



GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 56

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

July 2007

GEELONG CROSS - COUNTRY

Eastern Park

Saturday 23rd June

After a week of bitterly cold winter weather, athletes converging on Eastern Park from all over Victoria for the Athletics Victoria 16km. Cross - Country Championship experienced ideal conditions on a challenging but fair course.

Leading the way for Geelong was the re-energized Mark Tucker, who went to an early lead on the four lap course and was not challenged as he ran out a comfortable winner, thus becoming the fourth Geelong athlete to win this historic event (Rod Muir - 1927, Alex Hillhouse - 1933 / 34, Lee Troop - 2006). Mark took an extended break from serious competition after the disappointment of missing the Melbourne Commonwealth Games Team but has been in great form this year as he refocuses on representing Australia at the Beijing Olympics in the 5000 metres. Mark will need to take about 12 seconds from his current P.B. of 13.33 but in his current shape and frame of mind, don't bet against him! Great to see you back, Mark, and all the best! In preparation for next week's Gold Coast Half-Marathon, Lee Troop started conservatively before working his way through the field to make it a Geelong quinella, while Colin Thornton, Brett Coleman, Nick Wightman and Wes Benson all ran strongly to secure second place in the Division One Teams event.

Fresh from a stint of racing on the track in America, Georgie Clarke finished second in the Women's Open 4km. race, behind Knox's Lisa Jane Weightman. The Geelong Division One Women's Team of Georgie Clarke, Kristen Wyatt, Georgie Buckley and Nadia Semjanov also secured second place in the highly competitive teams event.

In the junior ranks, Ashlea Clifton (6th), Lewis Clarke (7th), Holly Lipson (9th), Clare Hodgson (10th) and Ryan Christian (10th) all recorded top ten placings, while Jesse Shields made a promising debut in Geelong colours.

Finally, hosting an event like this requires countless hours of work by many unsung people. A special thank you to the following supporters of Geelong athletics: Pat Agg, Anula Costa, Helen Fraser, Carol Kilfoyle, Graeme Kilfoyle, Richard Lawysz, Al

McLean, Geoff McDonald, Mary McDonald, John Moore, Darren Riviere, Lorraine Sawyer, Geoff Scott, Chris Sly, Lyn Taylor, Louise Thornton, who acted as marshals out on the course, as well as Graeme Kilfoyle, Tim Kilfoyle, Richard Lawysz, John Moore, Geoff McDonald, Chris Sly and Graeme Watkins, who were setting up the course at 8:00am on Saturday morning and were still hard at work packing equipment away in the dark at 6:30pm.



Mark Tucker (first) and Lee Troop (second) celebrate a Geelong quinella at Eastern Park.

GEELONG REGION PLACINGS / TIMES:

Open Men 16 km.

Mark Tucker	1 st	50.32
Lee Troop	2 nd	51.51
Colin Thornton	22 nd	55.45
Brett Coleman	23 rd	55.51
Nick Wightman	24 th	56.11

Wes Benson	31 st	57.02
Matt McDonough	72 nd	60.44
Kevin McMahon	94 th	62.17
Hugh Thyer	100 th	62.26
Charlie El-Hage	101 st	62.29
Paul Wilson	113 th	63.01
Neil MacDonald	215 th	70.20

Geoff Purnell (Inv.) 68th 60.22

Fastest Individual Times:

1.	M Tucker	Geelong	50.32
2.	L Troop	Geelong	51.51
3.	D Ruschena	Glenhuntly	52.34
4.	B Toomey	Knox	52.40
5.	J Creswell	Glenhuntly	52.46
6.	R Jackson	Knox	52.56
7.	D Hornery	Sandringham	53.04
8.	J Atkinson	Waveley	53.51
9.	A White	Box Hill	54.23
10.	B Ashkettle	Doncaster	54.24
11.	L Adams	Essendon	54.24
12.	A Patti	Doncaster	54.25
13.	D Verwey	Frankston	54.34
14.	L Gloster	Glenhuntly	54.49
15.	J Kent	Collingwood	54.50

Under 20 Men 6 km.

Ryan Christian	10 th	20.08
Michael Kenny	20 th	22.52

Fastest Individual Times:

1.	M Gibney	APS	18.43
2.	S Crowther	Knox	18.44
3.	C Hamer	Box Hill	18.50
4.	K Wille	Knox	18.59
5.	M Coloe	Box Hill	19.15
6.	M Johnson	Doncaster	19.21

Under 18 Men 8 km.

Fastest Individual Times:

1.	L Hennessy	Glenhuntly	26.27
2.	T Fawthorpe	Ringwood	26.47
3.	S Zuliani	Frankston	27.38
4.	D Ireland	Keilor St Bern.	27.52
5.	L Keely	Bendigo	27.58

Under 16 Men 4 km.

Jeremy Vogrin	18 th	15.30
Ryan Saunders	20 th	15.43
Jesse Shields	23 rd	16.23

Fastest Individual Times:

1.	L Rayner	Essendon	13.15
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2.	J Nelson	Knox	13.18
3.	R Geard	Essendon	13.33
4.	S Quirk	Traralgon	13.38
5.	J Williamsz	Knox	13.48
6.	B De Jong	Essendon	13.52

Under 14 Men 3 km.

Lewis Clark	7 th	11.09
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Under 18 Men 8 km.

Fastest Individual Times:

1.	K Mickelburgh	Essendon	10.39
2.	J Murch	Eureka	10.43
3.	C Smith	Frankston	10.44
4.	J Holden	Malvern	10.58
5.	L Sullivan	Eureka	11.04
6.	D Kliman	Essendon	11.04

Open Women 4 km.

Georgie Clarke	2 nd	14.03
Kristen Wyatt	14 th	14.56
Georgie Buckley	30 th	15.33
Nadia Semjanov	36 th	15.44
Julie McNamara	41 st	15.58
Cathryn Hoare	69 th	16.56
Freyja Troop	105 th	17.59

Fastest Individual Times:

1.	L Weightman	Knox	13.26
2.	G Clarke	Geelong	14.03
3.	S Lofts	Knox	14.04
4.	K Thorpe	Knox	14.09
5.	N Bardsley	Western Aths.	14.13
6.	L Furst	Knox	14.14
7.	A Worland	Eureka	14.21
8.	K Seibold-Cros.	Sandringham	14.27
9.	M Bleakley	APS	14.28
10.	S Michelsson	Collingwood	14.34
11.	S Klein	Frankston	14.41
12.	S Barker	Melb. University	14.50
13.	K Dick	Doncaster	14.52
14.	K Wyatt	Geelong	14.56
15.	M Murray	Diamond Valley	15.01

Under 20 Women 3 km.

Ashlea Clifton	6 th	11.49
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Fastest Individual Times:

1.	H Tomlinson	Box Hill	11.34
2.	E French	Essendon	11.37
3.	S Kondogonis	Keilor St. Bern.	11.41
4.	Z Warrington	Frankston	11.42
5.	K Duncan	Knox	11.43
6.	A Clifton	Geelong	11.49

Under 18 Women 6 km.

Holly Lipson 9th 27.05

Fastest Individual Times:

1.	G Thek	Doncaster	22.59
2.	L Hall	Essendon	22.27
3.	C Griffith	Knox	23.36
4.	A Lavale	Doncaster	24.05
5.	R Menadue	Essendon	24.11
6.	G Chalmers	Doncaster	25.57

Under 16 Women 6 km.**Fastest Individual Times:**

1.	K Tour-May	Glenhuntly	23.52
2.	D Baulch	Essendon	24.26
3.	S Brennan	MPA	24.36
4.	B Gange	Doncaster	24.42
5.	J Baulch	Essendon	25.15
6.	R Tallent	Ballarat YCW	25.44

Under 14 Women 3 km.

Clare Hodgson 10th 12.26
Morgan Humphryis 17th 14.45

Fastest Individual Times:

1.	E Rayner	Essendon	11.04
2.	A Hayes	Essendon	11.18
3.	A Burren	Malvern	11.32
4.	M Gange	Doncaster	11.44
5.	J Howard	Ballarat YCW	11.53
6.	J Prime	Knox	11.59

THE BUSH INN AWARD

The winner of the Bush Inn Award for the Geelong Cross - Country is **Geoff McDonald** for all his tireless work behind the scenes and on race day to ensure the event was an outstanding success. Well done, Geoff – I'm sure you will enjoy the Bush Inn's famous food and hospitality.

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

Senior Men.

3. Mark Tucker
2. Lee Troop

1. Colin Thornton / Brett Coleman / Nick Wightman / Ryan Christian

Senior Women.

3. Georgie Clarke
2. Kristen Wyatt
1. Georgie Buckley

Junior Women.

3. Clare Hodgson
2. Holly Lipson
1. Morgan Humphryis

Junior Men.

3. Lewis Clark
2. Jeremy Vogrin
1. Ryan Saunders

COLIBAN EKIDEN ROAD RELAY

Saturday 7th July

Congratulations to the Geelong Region Division One Men's Team, who were victorious in the Athletics Victoria Coliban Ekiden Road Relay. The team, comprising Mark Tucker, Ryan Christian, Brett Coleman, Scott Rantall, Lee Troop and Wes Benson, ran brilliantly over a challenging course from Harcourt to the Bendigo Athletic Track to run out comfortable winners. Importantly, the win means that Geelong has regained top position in the Winter Premiership race. Great running guys!

Well done also to the Womens' Division One Team of Kristen Wyatt, Cathryn Hoare, Julie McNamara, Nadia Semjanov and Freyja Troop who finished an excellent fourth, thus continuing their strong showing in the top female division this winter. Excellent work, girls.

