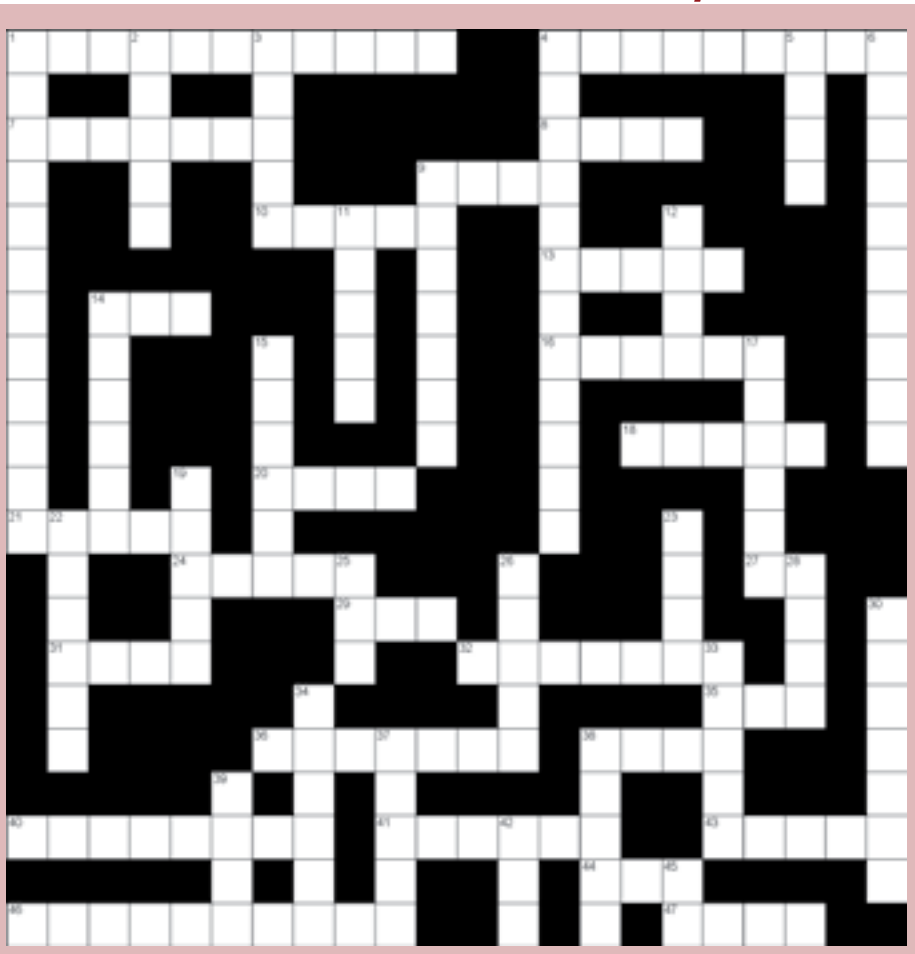
CROSSWORD Think you know a bit about running?



Across

1. American track great, died aged 24.
4. First name of a former British great, now a lord.
7. First name of former marathon world record holder "da costa".
8. First name 1952 Olympic 10000m gold medallist.
9. If you are running fast you might be "in the ….".
10. The night before a marathon will often have a ….. Party.
13. 2nd man under the 4 min mile barrier.
14. First name great Kenyan Keino.
16. First name 1984 Olympic marathon winner.
18. Benita Johnson's maiden name.
20. First name female Victorian featured in R4YL issue 2.
21. Popular speed work session for marathon, ….. 800's
24. City to Surf finishes at ….. Beach
27. Initials of Sydney Striders president mentioned in issue 1.
29. Surname of 4 across.
31. Aussie 100m runner, Joshua ...
32. Great Kiwi runner of the 1960's, Murray …….
35. First name of the mayor of the Gold Coast, also a handy runner.
36. 'Speed play' training format.
38. To be a good racer you need to judge your ….
40. Tanzanian multiple City to Surf winner.
41. Former winner City to Surf, still racing and winning regularly in NSW.
43. Publisher of this mag won the 2005 six foot …..
44. Number of times Los Angeles has hosted the Olympic games.
46. Victorian Husband and Wife, Magnus and Susan .....
47. Number of times an Aussie has won male World Cross Country.

Down

1. Herbs crazy coach.
2. First name Olympic Marathon champ 1972.
3. Aussie Marathoner from Victoria.
4. Martin Dent's former event.
5. Distance runners often need to monitor this important mineral.
6. Country that was home to Olympic great Snell.
9. Surname 5000m Olympic champ 1952.
11. Surname Portuguese 1500m male runner.
12. First name 1500m male world champs silver medallist 2005.
14. World Record Holder 24 hour run.
15. Womens City to Surf champ 2005.
17. One of the muscles in your calf.
19. First name former 10000m world record holder who married Aussie Lisa Martin.
22. First name Aussie winner of Commonwealth Gold 5000m 1990.
23. Drink associated with Harrier clubs post run session.
25. Useful if you sustain an injury.
26. One of these is located at every Olympic stadium.
28. First name first ever female Olympic marathon champ.
30. Japanese marathon.
33. ….. North Run.
34. Canberra Ultra legend featured in issue 1.
37. What runners do most days.
38. Home of the other City to Surf
39. What you might do to an orange after a run.
42. What R4YL subscribers received with issue 2.
45. If you are not off you are ..

Issue 2 solution: