



# GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 8

July 2001

## JEREMIAH BACK TO HIS BEST AT BUNDOORA PARK

Many of Australia's best distance runners turned out at Bundoora Park to contest the Victorian Selection Trial for the Australian Cross - Country Championships to be held in Hobart on Saturday September 1.

Because of the extra depth in all races, a top ten placing (thus earning selection in the Victorian Team) was a great achievement over the well used and slightly soft Bundoora Park Course.

In the Under 20 Men's 8 km. Race, Junior World Cross - Country representative, Ritchie Jeremiah returned to the winner's list with a dominating performance. Content to share the lead early on, Ritchie surged away on the second lap to run out a comfortable winner.

Other members of our very strong Under 20 team also continued to post excellent performances. Simon Taylor's easy running style was well suited to the undulating Bundoora course where he finished with a furious sprint to the line for 7th placing while Jason Leishman was not far behind in 11th place. Travis Trevarthen, slowly returning to cross - country running form, rounded out this talented quartet with a solid 14th placing.

In the Open Men's Race, Australian Marathon representative for the up-coming World Championships, Kim Gillard ventured south to test his racing fitness for pleasing results. Close on his heels was a resurgent Paul Fenn with fellow Marathon representative, Nick Harrison third across the line.

For Geelong, Rohan Perrott ran a great race to finish 12th over-all in a personal best time over this time-tested course.

Tom Paton, relishing the extra coaching duties while Bruce Scriven is overseas, flew around the undulating terrain to finish high up on the first page of printed results (with the depth of talent lining up at Bundoora Park, your name on the first page is a great achievement!)

In the Under 18 six kilometre race, Simon Cole continued his steady aerobic improvement to fly up the Bundoora hills for his best ever performance at Athletics Victoria Winter Season Races.

The Under 16 Men's Race over 6 km. was arguably the junior race of the season with Geelong's Tyson Mahon finishing just 4 seconds behind the early pace-maker, Liam Adams who was running by invitation.

Fellow Under 16 runner, Chris Last ran on strongly over the later part of the race to show that he is regaining fitness after a minor setback with a slight knee 'niggle'.

Unfortunately, the Women's Open Team was hard hit with injuries leaving only the resilient Pattie Galvin and the rapidly improving Lucy Mills to fly the flag for the Geelong Region. Pattie ran her usual honest race to finish high up in the placings while Lucy, shrugging off pre-race soreness from a Thursday fartlek session, ran her best cross - country race for the Geelong Team.

In the Under 20 Women's Race over 6 km. Jo Wall continued her rivalry with Eureka's, Victoria Mitchell with the Ballarat girl

establishing a handy lead early on. Jo worked relentlessly over the last half of the race but to no avail with Mitchell eventually winning by twenty seconds.

Under 18 runner, Emily Rooke continued her excellent recent cross - country form with a very close second placing in the 4 km. Race. Team mate, Rebecca Wiasak also showed her consistency with another top ten placing over cross - country terrain.

Sisters, Taryn and Kelsey Rau, despite both suffering from a side stitch, finished third and tenth respectively in what are arguably the most competitive sections in the Girl's Junior Ranks.

Lastly but not leastly, thank you very much to Lyn Taylor, Greg Trevarthen, Kevin Varker and Darryl Mahon who officiated out on a cold, wind swept course so that the Geelong Region athletes could compete. Athletics Victoria has an excellent system of allocating tasks for "Duty Teams" - if you don't supply officials when it's your turn, all your team are disqualified!

Anyway, thanks again, Lyn, Greg, Kev and Darryl - we really appreciate your assistance and hope that you have thawed out and the feeling has returned to your fingers!

## BUNDOORA PARK CROSS - COUNTRY

(Saturday 14th July.)

