen (Knox)	11.51
2.	D Christou (Box Hill)	12.27
3.	B Threlfall (BYM)	12.29

Division 2 Women (3 x 3.827 km.)

1.	Cheryl Boness	13.39
2.	Nadia Semjanov	14.55
3.	Kristen Wyatt	14.19

First Place: 42.54

Second place: Glenhuntly 42.56

Fastest individual splits:

1. L Weightman (Knox)	12.31
2. S Lofts (Knox)	12.53
3. A Worland (Eureka)	13.10
4. E Sigmont (Glenhuntly)	13.20
4. K Seibold-Crosby (Sandringham)	13.20
4. B Thomas (Essendon)	13.20
7. N Legge (Sandringham)	13.31
8. K Dick (Doncaster)	13.35
9. L Furst (Knox)	13.36
10. C Boness (Geelong)	13.39
11. E Jackowski (Knox)	13.40
12. I De Castella (APS)	13.51

Division 3 Women (3 x 3.827 km.)

1. Cathryn Hoare	15.53
2. Julie McNamara	14.48
3. Joanne Lambert	14.26

Second Place: 44.57

First place: St Stephens 44.44

Under 20 Women (3 x 3.827 km.)

1. Kate Sly	13.53
2. Ashlea Clifton	15.42
3. Holly Lipson	16.31

Second Place: 46.05

First place: Box Hill 42.55

Fastest individual splits:

1. M Duncan (Knox)	13.23
2. K Sly (Geelong)	13.53
3. S Grahame (Box Hill)	14.27

Under 14 Women**Fastest individual splits:**

1. D Baulch (Essendon)	14.29
1. T Daly (Sandringham)	14.29
3. E Rayner (Essendon)	14.30

Under 16 Women**Fastest individual splits:**

1. E Gangelhoff (Essendon)	13.50
2. B Nash (Essendon)	14.09
3. R Menadue (Essendon)	14.32

Under 18 Women**Fastest individual splits:**

1. K Tour-May (Glenhuntly)	13.53
2. C McShane (Traralgon)	14.19

3. M Casha (Western Athletics)	14.23
4. S Kondogonis (Keilor St Bern.)	14.25
5. L Eades (Glenhuntly)	14.52

Under 14 Men**Fastest individual splits:**

1. C Drake (Williamstown)	13.09
2. H Malone (Sandringham)	13.26
3. B Huggett (Ballarat YCW)	13.52

Under 16 Men**Fastest individual splits:**

1. M Blicavs (Keilor St. Bern.)	12.40
2. A Davis (Ballarat YCW)	12.41
3. J Huggett (Ballarat YCW)	12.59
4. R Geard (Essendon)	12.59

Under 18 Men**Fastest individual splits:**

1. A Watson (Ballarat Region)	11.42
2. D Nugent (Box Hill)	11.59
3. M Poli (Box Hill)	12.25

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

Senior Men.

3. Rowan Walker
2. Scott Rantall
1. Nick Wightman / Brett Coleman / Josh Baker

Senior Women.

3. Cheryl Boness
2. Kristen Wyatt
1. Joanne Lambert

Junior Men.

3. Daniel Payne
1. Josh Hay

Junior Women.

3. Kate Sly
1. Holly Lipson

THE BUSH INN AWARD

The winner of the Bush Inn Award for the Tan Relays is **Joanne Lambert** for her excellent run around the world famous Tan and her continued fantastic

support of Geelong Athletics. Well done, Jo - hoping you enjoy the Bush Inn's famous food and hospitality.

AROUND THE TRACKS AND TRAILS

BUSTER (with a mullet) BOUNCES BACK FOR HISTORIC WORLD CUP DEFENCE

Craig Mottram produced a 1500 metre personal best at the IAAF Golden League meeting in Zurich August 18th. From the outset, Mottram was at the tail of the field, finding his rhythm as the pacemaker took the field through 400m in 53 seconds and 1:53 at 800m. Mottram kept his cool and in the last lap produced a very strong final 300m to rapidly close on the field to narrowly miss 4th place, stopping the clock in a new personal best of 3:33.97 (previous best 3:34.80 - Madrid '05) to move to number four on the Australian all-time list. Kenya produced a sweep with Melbourne Commonwealth Games 5000m champion Augustine Choge winning in 3:32.72 ahead of Commonwealth Games 800m champion Alex Kipchirchir and world number one Daniel Komen-Kipchirchir.

