



# GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 54

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

May 2007

## TROOPY TUNES UP FOR PARIS MARATHON WITH DOMINATING VICTORY IN 'RUN FOR THE KIDS'

Sunday 1<sup>st</sup> April

Well done to all Geelong Region Cross - Country Team athletes who contested the "Run For the Kids" race Sunday on April 1<sup>st</sup>. The weather conditions were kind, and except for the last minute course reduction around the Crown Casino (most estimates have the 15.2 km. course probably closer to 14.7 - 14.8 kms.), the 26 415 competitors thoroughly enjoyed the event. And, as can be seen from the Geelong results, our guys and gals were right up there!

Congratulations to Lee Troop, who was victorious in his last race hit-out before he contested the Paris Marathon on April 15<sup>th</sup>. Lee's win also continues the fine Geelong "Run For The Kids" winning tradition, with Rowan Walker triumphant in the inaugural race.



Lee Troop leads Mark Tucker through the Domain Tunnel.  
**GO GEELONG!**

Well done also to Jason Woolhouse and Scott Rantall, who finished one, two in the 3.4 kilometre race. In his quest to represent New Zealand at the Beijing Olympics, Jason has been living and training in Geelong under the guidance of Bruce Scriven. A few weeks after winning the Run For the Kids race, Jason headed off to America, where he hopes to record a fast 5000 metre track time.

In the women's events, Kristen Wyatt and Kate Sly continued their fine form with impressive top ten finishes.



New recruit, Colin Thornton, looking strong as he exits the Domain Tunnel.

## GEELONG REGION PLACINGS / TIMES:

### Men 14.8 km.

Lee Troop	1	43.18
Colin Thornton	16	48.06
Brett Coleman	24	48.42
Wes Benson	26	48.47
Mark Tucker	43	51.00
Charlie El - Hage	77	53.09
Neil MacDonald	760	63.25

### Women 14.8 km.

Kristen Wyatt	9	55.07
Cheryl Boness	16	56.25
Nadia Semjanov	22	57.17
Freyja Troop	301	69.21

### Men 3.4 km.

Jason Woolhouse	1	9.22
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Scott Rantall 2 9.47

#### **Women 3.4 km.**

Kate Sly 4 11.32  
Breanna Ryan 17 13.43

#### **OVERALL TOP FIVE FINISHERS:**

#### **Men 14.8 km.**

1.	Lee Troop	43.18
2.	Glenn Guzzo	44.20
3.	Simon Field	44.40
4.	Michael Chettle	44.58
5.	Magnus Michelsson	45.30

#### **Women 14.8 km.**

1.	Anna Thompson	48.59
2.	Lisa Jane Weightman	50.31
3.	Hanny Allston	51.32
4.	Robyn Millard	52.41
5.	Lisa Dick	53.58

#### **Men 3.4 km.**

1.	Jason Woolhouse	9.22
2.	Scott Rantall	9.47
3.	Craig Huffer	9.52
4.	Kane Wille	10.00
5.	Andrew Steele	10.38

#### **Women 3.4 km.**

1.	Melissa Duncan	11.06
2.	Sarah Klein	11.16
3.	Grace Thek	11.17
4.	Kate Sly	11.32
5.	Lucy Phillips	11.34

### **“THE ATHLETE’S FOOT” GEELONG ATHLETICS INC. ROAD CHAMPIONSHIPS Deakin University Saturday 21<sup>st</sup> April**

“The Athlete’s Foot” Geelong Road Championship was held under wet, slippery conditions around the Deakin University outer road circuit on a day when hopefully, the devastating drought showed signs of breaking. 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 a runner’s strength, fitness level and determination at this early stage of the season.

In the junior race over three kilometres, Australian All-Schools track medallists, Kate Sly and Georgie Buckley showed that they were also very adept on the roads as they sped stride for stride around the Deakin course. In a titanic struggle, Kate edged away on the final downhill to take out the Under 20 title, with Georgie victorious in the Under 16 age division. Impressively, Kate’s and Georgie’s times of 10.39 and 10.45 respectively were both well under fellow Deakin athlete, Kelsey Rau’s course record of 10.56 from 2005. First home in the junior men’s race was impressive debutant, Andrew Scott, who showed his liking for the longer distances by finishing strongly on the deceptively challenging climb back to the finish.

In the senior men’s race, Mark Tucker used the six kilometre circuit for a hard training session as he prepares for races later in the year. However, Mark’s time of 17.50 was more than a minute faster than Rowan Walker’s 2005 course record. A little further back in the field, Nick Wightman and Wesley Benson were fighting hard for supremacy. Eventually, the battle for silver came down to a sprint finish, with Nick prevailing by a few strides.