DIVISION ONE MEN**Leg 1. 6.5km.**

Mark Tucker 20.36

Fastest Individual Times:

Mark Tucker	Geelong	20.36
Craig Semple	Glenhuntly	21.16
Sam Crowther	Knox	21.25
Matt Coloe	Box Hill	22.14

Leg 2. 5.0km.

Ryan Christian 17.08

Fastest Individual Times:

Paul Fenn	Ballarat YCW	16.36
Anthony Wilson	Glenhuntly	16.51
Ryan Christian	Geelong	17.08
Navin Arunasalam	Box Hill	17.13

Leg 3. 8.4km.

Brett Coleman 27.33

Fastest Individual Times:

Kane Wille	Knox	25.59
Daniel Clark	Box Hill	26.26
Linton Gloster	Glenhuntly	26.55
Brett Coleman	Geelong	27.33

Leg 4. 10.0km.

Scott Rantall 32.05

Fastest Individual Times:

Scott Rantall	Geelong	32.05
David McNeill	Doncaster	32.19
David Ruschena	Glenhuntly	32.20
Liam Adams	Essendon	32.24



Scott Rantall enjoying his ten kilometre leg (and a Geelong Team victory) at the 2007 Coliban Road Relay.

Leg 5. 7.9km.

Lee Troop 22.50

Fastest Individual Times:

Lee Troop	Geelong	22.50
Adrian Patti	Doncaster	23.56
Ben Toomey	Knox	23.57
Steve Moneghetti	Ballarat YCW	24.02

Leg 6. 5.1km.

Wes Benson 15.37

Fastest Individual Times:

Wes Benson	Geelong	15.37
Mark Seen	Knox	15.53
Peter Hulbert	Glenhuntly	15.58
Paul Martinico	Sandringham	15.58

First Place: Geelong 135.49

Second Knox Athletics 137.14

Third Glenhuntly 138.13

Fourth Box Hill 140.34

DIVISION ONE WOMEN**Leg 1. 6.5km.**

Kristen Wyatt 26.19

Fastest Individual Times:

Susan Michelsson	Collingwood	25.24
Kaila McKnight	Knox	25.54
Tracey Austin	Malvern	26.09
Kristen Wyatt	Geelong	26.19

Leg 2. 5.0km.

Cathryn Hoare 22.20

Fastest Individual Times:

Karen Thorpe	Knox	19.25
Lauren Crowe	Diamond Valley	20.16
Emma Jacowski	Knox	20.33
Robyn Millard	APS	21.08
Michell Matthews	Essendon	21.09

Leg 3. 8.4km.

Julie McNamara 34.43

Fastest Individual Times:

Kate Siebold-Crosby	Sandringham	30.23
Narelle Bardsley	Western Aths	31.13
Emily Bell	Knox	31.43
Tarli Bell	Glenhuntly	32.37

Leg 4. 7.9km.

Nadia Semjanov 30.28

Fastest Individual Times:

Maryann Murray	Diamond Valley	29.17
Lee Furst	Knox	29.27
Josie Carberry	Glenhuntly	28.50
Bev Thomas	Essendon	29.38

Leg 5. 5.1km.

Freyja Troop 21.30

Fastest Individual Times:

Haley Field	Knox	17.17
Sarah Lund	Glenhuntly	18.52
Kate Cuk	Essendon	19.34
Madelaine Begala	Sandringham	20.29

Fourth Place: Geelong 135.20

First	Knox Athletics	123.46
Second	Glenhuntly	129.52
Third	Sandringham	132.42

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

Senior Men.

3. Mark Tucker, Scott Rantall, Lee Troop
2. Ryan Christian, Brett Coleman, Wes Benson

Senior Women.

3. Kristen Wyatt
2. Nadia Semjanov
1. Cathryn Hoare, Julie McNamara, Freyja Troop

"THE ATHLETE'S FOOT" GEELONG CROSS - COUNTRY CHAMPIONSHIPS EASTERN PARK Saturday 14th July

After the cold, wintry weather of the last few weeks, "The Athlete's Foot" Geelong Cross-Country Championships were held under true, challenging cross-country conditions at Eastern Park – that is, soft under foot, slippery in places and with an occasional shower to remind athletes that we really need the rain. Add to this the undulating 1500 metre loop course, with it's long, rhythm breaking hill back to the start / finish area and each athlete would surely have their fitness tested.

Lining up in the Junior race over 3 kilometres were Georgie Buckley and Andrew Scott, who were both after a hard hit-out one week out from the Victorian All-Schools Cross - Country Championships at Bundoora. And from the gun, Georgie went out hard and was never headed in an impressive front-running display, with Andrew running on strongly up the final hill. Georgie's and Andrew's gold medals at Eastern Park will sit nicely with their Geelong Road Championship victories from earlier in the year. Second across the line in the Junior Womens' race was Georgia Scott, who ran a solid race after returning from a two week netball camp in South Africa with her school. In the Junior Mens' race, Jessie Shields' gutsy run was rewarded with the silver medal.