However, feeling flat and listless, Craig struggled over 3000 metres in Monaco (15th place in 7:47.88) on August 20, then finished way back in the 1500 metres at the Ivo van Damme Memorial Golden League meeting in Brussels on August 25th - a distant 17th in three minutes 38.75 seconds behind the winner, Mehdi Baala of France (3:32.01). Craig's coach, Nic Bideau, said at the time that the Commonwealth 5000 metres silver medallist had "had enough. He's been up since January and he needs a rest," Bideau said. "We've tried, but he's just flat."

However, after much thought, it was decided that Craig would keep training away from the track to freshen-up, then tackle the IAAF World Cup 3000 metres in Athens on September 17.

In the meantime, Craig attended the All-Ireland Hurling final and a Premier League Soccer match to take the focus away from purely athletics. Then, a week out from the World Cup, Bideau sensed a turnaround in Craig, noting that the hunger was back in his training. The rest, as they say is history, as Craig became the first Oceania athlete to defend a World Cup title, and in doing so produced the best run of his career to dethrone one of the best distance runners of all time – Ethiopian Kenenisa Bekele, and racing to a personal best, Australian, Oceania and championship record time of 7min 32.19sec, smashing the previous meet record of 7min 41.37sec

he set in winning in Madrid in 2002.

For his efforts, Craig collected US\$30,000 for the win – although stocks in Mottram Inc. will rise considerably more than that in morning trade – such was the manner and decisive nature of the win.

The race quickly became a classic man-on-man encounter that clearly showed who the better athlete was on this particular day - with no pacemaker and no other athlete to run interference.

When Bekele, the world record holder at 5000m and 10 000m, took the field through 800 metres in 2:01.34 it was already a three man race, with Jesus Espana, desperately trying to cling to the two leaders as they scooted through one kilometre in 2:30. By the 1600 metre mark, reached in 4.01, the Spaniard was 60 metres adrift and fading.

Mottram's race plan worked a treat. He and coach Nic Bideau had been forced to change tactics dramatically after the African super-star switched on Friday from the 5000 metres to the shorter race. They determined that Mottram had to go with 800 or 900 left to run and that is exactly what occurred. For a brief moment, after a further 200 metres, it looked as though the man now known to all as "Buster" he might have gone too early as for a split second Bekele seemed to come back. But Craig continued to surge and never looked anything but the winner from then on. Running the last 200 metres in 26.8 seconds, despite easing up to celebrate, Craig crossed the line in a new championship record, leaving Bekele second in 7min 36.25sec. Driss Maazouzi from France was third in 7min 47.80sec. "We have been looking for three years at ways we could beat this guy and now we have done it. It has turned out to be a great year," an excited Craig said after his win. "It's fantastic to have won the same event at a meet like the World Cup twice in a row. I will be aiming to make it three in Croatia in four years time."

Craig will now have a few weeks rest before heading back to Geelong in early October.

TROOPY WINS AUSTRALIAN CROSS-COUNTRY

The majority of Australia's best distance runners assembled at the Pontville Equestrian Centre, just out of Hobart, for the running of the 2006 Australian Cross-Country Championships. In the last race of the day, Lee Troop showed that he is on the way back to his best with an emphatic victory. With the lead changing hands on numerous occasions, it came down to a battle between Troop and defending champion Martin Dent (ACT) on the fourth and final 3

km. lap. Dent threw down the gauntlet at the bell to open a 20 metre gap, but Troop powered home on the final hill to take his first Australian cross country title in six years, running 36.36.