Cathryn Hoare’s consistency and perseverance were rewarded when she ran a beautifully judged race to join Joanna Wall (2001, 2002, 2003), Rebecca Forlong (2004) and Nadia Semjanov (2005, 2006) as a winner of the Geelong Road Championship Women’s race. With Lee Troop recovering from the Paris Marathon, Freyja Troop flew the family flag by taking out the silver medal.

Thanks very much to Tony Stewart and “The Athlete’s Foot” for their continued sponsorship of the Geelong Road Championships. Thanks also to: Subway, The Bush Inn Hotel, The Corio Bay Sports Medicine Centre, Oberon High School and the City of Greater Geelong for their wonderful support of Geelong Athletics and to Graeme Kilfoyle, Tim Kilfoyle, Mary McDonald, Rohan Perrott, Chris Sly, Janette Sly and Lyn Taylor for their wonderful assistance on race day.

#### **Results: Previous Deakin course best in ( ) Under 20 Men and Women. 3 km.**

1.	Kate Sly	Deakin	10.39 *(11.01)
2.	Georgie Buckley	Deakin	10.45 *(11.18)
3.	Andrew Scott	Deakin	10.48
4.	Breanna Ryan	Deakin	11.33 (11.28)
5.	Jesse Shields	Bellarine	11.44
6.	Ashlea Clifton	Deakin	11.46

7.	Ben Cannard	Chilwell	12.19	
8.	M Humphriys	Deakin	13.10	(13.21)
9.	Lauren Kean	Inv.	14.59	

\* **Course Record**

**Junior Medal Winners:**

**Under 16 Women**

1.	Georgie Buckley	(Deakin)
2.	Morgan Humphriys	(Deakin)

**Under 18 Men**

1.	Andrew Scott	(Deakin)
2.	Jesse Shields	(Bellarine)
3.	Ben Cannard	(Chilwell)

**Under 20 Women**

1.	Kate Sly	(Deakin)
2.	Breanna Ryan	(Deakin)
3.	Ashlea Clifton	(Deakin)

**Senior Men and Women.** Previous Deakin course best in ( )

**6 km.**

1.	Mark Tucker	Guild	17.50	*
2.	Nick Wightman	Deakin	19.10	(19.30)
3.	Wes Benson	Chilwell	19.12	
4.	Brett Coleman	Chilwell	19.21	(19.38)
5.	Colin Thornton	Chilwell	19.44	
6.	Matt Williams	Chilwell	21.10	(22.32)
7.	Kevin McMahon	Chilwell	21.48	
8.	Michael Kenny	Chilwell	22.46	(21.32)
9.	John Skinner	Inv.	23.23	
10.	Geoffrey Purnell	Inv.	23.38	(21.42)
11.	Paul Wilson	Guild	23.39	(21.55)
12.	Louis Rowan	Deakin	24.15	
13.	Cathryn Hoare	Bellarine	25.37	(25.31)
14.	Neil MacDonald	Deakin	25.55	(25.06)
15.	Jaime Werner	Inv.	25.55	(25.09)
16.	Freyja Troop	Chilwell	26.33	(28.40)
17.	Rachel Loone	Inv.	28.42	

\* **Course Record**

**Senior Medal Winners:**

**Senior Men**

1.	Mark Tucker	(Guild)
2.	Nick Wightman	(Deakin)
3.	Wesley Benson	(Chilwell)

**Senior Women**

1.	Cathryn Hoare	(Bellarine)
2.	Freyja Troop	(Chilwell)



Kate Sly, Cathryn Hoare, Mark Tucker, Andrew Scott and Georgie Buckley proudly display their Geelong Road Championship medals / trophies.

## THE BUSH INN AWARD

The winner of the Bush Inn Award for the "Geelong Road Championships" is **Graeme Kilfoyle**, for his continued fantastic support of our team Graeme – I'm sure you will enjoy the Bush Inn's famous food and hospitality.

## JELLS PARK CROSS - COUNTRY RELAYS

Saturday 28<sup>th</sup> April

### GEELONG MEN DOMINATE CROSS - COUNTRY RELAYS

The Geelong Mens' Division One Team made a brilliant start to the Athletics Victoria Winter Season at Jells Park on Saturday with a commanding victory under ideal cross-country conditions. The six man team, consisting of Brenton Rowe, Matt McDonough, Mark Tucker, Scott Rantall, Nick Wightman and Lee Troop took an early lead around the undulating Jells Park course and were able to extend their margin with each leg completed, eventually winning by more than three minutes from Doncaster and Box Hill. Fastest individual time for the six kilometre circuit went to Eureka's Collis Birmingham, who clocked 17.30, with Geelong's Mark Tucker (17.39) and Lee Troop (17.49) hot on his heels.

