



GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 9

August 2001

FAST TIMES FOR GEELONG ATHLETES AT SANDOWN PARK

Perfect running conditions greeted Geelong Region athletes as they arrived at Sandown Park Raceway for the most prestigious teams' race of the A.V. Winter Season. Most clubs treat the Road Relays as their Grand Final and so pull out all stops to put their best possible team onto the time-tested motor racing course. Geelong Region entered ten teams with some fantastic individual and team performances the highlight of a great day.

Our Division 1 Men's Team looked very strong on paper with Under 20 athletes, Richard Jeremiah and Mark Fountain adding depth and 'fast, young legs' to the experienced quartet of Mark Boxer, Lee Troop, Rohan Perrott and Mark Tucker.

Mark Fountain led off for Geelong with an impressive first-up Sandown time of 18.34. Mark Boxer then took over in third place, eager to improve on his previous Sandown times. Just over 19 minutes later, Mark handed over to Lee Troop with a 30 second Sandown P.B. to his name. Troop, despite being well below peak fitness after only a couple of weeks of light exercise, ran solidly to keep Geelong up with the place-getters. Rohan Perrott and Mark Tucker were then able to consolidate Geelong's position in the top four with excellent legs of 18.40 and 18.45 respectively. With only 6.2 kilometres of racing left, the question on everyone's lips was: could Ritchie Jeremiah run down his Ballarat and Doncaster opponents to haul Geelong up into second place? Well, Ritchie gave it everything and flashed around the course in the super-quick time of 18.25 to fall two seconds short of second place in a fantastic sprint to the line with Richard Gleisner of Ballarat. Fantastic running, guys!

Interesting to note that the "retired" Steve Monaghatti is still a class athlete with yet another Sandown Park fastest time to his credit. Perhaps his 39 year old legs may be unable to approach his 17.16 Sandown Course Record but Saturday's run of 17.42 is still mighty impressive.

Our Division 4 Team flew out of the blocks with Michael McNaughton recording a Sandown P.B. Michael later credited a varied training schedule over the last month for his return to form. Tom Paton was then able to consolidate the lead with a solid run of 20.32, despite running with a slight ankle 'niggle', before handing over to Nick Ashton, who ran impressively in his first race back after injury. At this stage Doncaster unleashed a 19 minute runner who regained the lead despite the best efforts of a determined, Dean Goddard. Finishing for Geelong was Damian Cranage who made up valuable time on his leg, eventually finishing a close second.

Well done, guys.

Travis Trevarthen led off for our Division 7 team, determined to record a fast time on a brand new Nike watch. A tick over 22 and a half minutes later, Travis pressed the stop button with Geelong in a handy position. Hugh Thyer, running into good form over the last few weeks, then consolidated our position with a solid run. Third leg runner, Paul Wilson took a while to 'wind up' over the first lap but motored home over the last half of the 6.2 km. journey to negative split his leg by a substantial amount. Finishing for

Geelong was Simon Taylor, who, in his second run for the afternoon was able to race Geelong back into third place. Excellent effort, guys.

Veteran runner, Geoffrey Purnell has been in fantastic form of late and was keen to record a quick time at Sandown. Paced early in the race by a 'flying' Suzie Power, Geoff ran brilliantly to record his best Sandown time for many years with a very smart time of 21.19. Vin Gasper then took over and ran solidly to keep Geelong in the top couple of Veteran teams. Once he had regained his breath, Vin did comment that the circuit did seem a very generous 3.1 km. and that the finishing straight was a "LONG, LONG WAY!" Yes, Vinnie, and so say all of us! Eventually the Geelong Veteran's Team finished fourth.

With Mark Fountain and Richard Jeremiah running in Division 1, it was left to Simon Taylor, Michael McKenzie and Jason Leishman to fly the flag for the Under 20 Men's Team. Considering that both Michael and Jason are Under 18 runners, it was a great effort for the Geelong Team to finish 4th.