Dent finished second (36.52) with Queensland's Michael Shelley winning the bronze medal (37.15). "I'm a bit shocked; it's been a long time between drinks in cross country," an ebullient Troop said after the race. "After Martin got 20 metres clear of me, I thought I was running for second, but I continued running to my strengths. I love cross country and when it gets tough, I can always find something extra. I liked the course, the hills were challenging which worked to my benefit and the hay bails just knocked the rhythm out of people," Troop said. "This year is about establishing myself domestically, before I become an international athlete again. Until I can dominate at home, I am not ready to take on the big boys overseas.

In the women's 8 km. championship, inform Anna Thompson lead all the way to win in 27.45 from fellow Melbourne Commonwealth representative Donna MacFarlane (28.07).

Other Geelong athletes competing in Hobart were: Wes Benson (senior men's 12 km. 51st - 42.42) Kristen Wyatt (senior women's 8 km. 29th - 33.38) Kate Sly (Under 16 women's 4 km. 10th - 15.28) Georgie Buckley (Under 16 women's 4 km. 11th - 15.31) and Breanna Ryan (Under 18 women's 4 km. 35th - 16.45) Well done to all our Geelong representatives.

On the following day, also in Hobart, Daniel Payne finished 6th (41.44) in the Under 18 Australian Road Walking Championship over 8 kms.

Congratulations to the evergreen Patti Galvin, who claimed her second Adelaide Half Marathon on August 27, running the smart time of 89.40. Lee Troop was another Geelong athlete keen to take on the 'Crow-eaters' and Australia's best domestic athletes as he contested the Adelaide City to Bay 12 km. Run on Sunday 17th September. Run under an unseasonably hot 29 degrees, the race was taken out by Martin Dent (35.07) with Michael Shelley (35.10) and Brett Cartwright (35.21) filling the placings. Lee finished a solid fourth in 35.57.

RUNNER PROFILE

Not too many of us can say that we have represented Australia. Even fewer of us can say that we have won a gold medal on the world stage in a World Best time. Joanne Lambert can. In fact, at five Deaflympics, Jo

has won three gold, one silver and one bronze medal to highlight what a quality athlete she has been. Nowadays, with slightly less lofty individual goals, but no less grit and determination, Jo is happy to run her heart out for the Geelong Womens' Team in their quest for a Division Two Premiership.

Joanne Lambert

Occupation Administration Officer

Age 40 **Date of Birth** 8 / 3 / 66

Height 167 cm. **Weight** 53 kg.

Married / Single Single

Coaches 1. Lauren Johns 2. Brian Case 3. Graeme Watkins

Personal Bests

100m.	12.3
200m.	25.9
400m.	60.0
800m.	2.13
1500m.	4.32
3000m.	9.52
5000m. track	17.20
5000m. road	16.55
10000m. track	37.20
10000m. road	35.03
Half Marathon	80.20

Favourite Food Any fruit, chocolate

Food Eaten Before a Race Power Bar and water

Favourite Drink Milk

Favourite Movie "Disney's Snow White and the Seven Dwarfs / The Lion King"

Favourite Book "Any books by John Grisham"

Favourite Music / Band "The Osmonds"

Favourite TV Show "MacGyver" and "Get Smart".

Favourite Night Spot The cinema

Favourite Holiday Spot France and Aspen (during winter skiing)

A Normal Training Week.

Mon. am. 30 - 50 mins. on cross - trainer
pm. 40 - 50 mins. easy run

Tues. pm. Ladders: 3 x 2 km. continuous - first in 8.20, second in 8.05, third in 7.55

Wed. am. 30 - 50 mins. on cross - trainer
pm. 1 - 2 hour bike ride.

Thur. pm. Track session: 4 x 1 km. with lap jog recovery
or 1600m. 1200m. 1000m. 800m. with half distance jog recovery
or "Mona Fartlek" around Barwon River.

Fri. Rest

Sat. am. 1 ½ hour bike ride if no Athletics Victoria Race.
pm. Athletics Victoria Cross-Country Race.

Sun. am. Bike ride or Geelong Cross-Country Club race.

Other Training / Recovery Sessions.

"Massage once a fortnight, weights twice a week."