The Geelong Team of Kevin McMahon, Rowan Walker, Hugh Thyer and Graeme Watkins were also successful in Division Six, while the Division Three



Team had a titanic battle with Box Hill before collecting the silver medal, a mere 18 seconds adrift of gold.

The Geelong Women's Team relished their promotion back into Division One with a highly competitive performance from Julie McNamara, Cheryl Boness, Kristen Wyatt and Nadia Semjanov, before finishing an excellent fourth behind Knox, but only 32 seconds away from second place. To underline the depth of the Geelong Team, the Division Three Team of Cathryn Hoare, Ashlea Clifton and Joanne Lambert finished second.

Welcome aboard to new runners Colin Thornton, Kevin McMahon, Andrew Scott, Rachael Loone, Morgan Humphriys, Alice Buckley and Paige Kilfoyle, who all acquitted themselves very well at Jells Park and will be wonderful additions to the Geelong Team in up-coming races.

Finally, thank you very much to Greg Buckley, Sue Buckley, Carol Kilfoyle, Graeme Kilfoyle, Ben Loone, Tom Paton, Chris Sly and Janette Sly who managed Geelong Teams or acted as Athletics Victoria Marshalls. Thanks also to Chris Sly for piloting the Geelong Team bus to and from Jells Park. 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.	Brenton Rowe	18.30
2.	Matt McDonough	18.35
3.	Mark Tucker	17.39
4.	Scott Rantall	18.15
5.	Nick Wightman	19.06
6.	Lee Troop	17.49