In the Under 18 Men's Race, Tyson Mahon flew out of the blocks to run a swift 9.26 for the opening 3.1 km. leg - a time most senior athletes would be proud of. Second Geelong runner, Chris Last, running his best A.V. race for many weeks then ran sub four minute kilometre pace before handing over to Simon Cole who sped around the circuit in a quick 10.36 to be fourth across the line.

Without doubt the most outstanding individual performance of the afternoon was Glenhuntly athlete, Suzie Power's fabulous run in the Open Women's Section where she smashed Sydney Olympian, Anne Cross' Sandown Course Record (19.36) with a lightning fast 19.03. Motherhood has obviously agreed with Suzie as she is in career best form at the moment.

Former Olympic Distance World Triathlon Champion, Jo King, in her first race for Geelong, led off for the Division 2 Women's Team with a solid time of 21.51. Second runner, Pattie Galvin, showing that she is regaining leg speed after last month's Gold Coast Marathon, then took over to consolidate the lead before handing over to Junior World Cross - Country representative, Jo Wall who sped around Sandown course for a well deserved win.

Great work, girls!

Lead off runner, Andrea Cannell ran a fast opening lap to be up with the leading Division 3 Women before settling into a steady rhythm for the remainder of her leg. Lucy Mills, gaining more confidence in her distance running ability with every race, then tagged with Andrea to fly around the 6.2 km. distance in a smart time of 25.33 before Hayley Cook, in her second run of the day, anchored the Geelong Team to a 4th place finish. Well done, Andrea, Lucy and Hayley!

Arguably, the most impressive Geelong Race of the afternoon came from Hayley Cook, Taryn Rau and Emily Rooke in the Under 20 Women's Race. Despite all three girls racing in a higher age grouping, the Geelong trio blitzed the field to run out comfortable winners. Equally impressive were the super quick

times recorded by Hayley, Taryn and Emily.
Fantastic effort, girls!

The Under 16 Women's Team of Bianca Cheever, Chelsea Merry and Kelsey Rau collected a bronze medal with three excellent runs, especially considering that both Chelsea and Kelsey are eligible to run in the Under 14 Age Group.
Great work, girls!

Special mention must be made of Hayley Cook and Simon Taylor who raced twice at Sandown to help out in teams that were short a runner due to last minute injuries and illness. Fantastic effort, Hayley and Simon. We really appreciate your wonderful team spirit!

Also, thank you very much to Rob and Katrina Jeremiah, Greg Trevarthen, Lyn Taylor, Darryl and Fiona Mahon, Peter Rau, John Perrott, Cory Manton, and Wendy Wall who assisted at Sandown as Team Managers.

SANDOWN ROAD RELAYS

(Saturday 21st July.)

DIVISION 1 MEN (6 x 6.2 km.)

Mark Fountain	18.34
Mark Boxer	19.18
Lee Troop	18.40
Rohan Perrott	18.40
Mark Tucker	18.45
Richard Jeremiah	18.25

3rd place in 112.22 (first place Glenhuntly in 110.24)

Note: Mark Fountain and Richard Jeremiah are both Under 20.

Fastest - S Moneghetti (Ballarat Y.C.W.)	- 17.42
- P Fenn (Eureka)	- 17.46
- G Smidlechner (Doncaster)	- 18.00
- P Sly (Peninsula R.R.)	- 18.00
- J Dwyer (Box Hill)	- 18.07
- M Thompson (Glenhuntly)	- 18.09
- C Semple (Glenhuntly)	- 18.13
- D Eadie (Glenhuntly)	- 18.16
- G Lyons (APS United)	- 18.20
- D Quin (Melb. Uni.)	- 18.21
- F Thompson (Glenhuntly)	- 18.22
- S Field (Doncaster)	- 18.24
- R Jeremiah (Geelong)	- 18.25
- D Ruschena (Glenhuntly)	- 18.25

DIVISION 4 MEN (5 x 6.2 km.)

Michael McNaughton	20.06
Tom Paton	20.35
Nick Ashton	20.32
Dean Goddard	21.35
Damian Cranage	20.37

2nd place in 103.25 (first place Doncaster in 103.06)

DIVISION 7 MEN (4 x 6.2 km.)