In the Senior Mens' race, the in-form Mark Tucker used the 6 km distance as a chance for a little threshold pace fine-tuning as he prepares for upcoming races. A little further back in the field, Nick Wightman, Brett Coleman and Ryan Christian were staging a three man war as they ran stride for stride over the first two laps. Eventually, old adversaries, Nick and Brett were able to break away, before the silver and bronze medals were decided with a frantic dash to the line, with Nick's younger legs just prevailing yet again.

Leading the way in the Senior Womens' race was Georgie Clarke, who led from start to finish to take out her first Geelong Cross - Country Championship Title, from Kristen Wyatt and Freyja Troop.



Georgie Clarke, Mark Tucker, Georgie Buckley and Andrew Scott proudly display their Geelong Cross-Country Championship medals and trophies.

Much thanks to Mary McDonald, Chris Sly, Kate Sly and Lyn Taylor for their wonderful assistance on the day and Tony Stewart of "The Athlete's Foot" for his continued fantastic support of Geelong Athletics. Congratulations also to Kate Sly, who was the winner of the gift voucher kindly donated by "The Athlete's Foot".

Results:

Under 16 Women - 3 km.

- | | | | |
|----|-----------------|----------|-------|
| 1. | Georgie Buckley | (Deakin) | 11.38 |
| 2. | Georgia Scott | (Deakin) | 12.42 |

Under 16 Men - 3 km.

- | | | | |
|----|----------------|-------------|-------|
| 1. | Andrew Scott | (Deakin) | 11.44 |
| 2. | Jessie Shields | (Bellarine) | 12.11 |
| 3. | Samuel Shields | (Inv.) | 14.19 |

Senior Women - 6 km.

- | | | | |
|----|----------------|--------------|-------|
| 1. | Georgie Clarke | (Geel Guild) | 21.57 |
|----|----------------|--------------|-------|

2.	Kristen Wyatt	(Chilwell)	29.44
3.	Freyja Troop	(Chilwell)	29.44

Senior Men - 6 km.

1.	Mark Tucker	(Geel Guild)	19.46
2.	Nick Wightman	(Deakin)	20.22
3.	Brett Coleman	(Chilwell)	20.26
4.	Ryan Christian	(Deakin)	21.09
5.	Michael McNaughton	(Deakin)	21.21
6.	Hugh Thyer	(Deakin)	22.08
7.	Geoffrey Purnell	(Inv.)	22.53
7.	Hugh Thyer	(Deakin)	23.23
8.	John Skinner	(Inv.)	24.27
9.	Michael Kenny	(Chilwell)	25.21
10.	Ben Loone	(Inv.)	25.45
11.	Neil MacDonald	(Deakin)	27.12
12.	Wesley Benson	(Chilwell)	28.48
13.	Jeff Scott	(Inv.)	29.19

ATHLETICS VICTORIA STATE CROSS-COUNTRY CHAMPIONSHIPS VICTORIAN ALL-SCHOOLS CROSS-COUNTRY CHAMPIONSHIPS BUNDOORA PARK Saturday 21st July

Geelong tasted great success at Bundoora Park on Saturday 21st July with Georgie Clarke and Georgie Buckley both winning individual State Cross - Country Championships. More than 2000 athletes contested the combined Athletics Victoria State Cross - Country and Victorian All-Schools Cross - Country Championships on a challenging course that was both muddy and slippery in places from much needed rain. Both events also served as selection trials for the Australian Cross - Country Championships, to be held in Perth on September 1st.

In the Open Womens' 8 kilometre event, Georgie Clarke showed that she was nearing peak fitness with a dominant front-running display which saw her finish well clear of the in-form Lisa Jane-Weightman and 2004 Olympian Haley Field, thus reversing the result of the Athletics Victoria Cross-Country race held in Geelong one month ago, when Weightman was a decisive winner over 4 kilometres. While delighted with her run over the testing cross-country terrain, Georgie has decided to by-pass the Australian Cross-Country Championships, preferring to focus on building her fitness base for an all-out attack on the middle-distance races during the Australian domestic track season in the lead-up to next year's Beijing Olympics.



Georgie Clarke powering home to an impressive win in the Victorian 8km. Cross-Country Championship.

In the Under 16 race over 4 kilometres, Sacred Heart year 9 student Georgie Buckley also decided to run from the front on the first of two laps before opening up a decisive break on a long uphill section of the course, eventually crossing the line in 14.49, with Carey's Emily Paulin second in 15.00 and Vermont Secondary College's Bronte Gange third in 15.09. Georgie has been a regular Victorian Team representative in both cross-country and track competitions over the last four years and will be training solidly over the next six weeks as she prepares for the Australian Cross-Country Championships in Perth.

