



GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER

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GEELONG UNDER AGE ATHLETES ON TOP AT WARRUGUL

A smaller than usual team of Geelong Region athletes made the long trip to picturesque Lardner Park, Warragul for Race Three of the Athletics Victoria Winter Season. However, while Geelong numbers were down, the quality of racing was extremely high with many Geelong athletes recording excellent placings.

In the Men's Open 8 km. Race, Sydney Olympians, Craig Mottram and Michael Power renewed their rivalry over what is considered Victoria's most challenging cross-country course. Two weeks ago at the Flemington 10 km. Road Championship, Mottram surged away from Power over the last 800 metres to win. However, this time Power was able to reverse the placings with a strong finishing kick over the last part of the race. Both Mottram and Power are due to leave for Europe on June 10 to take on the world's best runners on the prestigious Athletics Grand Prix Circuit so were keen for a last hard hit-out at Warragul. Rohan Perrott once again showed his liking for tough cross-country racing with an excellent tenth placing amongst a group of Victoria's best distance runners.

In the Under 20 Men's 4 km. Richard Jeremiah continued his excellent early season form to win comfortably from a quality field. Mark Fountain, in his first race in Geelong colours, ran strongly to make it a Geelong quinella. Simon Taylor finished in the top ten helping to seal the team event for the Geelong Region.

Tyson Mahon made it two wins from two Athletics Victoria Winter Season Under 16 races with a powerful run over the hills, fences and ditches that make up the Lardner Park 4 km. course.

In the Women's Open 6 km. Karen Dorris was the leading Geelong runner with a very competitive 10th placing overall and third amongst the country women. Patti Galvin, tuning up for the Gold Coast Marathon, ran solidly to finish third in the Women's 40 + Section.

Libby Crowe, in her first cross-country race for Geelong, ran impressively to record an excellent 6th placing in the Under 20 Women's Race.

Hayley Cook bounced back from illness to dominate the Women's Under 18 field from start to finish, while Phoebe Darbyshire ran a P.B. over 3 km. to finish 4th.

In the Under 16 Women's Event, Taryn Rau showed her liking for challenging cross - country courses with a determined first placing. Younger sister, Kelsey, despite running against older athletes, also ran well to finish fifth in the Under 14 Women's Event.

A special mention must be made of evergreen veteran, Geoff Purnell's fantastic run at Warragul. After years of trying, Geoff has finally managed to defeat his nemesis and 'running guru', Chris Wardlaw by a decisive 12 seconds. A low-key Purnell said that he was trying to keep a lid on celebrations at the moment and was "taking it just one Olympian at a time!"

WARRAGUL CROSS - COUNTRY

(Saturday 2nd June.)

MENS OPEN 8 km.

Craig Mottram	2nd	26.14
Rohan Perrott	10th	27.33
Mark Tucker	23rd	28.22
Mark Boxer	26th	28.36
Tom Paton	44th	29.40
Darren Riviere	52nd	29.57
Michael McNaughton	61st	30.18
Jeremy Thompson	95th	31.41
Geoffrey Purnell	110th	32.16
Paul Wilson	137th	33.12
Vin Gasper	165th	34.23
Neil MacDonald	210th	37.13

Fastest	- M Power (Glenhuntly)	- 26.10
	- C Mottram (Geelong)	- 26.14
	- G Woyecha (Inv.)	- 26.56
	- C Semple (Glenhuntly)	- 26.57
	- M Thompson (Glenhuntly)	- 27.02
	- P Sly (Peninsula R. R.)	- 27.05
	- D Quin (Melb. University)	- 27.08
	- N Cope (Inv.)	- 27.10
	- N Harrison (Glenhuntly)	- 27.14
	- G Schmidlechner (Doncaster)	- 27.18
	- C Nicholson (Glenhuntly)	- 27.27
	- R Perrott (Geelong)	- 27.33

UNDER 20 MEN 4 km.

Richard Jeremiah	1st	13.14
Mark Fountain	2nd	13.28
Simon Taylor	7th	15.00
Travis Trevarthen	12th	16.28

Fastest	- R Jeremiah (Geelong)	- 13.14
	- M Fountain (Geelong)	- 13.28
	- S Forrest (Aths. Nunawading)	- 13.36

UNDER 18 MEN 8 km.

Simon Cole D.N.F.

Fastest	- R Whaley (Ringwood)	- 30.26
	- C Appleby (Ringwood)	- 30.31
	- D Huffer (Glenhuntly)	- 31.26

UNDER 16 MEN 4 km.

Tyson Mahon	1st	14.38
Chris Last	16th	18.36

Fastest	- T Mahon (Geelong)	- 14.38
	- S Ellis (Eureka)	- 15.16
	- S Daniliuk (Keilor St. Bernards)	- 15.59

WOMENS OPEN 6 km.

Karen Dorris	10th	23.05
Patricia Galvin	35th	25.59
	(3rd in 40 +)	

Inge Magher 43rd 26.29

Fastest - S Power (Glenhuntly) - 20.36
 - A Thompson (Box Hill) - 21.14
 - S Michelsson (Collingwood) - 21.46
 - S Gibbs (Peninsula R.R.) - 21.59
 - N Chapple (Box Hill) - 22.30
 - E Jackowski (Essendon) - 22.36
 - T Warrick (Eureka) - 22.43
 - S Clarke (Peninsula R.R.) - 22.50
 - A Lord (Ringwood) - 22.57
 - K Dorris (Geelong) - 23.05

UNDER 20 WOMEN 3 km.