Favourite Training Session "4 x 1 km. reps or any fartlek"

Favourite Race "3000 metres - 10000 metres"

Best Ever Performances "Won the 10 km. Gold Medal in the Deaflympics in Rome 2001: was 100 metres behind the leaders early in the race and won by 100 metres in a Deaf World Record Time (37:26.4) in 35 degree heat."

Favourite Place To Train "Jan Juc to Pt. Addis track."

Toughest Ever Training Session "Any hill session, especially the hill in Highton - the long one!"

Most Admired Runners / People "Nelson Mandela, Richard Dean-Anderson (MacGyver)"

Advice to Other Runners "Just enjoy your running and don't overdo it!"

Goals for the Future

"To keep running forever, to run a marathon one day and to ride around the bay in one day!"

Anything else?

Ten years ago I could do the following training sessions:

- 4 x 1 km. under 3.10 with 1 lap jog recovery.
- 8 x 400 metres under 70 seconds with 2 minutes recovery.
- 1000 metre time-trial under 3.00.
- 4 x 600 metres under 1.40.

Australian Teams for Deaflympics:

1985 - Los Angeles: 5th in 400 metre final
1989 - Christchurch: 6th in 400 metre final
1997 - Copenhagen: Silver medal 1500m. Gold medal 5000m. relay

2001 - Rome: Gold medals 5000m. 10 000m.
2005 - Melbourne: Bronze medal 5000m.

Other Achievements:

- Won two gold medals (800 metres / 1500 metres) in the 1994 International Deaf Athletics Meeting in Berlin.
- Awarded the 2000 Australian Sports Medal For Contributions To Deaf Sports.

RUNNER PROFILE

Holly Lipson has been a valued member of the Geelong Region Cross-Country Team junior squad for the last four seasons. In that time, Holly has shown herself to be a determined athlete who excels in relay situations and loves challenging races (hence her excellent results in the first two stagings of the Great Ocean Road Marriners Lookout Run and the 2 km. / 3 km. steeple-chase events on the track). Holly is also a keen outdoors girl who is at home in the surf or on the Victorian snowfields / high-country during both the winter and summer months.

Holly Lipson

School Year 10 at Sacred Heart College

Age 15 **Date of Birth** 2 / 12 / 90

Height 163 cm. **Weight** 49 kg.

Married / Single Single

Coach Neil MacDonald

Personal Bests

1500m. 5:15.89

3000m. 11.33

5000m. 20.36

10000m. 46.00

2000 metre steeple. 7.58

Favourite Food Fruit

Food Eaten Before a Race Pasta the night before

Favourite Drink Fresh juice

Favourite Movie "Pirates of the Caribbean"

Favourite Book "Harry Potter" by J.K. Rowling"

and the "Tomorrow" series by John Marsden

Favourite Music / Band "John Butler Trio",

"Bomba", "The Waifs" "Kate-Miller Heidke"

Favourite TV Show "Home and Away", "Lost" and "Survivor".

Favourite Night Spot "Out with friends"

Favourite Holiday Spot "The snow or the beach or overseas".

A Recent Training Week.

- Mon.** pm. Eastern Beach: 10 mins. warm-up. 15 mins. of "Big Lap / Little Lap" – run hard up the Eastern Beach ramps and along dirt promenade path, recover on downhills. 10 mins. cool-down.
- Tues.** Rest
- Wed.** pm. Barwon River Track: 10 mins. warm-up. "Mini Mona" fartlek: (2 x 90 secs, 2 x 60 secs, 2 x 30 secs, 2 x 15 secs 'on' with equal time easy b/w) 10 mins. cool-down.
- Thur.** pm. Netball training
- Fri.** Rest
- Sat.** am. Netball Game
pm. Athletics Victoria Cross-Country Race every 2 - 3 weeks.
- Sun.** am. Anglesea: 45 min. long run.

Other Training / Recovery Sessions.

"Surfing, netball, hiking, snow skiing."

Favourite Training Session "Long runs"

Favourite Race "Great Ocean Road Marriner's Lookout Run (6.5 km.)"

Best Ever Performances "1st Woman in 2005 Marriner's Lookout Run."

Favourite Place To Train "Exploring places when on holidays – the beach / Falls Creek".