In the senior mens' race over 12 (by now pretty muddy) kilometres, Scott Rantall, Matt McDonough, Rowan Walker, Brett Coleman, Nick Wightman and Wes Benson combined brilliantly to take out the team's race, thus consolidating our position at the head of the Team Premiership – great running guys. In the senior women teams' race, Georgie Clarke's first place was nicely supported by Kristen Wyatt, Julie McNamara, Cathryn Hoare and Rachel Loone's

excellent running for a solid fourth placing - well done ladies.

GEELONG REGION PLACINGS / TIMES:

Open Men 12 km.

Scott Rantall	7 th	36.22
Matt McDonough	8 th	36.24
Rowan Walker	10 th	36.39
Brett Coleman	20 th	37.54
Nick Wightman	30 th	38.58
Wes Benson	40 th	40.05
Kevin McMahon	120 th	43.45
Paul Wilson	145 th	44.40

Fastest Individual Times:

1.	D McNeill	Doncaster	35.37
2.	C Perrett	Mentone	35.46
3.	J Hunt	Inv.	35.53
4.	S Moneghetti	Ballarat YCW	35.57
5.	S Field	Doncaster	36.02
6.	L Adams	Essendon	36.15
7.	S Rantall	Geelong	36.22
8.	M McDonough	Geelong	36.24
9.	R Jackson	Knox	36.35
10.	R Walker	Geelong	36.39
11.	R Ruschena	Glenhuntly	37.09
12.	B Toomey	Knox	37.14
13.	D Clark	Box Hill	37.23
14.	D Hornery	Sandringham	37.24
15.	A Patti	Doncaster	37.30

Open Women 8 km.

Georgie Clarke	1 st	26.35
Kristen Wyatt	19 th	30.03
Julie McNamara	32 nd	31.46
Cathryn Hoare	57 th	34.12
Rachel Loone	98 th	39.09

Fastest Individual Times:

1.	G Glarke	Geelong	26.35
2.	L Weightman	Knox	27.03
3.	H Field	Knox	27.40
4.	S Lofts	Knox	27.55
5.	K Seibold-Cros.	Sandringham	28.02
6.	S Michelsson	Collingwood	28.06
7.	L Furst	Knox	28.11
8.	M Bleackley	APS	28.24
9.	A Worland	Eureka	28.49
10.	F Nash	Doncaster	28.54

VOTES FOR "BEST PERFORMED GEELONG REGION ATHLETES" AT THE BUNDOORA CROSS - COUNTRY

Senior Men.

3.	Scott Rantall
2.	Matt McDonough
1.	Rowan Walker

Senior Women.

3.	Georgie Clarke
2.	Kristen Wyatt
1.	Julie McNamara

THE BUSH INN AWARD

The winner of the Bush Inn Award for the Bundoora Cross - Country is **Georgie Clarke** for her outstanding Victorian Championship victory. Well done, Georgie – I'm sure you will enjoy the Bush Inn's famous food and hospitality.

Victorian All-Schools Cross-Country

Under 14 Girls' 3 km.

Alice Buckley	52 nd	12.16
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Fastest Individual Times:

1.	J Anderson	Eltham HS	10.25
2.	E Rayner	Ave Maria College	10.31
3.	M Parsons	Caulfield Grammar	10.35
4.	T Kehoe-Sport.	Haileybury College	10.37
5.	A Hayes	St Columbia's Coll.	10.40

Under 16 Girls' 4 km.

Georgie Buckley	1 st	14.49
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Fastest Individual Times:

1.	G Buckley	Sacred Heart College	14.49
2.	E Paulin	Carey	15.00
3.	B Gange	Vermont SC	15.09
4.	H Milner	Sacred Heart Yarrow.	15.15
5.	E Belcher	Maryborough EC	15.16

Under 20 Girls' 6 km.

Holly Lipson	7 th	24.26
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Fastest Individual Times:

1.	S Grahame	Mentone Grammar	21.50
2.	M Gellert	Lake Bolac College	22.30
3.	K Cuk	CRC Sydenham	23.25
4.	E French	Overnewton Gram.	23.50

5. S Boorn-Wells Ballarat Grammar 23.50

Under 14 Boys' 3 km.

Lewis Clark 27th 10.34

Fastest Individual Times:

- | | | | |
|----|---------------|--------------------|------|
| 1. | T Harik | St Kevin's College | 9.28 |
| 2. | T Temay | Melbourne Grammar | 9.29 |
| 3. | J Tobin-White | Koonung SC | 9.45 |
| 4. | L Mathews | St Kevin's College | 9.48 |
| 5. | S Murrihy | Emmanuel College | 9.49 |

Under 15 Boys' 4 km.

Jesse Shields 21st 14.53

Fastest Individual Times:

- | | | | |
|----|----------|-------------------|-------|
| 1. | S Quirk | Mirboo Nth SC | 13.04 |
| 2. | C Drake | Melbourne Grammar | 13.14 |
| 3. | N Verwey | Hailebury College | 13.31 |
| 4. | T Kelly | Hilcrest College | 13.44 |
| 5. | H Malone | Caulfield Grammar | 13.48 |

Under 16 Boys' 4 km.