Libby Crowe 6th 12.46

Fastest - V Mitchell (Eureka) - 10.40
 - J De Bruin (Box Hill) - 11.08
 - M Jones (Traralgon Harriers) - 11.50

UNDER 18 WOMEN 3 km.

Hayley Cook 1st 11.24
 Phoebe Darbyshire 4th 11.58

Fastest - H Cook (Geelong) - 11.24
 - B Hogan (Sandringam) - 11.41
 - J Biffin (Keilor St. Bernards) - 11.54

UNDER 16 WOMEN 6 km.

Taryn Rau 1st 24.41

Fastest - T Rau (Geelong) - 24.41
 - N Menhennet (Wendouree) - 25.00
 - S Jones (Ballarat Y.C.W.) - 26.13

UNDER 14 WOMEN 2 km.

Kelsey Rau 5th - 7.48

Fastest - H Tomlinson (Box Hill) - 6.38
 - Z Warrington (Peninsula R.R.) - 7.31
 - P Mullens (Traralgon Harriers) - 7.37

TEAM RESULTS FOR WARRAGUL

MEN DIVISION 1

1st Glenhuntly 43
 2nd Doncaster 169
 3rd Geelong 171

MEN DIVISION 4

1st Geelong 605
 2nd Traralgon 618
 3rd Glenhuntly 718

UNDER 20 MEN

1st Geelong 12

WOMEN DIVISION 2

1st Geelong 94
 2nd Ballarat 97
 3rd Diamond Valley 128

Other Geelong Region Teams did not score team points as they did not have the required number of finishers.

VOTES FOR "BEST PERFORMED GEELONG REGION ATHLETE" AT WARRAGUL CROSS-COUNTRY

Men.

3. Richard Jeremiah
 2. Tyson Mahon
 1. Craig Mottram
 Mark Fountain

Women.

3. Hayley Cook
 2. Taryn Rau
 1. Karen Dorris

RUNNER PROFILE

This profile features a very promising young runner who covers more ground than Burke and Wills just travelling to A.V. races. After fully recovering from a virus, Hayley showed her ability with a fantastic win at Warragul over a very challenging course.

Hayley Cook

Occupation Year 10 student at Warrnambool College
 Age 15 Date of Birth 29 / 8 / 85

Height 169 cm. Weight 53 kg.

Married / Single Single

Coach Tom Paton (Tommy!)

Personal Bests

400m. 61.53
 800m. 2:19.74
 1500m. 4:37.05
 3000m. 10.09
 10000m. 39:40

Favourite Food Sweet and Sour Chicken Stir Fry

Food Eaten Before a Race Bananas

Favourite Drink Milo

Favourite Movie All the "Rocky" movies

Favourite Book Cathy Freeman's "A Journey Just Begun"

Favourite Music / Band Bon Jovi and Cold Play

Favourite TV Show All Saints

Favourite Night Spot "Anywhere partying with friends."

Favourite Holiday Spot Port Macquarie and Perth

A Recent Training Week

Mon. am. 30 minutes easy
 pm. Gym

Tues. pm. Track Session:
 4 x 400 metres with 60 seconds recovery
 between.
 4 x 200 metres with diagonal jog across
 track recovery.

Wed. am. 40 minutes easy
 pm. Swim

Thur. pm. Fartlek Session: (10 minutes Easy / Mona
 Fartlek / 5 minutes Easy)

Fri.	pm.	Swim
Sat.	am.	Threshold Run (15 minutes Easy / 10 minutes Hard / 10 minutes Easy)
Sun.	a.m.	Long Run (50 - 60 minutes easy)
	p.m.	Gym

Other Training / Recovery Sessions.

Massage, Swimming, Racquet Ball, Surfing, Tennis.

Favourite Training Session Mona Fartlek

Favourite Race 1500 metres and Cross-Country

Best Ever Performance 6th place in Under 18 1500 metre Nationals at Bendigo (P.B. 4.37.05).

Being first Victorian girl home in 2000 National Cross-Country.

Favourite Place To Train Warrnambool

Toughest Ever Training Session 12 x 200 metres with only 60 seconds recovery between.

Most Admired Runner / Person Cathy Freeman and Yvonne Goolagong.

Advice to Other Runners "believe in yourself and always do your best".

Goals for the Future Making Nationals again. Also to make the World Junior Cross-Country Team and the World Junior Track Team.

"BUSTER" UNPLUGGED

Craig "Buster" Mottram is one of the most promising athletes seen in Australia for years. On the eve of his departure for Europe I was fortunate to catch up with Craig for a bit of a chat and a low fat blueberry muffin.

N.M. Craig, you leave for Europe tomorrow. How long are you away and what races are scheduled in the lead-up to the World Athletic Championships in August?