**First Place: 1:49.54**

Second Place: Doncaster 1:52.56

##### **Division Three Men (5 x 6 km.)**

1.	Louis Rowan	21.29
2.	Colin Thornton	19.20
3.	David Wynn	19.32
4.	Brett Coleman	19.14
5.	Wes Benson	19.57

**Second Place: 1:39.32**

First Place: Box Hill 1:39.14

##### **Division Six Men (4 x 6 km.)**

1.	Kevin McMahon	21.54
2.	Rowan Walker	19.06
3.	Hugh Thyer	21.23
4.	Graeme Watkins	23.02

**First Place: 1:25.25**

Second Place: Glenhuntly 1:34.23

##### **Under 20 Men (3 x 6 km.)**

1.	Ryan Christian	20.15
2.	Michael Kenny	22.58
3.	Matt Williams	21.22

**Fifth Place: 1:04.35**

First Place: Box Hill 1:00.16

##### **Under 18 Men (3 x 3 km.)**

1.	Daniel Payne	10.20
2.	Andrew Scott	10.45
3.	Tim Kilfoyle	10.55

**Seventh Place: 32.00**

First Place: Williamstown 29.40

**Note:** Andrew Scott is Under 16

##### **Division One Women (4 x 6 km.)**

1.	Julie McNamara	23.27
2.	Cheryl Boness	22.59
3.	Kristen Wyatt	22.42
4.	Nadia Senjanov	23.30

**Fourth Place: 1:32.38**

First Place: Knox Athletic 1:29.49

##### **Division Three Women (3 x 6 km.)**

1.	Cathryn Hoare	26.28
2.	Ashlea Clifton	24.59
3.	Joanne Lambert	24.33

**Second Place: 1:14.00**

First Place: Knox Athletic 1:13.12

##### **Division Four Women (3 x 6 km.)**

1.	Freyja Troop	27.53
2.	Rachael Loone	29.21

**D.N.F. No third runner**

First Place: Knox Athletic 1:23.21

##### **Under 18 Women (3 x 3 km.)**

1.	Georgie Buckley	10.54
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**D.N.F. No second / third runner**

First Place: Doncaster 32.06

**Note:** Georgie Buckley is Under 16

##### **Under 16 Women (3 x 3 km.)**

1.	Morgan Humphriys	12.55
2.	Alice Buckley	12.58
3.	Paige Kilfoyle	16.19

**Eighth Place: 42.12**

First Place: Athletics Essendon 34.36

**Note:** Alice Buckley / Paige Kilfoyle are Under 14

**FASTEST INDIVIDUAL LEGS:****3 km. Female (U14 – U20)****Sub 12:00 minutes**

1.	E Clayton (Frankston)	10.02
2.	R Green (Frankston)	10.03
3.	M Duncan (Knox)	10.24
4.	S Carberry (Doncaster)	10.26
5.	L Hall (Essendon)	10.27
6.	G Thek (Doncaster)	10.30
7.	<b>G Buckley</b> (Geelong)	10.54
8.	E Rayner (Essendon)	11.02
9.	E Gangelhoff (Essendon)	11.08
	K Katsanevakis (Donc.)	11.08
11.	J Booth (Doncaster)	11.10
12.	C Griffith (Knox)	11.12
13.	A Hayes (Essendon)	11.14
	H McCrae (Box Hill)	11.14
15.	Z Warrington ((Frankston)	11.17
16.	K Tour-May (Glenhuntly)	11.23
17.	D Baulch (Essendon)	11.25
18.	B Gange (Doncaster)	11.26
19.	T Kehoe-Sporton (Sand.)	11.28
20.	J Howard (Ballarat YCW)	11.29
	M Matthews (Essendon)	11.29
	S Lund (Glenhuntly)	11.29
23.	L Stanton-Smith (Keilor St.)	11.31
24.	R Menadue (Essendon)	11.32
25.	K Cuk (Essendon)	11.34
26.	J Baulch (Essendon)	11.35
	E Aplin (Keilor St Bern.)	11.35
28.	L Den Ouden (Essendon)	11.36
29.	M Findlay (Ballarat Region)	11.37
30.	P Long (Sandringham)	11.39
	M Gange (Doncaster)	11.39
32.	M Bell (Frankston)	11.40
33.	A Burren (Malvern)	11.42
	R Gatt (Western Ath.)	11.42
35.	H Tomlinson (Box Hill)	11.43
36.	R Owen (Frankston)	11.46
37.	S Connell (Essendon)	11.52
38.	A Coldham (Sandringham)	11.53
	B O'Shannessy (Glenhuntly)	11.53
40.	S Marr (Malvern)	11.54
	V O'Shea (Knox)	11.54
42.	L Monagle (Glenhuntly)	11.55
	N Townsend (Frankston)	11.55
	E French (Essendon)	11.55
45.	M Begala (Sandringham)	11.56

**3 km. Male (U14 – U18)****Sub 10:55 minutes**

1.	D Ireland (Keilor St. Bern.)	9.28
2.	S Zuliani (Frankston)	9.37
3.	M Blicavs (Keilor St. Bern.)	9.40

4.	D Kitchen (Williamstown)	9.43
5.	M Masseni (Williamstown)	9.44
6.	D Miller (Frankston)	9.45
7.	C Williamson (Bendigo)	9.53
8.	J Nelson (Knox)	9.55
9.	J Rayner (Essendon)	9.56
10.	L Rayner (Essendon)	9.58
	A Davis (Ballarat YCW)	9.58
12.	W Power (Doncaster)	10.06
13.	E Vining (Doncaster)	10.07
14.	N Hiruma (Doncaster)	10.10
15.	M Kauter (Bendigo)	10.12
16.	C Drake (Williamstown)	10.13
17.	J Ryan (Knox)	10.15
18.	N Verway (Frankston)	10.18
19.	L Matthews (Essendon)	10.20
20.	B De Jong (Essendon)	10.20
	<b>D Payne</b> (Geelong)	10.20
	R Geard (Essendon)	10.20
23.	T Temay (Williamstown)	10.25
24.	J Donnelly (Frankston)	10.27
25.	L Bruton (Malvern)	10.28
26.	K Mickleborough (Ess)	10.30
	L Hutchins (Bendigo)	10.30
28.	T Temay (Williamstown)	10.33
29.	C Borg (Keilor St. Bern.)	10.36
30.	J Holden (Malvern)	10.38
31.	B Huggett (Ballarat YCW)	10.44
32.	<b>A Scott</b> (Geelong)	10.45
33.	J Kelly (Sandringham)	10.49
34.	A Hogan (Sandringham)	10.53
	T Jepson (Malvern)	10.53
35.	<b>T Kilfoyle</b> (Geelong)	10.55
	A Davis (Ballarat YCW)	10.55

**6 km. Female (Open)****Sub 24:00 minutes**

1.	S Power (Glenhuntly)	20.26
2.	S Lofts (Knox)	21.26
3.	K Seibold-Crosby (Sand.)	21.28
	A Worland (Eureka)	21.28
5.	L Furst (Knox)	21.46
6.	L Dick (Ringwood)	22.06
	T Austin (Malvern)	22.06
8.	F Nash (Doncaster)	22.15
9.	N Bardsley (Western Ath.)	22.16
10.	E Jackowski (Knox)	22.21
11.	B Thomas (Essendon)	22.29
12.	R Millard (APS)	22.30
13.	M Daniliuk (Sandringham)	22.31
14.	A Mills (Sandringham)	22.32
15.	<b>K Wyatt</b> (Geelong)	22.42
16.	J Gellert (Eureka)	22.49
17.	M Cummins (Glenhuntly)	22.52