Andrew Scott 27th 14.28

Fastest Individual Times:

- | | | | |
|----|-------------|--------------------|-------|
| 1. | A Rowe | St Kevin's College | 12.38 |
| 2. | R Geard | Westbourne Gram. | 12.40 |
| 3. | L Rayner | St. Bern. Essendon | 12.46 |
| 4. | J Nelson | St Francis Xavier | 12.48 |
| 5. | M Stapleton | Xavier College | 12.53 |

AROUND THE TRACKS AND TRAILS

World championships bronze medallist **Craig**

Mottram has smashed his own Australian record over 2 miles, to beat a crack field at the Prefontaine Classic in Oregon on June 10th. Mottram, sliced nearly eight seconds off his previous best to clock 8:03.50, the fastest two miles ever run on US soil and an Australian and Oceania record. The time is also the sixth fastest ever run for the distance, elevating the 26-year-old to the third fastest of all time, behind world record holder Daniel Komen (Kenya) and Haile Gebrselassie (Ethiopia) who hold the five fastest times between them. As his reputation as one of the world's premier distance runners grows, so too does his fan club in the U.S., declaring on NBC's live broadcast at the end of the race that when the pace is on "it comes down to the size of your balls."

Despite the withdrawal of world record holder Kenenisa Bekele due to a lack of fitness, Mottram faced Bekele's young brother Tariku - the world junior 5000m champion, along with 2007 world cross country champion Zersenay Tadesse of Eritria, 2003 world 5000m champion Benjamin Limo of Kenya and American record holder Allan Webb in a much anticipated clash. With the early laps ticked off in

around 60 seconds the field went through the mile in 4:02. Mottram and Bekele breaking clear after five laps before Mottram made his move with 250m remaining.

"I went hard with 250m to go and was able to enjoy the last forty to fifty metres," Mottram said after the race.

Mottram charged to the line to defeat Bekele (8:04.83) who clocked the eighth fastest of all-time, with Matt Tegenkamp (USA) easily beating Webb's American record in third (8:07.07). Limo was 5th, Tadesse 7th and Webb 9th as the world's best middle distance runners trailed in Mottram's wake. To put the time into perspective, Mottram circled the famous Hayward Field track eight times in just a fraction over 60 seconds per lap, almost breaking four minutes for the mile back-to-back.

Despite the impressive performance, Mottram understands that the 3200m is very different to the 5000m. "It's too early to get too wound up about the world championships just yet," Mottram said in reference to the expectations that will now grow ahead of the 5000m at the August championships in Osaka, Japan. "I ran fast today, but it's too early. Today was a different event, the field was good, but some guys didn't run, and some ran the mile." "Ostrava (on 27 June) will give me a better indication on how I'm going over 5000m."

2007 Prefontaine Classic Grand Prix

1. Craig Mottram Aus 8:03.50
2. Tariku Bekele Eth 8:04.83
3. Matt Tegenkamp USA 8:07.07
4. Dathan Ritzenhein USA 8:11.74
5. Ben Limo Kenya 8:15.90
6. Jonas Cheruiyot Kenya 8:16.77
7. Zersenay Tadesse Eritrea 8:19.34
8. Juan Barrios Mexico 8:23.81
9. Alan Webb USA 8:23.97
10. Adam Goucher USA 8:26.46
11. Sean Graham USA 8:27.64
12. Solomon Tsiga Eth 8:43.99

All-time men's best 2 miles

- | | | | |
|----|---------|--------------|-----|
| 1. | 7:58.61 | Daniel Komen | KEN |
| | Hechtel | 19.07.1997 | |
| 2. | 7:58.91 | Daniel Komen | KEN |
| | Sydney | 28.02.1998 | |

3.	8:01.08	Haile Gebrselassie	ETH
	Hengelo	31.05.1997	
4.	8:01.72	Haile Gebrselassie	ETH
	London	07.08.1999	
5.	8:01.86	Haile Gebrselassie	ETH
	Hengelo	30.05.1999	
6.	8:03.50	Craig Mottram	AUS
	Oregon	10.06.2007	
7.	8:03.54	Daniel Komen	KEN
	Lappeenranta	14.07.1996	
8.	8:04.83	Tariku Bekele	ETH
	Oregon	10.06.2007	
9.	8:07.07	Matt Tegenkamp	USA
	Oregon	10.06.2007	
10.	8:07.46	Haile Gebrselassie	ETH
	Kerkraide	28.05.1995	

Five days later, Craig travelled to Oslo for the Dream Mile. However, the draining Trans-Atlantic flight after his super-quick 2 mile race in the US meant that he was a little 'flat' and finished 9th in 3:54.57, behind Adil Kaouch (3:51.14) Augustine Choge (3:51.62) and Andrew Baddeley (3:51.95).