C.M. I will be away for about three months. First, I fly straight to London and spend a few days there before my first meet, a 3000 metre race in Helsinki on June 14. There's also a proposed meet in Lille on the 17th of June but I'm not sure if I'm in that yet - that will be a 2000 metre race. Then we move to Rome on the 29 of June for the big Golden League Meeting where I'll run the 5000 metres. That will be a new experience for me and I'm sure it will be a very fast race and a good opportunity for me to run a good time. After that will depend on how I am running and what races are available.

N.M. Is it quick times or scalps your aiming for?

C.M. Quick times. If you run quick times, you'll get the scalps.

N.M. What sort of quick times are realistic?

C.M. It would be nice to run under 13:15. I'm not going to say how far under - if I mention 13:10 Troopy might be annoyed!

N.M. You mentioned a 2k. race. Is there a chance of breaking the Australian Record?

C.M. Definitely, I think that stands at about 5:02 or thereabouts. I've run 3:54 for four laps which means that I've just got to run a 66 second last lap to get a National Record.

N.M. Where will you be based and who is going with you?

C.M. I will be based in Teddington, London where I have been the last couple of years so that's familiar territory. In fact, it's a fantastic spot with Bushy Park close by for training. While there I will be living with Michael Power, Grant Cremer, Benita Willis and Georgie when she comes over a little later on. Also, Scrivo and

Bart might stay with us too, depending on where their job commitments take them.

N.M. Most of us think that the life of an international athlete is pretty glamorous. What is a normal day for you when you're overseas and how do you fill in your time?

C.M. After a while it's not very glamorous at all. You soon get sick of living out of a suitcase. Training is very similar to what we do here, training twice a day at about nine in the morning and four-thirty in the afternoon. I'm doing University part-time so I'll take that with me to do during the day.

Unfortunately, in London, we've seen all the sights so we don't go out that much. Just basically have a coffee, kick back and relax, rest for the next session. When we go to meets it's, fly in one day, then fly out the next. We get lots of "frequent flier points" but we don't get to see too much.

N.M. Do you watch lots of videos?

C.M. Oh yeah, I'm a real video 'buff' when I'm overseas.

N.M. While overseas do you train with any of the international runners?

C.M. No, not that much. We often see the Kenyans steaming past in Bushy Park. I've trained with Alan Storey's group a few times, though. However, those sessions were pretty strange and very tough! The British guys don't talk much, they just turn up, do the session, then go home. Not like the Aussies who talk the whole time. Anyway, at my first session with Storey's group we started at about 6 o'clock and it was pitch black. We did 6 x 1.2 k. loops of a block around the streets at varied pace. It was a 25 minute run out to where we trained, then the session was followed by a 25 minute cool-down. During the whole session no one said a word to me except to point me in the right direction to run. That was a tough session - I was buried for about three days after that. The second session was 14 x 700 metres with a one minute 100 metre jog between. Nick Bideau took me to the track and I said to him, "there's no way known I'm running 14 x 700 metres!" "OK!" said Nick, "just do ten!"

In the end I got to eight and by that stage I'd had enough! Once again it was varied pace training with the reps run at 63 second and 68 second 400 pace so it wasn't super quick, it was more the volume and the short recovery. It was just a shock to see how hard some people train and what is necessary to be a great athlete. I think we are now starting to progress a bit to that sort of training but as you know you can't go from running 80 kms a week to 160 kms a week too quickly. That takes time and Scrivo and Nick both understand that and we are slowly upping the mileage and continuing to progress forward. Hopefully, if we're sensible, there won't be any steps back.

N.M. Congratulations on your performances overseas earlier this year. What memories do you have of the World Indoors?

C.M. Meeting Les Murray of SBS. Apart from the other Australian athletes, he was the first familiar face I had seen over there so it was great to talk to him. Definitely, running on the 200 metre track that was banked like a velodrome was a different experience. We only got to train on it once before we raced so we weren't sure how we'd go. It was also very exciting to run indoors with people so close. I've run in front of 100 000 people at the Sydney Olympics and to run in front of 15 000 people and get a similar atmosphere was quite exciting. Obviously qualifying fastest for the final and getting to race El Guerrouj was a great thrill. However, I was taught a lesson by him in the final.

N.M. Did you get to meet El Guerrouj?

C.M. Yes, I had a drug test after the race and was chatting

to him and his coach or manager. They were giving me some credit for my run in the heat and saying that the final was a great experience for me that should teach me things for years to come. To hear that from probably the best guy in the world at the moment was very encouraging.

N.M. Did you expect the final to be run the way it was?

C.M. Yeah, I did actually. Nick Bideau spoke to me the night before the final and said that El Guerrouj was looking to run the last half a bit quick, which he did. But he got an extra runner in the race. There were only supposed to be twelve qualifiers for the final and somehow, on race day, there were thirteen there. Obviously El Guerrouj wanted someone in there to set up the race for him. It was a bit disappointing that a World Championship Race was modified to benefit someone. However, I did expect the 'kick down' and was probably stupid to be at the back when it happened but that's something I'll learn from in the future.

N.M. What about the World Cross-Country? How did you find that race?