Toughest Ever Training Session "3 x 1000 metres @ 3 km. race pace with 4 mins. walk / jog / walk recovery between".

Most Admired Runners / People "Anyone who is prepared to work really hard to reach their potential".

Advice to Other Runners "Sometimes it can be hard but just try your best and do it for yourself!"

Goals for the Future

"To run a P.B. in the 2000 metre steeple at the 2006 Australian All-Schools Track and Field Championships in Sydney".

Anything else?

In 2005 I competed in the Four Peaks run over Victoria's high-country. The 12 km. run to Mt. Feathertop was an amazing experience. It was uphill all the way from the bottom of Mt. Feathertop to the summit and it was an fantastic sight to finally break through the mountain ash and snow gums and onto

the more exposed peak, where there were still some snowdrifts left from the winter falls. Everyone in the race was really friendly and encouraging. After I reached the check-point at the summit, we all warmed-up at the Federation Hut before starting the long 12 km. descent on foot. I was really happy with my achievement and broke the Under 15 record. Over the next few days I also ran Mt. Hotham and Mt. Buffalo, eventually winning the overall "Under 15 Queen of the Mountain" award. It was a very fulfilling experience.

Note: Holly has also hiked up "The Staircase" to the summit of Mt. Bogong (Victoria's highest peak and a favourite Falls Creek run for the tough-minded!).

THE ATHLETE IN ME DOESN'T LIKE BEING PREGNANT

There's no way that a baby is going to slow Paula Radcliffe down. She tells Cassandra Jardine of the UK Telegraph about her plans for more golds - and children.

Applying a spirit level to Paula Radcliffe's abdomen might reveal a very slight curve, but the easier way to confirm that she is five months' pregnant is to scan further up her body. Pancake Paula has become relatively voluptuous.

"That was how I knew, even before the test worked," she says with a girly giggle. "I never used to have boobs."

The bonus of being able to fill out an evening dress is counterbalanced by feeling (in her terms) elephantine. "I'm heavier than I've ever been," she gasps. "I've put on exactly the right amount – 5.5 kilos, which makes me 59.5 – but it's hard feeling big and bloated. The athlete in me doesn't like being pregnant."

When the baby kicks, she is as thrilled as any first-time mother, but a pregnancy at this point is something of a gamble for Radcliffe, because, at 32, she is at the peak of her career. She may have flunked the 2004 Athens Olympics because of gastric problems, but she is still the finest long-distance female runner of all time, holding the world record for the marathon (2hr 15min 25sec) as well as for 10 and 20km road runs.

Last year she restored her confidence by winning the World Championships, but she wasn't back defending her title this weekend in Stuttgart: instead, she and her notoriously unsmiling husband / manager / trainer, Gary Lough, have been wrestling

with issues such as child care after their baby is born in January.

"I can't leave the baby with Gary because he's my running partner," she explains, "and my mother wouldn't want to come altitude training for 10 weeks, so we'll probably have to hire a nanny."

Gary is with her at the High Performance Athletic Centre in Loughborough University, where they met as students more than a decade ago, and where she is currently training. They've just returned from a few weeks at their Monaco home, but this was no holiday. "Home is where our suitcases are," she says, for her training regime is all year round, whether they are at their high-altitude home in the Pyrenees, their place in Arizona, or closer to sea level in Loughborough.

I'm in luck, Gary has calls to make, so he leaves Paula alone to talk to me. Just how fortunate that is, I realise when he returns for the photograph. Immediately, he starts to criticise the way his wife is standing and she looks crestfallen. In the past, when he's berated her publicly, notably when she came fourth in a race she was expected to win, she has always said she can stand up for herself.

Perhaps she's tougher than she appears, maybe she likes the way he boosts her will to win, but she appears to have the wide-eyed sweetness of the ingenue, rather than the toughness of a multi-millionaire professional who has spent the last 15 years cooling her muscles in ice-filled baths and scheduling her periods to avoid important races.

Many elite athletes supposedly find it difficult to become pregnant after such rigorous training, but not Paula. "It was instant," she says, "but then I was never amenorrhoeic [menstruation stops in some top women athletes]."

