



GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



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June 2006

TROOP AND SLY RECORD GEELONG VICTORIES AT SANDOWN ROAD RACE Saturday 13th May

Sandown Racecourse regulars will tell you that the rock - hard road circuit is time - tested and 'potentially fast'. However, more often than not, a cold, blustery southerly wind hits runners fair in the face as they battle up the rise out the back of the course. For the 2006 running of the Athletics Victoria Road Races, conditions could not have been better with most athletes recording times up to their potential best.

On Friday evening, Lee Troop dined on a delicious meal of chicken, mango and avocado pasta, confident that his body was finally sound and that he was in good shape for the Sandown 10 km. after a frustrating battle with injuries over the last few years. However, on Saturday morning he woke feeling less than well, with all the symptoms of a nasty virus coursing through his body. Most athletes would have pulled the pin on even having a leisurely jog, let alone racing. But showing the mental strength, fantastic team spirit and 'good old fashioned guts' that he is famous for, Lee stood on the starting line, not really sure of what lay ahead. Twenty - nine minutes and 58 seconds later, Lee was doubled over just past the finish line, nauseous, totally exhausted but victorious, finishing only a few strides ahead of 'young gun' Toby Rayner, with the ultra consistent Rowan Walker slashing 36 seconds from his previous P.B. in finishing a fine third. Fantastic effort, Lee and Rowan.

Another athlete who knows what it's like to be struck down with illness on the morning of a race is Under 16 athlete Kate Sly, who was forced to miss the Yarra Bend Cross - Country Relays with a debilitating migraine that made even walking impossible. However, at Sandown Kate was fit, healthy and rarin' to go. Her duel with good friend and long - time rival Brittany Nash was a highlight of the day with both girls running stride for stride until Kate was able to scoot away over the last few hundred metres for an excellent win. Well done, Kate.

Junior athletes, Breanna Ryan, Holly Lipson and Jeremy Vogrin also ran very well over the new 'out and back' 5 km. circuit to record personal best times, while Wesley Benson, David Wynn and Andrew Chalmers also reduced their P.B.'s in the 10 km. event. Great running guys and gals! Well done also to Nadia Semjanov (2nd), Cheryl Boness (3rd) and Pattie Galvin (6th) who all recorded top ten placings in the 40 + Vets Division as well as winning the Division Two Women's Team event. In the Division Three Team event Jo Lambert, Pattie Galvin and Cathryn Hoare were also victorious.

A special thank you to Lyn Taylor, Simon Taylor, Chris Sly and Jeanette Sly who officiated and managed our Geelong Team athletes at Sandown.

Congratulations also to Rowan Walker, who was able to predict to the exact second his Sandown time, thus winning a huge chocolate football - who said athletics was struggling to reward its stars?

Under 14 Women 5 km.

Fastest Times:

1.	K Tour - May	(Glenhuntly)	18.00
2.	T Craig	(Sandringham)	19.16
3.	T Daly	(Sandringham)	20.42
4.	A Coldham	(Sandringham)	20.46

Under 16 Women 5 km.

Kate Sly	1 st	18.02
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Fastest Times:

1.	K Sly	(Geelong)	18.02
2.	B Nash	(Essendon)	18.09
3.	R Menadue	(Essendon)	19.09
4.	A Lavale	(Doncaster)	19.17

Under 18 Women 5 km.

Breanna Ryan	5 th	19.11
Holly Lipson	13 th	20.36

Fastest Times:

1.	R Green	(Frankston)	17.31
2.	M Duncan	(Knox)	17.51
3.	M Bell	(Frankston)	18.31
4.	R Gatt	(Western Sub.)	19.06

Under 20 Women 5 km.

Ashlea Clifton	8 th	21.24
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Fastest Times:

1. F Nash	(Inv.)	17.43
2. Z Warrington	(Frankston)	18.11
3. A Uys	(Frankston)	18.23
4. E Hudson	(Essendon)	20.30

Open Womens' 10 km.