C.M. Very wet and muddy! That was a bit of an unexpected result in some ways. I knew I was in good shape as I'd run 7.48 indoors and 7.41 outdoors for 3k. And to be only racing 4k. off our track season put me in better shape than almost everyone there because I had some speed in my legs. But you never know racing a World Championship event, you've got so many guys there who can run. I just went out with the attitude that nobody knew who I was and that I had nothing to lose. Also, it was only two laps and if I was still there after one lap I only had to hang on for one more and I'd be right. I was speaking to Scrivo and Nick and they said top fifteen would be great and that top ten would be fantastic, so to come 8th was a huge bonus.

N.M. Was your size an advantage or a disadvantage in the conditions?

C.M. I thought it was an advantage because I was strong enough to run through it. The mud itself wasn't that sticky so it didn't clog up on your shoes. It was just really wet so I sunk through to firmer ground where a lot of the other guys were slipping and sliding across the top of it.

N.M. Jo Wall said that she taped her shoes on for the event. Did you do that and did you wear longer spikes?

C.M. I wore 15mm. spikes but I didn't tape my shoes because I hate having extra stuff around my feet. I just try to keep it as simple as I can - if I have things flapping around my feet it just annoys me.

N.M. You were right up there in the lead pack for a lot of the race. At any stage did you think, "I can win this?"

C.M. No, I never thought I could win it but I knew I was in the top ten. I could see people dropping off. There were probably fifteen in the lead pack at half way, then one by one they'd drop off and I'd still be there and I'd think, "well, there's another one gone!" Then half-way through the second lap I knew I was still in the top ten. I was at the back of the pack really working hard just to hang on so there were no thoughts of winning, just finishing as high up as I could.

N.M. It must have been fantastic to have all the Geelong guys; Georgie, Troopy, Ritchie and Jo in the World Cross-Country Team with you?

C.M. Yeah, that was fantastic! I've travelled overseas with Georgie and Troopy before so it adds that extra element of comfort, I suppose. I just makes it very much like home to be surrounded by people you know and trust. That always helps.

N.M. After your high placings at the World Indoors and the World Cross-Country, do you feel as though 'the big boys' are starting to show you a little more

respect?

C.M. No.....No..... I'm still not well known and an 8th at World Indoors and World Short-Course Cross-Country is great but it's still not a World Outdoor Track and Field Championship or an Olympics. I'll probably be a little more looked at when I step onto the track but I've still got a lot to prove and hopefully I'll do that this year when I head over to Europe.

N.M. Have you decided to concentrate on the 1500 metres or the 5000 metres? What do you think is your best distance?

C.M. 3k!!!!!! That's my best distance at the moment but it's not an Olympic event so at the moment I'll continue to train for both the 1500 and the 5k. I'll be racing both in Europe but racing just the 5k. at the World Championships. I think that the training I'm doing is beneficial to both events and to concentrate on only one would be detrimental to my overall progress. If I can continue the way I'm going, improving in both events, that would be great. As soon as I stop improving in both, I'll pick one to specifically train for.

N.M. What do you have to do to get down to 3.30 for 1500 metres and 13 minutes for the 5k?

C.M. More of what I'm doing, I think. As you know, in athletics there are no short cuts to success - it's a long process. Just a lot of hard work and a good support team around me, which I've got. Hopefully, it's just a matter of time before those times start to come.

N.M. Let's go back a few years. What sporting interests did you have as a kid?

C.M. I played soccer. Probably from about five years old I played soccer because that's what my Dad played when he was younger and that's what he brought us up playing. I loved playing soccer but I don't have the time any more. I had knee surgery in 1993 and that's how I got into triathlon - I did that for a few years and managed to win the Australian Junior Title. Then, in 1995 I had a year off and went to Timbertop with school and had a normal year up there. When I was aged ten to thirteen I did athletics and was quite good at National Schoolboys level but had to give that away when I had knee surgery.

N.M. I hear that your Dad was quite good at soccer?

C.M. Yeah! He played at Wimbledon when he was younger although I don't think they were quite the same standard they are now. My Dad's very passionate about his soccer.

N.M. In triathlon, how good could you have been if you'd stuck at it?

C.M. Ummmm..... That's a tough question. You'd like to pump yourself up but..... If you're the best in Australia you're probably the best in the world I suppose because we dominate, or we used to when I was doing triathlon. A lot of the guys I used to compete against and beat are now competing at World Championship level and are some of Australia's top triathletes so I'd hope that if I had continued I would have gone on to represent Australia and be one of the best triathletes in the world. But, of course, we'll never know for sure. However, I think if you're the best runner in the world you're a much better athlete than if you're the best triathlete in the world because the standard of running is so much higher.

N.M. At your best, what could you swim for 1k and ride for 40 km?

C.M. Ummmm..... say 68 seconds per 100..... what does that work out to be? 11.20 or thereabouts. For the bike..... just under the hour.

N.M. What were you thinking while watching the Olympic Triathlon - "it could have been me"?

C.M. No, it couldn't have been me because the selection process started where competitors had to gain points in the two or three years leading up to Sydney. I was also thinking that they had stuffed it up completely for the Australians because of all that selection "crap". We had the best triathletes in the world and we didn't even get a medal in the men's race, which was disappointing. Maybe, they just cracked under the pressure.

N.M. I asked Scrivo about his thoughts while watching the Olympic 1500 metre trial. Take us through the race, how did you feel?