18.	L Crowe (Diamond Vall.)	22.54
19.	<b>C Boness</b> (Geelong)	22.59
20.	K Dick (Doncaster)	23.01
21.	B Cardy (Knox)	23.08
22.	S Quinn (Melb. Uni)	23.15
23.	S Grahame (Collingwood)	23.21
24.	J Petrie (Ringwood)	23.25
25.	T Bird (Glenhuntly)	23.26
26.	<b>J McNamara</b> (Geelong)	23.27
27.	<b>N Semjanov</b> (Geelong)	23.30
28.	B Dennett (Glenhuntly)	23.35
29.	S Van Dueren (Coburg)	23.53

### 6 km. Male (U20 - Open)

Sub 20:00 minutes

1.	C Birmingham (Eureka)	17.30
2.	<b>M Tucker</b> (Geelong)	17.39
3.	<b>L Troop</b> (Geelong)	17.49
4.	S Moneghetti (Ball. YCW)	18.10
5.	D McNeill (Doncaster)	18.11
6.	<b>S Rantall</b> (Geelong)	18.15
	C Perrett (Mentone)	18.15
8.	B Ashkettle (Doncaster)	18.26
9.	L Adams (Essendon)	18.28
10.	A Failla (Doncaster)	18.29
11.	<b>B Rowe</b> (Geelong)	18.30
12.	<b>M McDonough</b> (Geelong)	18.35
13.	S Crowther (Knox)	18.36
14.	T Coady (Glenhuntly)	18.37
15.	B Toomey (Knox)	18.42
16.	S Dineen (Box Hill)	18.45
17.	R De Highden (Doncaster)	18.54
18.	A Craigie (Box Hill)	18.55
19.	S Kelly (Box Hill)	18.56
20.	D Hornery (Sandringham)	18.57
21.	D Clarke (Box Hill)	18.59
	S Ellis (Eureka)	18.59
23.	A White (Box Hill)	19.00
24.	K Wille (Knox)	19.01
25.	M Gibney (APS)	19.03
26.	<b>N Wightman</b> (Geelong)	19.06
	<b>R Walker</b> (Geelong)	19.06
	A Watson (Ballarat Reg.)	19.06
	T Popplestone (Eureka)	19.06
30.	C Hamer (Box Hill)	19.08
31.	J Cresswell (Glenhuntly)	19.09
	J Kuppler (Glenhuntly)	19.09
33.	D Seczeponiak (Doncaster)	19.14
	<b>B Coleman</b> (Geelong)	19.14
35.	P Hulbert (Glenhuntly)	19.15
36.	M Coloe (Box Hill)	19.16
37.	<b>C Thornton</b> (Geelong)	19.20
38.	D Eadie (Glenhuntly)	19.21
39.	S Stevens (Keilor St. Bern.)	19.23

40.	G Nichols (Glenhuntly)	19.24
	P Martinico (Sandringham)	19.24
42.	T Fawthorpe (Ringwood)	19.26
	L Gloster (Glenhuntly)	19.26
44.	J Cook (Glenhuntly)	19.27
45.	<b>D Wynn</b> (Geelong)	19.32
	M Michelsson (Collingwood)	19.32
	B Lynch (Box Hill)	19.32
48.	J Atkinson (AWA)	19.33
49.	B Fahy (Ballarat YCW)	19.38
	D Gassin (APS)	19.38
	R Boadle (Ballarat YCW)	19.38
52.	A Patti (Doncaster)	19.40
53.	M Brown (Keilor St. Bern.)	19.41
54.	A Wallis (APS)	19.42
	A Vincent (Box Hill)	19.42
	B Threlfall (Bendigo)	19.42
57.	M Griffin (Eureka)	19.43
58.	M Johnsen (Doncaster)	19.44
59.	D Carver (Glenhuntly)	19.45
60.	A Searle (Glenhuntly)	19.48
	D Locke (MPA)	19.48
62.	R Matthews (Essendon)	19.49
	C Appleby (Ringwood)	19.49
64.	J Rix (Malvern)	19.53
	S Dipnall (Box Hill)	19.53
66.	B Norman (Diamond Vall.)	19.56
67.	<b>W Benson</b> (Geelong)	19.57
68.	B Woodman (Glenhuntly)	20.00