Nadia Semjanov	19 th	38.07
Cheryl Boness	23 rd	38.27
Kristen Wyatt	25 th	38.39
Pattie Galvin	46 th	41.10
Joanne Lambert	58 th	41.58
Cathryn Hoare	63 rd	42.08

Fastest Times:

1. A Thompson	(Glenhuntly)	32.42
2. L Weightman	(Knox)	33.15
3. R Millard	(APS)	34.42
4. K Dick	(Doncaster)	35.21
5. A Baquie	(Box Hill)	35.23
6. B Thomas	(Essendon)	35.43
7. L Dick	(Ringwood)	35.52
8. K Seibold-Crosby	(Sandringham)	36.13
9. I De Castella	(APS)	36.16
10. T Austin	(Malvern)	36.22

Under 14 Men 5 km.**Fastest Times:**

1. S Quirk	(Traralgon)	17.04
2. C Drake	(Williamstown)	17.11
3. L Matthews	(Essendon)	18.00
4. C Smith	(Frankston)	18.31

Under 16 Men 5 km.

Jeremy Vogrin	6 th	17.51
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Fastest Times:

1. D Miller	(Inv.)	16.12
2. M Blicavs	(Keilor St. Bern.)	16.25
3. R Geard	(Essendon)	16.43
4. R Cowley	(Glenhuntly)	16.58

Under 18 Men 10 km.**Fastest Times:**

1. R Matthews	(Essendon)	32.26
2. L Hennessy	(Glenhuntly)	32.55
3. K Wille	(Knox)	33.07
4. A Watson	(Ballarat Region)	33.12

Under 20 Men 10 km.

Brenton Rowe	3 rd	32.12
Michael Kenny	10 th	36.27
Matt Williams	12 th	37.15

Fastest Times:

1. B Ashkettle	(Doncaster)	31.27
2. S Crowther	(Knox)	31.41
3. B Rowe	(Geelong)	32.12
4. K Symons	(Glenhuntly)	33.41

Open Mens' 10 km.

Lee Troop	1 st	29.58
Rowan Walker	3 rd	30.00
Scott Rantall	12 th	30.57
Brett Coleman	30 th	32.11
David Wynn	50 th	33.13
Wes Benson	51 st	33.13
Nick Wightman	73 rd	34.18
Geoffrey Purnell	109 th	35.32
Hugh Thyer	111 th	35.32
Paul Wilson	155 th	37.02
Jamie Godwin	203 rd	38.17
Andrew Chalmers	214 th	38.38
Geoff Clark	262 nd	40.35
Neil MacDonald	265 th	40.52

Fastest Times:

1. L Troop	(Geelong)	29.58
2. T Rayner	(Glenhuntly)	29.59
3. R Walker	(Geelong)	30.00
4. M Chettle	(Glenhuntly)	30.10
5. L Adams	(Essendon)	30.12
6. R De Highden	(Doncaster)	30.13
7. M Michelsson	(Collingwood)	30.22
8. C Semple	(Glenhuntly)	30.29
9. M Brown	(Inv.)	30.52
10. W Niewoudt	(Doncaster)	30.53

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

Senior Men.

3. Lee Troop
2. Rowan Walker
1. Scott Rantall / Brenton Rowe

Senior Women.

3. Nadia Semjanov
2. Cheryl Boness
1. Kristen Wyatt

Junior Men.

3. Jeremy Vogrin

Junior Women.

3. Kate Sly
2. Breanna Ryan
1. Holly Lipson

THE BUSH INN AWARD

The winner of the Bush Inn Award for the Sandown Road Race is **Andrew Chalmers** for slashing over 2 minutes from his old P.B. for 10 kms. Andrew – I'm sure you will enjoy the Bush Inn's famous food and hospitality.

GEELONG REGION CROSS-COUNTRY TEAM TRIVIA NIGHT

When: Saturday 19th August. 7:00pm - 10:00pm

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

Why: This will be a fantastic night of **FUN FUN FUN** Also, this is a great way for all members to support our team, have a great night with your mates, while helping to raise much needed funds.

How much: \$10 for Adults / \$5 for Under 18
Tables of 8 will work best.

BYO Drinks and Nibbles
Tea and coffee supplied for supper

BUT THERE'S MORE!

Lee Troop will auction off his highly valued memorabilia from the Sydney and Athens Olympics. These highly valued collector's items will take pride of place in the lucky new owner's home so bring along some extra cash so you can make a bid.

**Put Saturday 19th August in your diary now as
this will be a WONDERFUL NIGHT.**

TICKETS ON SALE SOON.