C.M. It was a very pressured situation. It was probably a situation I shouldn't have been in with an A qualifier in the 5k. and a B qualifier in the 1500. It was almost a certainty that I'd qualify in the 5k. if that's what I'd concentrated on. However, the team around me thought, and I thought at the time too, that it would be better to concentrate on the 1500. I went into the weekend confident that I'd win. I'd run against and beaten all the other guys in the weeks leading up to the trial. I suppose you could probably say I cracked a bit under the pressure but I'd had a good run in my heat. Then I came out and lined up in the final and it was a different sort of race - it wasn't really quick, I think I was going to run the last lap of the final in about 57 seconds. In the heat I ran 55 seconds comfortably. Maybe I was a bit tight and tense and not used to backing up in races. However, the race went according to plan. I sort of sat in and didn't do much work until the last 300 where I came out and was followed by Nick Howarth. Then at 150 out I got a clip on the heel, 100 out had a bit of a push and shove, then 20 metres out fell. Whether or not he pushed me or not, I can't honestly say 100% because I can't remember. But going off video evidence you can see a hand on my hip but whether or not that made me fall or whether I was working so hard that I was leaning over myself, I don't know. Anyway, it was very disappointing.

N.M. And after the race? You had the 5k. in less than an hour.

C.M. Yes. Fifty-five minutes later. I was very emotional after the 1500 but I had Kathy Lee from the V.I.S. filing a protest for me, I had Shannon Whitfield on the phone to Nick, who was in London, telling me what was best to do, I had Scrivo trying to calm me down, I had Bart doing physio and trying to loosen me up and get me relaxed. Mentally, I didn't want to go out and do it but Nick told me that I had to do it and Scrivo told me I had to do it. Anyway, I went out there not 100% focused on the job at hand because of what had happened but that was probably one of the best decisions Nick and Scrivo have ever made for me because if I didn't do that race I would not have been eligible to qualify for the 5k. at Sydney. So even though I didn't run very well and wasn't one of the first three A Qualifiers over the line, it still gave the selectors the option of choosing me and in the end they did.

N.M. There was obviously lots going on in the background after the 1500 metre race and the re-run. Had you given up all hope of being a Sydney Olympian after the re-run in Adelaide?

C.M. Yeah.... I had. I ran a shocker in Adelaide, obviously. It hit me then. I actually went out to a mate's farm the Monday morning after the re-run and had a few beers. I then rode a motor bike around the farm and crashed into a fence and burnt my arm and corked both my legs so that I couldn't run. Later that afternoon I got a phone call from Simon Allatson saying that I was in the Olympic Team to run the 5k. The first thing I said to him was, "I can't run because I've stacked a motor bike and hurt myself!" and he replied, "well, you'd better get your arse into gear and get into shape and start training because you're up to Nudgee in four days for the pre Olympic Camp!"

N.M. How did Shaun Creighton come into the picture?

C.M. He actually gave me his 5k. spot so he played a huge role. He'd qualified for both the 5k. and the 10k. He'd been put in a similar situation to me pre Atlanta Olympics so he felt a bit sorry for me and thought that I'd have a chance to learn a lot about athletics if I could compete in the Sydney Olympics. I was very grateful for his generosity and hopefully I didn't let him down with my run.

N.M. Did you get a chance to speak to him personally?

C.M. Yeah..... I actually did a T.V. interview just before the Olympics in Nudgee and the same question came up and I said that Shaun gave me his 5k. spot out the generosity of his heart and that I'd buy him a slab after the Olympics. Anyway, he saw that on the T.V. and he came around and we had a bit of a chat and a laugh. He was really supportive and basically said, "look, you've been this opportunity, you deserve your spot, there's no pressure because you're not really known for this event so just go out and give it a go".

N.M. Have you bought him the slab yet?

C.M. No! I haven't bought him the slab yet! Actually, I saw him the other night at Mona's Testimonial. I'd just broken his Australian 3k. record and he came up to say well done and I did mention the slab. He said he'd take me up on it next time we're training somewhere together.

N.M. Your memories of Sydney. It must have been a fantastic experience?

C.M. Oh yeah! Definitely the greatest experience of my life to date! A few people thought it might be a little tacky, especially the Opening Ceremony but it was fantastic and made you so proud to be an Australian. To walk out in front of 100 000 people at the Opening Ceremony was something that, now looking back, made the Adelaide re-run seem so insignificant. I should have been able to get back on track to run well in Adelaide and qualify the right way, but at the time I couldn't turn it around. Since then I have a spoken to lots of people about overcoming difficult times and I can really sympathize with those who find it difficult.

N.M. What memories do you have of walking into the stadium?

C.M. All the athletes went into the Superdome which was where the gymnastics were held so we all waited in there for a few hours. But even as we walked out of the Superdome I reckon there were probably 50 000 people lining the 200 metres to the main stadium. They were all yelling and throwing streamers and that was almost as good as walking into the stadium. As we walked in we went through the tunnel that the marathoners ran through - it's a bit like the Burnley Tunnel but without the leaks! Then, when Andrew Gaze walked out onto the track this huge echo hit us - we were down the back running a-muck having a great time. When we heard that roar we just couldn't wait to get into the stadium.

N.M. The 5000 metre heat, how did that pan out for you?

