



# GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 57

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

August 2007

## SANDOWN ROAD RELAYS

### Sandown Racecourse

Saturday 4<sup>th</sup> August

With the Geelong Division One Mens' team nicely placed at the top of the Winter Season Premiership ladder, Geelong athletes were quietly confident as they arrived at a cold and wind swept Sandown Racecourse for the Athletics Victoria Road Relays. And with Matt McDonough, Mark Tucker and Richard Jeremiah all comfortably running under 19 minutes for the first three legs, the Geelong team was off to an excellent start. However, a very determined Doncaster team ran their opening three legs very strongly to hold a narrow lead, before Lee Troop took control of the race with the fastest individual split of the day, thus giving the Geelong team an unassailable lead, that the much improved Nick Wightman and Scott Rantall were able to build on to the finish. Early leader, Doncaster held on well to take second place with Box Hill third. Well done to Matt McDonough, Mark Tucker, Richard Jeremiah, Lee Troop, Nick Wightman and Scott Rantall, who teamed beautifully to take out the prestigious Sandown Road Relays for the second time in the Geelong team's short history. Lee Troop's time of 17.57 was the only sub 18 minute run of the day, ahead of Doncaster's David McNeill (18.17), Mentone's Clint Perrett (18.29), Doncaster's Simon Field (18.32) and Geelong's Mark Tucker (18.33). With three rounds remaining in the Athletics Victoria Winter Season, Geelong sits on top of the ladder, 8 points clear of perennial winner Glenhenty. Congratulations also to the Division Three Mens' team of Louis Rowan, Ryan Christian, Michael McNaughton, Andre La Gerche and Colin Thornton, who also won comfortably, and the Division Six team of Hugh Thyer, David Wynn and Graeme Watkins, who made it three Geelong mens' team victories for the day.

Leading off for the Geelong women was the inform Georgie Clarke, whose time of 20.32 for the time-tested 6.2km. course was the fastest individual split of the day. Julie McNamara, Emily Rooke and Kristen Wyatt then proceeded to run the team to a solid fourth placing behind the all-conquering Knox Team. The Geelong Under 18 Mens' team of Tim Kilfoyle, Jeremy Vogrin and Andrew Scott all ran three

competitive laps to finish a credible fifth, while the Division Three Womens' team of Freyja Troop, Rachel Loone and Cathryn Hoare ran strongly to finish seventh of fifteen teams.

## GEELONG REGION PLACINGS / TIMES:

### Division One Men (6 x 6.2 km.)

1.	Matt McDonough	18.51
2.	Mark Tucker	18.33
3.	Richard Jeremiah	18.49
4.	Lee Troop	17.57
5.	Nick Wightman	19.18
6.	Scott Rantall	18.51

**First Place: 1:52.15**

Second Place: Doncaster 1:55.18



Lee Troop, Scott Rantall and Nick Wightman proudly display the Sandown Road Relays winner's trophy.

### Fastest Individual 6.2km. Legs

1.	L Troop	Geelong	17.57
2.	D McNeill	Doncaster	18.17
3.	C Perrett	Mentone	18.29
4.	S Field	Doncaster	18.30
5.	M Tucker	Geelong	18.33
6.	L Adams	Essendon	18.37
7.	A White	Box Hill	18.38
8.	B Ashkettle	Doncaster	18.40
8.	D Ruschena	Glenhenty	18.40
10.	B Toomey	Knox	18.43

### Division Three Men (5 x 6.2 km.)

1.	Louis Rowan	20.05
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2.	Ryan Christian	20.11
3.	Michael McNaughton	19.44
4.	Andre La Gerche	20.49
5.	Colin Thornton	20.18