RAU AND TROOP VICTORIOUS AT FRANKSTON CROSS - COUNTRY Saturday 3rd June

Despite heavy rain falling in Geelong on Saturday morning, by the time athletes had gathered in faraway Frankston, the skies had cleared and all was in readiness for some competitive racing over the deceptively tough Ballam Park cross-country course.

First up for Geelong was the 3 km. event, where Kelsey Rau decided to run up an age-group but still proved too speedy for her rivals on the way to recording a well-deserved victory. Great running, Kelsey.

In the highly competitive under 16 6 km. event, Kate Sly (3rd) and Georgia Scott (4th) both completed their longest-ever races in impressive fashion.

The largest Geelong women's team in our short history (8 athletes) lined up for the 4 km. event and with 14 year old Georgie Buckley (21st), Kristen Wyatt (22nd) and Nadia Semjanov (30th) all running strongly, our girls took out the teams' race, thus consolidating their position at the top of the Division Two Team Premiership. Well done, girls.

In his build-up for the Gold Coast Marathon, Lee Troop decided to run the Frankston 16 km. event comfortably for the first 8 km. before picking up the pace over the final two laps as he scooted clear of his rivals. Lee's splits for the 4 x 4 km. Laps were: 12.39 (about 30 - 40m off lead group), 12.56 (about 10m off pace) 12.30 (hit front) and then 13.12 (last lap longer as Lee finished on the track). Despite a heavy tumble on a slippery corner that may have cost him a medal, Rowan Walker ran well to finish 4th while a strong run from Scott Rantall gave Geelong's men a first, fourth and sixth placing. When all the individual placings had been calculated, Geelong's men took third place in the Team's event, once again hot on the heels of Glenhuntly and Doncaster – so far it has been 'close but no cigar!' for our Division One Men, but an elusive team win is not far away!

Under 14 Women 3 km.

Amy Stekelenburg	11 th	13.09
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Fastest Times:

1. K Tour - May	(Glenhuntly)	11.27
2. D Baulch	(Essendon)	11.48
3. E Rayner	(Essendon)	11.48
4. J Baulch	(Essendon)	12.12

Under 16 Women 6 km.

Kate Sly	3 rd	24.15
Georgia Scott	4 th	24.49

Fastest Times:

1. L Hall	(Essendon)	23.08
2. E Gangelhoff	(Essendon)	24.04
3. K Sly	(Geelong)	24.15
4. G Scott	(Geelong)	24.49

Under 18 Women 6 km.**Fastest Times:**

1. R Green	(Frankston)	22.07
2. E Clayton	(Frankston)	22.33
3. M Duncan	(Knox)	23.08
4. M Bell	(Frankston)	24.14

Under 20 Women 3 km.

Kelsey Rau	1 st	11.08
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Fastest Times:

1. K Rau	(Geelong)	11.08
2. B Nash	(Essendon)	11.20
3. R Menadue	(Essendon)	11.26
4. A Uys	(Frankston)	11.51

Open Womens' 4 km.

Georgie Buckley	21 st	16.00
Kristen Wyatt	22 nd	16.01
Nadia Semjanov	30 th	16.25
Taryn Rau	40 th	16.45
Pattie Galvin	49 th	17.04
Joanne Lambert	51 st	17.08
Cheryl Boness	58 th	17.19
Cathryn Hoare	68 th	17.36

Fastest Times:

1. L Weightman	(Knox)	13.53
2. S Michelsson	(Collingwood)	14.38
3. R Millard	(APS)	14.50
4. B Thomas	(Essendon)	14.57
5. J Edwards	(Glenhuntly)	14.59
6. M Murray	(Diamond Valley)	15.09
7. L Dick	(Ringwood)	15.11
8. A Worland	(Eureka)	15.12
9. S Grahame	(Box Hill)	15.13
10. B Dennett	(Glenhuntly)	15.18
11. T Austin	(Malvern)	15.20
12. R Barton	(Eureka)	15.23
13. L Allen	(Doncaster)	15.33
14. N Bardsley	(Western Aths.)	15.37
15. K Natoli	(Knox Ath.)	15.38

