

# STATE ASSOCIATION UPDATES

## TASMANIA

By Catherine Phillips

The Tasmanian Cross Country team enjoyed one of their most successful national championships in recent years, in Adelaide recently, with the highlight the selection of two team members in the School Sport Australia team to compete in the ISF World schools cross country championships in Italy next year.

Launceston's Libby Clarke, a national 2000m steeplechase medallist was selected in the 6 member girl's team, and Hobart's Elyse Jenkins was chosen as one of the four reserves.

Other highlights for the team were Camilla Whishaw's bronze medal in the Under 20 women's 6km, and Megan Hoare's gold in the Under 20 schoolgirls time trial. The Under 20 boys team of Alex Humphrey, Jared Arnol, Michael Neilson and Geoff Cassidy were also thrilled with their bronze in the team's event.

The Tasmanians were delighted to finish 5<sup>th</sup> overall on cross-country points in the school's events, ahead of WA and ACT.

This is in no small part due to the efforts of Athletics Tasmania in building up participant levels in the state All Schools championships and selections trials at Symmons Plains where numbers are expected to reach the 2000 mark within the next few years.

Athletics Tasmania will be delighted to welcome all states and territories to the 2006 National cross country championships and exchange. While several great courses are currently under consideration it is likely that the venue will be in Hobart where we are sure the competitors and their families will enjoy Tasmanian produce, scenery, hospitality, a well-organised event (and the lovely weather!)



The Tasmanian U/20 team.

## VICTORIA

By Victorian Athletics

While Craig Mottram's World Championships bronze medal stands out, there has been a depth of exceptional performances. Among them are: Victoria Mitchell's 2nd in the 3000 steeplechase at the World University Games; Georgie Clarke's 1500m Personal Best of 4:06.50 in Rome; Katherine Katsanevakis' 3rd in the 800m at the World Youth Championships; and Mark Fountain's 3:53 mile and 3.33 1500m. However, despite a large contingent of our elite runners absconding to Europe, numbers have still been exceptional for Athletics Victoria's Winter Season.

Over 500 athletes competed at the Albert Park Road Race towards the end of June, with Louis Rowan taking out the men's 15km (45:57) and Lisa Jane Weightman winning the women's 15km (53:09). The junior girls again put on a finish spectacle in their 5km event, with Sarah Graeme (17:05) pipping Rachel Green (17:08) and Elise Clayton (17:09).

The following race at Sandown coincided with the descent of frosty winter weather. Ballarat YCW, accustomed to the chill and aided by the brilliant performance of Steve Moneghetti (18:03), took top honours. Only generation-next's Collis Birmingham (17.52) stood in the way of 'Monas' recording the fastest split. Sandringham triumphed in the women's event, with Glenhuntly in second. Susie Power recorded a swift 20.01, a time that would have been competitive in the men's event. From Susie Power to Susan Michelsson, who, a fortnight later, took out the 8km Bundoora Cross Country Championships (26:55), from the perennially consistent Lisa Jane Weightman (27:03) and Kate Seibold-Crosbie (27:17). Newly elected Athletics Victoria President was true to her form, winning the 40-44 years women 8km (30:53). Simon Field (34:51) won the men's 12km event, with Scott Rantall (35:30), back from college in America, again amongst the place-getters. Marathon-man Nick Harrison (51:34) triumphed in the Frankston 16km cross country, while Lisa Jane Weightman (13:34) reversed the previous round's result to narrowly defeat Susan Michelsson (13:40) and Kate Seibold-Crosbie (13:44)

Weightman leads the field in the Vic 4km



Image courtesy of Athletics Victoria

in the Women's 4km.

A short training break and it was back into top gear for the Harcourt to Bendigo Long Relay. Glenhuntly conquered the 48.8km trek with a convincing win over Box Hill in the Division One men. Doncaster's Division Two team ran strongly to finish 30 seconds behind Glenhuntly and over 12 minutes ahead of second placed Division Two team Collingwood. The Doncaster women also ran strongly to be first across the line in the 32.3km women's race.