Running is her job and her body is the tool of her trade, and she is keen to keep it in peak condition so she can return to the track as soon as possible. "Not for the money," she insists, "but because I love running."

There is no reason why a child should wreck her form. Liz McColgan won a World Championship in 1991, the year after her first child was born, and the Irish runner Sonia O'Sullivan, who returned to training 10 days after giving birth, won silver over 5000 metres the following year in the 2000 Olympics.

Radcliffe would like to follow suit. "Even if I have a baby who is difficult for the first couple of months, I should be fine for next year's World Championships in Osaka."

She and Gary have consulted experts on training during pregnancy. To take account of the extra weight she carries, and the pregnancy-related

muscle-relaxing hormones now circulating in her body, she has cut down from two to one 100-minute runs per day. After massage, some gym work and lunch, she does aqua jogging or cross-training for an hour or so in the afternoon. There's no question of taking to her sofa with a magazine.

"I've read that if you exercise when you are pregnant, your babies turn out more intelligent, do well on their Apgar tests and handle the distress of labour better," she says. "Besides, if I couldn't run for nine months, I'd go insane. When I run, I sort out my problems."

"The big things to watch are not getting overheated or dehydrated. There was a week in the first trimester when I was a bit more irritable than usual, but I haven't been sick. I'm hungry all the time, but that's normal for me."

Apart from no longer ordering her steaks rare, she's not fussing about her diet and seems calm about the birth. She'd prefer it to be natural, but isn't scared of either being left with a flabby pelvic floor or a Caesarean section cutting through her iron-hard abdominal muscles. "I'd just do more exercises," she says. "And I'm not bothered about losing the weight after the birth. Nor pain. I'm used to it."

Having herself so totally under control, a baby with its own agenda may come as a shock. Is she planning an equally rigid timetable for the infant?

"No, because we move between time zones so much. Although I've been strict about my running, I've always been relaxed in other ways – and the baby will come outside the running side of my life. I won't discipline a baby like an athlete has to be disciplined, but I won't be a soft mum. My mum and dad were quite strict with my brother and me and I'll be quite strict, too."

She grew up in Bedford and used to run with her father, a businessman. Both he and her mother, a headmistress, were assiduous in nurturing their daughter's talent by taking her to athletics meetings. If she didn't want to go, they never forced her, she says. She ran because she loved it.

Her work for Tesco's Sport for Schools and Clubs campaign – where parents, schools and coaches can collect vouchers and exchange them for equipment, kit and professional coaching, has reinforced her belief that children need sport and love it once they've tried it.

"It depresses me that so many girls have negative feelings about their bodies and starve themselves. I tell them that, if they exercise, they can eat what they want and still be slim."

Easy to say, perhaps, if you are effortlessly good at sport. But, she protests, she knows what it is

like to be hopeless. "I'm very badly co-ordinated: I can't do complex things with balls and I'm no good at jumping over things. I was so clumsy that my mother used to call me Calamity Jane. I came 299th in my first national running event. It's just a matter of finding what you are good at, then sticking at it, even if it is skydiving." She's a shiny-eyed evangelist for sport – it has not only been her career but the making of her in other ways. She always did well academically (she got a first in French, German and Economics at Loughborough) but it embarrassed her.

"Being good at school gets you picked on," she says, "so I would never put up my hand when I knew the answers because I didn't want to draw attention to myself. But being good at sport doesn't get you picked on. I never worried about winning a race.

"I was very shy and sport gave me much more confidence. I was also more mature as a 16- or 17-year-old because I was used to travelling away from home, dealing with stress and managing my time."

For now, her time is taken up with preparation for the baby and maintaining her fitness – then there is the goal of redeeming her reputation as Britain's golden girl at the 2008 Beijing Olympics. After that, there might be another child – she reckons two will do – and then London 2012. She'll be 38 by then, but it will take more than age and motherhood to stop Paula.

**FINALLY, THANK YOU TO THE FOLLOWING
FOR THEIR FANTASTIC SUPPORT OF THE
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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