Under 14 Men 3 km.**Fastest Times:**

1. S Quirk	(Traralgon)	10.45
2. C Drake	(Williamstown)	11.01
3. L Matthews	(Essendon)	11.04
4. T Harrick	(APS)	11.32

Under 16 Men 4 km.**Fastest Times:**

1. M Blicavs	(Keilor St. Bern.)	13.49
2. R Geard	(Essendon)	14.15
3. A Davis	(Ballarat YCW)	14.18
4. L Rayner	(Essendon)	14.28

Under 18 Men 8 km.**Fastest Times:**

1. K Wille	(Knox)	27.05
2. A Watson	(Ballarat Region)	27.09
3. T Fawthorpe	(Ringwood)	28.20
4. A Howard	(Ballarat YCW)	29.13

Under 20 Men 6 km.

Matt Williams	D.N.F.
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Fastest Times:

1. S Crowther	(Knox)	19.18
2. S Vance	(Frankston)	20.05
3. M Brown	(Keilor St. Bern.)	20.46
4. S Zuliani	(Frankston)	20.47

Open Mens' 10 km.

Lee Troop	1 st	51.23
Rowan Walker	4 th	52.08
Scott Rantall	6 th	52.46
Brett Coleman	22 nd	55.29
David Wynn	32 nd	56.49
Wes Benson	41 st	57.29
Geoffrey Purnell	83 rd	61.52
Andrew Chalmers	157 th	67.04
Paul Wilson	174 th	68.24
Geoff Clark	216 th	71.54
Neil MacDonald	217 th	71.55

Fastest Times:

1. L Troop	(Geelong)	51.23
2. R De Highden	(Doncaster)	51.42
3. M Chettle	(Glenhuntly)	51.59
4. R Walker	(Geelong)	52.08
5. M Michelsson	(Collingwood)	52.18
6. S Rantall	(Geelong)	52.46
7. A Failla	(Doncaster)	52.53
8. R Jackson	(Knox)	52.56

9.	G Schmidlechner (Doncaster)	53.18
10.	J Kent (Collingwood)	53.52
11.	M Fedmowski (Mentone)	53.56
12.	D Ruschena (Glenhuntly)	53.58
13.	P Hulbert (Glenhuntly)	54.00
14.	L Gloster (Glenhuntly)	54.02
15.	A Patti (Doncaster)	54.12

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

Senior Men.

3.	Lee Troop
2.	Rowan Walker
1.	Scott Rantall

Senior Women.

3.	Kelsey Rau
2.	Georgie Buckley
1.	Kristen Wyatt

Junior Women.

3.	Kate Sly
2.	Georgia Scott
1.	Amy Stekelenburg

THE BUSH INN AWARD

The winners of the Bush Inn Award for the Frankston Cross – Country are **Kristen Wyatt** for her excellent run in the Open Women's 4 km. and **Sue Buckley** for her fantastic work on the Geelong Cross-Country Team website. Kristen and Sue – I'm sure you will enjoy the Bush Inn's famous food and hospitality.

AROUND THE TRACKS AND TRAILS

Many of our athletes lined up for the scenic (but very challenging) Great Ocean Road International Marathon and associated events on the weekend of 20 / 21 May. Well done to Lee Troop (2nd) and Rowan Walker (3rd) in the Half Marathon, Scott Rantall (2nd) in the Paradise Run and Brenton Rowe (2nd) and Holly Lipson (3rd) in the gut-busting Marriner's Lookout Run.

Marriner's Lookout Run (6.5km.)

1.	Julius Kimtai	21.10
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2.	Brenton Rowe	21.28
3.	Steve Page	22.23
7.	Darren Riviere	24.23
1.	Kate Seibold-Crosby	26.12
2.	Lynne Duthie	27.00
3.	Holly Lipson	28.50

Paradise Run (14km.)

1.	Steve Moneghetti	41.51
2.	Scott Rantall	43.02
3.	Liam Adams	43.19
11.	Geoff Clark	54.26

Half Marathon (23km.)

1.	Julius Kimtai	71.05
2.	Lee Troop	71.14
3.	Rowan Walker	71.58
5.	David Wynn	81.02
9.	Kerryn McCann	84.04
11.	Charlie El-Hage	84.57

Marathon (45km.)