From there it was onto Ostrava on June 27th for the Emil Zatopek 5000 metres at the 46th Golden Spike Meet. This would be the only 5000 metre race Craig will contest before the Osaka World Championships. In a tactical race, where the pace-makers were all over the shop (28 seconds first 200m. 2.31 first km. before slowing to 2.40 for second km.) Craig went to the front on the last lap, where he blew the field away with a decisive kick for home.

"I didn't run as quick as I would have liked and I believe I could run much faster but the win was a priority," he said. "They said the pace was going to be fast, 7:40 into 3km, but then the pacemaker hurt himself and the pace slowed, so it was more of a tactical affair mid-race. "Bekele was on my heels coming into home but I was just too fast."

Craig put his foot on the gas in the final lap, clocking 53.5 seconds, with 26.5 seconds for the final 200m. to record a convincing victory, thus showing his rivals that he was ready for anything the Africans could throw at him in Osaka.

1. Mottram Craig AUS 13:04.97
2. Bekele Tariku ETH 13:05.42
3. Feleke Abreham Cherkos ETH 13:05.83
4. Mosop Moses KEN 13:07.89
5. Ebuya Joseph KEN 13:09.01
6. Gebremariam Gebre-egziabher ETH 13:10.29

7. Masai Moses Ndiema KEN 13:10.54
 8. Geneti Markos ETH 13:10.61
 9. Zewdie Maregu ETH 13:11.32
 10. Kosgei Shadrack KEN 13:11.85
 11. Kogo Micah KEN 13:12.93
 12. Ali Aboosh Mohamed ETH 13:13.08
 13. Songok Isaac Kiprono KEN 13:15.70
 14. El Amri Khalid MAR 13:16.13
 15. Songok Boniface Kiprotich KEN 13:16.74
 16. Blincoe Adrian NZL 13:17.28
 17. Tola Tadese ETH 13:33.74
 18. Birmingham Collis AUS 13:55.28
 19. Silva Rui Pedro POR 14:00.36
- Kiplagat Bernard Kipchirchir KEN DNF
Kipsang Churchill KEN DNF

Incidentally, at the same meet, the great Haile Gebrselassie broke his 23rd and 24th World Records when he covered 21.285 km. in the rarely contested one hour track race. The put this in perspective, try running a lap of an athletic track in 68 seconds then keep going at that speed for another 58 minutes and 52 seconds! On route to the one hour record, Gebrselassie also broke the World 20 000 metres record, running 56.25.98.

On July 15th, Craig Mottram raced at the British Grand Prix in Sheffield, England. In a race forecast as a re-match of the epic World Cup duel between Ethiopian Kenenisa Bekele and Craig in Athens last year, the 3000m turned into a distance running masterclass. As soon as the pace maker concluded his duties after five laps (5:02.7), Bekele unleashed a 2:24.0 last kilometre (57 seconds / 58 seconds / 27 last 200 metres) to street the field. Craig attempted to go with him, but lasted only 40 metres. Bekele won in a UK all-comers record and personal best time of 7.26.69. Craig was second in 7:35.00 with American Chris Solinsky third (7:36.90). "He ran a great race," Craig said afterwards. "He surprised me a little when he took off as we were already going pretty quickly. I knew he would try and shake me with five or six hundred to go but I was stretched a little already when he made his move and there is not much you can do. "Obviously I'm disappointed, but we have another challenge in two weeks time in London over two miles and I'm still really happy with where we are at."

In his lead up to the World Championships in Osaka (August 25th – September 2nd), Craig will contest the

following races:

July 29	mile	Scotland
August 3	2 mile	Crystal Palace

Also racing in Sheffield on July 15th was Commonwealth Games bronze medalist over 1500 metres, Mark Fountain. Mark was also using the meet as specific preparation for the Osaka World Championships and finished 6th in 3:37.94, behind winner, England's Andrew Baddeley (3:34.74).

A little closer to home, Lee Troop and Scott Rantall contested the Gold Coast Half Marathon on Sunday July 1st. Lee was using the event as a lead-up to the Berlin Marathon (September 30th) and led through the first 10km. in a tick over 30 minutes before eventually finishing 6th in 64.31, behind place-getters, Tanzanian Patrick Nyangelo (62.57), Brett Cartwright (63.02) and Hikaru Fujii (63.27). Scott Rantall finished 9th in a Personal Best time of 66.03. Also racing on the Gold Coast was Andre La Gerche, but over the full marathon distance. Andre was hoping to run about 2 hours 30 minutes and with a half-way split of 74.16, he was well on schedule. However, like most marathons, the last 15 kilometres were to prove a real challenge, with Andre battling on to finish 50th in 2:49.31. In the 10km. event, Ryan Christian finished 25th, running 33.58, behind winner Michael Shelley (29.52).