### MENS OPEN 12 km.

Rohan Perrott	12th	38.10
Tom Paton	34th	40.30
Geoffrey Purnell	92nd	44.54
Vin Gasper	142nd	47.15
Hugh Thyer	164th	49.06
Paul Wilson	199th	51.34
Neil MacDonald	216th	52.55

Fastest - K Gillard (Inv.)	-	36.35
- P Fenn (Inv.)	-	36.37
- N Harrison (Glenhantly)	-	36.46
- B Martin (Inv.)	-	36.52
- D Wilson (Old Scotch)	-	37.00
- R De Highden (Doncaster)	-	37.01
- T Harlow (Old Hailebury)	-	37.13
- N Cope (Inv.)	-	37.33
- C Semple (Glenhantly)	-	37.42
- M Thompson (Glenhantly)	-	38.04
- M Michelsson (Collingwood)	-	38.08
- R Perrott (Geelong)	-	38.10
- D Eadie (Glenhantly)	-	38.17
- P Patrick (Old Scotch)	-	38.30

### UNDER 20 MEN 8 km.

Richard Jeremiah	1st	25.36
Simon Taylor	7th	28.14
Jason Leishman	11th	29.09
Travis Trevarthen	14th	31.36

Fastest - R Jeremiah (Geelong) - 25.36  
 - C Perrett (Sandringham) - 25.57  
 - J Quick (Ballarat Y.C.W.) - 27.22

**UNDER 18 MEN 6 km.**

Simon Cole 16th - 21.46

Fastest - C Birmingham (Eureka) - 19.49  
 - A White (Inv.) - 20.15  
 - R Redmond (Peninsula R.R.) - 20.21

**UNDER 16 MEN 6 km.**

Tyson Mahon 2nd 20.30  
 Chris Last 23rd 26.54

Fastest - L Adams (Inv.) - 20.26  
 - T Mahon (Geelong) - 20.30  
 - D Locke (Peninsula R.R.) - 20.59

**WOMENS OPEN 8 km.**

Patricia Galvin 22nd 32.32  
 (2nd in 40 +)  
 Lucy Mills 35 34.23

Fastest - S Power (Glenhuntly) - 26.28  
 - A Thompson (Collingwood) - 27.48  
 - S Gibbs (Peninsula R.R.) - 29.12  
 - S Clarke (Peninsula R.R.) - 29.26  
 - T Warrick (Eureka) - 29.35  
 - K Seibold (Malvern) - 29.36  
 - N Chapple (Box Hill) - 30.00  
 - A Lord (Ringwood) - 30.07  
 - L Dick (Ringwood) - 30.18  
 - E Jackowski (Athl. Essendon) - 30.37

**UNDER 20 WOMEN 6 km.**

Jo Wall 2nd 21.56

Fastest - V Mitchell (Eureka) - 21.34  
 - J Wall (Geelong) - 21.56  
 - L Crowe (Diamond Valley) - 23.40

**UNDER 18 WOMEN 4 km.**

Emily Rooke 2nd 15.10  
 Rebecca Wiasak 10th 16.42

Fastest - C McKechnie (BER) - 15.03  
 - E Rooke (Geelong) - 15.10  
 - S Kirby (Glenhuntly) - 15.22

**UNDER 16 WOMEN 4 km.**

Taryn Rau 3rd 15.15

Fastest - F Nash (Doncaster) - 14.43  
 - C Boyle (BER) - 15.13  
 - T Rau (Geelong) - 15.15

**UNDER 14 WOMEN 4 km.**

Kelsey Rau 10th - 16.26

Fastest - H Tomlinson (Box Hill) - 14.14  
 - Z Warrington (Peninsula R.R.) - 15.10  
 - K Katsanevaki (Doncaster) - 15.34

## VOTES FOR "BEST PERFORMED GEELONG REGION ATHLETE" AT BUNDOORA PARK CROSS - COUNTRY

**Men.**

3. Richard Jeremiah  
 2. Tyson Mahon  
 1. Rohan Perrott

**Women.**

3. Jo Wall  
 2. Emily Rooke  
 1. Taryn Rau

**RUNNER PROFILE**

This profile features an athlete who has been mixing it with Australia's best distance runners for over 10 years. Rohan's love for cross - country running is well known but if you check out his P.B.s, you will see some fantastic times for track racing as well.

**Rohan Perrott**

**Occupation** Teacher

**Age** 32

**Date of Birth** 10 / 4 / 69

**Height** 180 cm. **Weight** 62 - 64 kg.

**Married / Single** Married to Lisa.

**Coach** Chris Wardlaw

**Personal Bests**

**400m.** 51.9  
**800m.** 1.52 (it was so long ago I can't remember the exact time)  
**1500m.** 3:44.6  
**3000m.** 7:56.54  
**5000m.** 13:54.5  
**10000m.** 29.26  
**Half Marathon** too far!!!!  
**Marathon** too far!!!!