## VOTES FOR "BEST PERFORMED GEELONG REGION ATHLETES" AT THE JELLS PARK CROSS - COUNTRY RELAYS

### Senior Men.

3.	Mark Tucker
2.	Lee Troop
1.	Scott Rantall

### Senior Women.

3.	Kristen Wyatt
2.	Cheryl Boness
1.	Nadia Semjanov / Julie McNamara

### Junior Women.

3.	Georgie Buckley
2.	Morgan Humphriys / Alice Buckley
1.	Paige Kilfoyle

### Junior Men.

3.	Daniel Payne
2.	Andrew Scott

1. Tim Kilfoyle

## THE BUSH INN AWARD

The winner of the Bush Inn Award for the Jells Park Cross - Country Relays is **Mark Tucker** for his outstanding individual time of 17.39 – second fastest of the day. Well done, Mark – I'm sure you will enjoy the Bush Inn's famous food and hospitality.

## AROUND THE TRACKS AND TRAILS

With the summer track season winding up last month, many Geelong Region athletes have hit the fun run circuit.

In the Sri Chinmoy Barwon River Run on Sunday 1<sup>st</sup> April, endurance specialist, Ryan Christian made short work of the 18km. event, comfortably winning in 1:07.26.

Geelong Region athletes were also in the placings at the Annual Sheepwash Classic 8 km. Fun Run on Saturday 7<sup>th</sup> April.

### Open Men's 8km.

- |    |                      |       |
|----|----------------------|-------|
| 1. | David McNeill        | 24.55 |
| 2. | <b>Nick Wightman</b> | 26.10 |
| 3. | <b>David Wynn</b>    | 26.15 |

In the professional running ranks, quite a few of our runners headed north for the running of the world famous Stawell Gift and associated races held on 7 - 9<sup>th</sup> April. In fact, the Herb Hedemann Invitational Mile was a 'Who's Who' of Australian domestic running with Geelong Region athletes filling first, third and fifth places.

### Herb Hedemann Invitational Mile:

- |     |                        |         |      |
|-----|------------------------|---------|------|
| 1.  | <b>Jason Woolhouse</b> | 3:59.11 | 30m. |
| 2.  | Daniel Clark           | 4:00.82 | 50m. |
| 3.  | <b>Mark Tucker</b>     | 4:01.11 | 15m. |
| 4.  | David Ruschena         | 4:01.67 | 50m. |
| 5.  | <b>Brenton Rowe</b>    | 4:02.85 | 55m. |
| 6.  | Robert Kilmer          | 4:04.30 | 70m. |
| 7.  | Collis Birmingham      | 4:05.60 | 10m. |
| 8.  | Richard Polkinghorn    | 4:06.31 | 90m. |
| 9.  | Michael Killicoat      | 4:07.18 | 90m. |
| 10. | Liam Adams             | 4:09.50 | 55m. |
| 11. | Leighton Kearney       | 4:09.83 | 90m. |
| 12. | Jeffrey Riseley        | 4:10.68 | 15m. |
| 15. | Yousef Abdi            | 4:11.51 | Scr. |

Other race results from Stawell featuring Geelong Region Athletes:

### 3200 metre Handicap

- |    |                |         |      |
|----|----------------|---------|------|
| 2. | Matt McDonough | 9:07.90 | 25m. |
|----|----------------|---------|------|

### Vets' and Womens' 1500m. Final

- |     |          |         |       |
|-----|----------|---------|-------|
| 15. | Kate Sly | 4:19.55 | 130m. |
|-----|----------|---------|-------|

### 1600 metre Backmarkers' Final

- |     |                |         |       |
|-----|----------------|---------|-------|
| 8.  | Matt McDonough | 4:09.14 | 85m.  |
| 10. | Colin Thornton | 4:09.66 | 105m. |

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 15<sup>th</sup>.

### Geelong Region Cross - Country Team Results:

- |     |                  |       |
|-----|------------------|-------|
| 1.  | Scott Rantall    | 70.22 |
| 5.  | Colin Thornton   | 73.34 |
| 6.  | David Wynn       | 74.22 |
| 7.  | Ryan Christian   | 75.50 |
| 13. | Charlie El-Hage  | 80.10 |
| 14. | Geoffrey Purnell | 80.25 |
| 34. | Brett Coleman    | 84.08 |
| 36. | Nadia Semjanov   | 84.33 |
| 45. | Philip Christian | 86.29 |
| 51. | Julie McNamara   | 87.14 |

Craig Mottram was racing for his fifth successive Great Bupa Ireland title when he raced over 10km. on April 15. However, while he fought gallantly, Craig had to settle for second in 29.10 behind Kenyan Abraham Chebii (28.47)

Also racing on April 15 was Lee Troop, who was contesting the Paris Marathon. After the pacemakers took the leaders through the first kilometre in a very brisk 2.47, Lee was outside the top twenty. The world record pace continued up until half way but after missing his drinks until 25km., Lee found the going tough in the unseasonably hot / humid conditions, eventually, withdrawing at the 30 kilometre mark. The race was won by Mubarak Hussan Shami of Qatar in 2:07.19.