**First Place: 1:41.07**

Second Place: Ringwood 1:43.38

#### **Division Six Men (4 x 6.2 km.)**

1.	Hugh Thyer	21.18
2.	David Wynn	21.41
3.	Graeme Watkins	22.46
4.	Neil MacDonald	26.25

**First Place: 1:32.15**

Second Place: Western Athletics 1:35.59

#### **Under 18 Men (3 x 3.1 km.)**

1.	Tim Kilfoyle	10.30
2.	Jeremy Vogrin	11.31
3.	Andrew Scott	11.11

**Fifth Place: 33.12**

First Place: Keilor St. Bernards 29.08

#### **Fastest Individual 3.1km. Legs**

1.	D Ireland	Keilor St Bern.	9.28
2.	M Blicavs	Keilor St Bern.	9.43
3.	L Keely	Bendigo	9.54

#### **Division One Women (4 x 6.2 km.)**

1.	Georgie Clarke	20.32
2.	Julie McNamara	24.35
3.	Emily Rooke	26.19
4.	Kristen Wyatt	23.06

**Fourth Place: 1:33.40**

First Place: Knox 1:26.01

#### **Fastest Individual 6.2km. Legs**

1.	G Clarke	Geelong	20.32
2.	L Weighman	Knox	20.47
3.	H Field	Knox	21.15
4.	S Lofts	Knox	21.18
5.	S Michelsson	Collingwood	21.34
6.	K Seibold-Cros	Sandringham	21.55
6.	J Carberry	Glenhuntly	21.55
7.	M Daniliuc	Sandringham	22.07
8.	A Worland	Eureka	22.13
9.	K Dick	Doncaster	22.14
10.	S Quin	Melb. Uni	22.30

#### **Division Three Women (3 x 6.2 km.)**

1.	Freyja Troop	27.05
2.	Rachel Loone	29.27
3.	Cathryn Hoare	26.13

**Seventh Place: 1:22.45**

First Place: Knox 1:12.12

#### **Fastest Individual 3.1km. Legs**

##### **Under 14 Women**

1.	A Hayes	Essendon	11.20
2.	E Rayner	Essendon	11.29
3.	A Burren	Malvern	11.35

##### **Under 16 Women**

1.	B Gange	Doncaster	11.30
2.	J Baulch	Essendon	11.41
3.	S Brennan	MPA	11.42

##### **Under 18 Women**

1.	M Matthews	Essendon	11.24
2.	R Menadue	Essendon	11.32
3.	G Chalmers	Doncaster	11.34

##### **Under 20 Women**

1.	S Kondogonis	Keilor St Bern	11.07
2.	K Katsanevakis	Doncaster	11.12
3.	E Aplin	Keilor St Bern	11.43

##### **Under 14 Men**

1.	J Tobin-White	Doncaster	10.35
2.	P Vella	Sandringham	10.56
3.	J Murch	Ballarat Reg.	10.50

##### **Under 16 Men**

1.	K Grimster	Frankston	9.31
2.	J Nelson	Knox	9.45
2.	S Cox	Knox	9.45

##### **Under 20 Men – 6.2km.**

1.	W Kurtu	Essendon	20.55
2.	A Diorietes	Box Hill	21.25
3.	C Menadue	Essendon	21.37

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

#### **Senior Men.**

3.	Lee Troop
2.	Mark Tucker
1.	Richard Jeremiah, Matt McDonough, Scott Rantall

#### **Senior Women.**

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

#### **Junior Men.**

3.	Tim Kilfoyle
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2. Andrew Scott
1. Jeremy Vogrin

## THE BUSH INN AWARD

The winner of the Bush Inn Award for the Sandown Road Relays is **Nick Wightman** for his excellent improvement over the last twelve months Well done, Nick – I'm sure you will enjoy the Bush Inn's famous food and hospitality.

## YARRA BEND PARK CROSS - COUNTRY

**Saturday 18<sup>th</sup> August**

A new course and a sunny winter afternoon greeted Geelong athletes as they assembled at Yarra Bend Park for the last cross - country race of the Athletics Victoria Winter Season. In the Open Mens' 8 km. race, Lee Troop showed great recuperative powers to line up six days after his solid fifth placing in the City to Surf with a commanding victory, with talented team-mate Richard Jeremiah making it an impressive one – two finish for the Geelong Team. Following in quick succession were Scott Rantall (7<sup>th</sup>), Nick Wightman (12<sup>th</sup>), Brett Coleman (16<sup>th</sup>) and Colin Thornton (27<sup>th</sup>) for a top quality first six finishers and Geelong's sixth Division One Team win for the year. With only the Burnley Half Marathon and the Tan Relays to conclude the season, the Geelong men hold an almost unassailable ten point lead in the Team Premiership.