C.M. Pretty well. As I said before, I had nothing to lose. I went in there with a P.B. of 13.26 and thought I'd have to run faster to qualify for the final. As it turned out, 13.28 would have got me into the final. Before the Olympics I sat down with Scrivo and Nick and we discussed different training methods so that I'd get used to the change of pace that happens in Championship races. We did a lot of 800 metre reps with one 400 at 64, then one 400 at 60 seconds. It wasn't really hard, it was more about changing pace and staying relaxed where you let your face wobble and concentrate on your breathing. I think that really paid off in the my heat because at one stage we ran a 70 second lap then a 59. Because of that training I was able to deal with the

changes better than say, Michael Power, who maybe forced it too much when a change occurred and paid for it later on. Also, I reckon having Nick there with his experience from past Olympics and his dealings with elite athletes really helped Scrivo and myself in the planning stage.

N.M. A lot of the training you're doing now incorporates that sort of varied pace running.

C.M. Definitely. We've got the "FOX" group training every Tuesday in Melbourne that trains that way. Every session ranges from about 4 - 6 kilometres on the track of varied pace running. We do say, 700 metre reps to 1000 metres. We don't often do reps shorter than 400 metres. That's the way the rest of the world is training and that's what we will have to do to match them.

N.M. In the 5000 metre heat, what were you thinking with 150 metres to go?

C.M. That there was still a chance. If you listen to the T.V. commentary by Bruce McAvaney I think he said that if I could get one more I'd make the final. I honestly didn't know that I was in 7th place but I was going as hard as I could. I'd had a real crack down the back straight to get around a few people and to get into a good position. But the field was starting to string out and I had the best guy in the world at the time in my heat, Ali Saidi-Sief. I reckon he was basically playing with us. I think I ran my last lap in about 55 - 56 seconds but with 150 to go I was flat out and I got passed by an Irish guy, Mark Carroll who's run about 13.08. I was a little disappointed to get so close to making the final but I wasn't disappointed with my run.

N.M. Were you just lacking a little strength down the straight?

C.M. Obviously, and lacking k's too. I ran to the best of my ability that night and that's the first thing Nick said to me, that the other guys have got more experience and running years behind them at the moment.

N.M. Talking of the "FOX" group that trains on a Tuesday, Michael Power is obviously a very talented runner and a rival in races. Do you have to be careful not to race the Tuesday sessions?

C.M. Definitely! That can be a bit of a problem. We've got a lot of young guys like Mark Fountain and Richard Jeremiah and Michael Power and myself really, I'm still pretty young, all training together. When we get out there egos can sometimes clash with everyone trying to be the number one person on the track. The young guys are trying to step up a notch and perhaps Michael and myself are not ready to let them be number one just yet. I say, just yet because there's a few of them with a lot of ability who are coming on fast. But that's one thing Scrivo and Nick have emphasized - as soon as these sessions become a race, Scrivo will split it up to make sure that the sessions are run correctly to the set times. Otherwise we don't get the benefit, will overtrain and go backwards.

N.M. What did you do last Tuesday?

C.M. This goes against what I said before but we did 300 metre reps. Three sets of six at varied pace. Numbers 1, 3 and 5 were in 46 seconds while numbers 2, 4 and 6 were 44 seconds. There was 30 seconds rest between reps and a jog lap between sets. There was not a huge change of pace but you do notice it over 300 metres.

N.M. This summer you spent three weeks training at Falls Creek. How important was this training in setting the Australian 3k. record and your great running overseas?

C.M. I'd say crucial. I've had a couple of stints up at Falls Creek before this year that haven't quite worked. One year I was sick then the year after I developed a stress fracture. This year I had three really good weeks of training up there and

came off the mountain fully confident after my first full preparation leading into our domestic season. I also had a blood test done up on the mountain that showed that my natural EPO count was really high so that gave me a lot of confidence too. There was also the training up there with guys like Mona and Troopy and running really well against them too. Also, I felt as though I had a bit to prove after how I was selected for Sydney. I really wanted to run well to show everyone that I really deserved my spot in the team.

N.M. Perhaps your body responds very well to altitude training?

C.M. It could. It's just a matter of finding what works for you but I'll definitely be going back up to altitude this Christmas.

N.M. You seem to love the bush. Is there a track at the You Yangs that you have not run?

C.M. No! And I'm proud of it! I know that place like the back of my hand. It's just like my backyard - it's fantastic, I love it!

N.M. What about the tattoo? Have you added the You Yangs to the Olympic Rings yet?

C.M. No. Scrivo and I made a bet six months out from the Olympics that we'd get the Olympic Rings tattooed somewhere on our bodies if we made the team. Georgie Clarke also made the same bet but she chickened out. Anyway, Scrivo and I lived up to our agreement and I thought it would be great to get the You Yangs drawn around the outside of the Olympic Rings. I got the guy at the Tattoo Parlour to draw up a bit of a sketch but it didn't look how I wanted it to look so I decided to scrap the idea and just stick with the rings. The rings was what I really wanted and the You Yangs can be added at a later date - you can always add a tattoo but you can't always take one off.

N.M. Bruce Scriven and Nick Bideau have had a huge influence on your running. How did you begin working with Bruce and Nick and how does this arrangement work now?