Jason Woolhouse lined up in the Oregon Invitational on April 21<sup>st</sup>, where he raced over 5000 metres, finishing 10<sup>th</sup> in 13:55.40 behind 2006 Zatopek winner, Galen Rupp of the US (13:30.49). Eight days later, Jason competed in the Stanford Invitation 5000 metres, where he ran 13:39.07 for tenth behind fellow New Zealander, Adrian Blincoe's winning time of



13:27.34. Jason plans to race over 1500 metres in Oregon on May 6<sup>th</sup> before heading back to Australia.

Craig Mottram returned to the winner's dais on April 28 when he ran 24:33.3 to win in Luzern, Switzerland over 8710 metres, from Austrian, Martin Proll, who was second in 25:02.6. Craig's next race will be the Healthy Kidney 10 kilometre road race around Central Park, New York on May 19, where he'll be racing for his third straight win and \$7500 in prize money, if successful. And, if he can win and beat Kenyan, Paul Koech's Central Park record of 28.10, Craig can expect a \$20 000 bonus.

At the State Little Athletics Championships at Olympic Park on March 17 / 18, Georgie Buckley celebrated her final year of Little Athletics by taking out the Girls' Under 15 800 metre (2:15.68) / 1500 metre (4:45.89) titles in convincing fashion. Georgie's time for the 800 metres was just a few tenths off the Championship Record held by former World Youth Championship Medallist, Kim Crow.



Georgie Buckley, well clear in the Little Athletics State Championship 800 metre final.

## RUNNER PROFILE

In his first season with the Geelong Region Team in 2006, David Wynn created a wonderful impression with his gutsy, high calibre running and his fantastic 'can do attitude'. When asked to fill a role or run a tough relay leg, David's response was always, "No worries - I'll do my best." This 'team first - me second' attitude was certainly one of the reason why Geelong was able to challenge for the Division One Team Premiership last year.

### David Wynn

**Occupation** Caravan Park Proprietor. Completed Sports Science / Human Movement degree at University of Ballarat in 1996.

**Age** 32 **Date of Birth** 15 / 3 / 75

**Height** 192 cm. **Weight** 73 kg.

**Single**

**Coach** Graeme Watkins



David Wynn, powering around Yarra Bend in the 2006 AV Cross-Country Relays.

### Personal Bests

**10000m.** 32:50

**Half Marathon** 71.11



**Marathon** 2:29.34

**Favourite Food** Any fruit and vegetables.

**Food Eaten Before a Race** Toast, banana, water and Powerade.

**Favourite Drink** Water and cups of tea.

**Favourite Movie** "Braveheart"

**Favourite Book** "Power of One" or "Lonely Planet" books.

**Favourite Music / Band** "You are I:" (currently)

**Favourite TV Show** No time!!!

**Favourite Night Spot** "My backyard entertaining area".

**Favourite Holiday Spot** "Camping down the Great Ocean Road".

### A Normal Training Week.

**Mon.** pm. 30 minute recovery run and Pilates.

**Tues.** pm. Track Session: 600m. 800m. 1000m. 1000m. 800m. 600m. with half distance recovery.

**Wed.** pm. 50 - 60 minute run.

**Thur.** pm. 4 x 1.8km. ladders around scoria paths at Kardinia Park or "Mona" fartlek at Eastern Beach.

**Fri.** pm. 45 minutes easy and Pilates.

**Sat.** Race or 'out and back' session. Run 30 minutes easy out and run back at threshold pace.

**Sun.** am. 2 hour + long run. (4.30 - 4.45 km. pace)

### Other Training / Recovery Sessions.

"A massage every month, Pilates twice a week, and icing in the cold ocean water after 'effort' sessions."

**Favourite Training Session** "10 x 1 km. reps at faster than race pace with Watto 2 - 3 weeks before a marathon. I usually run about 3.10 pace and try to finish off closer to 3.00 min pace."