1.	James Mugo Kariuki	2:43.51
2.	Campbell Maffett	2:50.49
3.	Neil Labinsky	2:53.36
36.	Steve Moneghetti	3:29.10

On May 20th, Craig Mottram successfully defended his title at the second annual Healthy Kidney 10 km, but narrowly missed a special \$10,000 record bonus. Surging early in the fourth kilometre, the Commonwealth Games silver medalist at 5000m quickly found himself alone, passing through the 5 km mark in 14:05, just slightly off pace for the Central Park record of 28:10 set by Kenyan Paul Koech in 1997. He was trailed by Kenyan Linus Maiyo and New Yorker Anthony Famiglietti by three seconds. But in the second half of the race, running into a slight headwind, Mottram extended his lead with every kilometre and the only matter left unsettled was whether he would get Koech's record and pocket the \$10,000 bonus. Mustering a strong sprint of less than 66 seconds for the final and uphill 400 metres, Mottram broke the tape in 28:13, just three seconds off the mark. Nonetheless, he smashed his event record of 28:28 set last year.

Craig was set to run the 2 mile event at the Prefontaine Meet in Oregon but has had a sore plantar fascia for a while so decided against running a hard track race in spikes, instead choosing to head back to London, then Ireland for regular treatment, before getting back into hard training. At this stage the plan is for no racing until July.

VICTORIAN ALL-SCHOOLS CROSS-COUNTRY CHAMPIONSHIPS

Bundoora Park
Saturday 17th June

A little closer to home, many of our junior athletes lined up for the Victorian All-Schools Cross-Country Championships at Bundoora Park on Saturday 17th June. These Championships serve as a selection trial for the Victorian Team to contest the Australian Cross-Country Championships in Hobart on August 26th, so large fields were the order of the day. Unfortunately, a few Geelong junior athletes were unable to compete due to illness. Congratulations to Georgie Buckley who was able to secure a hard-fought silver medal. All the best to Geelong athletes hoping to be selected in the Victorian Team.

Results: Geelong junior athletes in **bold type**.

Girls' Under 14 3 km.

1.	Keana Tour-May	10.58
2.	Siobhan Jagusch	11.07
3.	Danielle Baulch	11.15
33.	Meg Hockey	12.38
47.	Amy Stekelenburg	13.03

Girls' Under 15 4 km.

1.	Emily Paulin	15.04
2.	Georgie Buckley	15.22
3.	Laura Constable	15.30

Girls' Under 16 4 km.

1.	Linden Hall	14.25
2.	Grace Thek	14.38
3.	Brittany Nash	14.44
4.	Kate Sly	14.46

Girls' Under 17 4 km.

1.	Melissa Duncan	14.34
2.	Elise Clayton	14.41
3.	Melissa Bell	14.58
8.	Breanna Ryan	15.30
20.	Holly Lipson	16.19

Girls' Under 20 6 km.

1.	Sarah Grahame	22.30
2.	Zhoe Warrington	23.23
3.	Kate Cuk	24.00
8.	Chelsea Merry	25.29

Boys' Under 17 6 km.

1.	Tom Fawthorp	19.30
2.	Jamie Huggett	19.52

3.	Luke Hennessy	19.54
17.	Daniel Payne	21.46
31.	Tim Kilfoyle	22.59

Boys' Under 20 8 km.

1.	Chris Hamer	25.10
2.	Sam Crowther	25.20
3.	Matthew Gibney	25.44
21.	Matt Williams	29.40

RUNNER PROFILE

Hugh Thyer has been a valued member of the Geelong Region Cross - Country Team for a few years now but in the past, work commitments have sometimes reduced his time available to train and race. However, this year Hugh has been most consistent with his training and the results are starting to show so expect some top performances from our computer whiz during the 2006 Athletics Victoria Winter Season.

Hugh Thyer

Occupation I.T. Analyst

Age 31 **Date of Birth** 6 / 10 / 74

Height 170 cm. **Weight** 68 kg.

Married / Single Married to Elli. Two children – Erica and Ruby

Coach Rohan Perrott

Personal Bests

400m.	60.02
800m.	2.17
1500m.	Can't remember – too long ago!
3000m.	9.21
5000m.	16.43
10000m.	35.30
Half Marathon	87.14

Favourite Food Chicken

Food Eaten Before a Race Bananas

Favourite Drink Stella Artois

Favourite Movie "The Blues Brothers"

Favourite Book Hard to say but I'm reading "Chi Running" at the moment and it's very interesting.