Travis Trevarthen	22.31
Hugh Thyer	23.11
Paul Wilson	30.44
Simon Taylor	24.22

3rd place in 101.48 (first place Box Hill in 96.50)

Note: Travis Trevarthen and Simon Taylor are Under 20.

VETS (40+) (3 x 6.2 km.)

Geoffrey Purnell	21.19
Vin Gasper	22.26
Neil MacDonald	24.54

4th place in 68.45 (first place Diamond Valley in 63.05)
Fastest - A Milovac (Diamond Valley) - 19.58

UNDER 20 MEN (3 x 6.2 km.)

Simon Taylor	20.45
Michael McKenzie	21.52
Jason Leishman	22.21

4th place in 64.58 (first place Malvern in 63.14)
Fastest - J Quick (Ballarat Region) - 19.54

Note: Jason Leishman and Michael McKenzie are both Under 18.

UNDER 18 MEN (3 x 3.1 km.)

Tyson Mahon	9.26
Chris Last	12.01
Simon Cole	10.36

6th place in 32.03 (first place Ballarat Region in 28.32)
Fastest - C Birmingham (Eureka) - 9.17

Note: Tyson Mahon and Chris Last are both Under 16.

DIVISION 2 WOMEN (3 x 6.2 km.)

Jo King	21.51
Patricia Galvin	23.27
Jo Wall	21.54

1st place in 67.22 just 11 seconds ahead of Peninsula R.R.

Fastest - S Power (Glenhuntly)	- 19.03
- H McGregor (Knox Aths.)	- 21.08
- S Gibbs (Peninsula R.R.)	- 21.22
- S Braakhuis (Melb. Uni.)	- 21.35
- V Mitchell (Ballarat Region)	- 21.41
- J King (Geelong)	- 21.51
- T Warrick (Ballarat Region)	- 21.52
- J Wall (Geelong)	- 21.54
- N Chapple (Box Hill)	- 21.57
- S Clarke (Peninsula R.R.)	- 22.02
- K Seibold (Malvern)	- 22.04
- R Barton (Ballarat Region)	- 22.06
- M Murray (Doncaster)	- 22.13
- L Dick (Ringwood)	- 22.18
- K Thorpe (Malvern)	- 22.23
- A Lord (Ringwood)	- 22.25

Note: Jo Wall is Under 20.

DIVISION 3 WOMEN (3 x 6.2 km.)

Andrea Cannell	26.40
Lucy Mills	25.33
Hayley Cook	25.36

3rd place in 77.49 (first place Ballarat Region in 71.59)

Note: Hayley Cook is Under 18.

UNDER 20 WOMEN (3 x 3.1 km.)

Hayley Cook	11.10
Taryn Rau	11.17
Emily Rooke	11.20

1st place in 33.47 (Traralgon second in 37.14)

Fastest - H Cooke (Geelong)	- 11.10
- L Crowe (Diamond Valley)	- 11.15
- T Rau (Geelong)	- 11.17
- E Rooke (Geelong)	- 11.20

Note: Hayley Cook and Emily Rooke are both Under 18. Taryn Rau is Under 16.

UNDER 16 WOMEN (3 x 3.1 km)

Bianca Cheever	12.17
Chelsea Merry	13.01
Kelsey Rau	12.12

3rd place in 37.30 (first place Box Hill in 34.16)

Fastest - H Tomlinson (Box Hill) - 10.34

Note: Chelsea Merry and Kelsey Rau are both Under 14.

**VOTES FOR
"BEST PERFORMED
GEELONG REGION ATHLETE"
AT SANDOWN ROAD RELAYS**

Men.

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

Women.

3. Taryn Rau
2. Hayley Cook
1. Kelsey Rau

RUNNER PROFILE

This profile features an athlete who has represented Geelong in Marathon events overseas as well as completing many fine runs over the 42.2 km. distance on home soil. At the moment, Pattie is in fine form with several wins in the Veteran's section of Athletics Victoria Winter Races.

Pattie Galvin

Occupation Sales Assistant

Age 43 **Date of Birth** 25 / 10 / 57

Height 165 cm. **Weight** 49 - 50 kg.

Married / Single Married to Kevin.

Coach "Self". I've been running so long, I should know what to do although, Kevin offers advice.

Personal Bests

400m.	Slow!
800m.	Slow!
1500m.	4.52
3000m.	10.13
5000m.	17.12
10000m.	37.02
Half Marathon	80.01

Marathon 2.54

Favourite Food Chinese / Pasta

Food Eaten Before a Race Bananas

Favourite Drink Coffee

Favourite Movie "Flashdance".

Favourite Book Any Running Magazine

Favourite Music / Band All types of music

Favourite TV Show "All Saints"

Favourite Night Spot "At home with friends"

Favourite Holiday Spot Queensland

A Recent Training Week

Mon. am. 90 - 120 minute run incorporating some hills.

Tues. am. 13 - 15 km. easy run.

Wed. pm. Vets at Landy Field. I try to run both first and second heat trying not to drop off too much in second heat.

Thur. pm. Track Session at Landy Field (shorter / sharp session)
ie. reps of 200 metres fast / 30 seconds recovery.

Fri. am. 60 minutes with a group of girls (very easy!)

Sat. am. 11 - 13 km. easy run (if not racing)
pm. Race ???? (A.V.)

Sun. a.m. Race (with Geelong Cross-Country Club)

Other Training / Recovery Sessions.

I look forward to my regular Thursday night massage. I have had a weekly massage for the last 2 - 3 years.

Favourite Training Session Long run, when in the mood.

Favourite Race Anything beyond 10 km.

Best Ever Performance Finishing 5th in an International Marathon and running 2 hours 59 in this race.

Favourite Place To Train Along the beach at Ocean Grove.

Toughest Ever Training Session With Sue Case and Louise McIntyre running reps up the Cement Works Hill. We did 3 of them!

Most Admired Runner / Person Colleen Stephens - she keeps on going through thick and thin! Also, all runners out there, young and old, giving it a go.

Advice to Other Runners "If you focus hard enough, the impossible can be achieved!"

Goals for the Future Just to keep on running as long as I can.

Interesting Running Stories.

I do most of my training on my own - I'm a boring, old @#%&\$ (I apologise to the young kids reading this!) However, one time I ventured out of my safe haven and travelled to the 'big smoke' to train with the "hot guns" (Darren Lynch, Rohan Perrott, Inge Magher, Vin Gasper, Karen Dorris, Darren Riviere, Michael McNaughton, Neil MacDonald etc. etc.) Unfortunately, I came to grief running down a bush track near Buckley's Falls and landed flat on my face. Neil, being the gentleman that he is, helped me up. I didn't know whether to

laugh or cry with embarrassment! Anyway, we continued on with my elbow and knee bleeding and slowly stiffening up. Soon the guys stopped at a tap so I could clean myself up. I still have the scars on my knee and elbow and have not been back to the 'big smoke' for a run with the guys since. But one day, when I'm brave enough, I will.

COLIBAN RELAYS HARCOURT - BENDIGO

(Saturday 4th August)

Three teams represented Geelong at the Coliban Relays this year. Last minute changes to a couple of the legs as well as the military precision required for change-overs and pick-ups meant that John Perrott, Kevin Varker, Lyn Taylor and Jamie Godwin worked as hard as the 17 runners. (great effort, guys - your support and encouragement was greatly appreciated!)

Rohan Perrott led off for the Division One team and despite 'fasting' on Friday for a test, ran strongly to establish a handy lead for Geelong at the first change - over point.

Running like a man possessed, Mark Boxer then flew out of the blocks with the extremely challenging Mt. Alexander Leg ahead of him. Although caught in the later stages of his 8.3 km. torture test, Mark ran brilliantly to keep Geelong in contention.

Third Geelong runner, Lee Troop, returning to fitness after an injury interruption, then set about regaining the lead. Despite an unscheduled detour into the beautiful Bendigo bush (yes, that new energy drink concentration is not quite right, just yet!) Lee was able to record the fastest Gap Leg time and put Geelong back into the lead.