The season reached its climax with the Australian Cross Country Championships in Adelaide, where the flat Victoria Park Racecourse witnessed a cavalcade of outstanding Victorian performances. Susan Michelsson (28:27), Kate Seibold-Crosbie (28:30) and Anna Thompson (28:40) were the first three Australians across the line in the Women's 8km, while David Ruschena (37:23), Mark Tucker (37:34) and Scott Rantall (37:54) finished in the top ten in the men's 12km. In the U/20 men's 8km, the Victorian quintet of Toby Rayner (25:06), Liam Adams (25:29), David McNiell (25:47), Brenton

Rowe (26:07) and Steve Kelly (26:18) were dominant. Only New Zealander Andrew Haigh (25:57) prevented the boys filling the top five places.

In the junior girls, Rachel Green (U/18) and Linden Hall (U/16) both picked up silver, while Matthew Coloe (19:15), Chris Hamer (19:16), Mitch Frey (19:20), Matthew Bayley (19:29) and Ben Ashkettle (19:47) all finished top ten in the U/18 6km.

Although the Tan Relays (September 18) and Frankston-Albert Park marathon (October 9) are yet to be run, the Track and Field season is already well underway for many school athletes. For everyone else, it is not far away. The Athletics Victoria Skins Meet on Thursday September 29 is set to be an evening of fun and fast paced

athletic action. Athletes will compete in unconventional elimination style events for prize money. Also on the night will be the Runners World Mile, which is open to all runners of all abilities (including non-members). Entry forms can be downloaded from [www.athsvic.org.au](http://www.athsvic.org.au).



NSW

The NSW short course cross country was again held at Mt Penang Parklands recreation facilities in Kariong. These facilities have been developed by Gosford City Council over the last 5 years. The cross-country course has many twists and turns which the 425 runners found

challenging. The racing there attracts teenagers and other newcomers to the sport, as well as some evergreens. In the open women's race, Jane Miles from Sydney University was a convincing winner in the women's event from Belinda Wilsher and Lucinda Chapman. At the back of the field, enjoying an afternoon in the sun, was Seoul Olympic 400m finalist Maree Holland.

The men's race consisted of 7.5 kilometres over 3 laps, was won by Glen Guzzo. Glen, a surprise winner of the NSW 5000m track championship last summer, is a member of the Sydney Striders Club. At 30, a relative newcomer to running in and around Sydney, Glen has done more racing on the road than on the track or cross country. Jeremy Roff from the Randwick Botany Club, twice the NSW 1500 metre champion on the track, was almost 60 seconds behind in second place. A hundred and eighty four places back from Glen at Mingara was Dennis Joliffe, a stalwart of the St George Club, who was the NSW triple jump champion in 1959.

There was an interesting sisters act at the Athletics NSW Short Course Cross Country Championships on July 16. In the 3.5km race for girls the sisters Brooke and Kerrie Simpson and 15-year-old twins Jenny and Kate Condor won the teams race for their Sutherland Club. Six weeks later in Adelaide Brooke Simpson won the Australian 18 and 19 years cross country championship over 6 kilometres, a clear 14 seconds ahead of the second placegetter. However in Gosford, Brooke finished 9 seconds behind by Wenona Year 12 student Lucy Starrat. Lucy races with the Sydney Pacific Club and is frequently seen running on the golf course at Roseville. A local athlete, Ben Guest, of the Gosford Club, won his 5 kilometre race comfortably at Mt Penang and went on to win the National 16 and 17 years cross country championship on Victoria Park Racecourse in Adelaide. Ben is a year 11 student at Kincumber High. Complete results can be found on the Athletics NSW website [www.nswathletics.org.au](http://www.nswathletics.org.au)

**Open Placegetters**

Men - 7.5km	
1. Glen Guzzo	23.43
2. Jeremy Roff	24.37
3. Clinton Mackevicius	24.47

Women – 5km	
1. Jane Miles	19.17
2. Belinda Wilsher	19.28
3. Lucinda Chapman	19.41

Victorian 16km



Image courtesy of Athletics Victoria