Despite being off-colour during the week, Georgie Clarke showed great determination and grit to surge to an early 50 metre lead in the Open Womens' 6km. race, a distance she was able to maintain to the finish for a hard earned victory. Kristen Wyatt, Emily Rooke and Cathryn Hoare all ran on strongly to take the Geelong Division One Womens' Team to a competitive fourth place finish.

In the junior womens' races, Georgie Buckley and Georgia Scott both backed up well from netball matches to take out Country Championship gold medals in the Under 20 and Under 18 races.

### GEELONG REGION PLACINGS / TIMES:

#### Open Men 8 km.

Lee Troop	1 <sup>st</sup>	24.11
Richard Jeremiah	2 <sup>nd</sup>	24.19
Scott Rantall	7 <sup>th</sup>	25.23
Nick Wightman	12 <sup>th</sup>	25.59

Brett Coleman	16 <sup>th</sup>	26.06
Colin Thornton	27 <sup>th</sup>	26.33
Andre Le Gerche	37 <sup>th</sup>	27.01
David Wynn	72 <sup>nd</sup>	28.25
Kevin McMahon	110 <sup>th</sup>	29.40
Neil MacDonald	265 <sup>th</sup>	35.15



Richard Jeremiah (2<sup>nd</sup>) Lee Troop (1<sup>st</sup>) and Liam Adam (3<sup>rd</sup>) at the Open Mens' 8km. Presentation.

### Fastest Individual Times:

1.	L Troop	Geelong	24.11
2.	R Jeremiah	Geelong	24.19
3.	L Adams	Essendon	24.46
4.	C Perrett	Mentone	24.58
5.	D Ruschena	Glenhuntly	25.04
6.	A White	Box Hill	25.07
7.	S Rantall	Geelong	25.23
8.	D Clark	Box Hill	25.37
9.	B Toomey	Knox	25.41
10.	K Wille	Knox	25.52
11.	S Dineen	Box Hill	25.55
12.	N Wightman	Geelong	25.59
13.	R Boadle	Ballarast YCW	26.00
14.	T Popplestone	Eureka	26.03
15.	A Patti	Doncaster	26.04



**Under 18 Men 4 km.**

Tim Kilfoyle 20<sup>th</sup> 15.08

**Fastest Individual Times:**

1.	T Fawthorpe	Ringwood	12.29
2.	J Harris	Collingwood	12.44
3.	J Huggett	Ballarat YCW	12.44
4.	M Blicavs	Keilor St. Bern.	12.53
5.	D Ireland	Keilor St. Bern.	13.07
6.	L Keely	Bendigo	13.23

**Under 16 Men 3 km.**

Andrew Scott 14<sup>th</sup> 10.46

**Fastest Individual Times:**

1.	J Williamsz	Knox	9.34
2.	R Geard	Essendon	9.38
3.	J Nelson	Knox	9.38
4.	S McShane	Traralgon	9.47
5.	S Quirk	Traralgon	10.01

**Open Women 6 km.**

Georgie Clarke	1 <sup>st</sup>	20.12
Kristen Wyatt	20 <sup>th</sup>	23.15
Emily Rooke	31 <sup>st</sup>	24.04
Cathryn Hoare	74 <sup>th</sup>	26.48
Rachael Loone	113 <sup>th</sup>	29.37

**Fastest Individual Times:**

1.	G Clarke	Geelong	20.12
2.	L Weightman	Knox	20.20
3.	S Michelsson	Collingwood	21.16
4.	S Lofts	Knox	21.23
5.	M Bleakley	APS	21.41
6.	J Carberry	Glenhuntly	21.47
7.	F Nash	Doncaster	21.57
8.	A Worland	Eureka	22.00
9.	L Dick	Ringwood	22.02
10.	K Seibold-Cros.	Sandringham	22.15
11.	L Furst	Knox	22.18
12.	K Dick	Doncaster	22.25
13.	T Austin	Malvern	22.33
14.	K Natoli	Knox	22.43
15.	K McKnight	Knox	22.47