C.M. I started running in 1998 at school and my coaches at Geelong Grammar, Mr Ashton and Lennie Carlton knew of Bruce Scriven so they put me onto him. I then sat down with Scrivo at the end of 98 and said we've got twelve months to see how far we can go. That's how it started with Scrivo and we're still going. And with Nick, he met me at the school sports in 98 as well. He thought that I had a bit of ability and sent a few Nike products in my direction and probably 'sucked me into athletics', I suppose. You could almost say he bought me with some shoes and clothes.

The way it works now is that Nick is my manager foremost and Scrivo is my coach but Nick's been around quality athletes and knows a lot about top level international athletics, more than Bruce, I would say. But they both work together and chew a lot of things over and most of the time they get it right. Nick's a very intelligent guy and as long as I use him as my manager and not my coach things work out really well. Scrivo knows my body like nobody else and knows me surprisingly well - he knows what works for me. So basically, Scrivo is the boss when it comes to training and Nick's the guy who does many other things, both here and overseas and gets me into the right races.

N.M. It was only a couple of years ago that you were running 3000 metres for Geelong Grammar at the school sports. You must pinch yourself when you realise how quickly you've progressed?

C.M. Yeah, definitely. I ran A.P.S. in 98 and ran 8:22 and a half for 3k. This year I ran 7:41 so that's a huge step, that's 40 odd seconds. But I'm a person who always believes in my ability and I get really impatient if I'm not getting better and better. I start to think that something is wrong. Athletics is a sport that can take a lot of time to progress in but my impatience has probably helped me improve quickly.

N.M. We've got to talk about the track-suit pants. Are you the new 'White Kenyan'?

C.M. No, Troopy's still the king - he's the 'White Kenyan'. I have hardly run in shorts since I got back from the World Cross-Country in April. A lot of people think that I must get really hot in them but I don't run in a track-suit top, just the long pants and a long sleeve T shirt. I like the feeling of running in 'trackie' pants. I've also got one knee that sticks out a little bit and I hate looking at it so the pants hide the knee.

N.M. Let's talk about your diet. Is there anything in particular that you're doing to get yourself in the best possible shape?

C.M. Actually, I've concentrated on my diet a lot more since my last spell at Falls Creek. Up there I lived with Sonia O'Sullivan and Troopy. I went up to Falls Creek after my post Olympic break, where I ate and drank whatever I wanted to, and so I wasn't in 'super shape' when I arrived. The first night we ate steamed rice and beans and that was it. I got a bit of a rude shock - I was starving and looking around for what was next, I thought the rice and beans were just the entree. And that was pretty much the basis of my eating up at Falls Creek, just very healthy food. I was eating what Sonia was eating - I think I lost about 4 kilos but I started to run really well. I'm now at a weight that works really well for me, I'm about 72 kilos now but I don't want to drop any lower because I'll only lose strength. I don't really have a strict diet now but I try not to eat too much fat. However, I do feel that a bit of variation is important in your diet and if I feel like a piece of chocolate cake, I'll have a piece of chocolate cake. I think it's over a year since I've had McDonalds, no, I tell a lie - I had McDonalds about six months ago, just after the Olympics.

N.M. Does Mum cook Sonia's famous steamed rice and beans for you?

C.M. Yeah, she does occasionally, although I haven't had rice and beans for a long time. One of the advantages of living at home is that Mum knows what sort of food I should be eating and she cooks up good food that doesn't contain too much fat. I also spend three days a week up in Melbourne staying with Lauren (Hewitt) so we help each other with cooking. We cook healthy, low fat meals and keep an eye on each other so that we're both doing the right things.

N.M. Well, Craig - thanks very much for your time. All the very best for your up-coming races overseas. I'm sure I'll see you running around the You Yangs when you arrive back in Geelong.

C.M. My pleasure, Neil. But, actually I'll see you tomorrow because we're having one last run around the You Yangs before I fly off to Europe tomorrow afternoon.

Postscript: Craig did have that one last run at the You Yangs with fellow Geelong runners, Mark Boxer, Dean Goddard, Leigh Scukovic, Simon Cole and myself. And being a proud "Geelongite" and a very sensitive guy, he took a small handful of You Yangs' soil with him so that even on the other side of the world, he would have a little piece of home close at hand.

AROUND THE TRACKS AND TRAILS

Craig Mottram's European campaign began with a 3000 metre race in Helsinki. In driving rain and strong winds, Craig ran 7:54 for 7th place. However, Craig was not feeling 100% with a head cold sapping his strength. It was interesting to note that Million Wolde (Sydney Olympic 5000 metre Gold Medallist) ran 7:46 for 3rd place.)

A couple of days later, Craig backed up in Lille for a 2000 metre race where he ran 5:06.97 for 10th place. However, even though

disappointed with his first two runs, Craig's health was on the improve. A track session a few days after the Lille race, where Craig ran 1200 metres in 3.30 then 12 x 400 metres alternating 64 second and 59 second laps, gave a much needed confidence boost for the B.M.C. Track Meet on June 24. This time last year, Craig ran an Olympic A Qualifier in this race. This time he did even better with a win and a P.B. of 13:23.94 for 5000 metres. Well done, Craig - fantastic running!