Fourth runner, Nick Ashton, in his second run for Geelong after a long injury lay-off, ran very well over the Coliban Water Race Leg to record 18.16 for the challenging 5.2 + km. distance.

Our fifth runner and accomplished triathlete, Damian Cranage then took off along the Sedgwick Valley Road determined to keep Geelong in a prominent position. Damian ran very well to hand over to Tom Paton in second position.

Tom, experimenting with a radical pre-race diet of a strawberry iced donut, set off over the undulating Hogan's Road Leg in search of glory. Urged on by an enthusiastic support bus, Tom acknowledged his team mates, then strode out along the 1700 metre gradual dirt road downhill to hand over to a 'pumped' Mark Tucker.

Overall victory was now out of the question for Geelong but A.P.S. was only seconds behind, in third place, at the last change - over. However, Mark, with a prime seat on the bus for the trip home an incentive for a top run, ran a blinder to pull away to give the Geelong Division One Men's Team a well deserved silver medal.

Fantastic running, guys!

The Division Four Men's Team was sent on it's way by Dean Goddard. Despite nursing a 'niggly achilles', Dean ran very well to have Geelong up with the leading runners after his 6.3 km. leg. Second runner, Vin Gasper then flew off along the Coliban Water Race Leg expecting flat terrain and a 5.2 km. distance. Wrong on both counts, Vin! However, wily veteran, Vinnie ran strongly to keep Geelong in the gold medal hunt.

Simon Cole raced brilliantly over the Sedgwick Valley Leg last year to record "Best Performed Athlete" votes. So why change a winning strategy? Well, we didn't, and Simon again ran very well along that long, long road to consolidate Geelong's hold on the silver medal.

Geelong's fourth runner, Geoff Purnell, continued his great winter season form with an excellent run over the undulating Hogan's

Road Leg.

As with the Division One Team, a win was not possible for the guys of Division Four at the final change-over. However, there was a second placing to defend and Simon Taylor was just the runner needed as he flew over the One Tree Hill Leg and into the Bendigo Athletic Centre.

Well done, guys - great running!

As late as Friday evening the Division Two Women's Team was yet to be finalised with injury, illness and unavailability ruling out many runners. However, as a beautiful race day dawned, five focused Geelong women athletes stepped from the team bus determined to fly around the tracks and roads between Harcourt and Bendigo.

Emily Rooke led off for Geelong and ran brilliantly over unfamiliar terrain to reach the change-over point up with the leaders.

Fellow junior athlete, Rebecca Wiasak, making a great sacrifice just to race, (thanks Rebecca, we really appreciate your great team spirit and Libby, we all hope you had a great birthday!) then sped off along the challenging Coliban Water Race Leg to record an excellent time for a slightly long course.

Third Geelong runner, Inge Magher, recovering from a badly sprained ankle and a mid-week virus, then give it everything she had along the Sedgwick Valley Road to keep Geelong in second place.

Andrea Cannell, now fully recovered from her first marathon, took off along Hogan's Road determined to run strongly and consolidate the great running of her team mates.

With one leg to run, the Geelong Women's Team needed a top run from the experienced, Pattie Galvin to hold off any late challengers for second place. However, Pattie gave those chasing no chance as she flew over the final 5.2 km. leg to wrap up second place for Geelong.

Great running, girls!

Three teams - three second placings! A fantastic effort by all seventeen runners. In fact, so well did everyone race that it was decided to allocate two "Best Performed Athlete" votes to each runner.

While the actual Coliban Relay was a great race and a fantastic 'team bonding' event, mention must also be made of a memorable bus trip back to Geelong with 'team karaoke' a highlight. Enthusiastically led by Coodabeen D.J., Lee "hits and memories" Troop, never before have so many, sung so badly, for so long! The C.D. of the trip back to Geelong should be available at all good stores soon!

DIVISION 1 MEN (48.4 km. 7 runners)

(The Orchards Leg - 5.2 km.)

Rohan Perrott 17.50

Fastest Time - Rohan Perrott (Geelong) - 17.50

(Mt. Alexander Leg - 8.3 km.)

Mark Boxer 28.20

Fastest Time - Mark Thompson (Glenhuntly) - 27.20

(The Gap Leg - 9.3 km.)

Lee Troop 30.46

Fastest Time - Lee Troop (Geelong) - 30.46

(Coliban Water Race Leg - 5.2 km.)

Nick Ashton 18.16

Fastest Time - Tyler Coady (Glenhuntly) - 17.23

(Sedgwick Valley Leg - 7.3 km.)
 Damian Cranage 24.06
 Fastest Time - Linton Gloster (Glenhuntly) - 22.19

(Hogan's Road Leg - 7.9 km.)
 Tom Paton 28.02
 Fastest Time - Craig Semple (Glenhuntly) - 25.22

(One Tree Hill Leg - 5.2 km.)
 Mark Tucker 15.18
 Fastest Time - Mark Tucker (Geelong) - 15.18

2nd place in 2:42.38 (1st place Glenhuntly in 2:38.29)

DIVISION 4 MEN (31.9 km. 5 runners)
 (The Orchards Leg - 6.3 km.)
 Dean Goddard 24.29
 Fastest Time - Carl Kennedy (Coburg) - 24.04

(Coliban Water Race Leg - 5.2 km.)
 Vin Gasper 20.43
 Fastest Time - Allen Timmer-Arends (Traralgon) - 20.35

(Sedgwick Valley Leg - 7.3 km.)
 Simon Cole 25.48
 Fastest Time - Keith Tomholt (Traralgon) - 25.16

(Hogan's Road Leg - 7.9 km.)
 Geoff Purnell 29.51
 Fastest Time - John McKenzie (Traralgon) - 27.27

(One Tree Hill Leg - 5.2 km.)
 Simon Taylor 16.56
 Fastest Time - Simon Taylor (Geelong) - 16.56

2nd place in 1:57.47 (1st place Traralgon in 1:55.51)

DIVISION 2 WOMEN (31.9 km. 5 runners)
 (The Orchards Leg - 6.3 km.)
 Emily Rooke 28.03
 Fastest Time - Sue Clark (Peninsula R.R.) - 25.49

(Coliban Water Race Leg - 5.2 km.)
 Rebecca Wiasak 22.57
 Fastest Time - Sarah Leighfield (Melb. Uni.) - 21.48

(Sedgwick Valley Leg - 7.3 km.)
 Inge Magher 32.31
 Fastest Time - Anne Lord (Ringwood) - 25.57

(Hogan's Road Leg - 7.9 km.)
 Andrea Cannell 36.50
 Fastest Time - Serena Gibbs (Peninsula R.R.) - 29.55

(One Tree Hill Leg - 5.2 km.)
 Pattie Galvin 19.35
 Fastest Time - Pattie Galvin (Geelong) - 19.35

2nd place in 2:20.09 (1st place Peninsula R.R. in 2:14.14)

AROUND THE TRACKS AND TRAILS

In his final lead - up race before the World Championships, Craig Mottram lined up against two of the greats in Hicham El Guerrouj and Noah Ngeny over a mile at the London Grand Prix. Craig was

hoping for a 'fast' race where he could have another crack at the Australian All - Time List. However, in a tactical race (no doubt El Guerrouj is still smarting over his shock loss to Ngeny at the Sydney Olympics), there was a sudden 'kick-down' with 500 metres remaining with El Guerrouj winning in 3:49.41 from Ngeny (3:51.19). "Buster" continued his fine form to finish third in 3:53.90, claiming many top scalps in the process.

After racing on the European Grand Prix circuit, Georgie Clarke and Craig Mottram travelled to Edmonton for the World Athletic Championships.

In the heats of the Women's 1500 metres, Georgie received a slight check with 150 metres to run, thus losing momentum and eventually missing out on a place in the semi-finals by a single placing.