**Under 20 Women 4 km.**

Georgie Buckley 3<sup>rd</sup> 15.48

**Fastest Individual Times:**

1.	S Kondogonis	Keilor St. Bern.	15.15
2.	H Tomlinson	Box Hill	15.20
3.	G Buckley	Geelong	15.48
4.	K Katsanevakis	Doncaster	15.49
5.	K Duncan	Knox	15.54

**Under 18 Women 3 km.**

Georgia Scott 7<sup>th</sup> 11.35



Georgia Scott running strongly on her way to taking out the Under 18 Country Championship gold over 3km.

**Fastest Individual Times:**

1.	L Hall	Essendon	10.26
2.	M Duncan	Knox	10.45
3.	S Lund	Glenhuntly	10.51
4.	C Griffith	Knox	10.52
5.	M Matthews	Essendon	10.57
6.	S Carberry	Doncaster	11.11

**Under 14 Women 2 km.****Fastest Individual Times:**

1.	E Rayner	Essendon	7.04
2.	M Mitchell	Western Aths	7.14
3.	A Burren	Malvern	7.17
4.	S Prime	Knox	7.25
5.	M Parsons	Glenhuntly	7.25

**Under 16 Women 3 km.****Fastest Individual Times:**

1.	K Tour-May	Glenhuntly	11.07
2.	B Gange	Doncaster	11.26
3.	D Baulch	Essendon	11.27

4.	E Belcher	Ballarat YCW	11.41
5.	T Kehoe-Sporton	Sandringham	11.44

#### Under 14 Men 2 km.

##### Fastest Individual Times:

1.	K Mickelborough	Essendon	6.32
2.	L Matthews	Essendon	6.40
3.	J Tobin-White	Doncaster	6.45
4.	J Holden	Malvern	6.50
5.	J Murch	Eureka	6.59

#### Under 20 Men 4 km.

##### Fastest Individual Times:

1.	S Crowther	Knox	12.01
2.	C Hamer	Box Hill	12.13
3.	C Huffer	Glenhuntly	12.25
4.	M Coloe	Box Hill	12.40
5.	M Johnsen	Doncaster	12.51

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

#### Senior Men.

3.	Lee Troop
2.	Richard Jeremiah
1.	Scott Rantall

#### Senior Women.

3.	Georgie Clarke
2.	Kristen Wyatt
1.	Emily Rooke

#### Junior Men.

3.	Andrew Scott
2.	Tim Kilfoyle

#### Junior Women

3.	Georgie Buckley
2.	Georgia Scott

### THE BUSH INN AWARD

The winner of the Bush Inn Award for the Yarra Bend Park Cross - Country is **Richard Jeremiah** for his excellent second placing. Well done, Richard – I'm sure you will enjoy the Bush Inn's famous food and hospitality.

## AROUND THE TRACKS AND TRAILS

In his build-up to the Osaka World Championships (August 25 - September 2), Craig Mottram was good to his word as he streaked clear of the field to win the mile race at the Celtic Cup Track meeting in Grangemouth, Scotland on August 1<sup>st</sup>. Craig promised to run the first sub-four minute mile at the venue and delivered with a 3:56.89 clocking. Content to sit in the pack on the wind swept opening two laps (2:02.27), he exploded into the lead with 700 metres remaining to establish a huge gap, eventually winning easing up from fellow Australian Mitch Kealey ((4:02.22) and Scotland's Andrew Lomoncello (4:03.22).

Then, at the London Grand Prix at Crystal Palace, Craig completed his World Championships preparations on a winning note with a commanding victory over two miles. A blustery wind and a lack of competition put paid to his attempt at breaking his personal best (8:03.50) and the 8 minute mark for the distance, with Craig taking the lead with four laps remaining, eventually cruising to victory in 8:11.16, ahead of Britain's Mo Farah (8:20.47) and Kenyan John Kobowen (8:21.34).