Favourite Music / Band "Led Zeppelin"

Favourite TV Show "Curb Your Enthusiasm".

Favourite Night Spot Bed

Favourite Holiday Spot Anywhere overseas.

A Normal Training Week.

Mon. pm. 60 mins. Easy - Queens Park.

Tues. pm. 20 min. Warm-up.
'Mona' fartlek.
20 min. Warm-down

Wed. pm. 60 mins steady over hills.

Thur. pm. "Quarters Track Session" - 6 x 400 metres with 200 metre 'float' b/w.

Fri. pm. 25 mins. Easy

Sat. am. 20 min. warm-up
2 laps of Eastern Park hill circuit.
20 min. warm-down.

Sun. am. 100 - 120 min. long run.

Weekly Total 70 – 80 kms.

Other Training / Recovery Sessions.

"Massage once a fortnight."

Favourite Training Session "Tuesday's 'Mona' fartlek - a good, tough session! (if you're feeling good)"

Favourite Race "Charles Suffren or Daylesford Relays"

Best Ever Performances "Running 20.02 for the 6km. "Lap of the Lake" (Wendouree) in 1996"

Favourite Place To Train "Somewhere in the bush."

Toughest Ever Training Session "Running fartlek in 42 degrees heat last year – it nearly killed me!"

Most Admired Runners / People "Lee Troop, for all the support he gives to other runners and his determination to keep bouncing back to achieve his goals." **And** "Lance Armstrong, for his strong - minded dedication."

Advice to Other Runners "Train hard and always remember your goals, but don't forget to enjoy it!"

Goals for the Future

"To break all my existing P.B.'s, starting with the Sandown 10 km. road race."

Note: *Hugh missed breaking his 10 km. P.B. at Sandown by a 'bee's knee!'*

Anything else? "Typical stuff - I've been lost on a training run and in a race I've fallen over and badly cut myself in another race However, if you want a great laugh, listen to Rohan Perrott and Darren Riviere getting stuck into each other on a training run – they're like an old married couple! Finally, a big thank you to all the wives, husbands, partners, parents (and especially my wife!) for all their support while we're out there belting around the tracks and trails. I know at times they don't really understand why we want to do it but they're right behind us just the same!"

AN INTERVIEW WITH CRAIG MOTTRAM

Australian Craig Mottram will attempt to defend his title at the Healthy Kidney 10K in New York, New York on May 20. Mottram won last year's inaugural event in 28:28, the second-fastest 10K ever run in Central Park. This year, Mottram will try to break the Central Park course record of 28:10, set by Paul Koech in 1997. Mottram also won a much shorter road race in New York last year, September's Continental Airlines Fifth Avenue Mile. Mottram has already had a busy 2006. During the winter, he won the Reebok Boston Indoor Games 2-mile, set an Oceanic record for 2000 meters of 4:50.76 and placed second at 5000 meters in front of 70,000 hometown fans at the Commonwealth Games in Melbourne, Australia. Mottram, 25, was third at last year's world championship 5000 meters in Helsinki, and placed 8th in the event at the 2004 Olympics. His personal bests include 3:48.98 for the mile, 7:37.30 for 3000 meters and 12:55.76 for 5000 meters, all of which are Australian records.

MensRacing.com: Out of all the road races in the world you could be running, why are you returning to the Healthy Kidney 10K?

Craig Mottram: I had a good experience there last year. I liked being in New York—it was a lot of fun. And the race worked out well last year—two weeks later I won in Seville [in a world-class track 5000 meters], and this year I'm starting to get going again after the Commonwealth Games. So if it isn't broke, don't fix it.

MR: You've said that you want to break the Central Park course record this year. Last year, you ran 28:28, and Hendrick Ramaala and Meb Keflezighi were in the race. Who do you think can help push you this year to breaking 28:10, the course record?

CM: Last year, I wasn't after the course record. Last year, Meb and Hendrick weren't in the greatest of shape—Hendrick was coming back from the London Marathon—and we just kind of rolled through 5K, and I didn't start pushing until the second 5K. I'll probably have to do it myself, but I can do it.

MR: What do you have planned for after the Healthy Kidney race?