**Favourite Food** Roast Lamb / Chocolate Ripple Cake

**Food Eaten Before a Race** Pasta

**Favourite Drink** Coke

**Favourite Movie** "The Sound of Music".

**Favourite Book** Brian Wilson autobiography

**Favourite Music / Band** The Beach Boys

**Favourite TV Show** "ER"

**Favourite Night Spot** "Bed with my wife"

**Favourite Holiday Spot** Bright

**A Recent Training Week**

**Mon.** am. 35 mins. easy  
 pm. 60 minutes easy.

**Tues.** am. 35 mins. easy  
 pm. 60 minutes build-up run over hills, finishing 'fast'.

or

20 minutes easy run warm-up,  
 "Mona Fartlek", then 20 minute easy run  
 warm-down.

<b>Wed.</b>	am.	80 minutes easy at 5:30 am. !!!!!
<b>Thur.</b>	am.	35 mins. easy
	pm.	Track session (usually "Quarters" - 12 laps of 200 metres 'float' / 400 metres 'fast'. )
<b>Fri.</b>	am.	45 mins. easy
<b>Sat.</b>	am.	Usually at Eastern Gardens / Eastern Beach. 20 minutes easy warm-up, then 12 minutes threshold pace, then jog to Eastern Beach ramps where we do a "Hills Course" using the ramps. 20 minutes easy warm-down
	pm.	35 mins. easy.
<b>Sun.</b>	a.m.	Long Run. 120 minutes. I always try to run over some long hills.
	pm.	35 mins. easy.
<b>Total for Week</b>		150 - 160 kms.

### Other Training / Recovery Sessions.

Try to get a massage before a race.

**Favourite Training Session** Sunday 2 hour long run if in the bush.

**Favourite Race** 8 km. Cross - Country or 5000 metres on the track if going well.

**Best Ever Performance** Australian Representative at World Student Cross - Country. Running 7.56 for 3000 metres. I also came 4th a couple of times at Nationals over 5000 / 10 000 metres.

**Favourite Place To Train** In the bush at Seamist.

**Toughest Ever Training Session** Running up Mt. Bogong. Once you have done it, you will understand. Speak to Troopy, Lynchy or Neil about it (if you dare!)

**Most Admired Runner / Person** All runners who commit themselves to run the best they can. It doesn't matter what the standard.

**Advice to Other Runners** "Run at the highest level possible for your standard, then aim for the next standard." Also, "Try not to miss your Sunday long runs."

**Goals for the Future** Would love to run another P.B. over 5 and 10 kilometres. However, family comes first!

### Interesting Running Stories.

"My funniest running tale involves Tucky (Paul Wilson) falling into a creek one cold winter's morning out at Seamist. He was completely underwater, except for his head! However, the worst part was that I had to give him half of my running gear (we were one hour from the car at this stage!) which meant that I was absolutely frozen for the rest of the run too!"

Some of my performances at Cross - Country / Road Races:

- \* Fastest individual time twice at Cross - Country Relays.
- \* 4th at 8 km. Cross - Country
- \* 5th at 10 km. Road
- \* 5th at 12 km. Cross - Country
- \* 15 km. Road - no comment!!!!
- \* 2nd at 16 km. Cross - Country
- \* 10th at National Cross - Country

## WINTER LADDERS AFTER FOUR RACES

### MEN'S DIV. 1

Glenhuntly	52
Doncaster	42
APS United	37
Geelong	33

### MEN'S DIV. 4

Taralgon	42
Geelong	37
Diamond V.	32
Knox Athletic	29

### MEN'S DIV. 7

Ballarat	24
Glenhuntly	22
South Melb.	20
Geelong	13

### WOMEN'S DIV. 2

Geelong	46
Peninsula R.R.	39
Diamond V.	38
Collingwood	34

### WOMEN'S DIV. 3

Glenhuntly 2	52
Glenhuntly 3	39
Glenhuntly 4	22
Geelong (8th)	10

### MEN'S UNDER 20

Geelong	47
Ballarat	21
Ringwood	13
Peninsula R.R.	11

### MEN'S UNDER 18

Knox Ath.	41
Peninsula R.R.	37
Ballarat	37
Geelong (7th)	6

### WOMEN'S UNDER 20

Box Hill	26
Geelong	11
St. Stephens	10
Ringwood	9

### MEN'S VETS

Aths. Nunawad.	35
Diamond V.	34
Ballarat	30
Geelong	25

## AROUND THE TRACKS AND TRAILS

On Friday the 13th of July, Craig Mottram travelled to Oslo for arguably the biggest non Championship race of his career at the famous Bislett Games. In only his second ever mile race, Craig stormed home over the last lap to record a P.B. of 3:53.06 and in the process leap over the great Herb Elliott and Pat Scammell on the Australian All - Time List. Only Simon Doyle (3:49.91) and Mike Hilliardt (3:51.76) are now ahead of Craig on the Aussie All - Time List. The "Dream Mile" was won by Algeria's Ali Saidi-Sief in 3:48.23 with Bernard Lagat (Kenya - 3:48.57) and Olympic Champion, Noah Ngeny (Kenya - 3:50.29) filling the placings.

Two days later in Debrecen, Hungary, Georgie Clarke took out the gold in the 1500 metre World Youth Championships. Georgie was content to sit back early in the final before taking the lead with about 500 metres to run. Georgie's time was 4:14.08 - a Championship Record and added another gold to the 800 metre gold she claimed at the inaugural meet two years ago in Bydgoszcz, Poland.

Georgie went into the final as the number one ranked athlete and was relieved that the race went to plan. She was also understandably a little weary after five races in the last two weeks and was keen to get back to London where she will concentrate on training before she and Craig will head to Calgary on July 23 / 24 for a pre - World Championship team camp.

Well done, Craig and Georgie - fantastic effort!

## TRIVIA NIGHT

Our recent Trivia Night was a great success with about sixty participants vying for a treasure trove of fabulous prizes that would have made "Sale of the Century" envious. And what a battle it was with the scores ebbing and flowing as seven desperate teams dug deep into the recesses of their minds to dredge-up as much useless information as possible. Congratulations to the Wall family who formed an alliance with a group of 'chalkies' to inch ahead over the final round to clean up the major prizes. A special thank-you to the following for their fantastic support of our Trivia Night:

**The Bush Inn Hotel**  
**The Athlete's Foot**  
**The City Of Greater Geelong**  
**The Pakington Bakery**  
**Village Cinemas**  
**Clive Paisley Hair Designers**  
**Kevin Varker Massage**  
**Nike**  
**Campbells Cash and Carry**  
**De Grandi Cycle and Sports**  
**Peter Rau Massage**  
**The Sphinx**  
**Full Moon Screen Printing**  
**Kevin Paisley Spectacles**  
**Readings Cinemas**  
**Brooks**

Also, special mention must be made of Tom Paton, Jason Leishman, Emily Rooke, Jo Rooke, John Rooke and Mark Fountain who travelled many kilometres to attend - fantastic team-spirit, guys and gals!

Thanks also to Bernadette Boxer whose creative skills managed to transform a boring, uninspiring shell of a room into a classy abode of intellectual excellence.

## DON'T MISS THIS NIGHT!

### CROSS - COUNTRY TEAM PRESENTATION NIGHT AND STATE LEAGUE LAUNCH

Put Thursday the 11th of October in your diaries now as this will be a fantastic night.

Come along to Buckley's to wind up a most successful Cross - Country Season and launch the up-coming State League Program.

More details, including a "Special Guest Speaker", to be announced at a later date.

**Don't forget!!!**  
**Thursday 11th October**  
**at Buckley's!**

## COLIBAN ROAD RELAYS

**Don't forget** - our next race is the Coliban Long Road Relays on Saturday 4th August at Harcourt, Bendigo. We have entered:

- \* a Division 1 Men's Team (7 runners)
- \* a Division 4 Men's Team (5 runners)
- \* a Division 2 Women's Team (5 runners)

**1:10 pm.** Division 1 Men's Team  
 Division 2 Women' Team

**1:25 pm.** Division 4 Men's Team

A bus (\$10 per person) and perhaps cars will be leaving Norlane Waterworld at 10:30 am. sharp. Please confirm your seat on the bus by notifying Neil MacDonald (52 231620) by the Tuesday prior to the race.

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

### GEELONG PHYSIOTHERAPY CENTRES

**'DIZZY' LYNCH  
AND  
"THE BUSH INN HOTEL"**

**THE CITY OF  
GREATER GEELONG**

**TONY STEWART AND  
"THE ATHLETE'S FOOT"**

**CRICHTON COLLINS AND THE  
"PAKINGTON BAKERY"**

**GEELONG  
ATHLETICS INC.**