Geelong Region Athletes also recorded some impressive performances in the Victorian Schools Cross-Country Championships at Bundoora Park on Saturday the 24th June. Well done to Jo Wall (1st Under 20), Hayley Cook (1st Under 18), Taryn Rau (3rd Under 15), Emily Rooke (4th Under 18), Tyson Mahon (4th Under 16), Bianca Cheever (12th Under 15), Rebecca Wiasak (16th Under 18), Jason Leishman (26th Under 18) and Michael McKenzie (28th Under 18)

Three members of our Women's Team travelled north for the Gold Coast Marathon / Half Marathon held on Sunday the 24th of June. In the Marathon, Patti Galvin ignored the pain of blistered feet to finish in the fantastic time of 3 hours and 56 seconds. Andrea Cannell, in her first trip over the 42.2 km. distance, ran a controlled race to finish comfortably in 3 hours 55 minutes. Inge Magher lined up for the Half Marathon where she ran a P.B. of 1 hour 32 minutes and 57 seconds. Well done, girls! Great running!

"THE ATHLETE'S FOOT" GEELONG ATHLETICS CROSS COUNTRY CHAMPIONSHIP MARCUS OLDHAM COLLEGE (Saturday 23rd June)

Those who claimed Warragul was a tough cross-country venue obviously have not run the Geoff McDonald designed Marcus Oldham course. Not only did runners have to negotiate gut-busting hills, thistles, rocks, mud and locked gates, a few also got the shock of their lives when scaling a 'live' electric fence. In fact, veteran runner, Vin Gasper's blood curdling scream could be heard across the Barrabool Hills as he attempted to straddle the above mentioned fence. After the race Vin declined to ice the affected area!

In the Senior Men's 8 km. Race, Mark Boxer ran brilliantly to gradually extend his lead over Jesse Blanton, Mark Tucker and Michael McNaughton. Fully refreshed from a short break after the summer track season, Mark has hit top form and will give many of the States' top runners a fright in the remaining A.V. Winter Races.

Libby Crowe's weekly training over the hills and ramps of Eastern Beach was rewarded with a decisive win in the Senior Women's 8 km. Race.

Chris Last continued his impressive early season form with a convincing win in the Under 16 Men's 4 km. In fact, Chris ran so well that he surged up to many of the senior men as they scrambled up the hill affectionately labelled the 'Widow Maker'.

Lucy Mills and new Geelong Region Team member, Kim Jull elected to contest the 4 km. race with both looking very comfortable and composed despite it being their first race

over such challenging terrain. Well done, girls!

OPEN MEN. 8 km.

1.	Mark Boxer	27.27
2.	Jesse Blanton	27.59
3.	Mark Tucker	28.10
4.	Michael McNaughton	29.37
5.	Geoffrey Purnell	31.26
6.	Dean Goddard	32.13
7.	Simon Taylor	32.30
8.	Barry Johns	32.45
9.	Darren Riviere	33.14
10.	Vin Gasper	33.18
11.	Paul Stewart	33.52
12.	Chris Colley	37.17
13.	Michael Panckridge	38.27
14.	Neil MacDonald	40.55
15.	Colin Silcock-Delaney	54.55

OPEN WOMEN. 8 km.

1.	Libby Crowe	42.07
2.	Linda Camp	43.09

JUNIOR BOYS. 4 km.

1.	Chris Last	17.31
2.	Nick Abbott	19.00
3.	Adam Lynch	21.40

OPEN 4 km.

1.	Andrew Hair	15.57
2.	Kim Jull	19.03
3.	Lucy Mills	19.52
4.	Richard Lawysz	21.00
5.	Michael Orelli	21.31
6.	Lolette Dyson	21.49
7.	Fiona Pickering	22.46
8.	Cathryn Hoare	23.46
9.	Karen Wood	26.29
10.	Charles Rockefeller	39.00

Don't forget - our next race is the Australian Cross-Country Selection Trials at Bundoora Park on Saturday 14th July.

1:00 pm.	Women Under 20	6 km.
	Men Under 16	6 km.
	Men Under 18	6 km.
1:35 pm.	Women Under 14	4 km.
	Women Under 16	4 km.
	Women Under 18	4 km.
	Men Under 14	4 km.
1:45 pm.	Women Open	8 km.
	Women 40+, 45+	8 km.
	Men Under 20	8 km.
2:45 pm.	Men Open	12 km.
	Men 40+, 45+, 50+	12 km.

A bus (\$5 per person) and perhaps cars will be leaving Norlane Waterworld at 10:45 am. sharp. Please confirm your seat on the

bus by notifying Neil MacDonald (52 231620) by the Tuesday prior to the race.

FABULOUS SOCIAL NIGHT

What: Trivia Night.

When: Saturday July 14 at 7:30 pm.

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

Why: What better way to celebrate after the Bundoora Cross - Country than to get together for a night of fabulous fun and fantastic prizes!

Cost: Adults - \$10

Students Under 18 - \$5

Under 16 - Free

Start organising your table of 6 - 8 people now!

B.Y.O. drinks and nibbles.

Also, bring along a few extra gold coins for a fantastic raffle and some fun-filled games.

Put July 14th in your diary now!

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

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