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

CM: I'm running the 2-mile at the Pre meet a week later, and then it's straight off to Europe to race the mile at Oslo. That's all I know at this point. After those races, we'll sit down and consider whether to keep racing or to have a bit more training before more racing in Europe. This is a different year than the last two years. For Australians, we've already had our major championships. The rest of the year is more about meeting personal goals.

MR: So your training right now isn't planned so that you peak at a certain time this summer?

CM: Not at this point. By the end of the European summer, I intend to have run fast at every distance this year—1500, 5K, 2K, 3K. But like I said, we'll get through Oslo and then sit down and decide whether I need more training or to keep racing. I'm going to concentrate more on racing the 1500 and 3K, because that will complement my 5K the next couple of years.

MR: Have you set time goals for those shorter events?

CM: I want the Australian records in all of them. In the 1500, that's 3:31.6. [Mottram has run 3:34.80.] I have the mile and 3K records, so in the 1500, I want as close to 3:30 as I can, and in the 3K as far under 7:30 as I can. I might have a go at another 5K in Europe, but it's not a priority for the rest of this year.

MR: How did you change your training this year compared to the last few years, so that you would be in sub-13:00 5K shape for the Commonwealth Games in March?

CM: The Commonwealth Games were the major focus of the year for me and most Australian athletes. To be ready for it, I did more stuff on the track than I normally do at that time of year. But to be honest, if I need to be, I'm never more than six weeks away from being in sub-13:00 shape. So we just moved that time frame forward. That doesn't mean I can't do it again in the same year.

MR: I was going to ask about that. It seems like you're ready to run good races at a variety of distances no matter what time of year it is.

CM: Yeah, I'm fit pretty much all year round. At the end of the European season, I rest a bit, but I still run every day, because I like going out for a run and I just like feeling fit. There's no point in the year when I'm not fit or I'm putting on weight or anything like that.

Your observation that I'm in good shape for several distances throughout the year is because my aerobic

fitness is good all year; the base is always there. The basic principle is a lot of running, longer reps and pace runs. There are maybe only six weeks in the year when I'm not at 150 to 170 kilometers for the week. I don't go much below 140 kilometers a week even when racing in the European summer. Our year runs 12 months—we have commitments in the Australian summer, when it's winter here. So I'm not someone who lets the volume drop much throughout the year.

MR: Right now you're in Boulder. What training are you emphasizing there?

CM: Mostly base work, getting stronger. It's difficult to do quality stuff on the track up here [at 5,000 feet of altitude], so we're doing a lot of pace runs and longer hill reps.

MR: By "pace runs" do you mean threshold work?

CM: Yeah.

MR: What's an example?

CM: The other day we did three times 15 minutes, with a one-minute jog between.

MR: On what? Road? Track? Trail?

CM: It was on a pretty flat dirt path, soft surface. Each one, the first five minutes were at a heart rate of 165, then the next five minutes at 170, then the last five minutes at 175. That, of course, is very individual, what heart rates you run at. But the amount of work is pretty standard for pace runs, somewhere between 30 and 50 minutes of work.

MR: What's your max heart rate?

CM: That's a good question. I haven't had it tested in awhile. I know I can keep it in the mid to high 190s for a long time. After awhile, the pace runs are as much feeling that you're working at the right effort as opposed to looking at a number on a piece of paper.

MR: Your biggest races are mostly of two sorts—the time-trial type of meets where you're trying to run as fast as possible, and the major championships, where place is most important. In the championship races, you have to be able to surge and counter moves and things like that. Do you practice those tactics in training, like purposefully getting boxed in during a track workout?

CM: That is very difficult to simulate in training. The key is to be super fit and ready to deal with whatever happens in the race. A lot of people say you have to

super quick to medal in championship races. But in Helsinki, we ran the last lap in 53. That's not super quick. The fitness and strength have to be there so that you can get through the first 11-and-a-half laps. I don't care how quick you are if by the last lap you've lost your ability to sprint. So the basic thing is to be fit and strong. The races give you that little extra quickness.

MR: What about altering the pace of repeats in a workout to simulate surging and recovering?

CM: Not in the middle of repeats, no. But say we're doing kilometer repeats on dirt. We'll do eight or ten, and maybe do the fifth and seventh ones 15 seconds faster than the rest.

MR: Who's in your normal group?