"It wasn't as quick as we would have liked", said Craig after the race. "I was on my own for the last four laps. In fact, it's the first time in any race in Europe that I've been on my own after the pace-makers pull-out – I was 50 metres clear and it was hard to push myself. I'm not super happy, Nic's happy though. It was solid but not spectacular and it's my first win at Crystal Palace after a couple of sensational races that did not get me a win here. Now I just have to stay cool, keep doing the same things. Stay fit and strong and get ready. It's going to be a bit strange with no-one racing for the next month."

Craig now remains at his London base before moving to Chiba on August 23 to finalize his preparations. The 5000 metre heats at the World Championships are on Thursday August 30 with the final on Saturday September 2.

Also competing at Crystal Palace was National champion Mark Fountain, who finished fifth in the 1500 in 3:37.42. American Bernard Lagat was the winner in 3:35.71. Mark will also compete over 1500 metres at the World Athletics Championships in Osaka – all the very best, Mark.

## OSAKA WORLD ATHLETICS CHAMPIONSHIPS TIME-TABLE / RESULTS

**Craig Mottram**      **5000m. heats**  
Thurs 30<sup>th</sup> August - 8.45pm.  
**5000m. final**  
Sun 2<sup>nd</sup> September - 7.30pm.

**Mark Fountain**      **1500m. heat**  
9<sup>th</sup> 3:43.51

Bruce Scriven will also have two athletes competing in Osaka: Sarah Jamieson and Youcef Abdi.

**Sarah Jamieson**      **1500m. heats**  
Wed 29<sup>th</sup> August - 10.00am.  
**1500m. semi-finals**  
Fri 31<sup>st</sup> August - 7.30pm.  
**1500m. final**  
Sun 2<sup>nd</sup> September - 8.10pm.

**Youcef Abdi**      **3km. steeple heat**  
12<sup>th</sup> 9:51.33 (fell with a lap to go while up with leaders)

Straight after helping the Division One Team win the Sandown Road Relays, Mark Tucker jumped on a plane and headed to Brisbane for the annual Bridge to Brisbane 12km. Road Race (August 5<sup>th</sup>) where he finished 6<sup>th</sup>, behind Dickson Marwa (34.46) Martin Dent (34.53) and Scott Westcott (35.01).

Lee Troop will contest the Berlin Marathon on September 30<sup>th</sup>, where he hopes to post a qualifying time for the Beijing Olympic Marathon. In the lead-up, Lee contested the world famous Sydney City to Surf 14km. Road Race on Sunday 12<sup>th</sup> August, where he finished a solid 5<sup>th</sup> in 41.49. The winner was the inform Tanzanian, Dickson Marwa (41.10) from fellow Tanzanian Patrick Nyangelo (41.21), with Australians Brett Cartwright (41.38) and Michael Shelley (41.46) taking third and fourth. All the best in your build-up to the Berlin Marathon, Lee. Also competing in the City to Surf was Rowan Walker, who finished an excellent 8<sup>th</sup>, running 43.16.

Multi-skilled junior athlete Daniel Payne showed he can 'walk the walk' by taking out the Under 18 Victorian Road Walking Championship at Albert Park on Sunday 12<sup>th</sup> August in the smart time of 39.34. Well done, Daniel. Daniel will now travel to Perth, as part of the Victorian Team for the Australian Road Walking Championships to be held on September 1<sup>st</sup>.

Also representing Victoria in Perth on September 1<sup>st</sup> are Scott Rantall (Open Mens' 12km.) Mark Tucker

(Open Mens' 12km.) Holly Lipson (U20 Womens' 6km.) Georgie Buckley (U16 Womens 4km.) and Kristen Wyatt (Open Womens' 8km.)

Congratulations, and all the best in Perth to all our athletes.



Geelong's Victorian Cross-Country Team Junior representatives Claudia Verstraten, Ryan Smith, Holly Lipson and Georgie Buckley warming-up for their Perth races around the Barwon River.

## RUNNER PROFILE

In the two years Wes Benson has been running with the Geelong Region Team, he has proved to be a most determined, gutsy runner. Under the guidance of Lee Troop, he has worked extremely hard and is now starting to reap the rewards as his race times reduce. He has also added much needed depth to our Senior Mens' Team, a big reason for the team success this year.