Craig, also opting to run the 1500 metres, qualified for the semi-finals as one of the fastest non-automatic qualifiers. However, Craig's semi was run slowly over the first 800 metres and when Hicham El Guerrouj kicked it down with about 500 metres to run, Craig was unable to make up ground, eventually finishing 11th in 3:43.21 (El Guerrouj won the semi in 3:39.54 and the final in 3:30.68, covering the last 800 metres in 1 minute 51 seconds!) Both Georgie and Craig are expected to head back to their London base in preparation for Grand Prix Races in Zurich and Brussels before heading home for the Goodwill Games.

Also overseas, Joanne Lambert has set a World Record in winning the 10 000 metres at the 19th Deaflympics Games in Rome. Having her first track race over the distance, the 35 year old clocked 37 minutes 26.42 seconds to win by over 20 seconds. The win follows the gold medal won by Joanne in the 5000 metres at the 1997 Deaflympics in Denmark. Well done, Jo - great running!

Closer to home, Mark Boxer followed a fine run at the Sandown Road Relays by backing up the next day for a win in the Geelong Cross - Country Club's prestigious "King of the Mountain" race. Giving huge starts to all but fellow Geelong Region team mate, Darren Riviere, Mark flew around the hills of Wandana Heights to take out first and fastest time honours in 34.33 for the 10.6 km. distance.

One week later, Darren Riviere recorded the fastest time of 32.22 in the Geelong Cross - Country Clubs St Leonards 10 km. Sealed Handicap Race. Great running, Mark and Darren.

Not to be outdone, Geelong Junior athletes, Kelsey Rau and Bianca Cheever ran brilliantly in the Little Athletics Cross - Country State Finals at Brimbank Park. In the Girls Under 11 race, Kelsey finished first while Bianca finished sixth in the Under 14 section. Well done, girls!

Kelsey's win earned her selection in the Victorian Team for the Australian Primary School Cross - Country in Adelaide where she finished 5th in her age group and was part of the winning composite team. Fantastic effort, Kelsey.

Meanwhile, over in Perth for the Australian All-Schools Cross - Country Championships, four Geelong Region runners performed brilliantly, despite accommodation that can only be described as 'spartan'!

Jo Wall had a comfortable win in the Under 20 Women's 6 km. race in a time of 22.20. This was Jo's first National Title so she was understandably very happy with her performance.

In the Under 16 Men's race, Tyson Mahon won by 6 seconds in a time of 13.15 for the 4 km. course.

Promising Under 16 athlete, Taryn Rau put in a strong run to finish 6th in her race over 4 km. in a time of 15.17. (Taryn was

the first Victorian over the line in her event.)
 Hayley Cook, running against older athletes in the Under 18 event finished an excellent 7th (3rd of the Under 17's)
 Well done; Jo, Tyson, Taryn and Hayley - great running!

Don't forget - our next race is a Cross - Country Event at Brimbank Park on Saturday 18th August.

1:00 pm.	Women Under 14	3 km.
	Women Under 16	3 km.
	Men Under 14	3 km.
	Men Under 16	3 km.
1:10 pm.	Women Under 18	6 km.
	Men Under 20	6 km.
1:45 pm.	Men Under 18	4 km.
	Women Under 20	4 km.
	Women Open	4 km.
	Women Vets	4 km.
2:30 pm.	Men Open and Vets	16 km.

A small bus (\$5 per person) and cars will be leaving Norlane Waterworld at 11:00 am. sharp. Please confirm your seat on the bus by notifying Neil MacDonald (52 231620) by the Tuesday prior to the race.

DON'T MISS THESE NIGHTS!

A MEAL AT THE BUSH INN

What: A fabulous meal and drinks.
When: Saturday August 18 at 7:00 pm.
Where: The Bush Inn Hotel.
Why: After competing in the Brimbank Park Cross - Country, come along and have a delicious meal with your team mates.
 (then tell them how well you ran!)

CROSS - COUNTRY TEAM PRESENTATION NIGHT AND STATE LEAGUE LAUNCH

Put Wednesday the 17th 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!!!

**Wednesday 17th October
at Buckley's!**

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"

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