On Sunday 22nd July, Mark Tucker's great form continued when he was an impressive winner of the inaugural Launceston 10km. road race in 28.37, from Brett Cartwright (28.41) and Patrick Nyangelo (28.45). Richard Jeremiah was 4th in 30.28. Unfortunately, after Lee Troop took the field through 5km. in 14.10, a groin injury forced him to pull out at the 6km. mark. Hopefully Lee will recover quickly as he has Sydney's City to Surf and the Berlin Marathon on his race schedule over the next few months.

RUNNER PROFILE

To be the best athlete you can be, many qualities are needed. However, perseverance is certainly one of the more important, because, whether you are Craig Mottram, Lee Troop, Georgie Clarke or Fred / Freda Bloggs, there will be tough times and setbacks. One athlete who has seen her share of setbacks but has shown wonderful perseverance is Ashlea Clifton. At the age of 15, Ashlea was 'flying' with a 57.8 for 400m. and 2:13.45 for 800m. to her credit. However, the next 4 years saw stress reactions, stress fractures, low grade chronic fatigue (which stopped

meaningful running for 12 months at the age of 17), and other assorted injuries all putting a full stop to Ashlea's promising running career. But through all the ups and down, Ashlea persevered and kept believing that she would run 'fast' again. Understandably, her 3 km. time of 11.06 at Sandown last month, her first P.B. in four years, was greeted with such delight. Great work, Ashlea! And all the best in achieving your future running goals.

Ashlea Clifton

School 1st year at Deakin University, Burwood, studying Exercise and Sports Science.

Age 19 **Date of Birth** 27 / 2 / 88

Height 177 cm. **Weight** 59 kg.

Single but very good friends with Nick Wightman.

Coach Bruce Scriven



Ashlea Clifton running strongly in the AV Geelong Cross-Country 3 km. race.

Personal Bests

400m. 57.8

800m. 2:13.45

3 km. (road) 11.06 (at Sandown this year)

Favourite Food Chocolate, Ice Cream (unfortunately!) Anything my Mum cooks!
Food Eaten Before a Race Banana.
Favourite Drink Water
Favourite Movie "Forrest Gump"
Favourite Book "The Bronze Horseman" by Paullina Simons (A love / war book set in Russia)
Favourite Music / Band "???"
Favourite TV Show Anything sporty
Favourite Night Spot In bed, especially in winter.
Favourite Holiday Spot Anywhere with a beach and sun!

A Normal Winter Training Week.

Mon. am. 30 minutes water running
 pm. Fartlek: ie. 8 x 2 mins 'on' with 1 min easy b/w or 5 x 3 mins. 'on' with 1 min easy b/w.

Tues. pm. Track session: ie. 3 x 1 km. @ 3 km. race pace or faster (5 mins rec. b/w.) or 8 x 200m. (100m. jog b/w).

Wed. am. 30 minute jog
 pm. Gym (especially core work.)

Thur. am. 60 minute run.

Fri. REST.

Sat. am. Race or threshold session (10 - 20 mins. @ threshold pace) or 20 mins. of 'Big Lap / Little Lap' hill circuit at Eastern Beach or 8 x 200m. hills with jog down recovery.

Sun. am. 30 - 40 min. run with a few easy hills.

Other Training / Recovery Sessions.

"I have been doing a water running session each week, the occasional swim, and I go to the gym once a week."

Favourite Training Session "I enjoy most track sessions and the weekly long run."

Favourite Race "The Bells Bash Cliff Run and 800 metre track races."

Best Ever Performances "I was 7th in the 2003 Under 16 Australian All-Schools 800m. final. I made the final by 0.01 of a second and was the slowest qualifier by about 3 seconds. I was determined not to

come last in the final and I didn't! I also ran a 2 second P.B. (2:13.45 my current P.B.)

Favourite Place To Train "Princes Park / Eastern Park."

Toughest Ever Training Session / Race "I once did a 12 hour Rogaining Race over and around Mt Stirling involving lots of bush-bashing, resulting in many, many cuts and bruises."

Most Admired Runners / People "Sarah Jamieson"

Advice to Other Runners "Be patient with your fitness and have belief in your abilities. Also, don't take your orthotics out of your shoes because you decide you no longer need them (lesson learnt with a stress fracture!)"

Goals for the Future

"I would love to run an Open Age Australian Qualifying Time for 800m. (2:12.00). However, I would be very happy to improve on my P.B. set when I was 15 years old first."

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"

"THE PAKINGTON BAKERY"

CRAIG GODDARD
AND SUBWAY

THE CITY OF GREATER GEELONG

TONY & PAULA KELLY AND
"THE BUSH INN HOTEL"

OBERON HIGH SCHOOL

GEELONG ATHLETICS INC.

Please support the above businesses and organisations. And don't forget to say that you're from the Geelong Region Cross-Country Team whenever you use their services.

If you have any questions, don't hesitate to give Neil MacDonald a call on 52 231620 or nmac@pipeline.com.au