### Wes Benson

**Occupation** Storeman.

**Age** 29      **Date of Birth** 5 / 5 / 78

**Height** 177 cm.      **Weight** 75 kg.

**Single** but - 'on the prowl'.

**Coach** Lee Troop

### Personal Bests

<b>800m.</b>	2.05
<b>1500m.</b>	4.15
<b>3000m.</b>	8.55
<b>5000m.</b>	15.13
<b>10000m.</b>	32.59
<b>Half Marathon</b>	73.06

**Favourite Food** Sunflower seeds, bananas



**Food Eaten Before a Race** Cereal, toast or Powerbar

**Favourite Drink** Coopers Pale Ale (beer) and water.

**Favourite Movie** "Rocky" (with "Revenge of the Nerds" a close second)

**Favourite Book** Not well read - "In Country" in High School.

**Favourite Music / Band** "Pearl Jam" plus hard rock / grunge.

**Favourite TV Show** "The Simpson"

**Favourite Night Spot** "not applicable."

**Favourite Holiday Spot** Porepunkah (near Bright)



Wes Benson 'digging deep' on the last leg of the Coliban Road Relays.

### A Recent Winter Training Week.

**Mon.** am. 70 minutes

**Tues.** am. 35 minutes easy  
pm. 5 - 6 x 1000m. reps with 1 minute recovery b/w.

**Wed.** am. 80 minutes  
pm. 20 minutes easy.

**Thur.** am. 35 minutes easy.  
pm. 20 minutes of 'Mona Fartlek'.

**Fri.** am. 50 - 60 minutes easy.

**Sat.** am. Cement Works hill reps.  
pm. 35 minutes easy

**Sun.** am. 2 hours at the You Yangs.  
pm. 35 minutes easy

### Other Training / Recovery Sessions.

"Massage"

**Favourite Training Session** "Eastern Park Cross-Country Course"

**Favourite Race** "At the moment, anything cross-country."

**Best Ever Performances** "At the 2006 Sandown Road Relays I ran first leg and recorded 19.08 – top twenty for the day."

**Favourite Place To Train** The "You Yangs"

**Toughest Ever Training Session / Race** "Cement Works hill reps – have done it once – scary session!"

**Most Admired Runners / People** "Lee Troop and Mum"

**Advice to Other Runners** "I don't have all that much expertise to be offering advice but if pressed, I'd say – 'be patient!'"

### Goals for the Future

"Short term – to earn a trip to Perth for the National Cross-Country Championships by finishing in the top 20 in the State Cross-Country Championships at Bundoora (Wes came 40th). This is the deal Troopy and I have agreed on."

## WORLD RECORD PACE

How would you like to run at World Record Pace? Well, obviously it's not possible for mere mortals over the full distance. However, if we break the records into achievable, bite sized pieces you can get a taste of how fast the super-stars are running. Below you can see the 100 metre pace splits required to break the World Records for Men / Women.

### MEN

100m. record	9.77	9.77 per 100m.
200m. record	19.32	9.66 per 100m.
400m. record	43.18	10.79 per 100m.
800m. record	1:41.11	12.64 per 100m.
1500m. record	3:26.00	13.73 per 100m.
3000m. steeple rec.	7:53.63	15.79 per 100m.
5000m. record	12:37.35	15.15 per 100m.
10000m. record	26:17.53	15.78 per 100m.

Half Marathon rec.	58.35	16.66 per 100m.
Marathon record	2:04.55	17.76 per 100m.

# **WOMEN**

100m. record	10.49	10.49 per 100m.
200m. record	21.34	10.67 per 100m.
400m. record	47.60	11.90 per 100m.
800m. record	1:53.28	14.16 per 100m.
1500m. record	3:50.46	15.36 per 100m.
3000m. steeple rec.	9:01.59	18.05 per 100m.
5000m. record	14:16.63	17.13 per 100m.
10000m. record	29:31.78	17.17 per 100m.
Half Marathon rec.	1:06.44	18.76 per 100m.
Marathon record	2:15.25	19.25 per 100m.

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