**Favourite Race** "Senshu International Marathon, Osaka Japan." I finished 8<sup>th</sup> in 2006, running 2.36.

**Best Ever Performances** "Finishing 3<sup>rd</sup> in the 2006 Melbourne Marathon - 2:29.34, a huge p.b."

**Favourite Place To Train** "Ocean Grove / Barwon Heads loop"

### Toughest Ever Training Session / Race

"Running the 'killer' Mt Alexander leg of the Athletics Victoria Coliban Road Relays - I have never felt so close to giving up!"

**Most Admired Runners / People** "Nathan Deakes, Steve Moneghetti, Cliff Young, Terry Fox (a Canadian cancer leg amputee who attempted to run across North America - sadly he died before he completed his journey but won millions of admirers for his unbelievable courage and determination)"

**Advice to Other Runners** "Soak up advice from everyone but seek assistance from specialists! Enjoy the friendships our great sport offers."

### Goals for the Future

"To continue enjoying the benefits of being fit and along the way to set personal time goals in the marathon and other race distances."

### MOTTRAM:

## "STRONGER AND FASTER, LOOKING AHEAD TO OSAKA"

by Bob Ramsak

As he begins to piece together his competitive plan on the way to August's World Championships in Osaka, Craig Mottram believes that it will be an improved, if not new, model that will aim to move him up a notch - or perhaps even two - from his bronze medal finish in the 5000m two years ago.

"I haven't run quicker," said the 26-year-old Australian, whose 12:55.76 personal best dates back to 2004, "but I've gotten stronger, I've gotten smarter, and I've got more ammunition. Things I didn't have at the Olympics in Athens but had in Helsinki. I got better. I got better, I got stronger, but not because of the medal. But just because I've had two more years of doing what I love to do: running."

When Mottram nabbed a surprise victory in the 3000m at the 2002 World Cup, few took notice. It was late in the season, the field fairly modest. But for the then 22-year-old, it was the beginning of an emergence that would eventually make him one of the most versatile all-around distance runners in the world today. He clearly illustrated that versatility and growing confidence when he successfully defended that World Cup title in Athens last September, beating, among others, multi-world record holder and world champion Kenenisa Bekele. Yet that victory and along with it the distinction as being the last man to have beaten the Ethiopian on the track, is something Mottram doesn't spend too much time overanalyzing.

"I don't think about it much, people think about

it more than I do," he said. "I just ran well and he didn't. That happens in running sometimes. That was one race that went my way," he continued. "It was a great race, it was a good run, but it doesn't necessarily mean that next time I'm going to beat him." With a laugh, he added, "More than likely he'll probably beat me. But I'll try to beat him like I always do."

Over the winter, Mottram won three of his four races, including an indoor national 3000m record of 7:39.24 at the Reebok Boston Indoor Games. But decided against competing at the IAAF World Cross Country Championships last month, a decision he said he doesn't regret.

"I heard it was tough," he said while in Mombasa, where he was part of the Brisbane bid committee for the 2013 World Championships. "We made the right decision in not racing here."

While the arduous conditions certainly played a key role in Bekele's failure to finish the race, Mottram thinks that other variables played a part as well in his rival's demise.

"I was surprised when I first heard that he dropped out, but to be fair to him, he's the best distance runner in the world, and he has been for a number of years. I think he came here not necessarily for the right reasons. He was sort of talked into running. I don't really know him, but as I saw it he wasn't 100 percent ready mentally to come and race. He'll be back in the summer, bigger and better than ever, I hope."

But so too, said Mottram, will he.

Before opening his summer track season, which will include an appearance at the Prefontaine Classic in Eugene on June 10, where he'll again face Bekele in a two-mile, he plans to contest a pair of road races. This weekend he'll compete at an 8.5 kilometer race in Luzern, and on May 19, will return to New York City's Central Park to try for his third straight win in the Healthy Kidney 10-K. In New York, he'll face American Dathan Ritzenhein.

He also plans to compete in the 5000m at the Golden Spike meeting in Ostrava, Czech Republic on June 27, where he'll face another tough test, squaring off against recently minted World Cross-Country champion, Zersenay Tadesse. That race in the eastern Czech city will be one of only a few before the first round of the 5000 in Osaka on August 30.

"If Ostrava goes well, there's no need to do

more," Mottram said. "I know it's 12-and-a-half laps, I know how to run it. Maybe I'll do just one or two before Osaka."

With his increased strength, speed, and experience, he said, "There's no problem keeping up, there's no problem keeping in contact. It's just finding out the best way to try and win."

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

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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](mailto:nmac@pipeline.com.au)