CM: Benita Johnson, Andrew Letherby—that's where I am now, at his place in Boulder. And we have a good group back in Melbourne. You wouldn't know their names, but they're guys who are always fit. When we're in London, our coach tries to bring a couple of them over to keep us company and bring some normality to things.

MR: So how much running do you do on your own?

CM: None. I have a guy who rides his bike with me, Gary Henry, a retired runner. He lives with me when I'm in London and Australia, and he rides his bike alongside me and tells me stories and makes me laugh. I don't mind running by myself, but we're trying to do things no one has ever done before. It can be a grind. It's good to have someone there to give me a kick in the ass or tell me I'm doing the right thing.

MR: How much of the year are you at altitude?

CM: I probably spend about four months out of the year at altitude. In Australia, there's a place called Falls Creek—that's my favorite place in the world to train, and I try to spend as much time there as I can. In April and May, I'm usually at altitude for four weeks, like I am now.

MR: I've been to Iten, Kenya, and have run with Augustine Choge [who defeated Mottram at the Commonwealth Games in March]. I couldn't believe how slow we were going on recovery runs. Do you do that?

CM: We always run slowly. That's why you have your [hard] sessions. Recovery runs are just that—recovery runs. I train a lot of the time with girls, and they drop me some of the time. They're just able to get rolling sooner than I am.

MR: Not a lot of people here in the States do that.

CM: Not a lot of them are doing 110 miles a week for most of the year, either. Do that and you'll get sore and tired and fatigued. It becomes more of a survival thing. You usually feel better at the end than at the start.

MR: Tell me a little about your background in triathlons.

CM: I was doing them starting in 1993, for five-and-a-half years. I ran when I was a lot younger, in what in Australia is called Little Athletics. I stopped doing that after my family moved a couple hours away from where we'd been. So when I started doing triathlons, I was sort of a runner first. I wasn't the best in the world, but I was pretty good at it. Then, in Australia, year 12 in school is when you take exams for university, and I started running into time constraints with training for triathlons—getting up at 4:00 or 5:00 to swim, riding before and after school, and running was too much. But I could find time for running. In that year, Nic [Bideau, his coach and manager] came back from London and saw me run and said, "You want to make a go of it?" That was at the end of '98.

MR: Do you ever miss swimming and cycling?

CM: I still do some occasionally. After the 2004 Olympics, I went back to Australia and was taking a break for five weeks, so I trained for a triathlon in Australia, the Noosa triathlon, an Olympic-distance triathlon and the second biggest triathlon in the world. I won the open category. I petitioned to compete in the elite category, but they wouldn't let me, I reckon because they thought I would win that, too.

MR: Was how active you were pretty normal for an Australian of your generation?

CM: I was probably more active than most, especially with the triathlon training. We were always encouraged to be active and participate in sports. I did runs with my dad when I was young, and I tried every different sport.

MR: You come out of a long Australian distance-running tradition, and as with most other countries of European descent, there's not the depth in Australia that there used to be. Why do you think that is?

CM: Well, that's the million-dollar question everybody wants to know, isn't it? I'd say part of it is that there are so many opportunities to earn money besides running. Running is probably the most difficult sport

in the world to be at the top of, because everybody does it. In Australia—and maybe it's that way here, too—a lot of the funding goes to the younger athletes, and they tend to forget that the junior athletes are going to become senior athletes. So there's funding for the youngest athletes, but then when they're 15 or 16 years old, there's no support, and they go off to other sports. But I don't really know. We have better facilities, better knowledge, and better access to what we need to succeed. We should be doing a lot better than they were 20 years ago or whenever.

MR: Was there a specific incident where you thought, "Hey, I can run with these guys, the very best in the world"?

CM: You mean the Africans, right?

MR: Sure.

CM: Yeah, when I was born. I'm lucky that I wasn't running in the '80s and early '90s when the Africans started dominating. I never learned I was supposed to be intimidated. I always assumed when you line up, you line up to try to win the race. A lot of people weren't—maybe they were trying to be the first of non-African descent across the line. It was definitely not bred into me that I couldn't compete against them. I didn't even know I was supposed to be afraid of them when I ran the junior world cross-country championship in '99. It's never been "us" versus "them" for me. In '99, it was just a race, and it still is.

By [Scott Douglas](#)

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