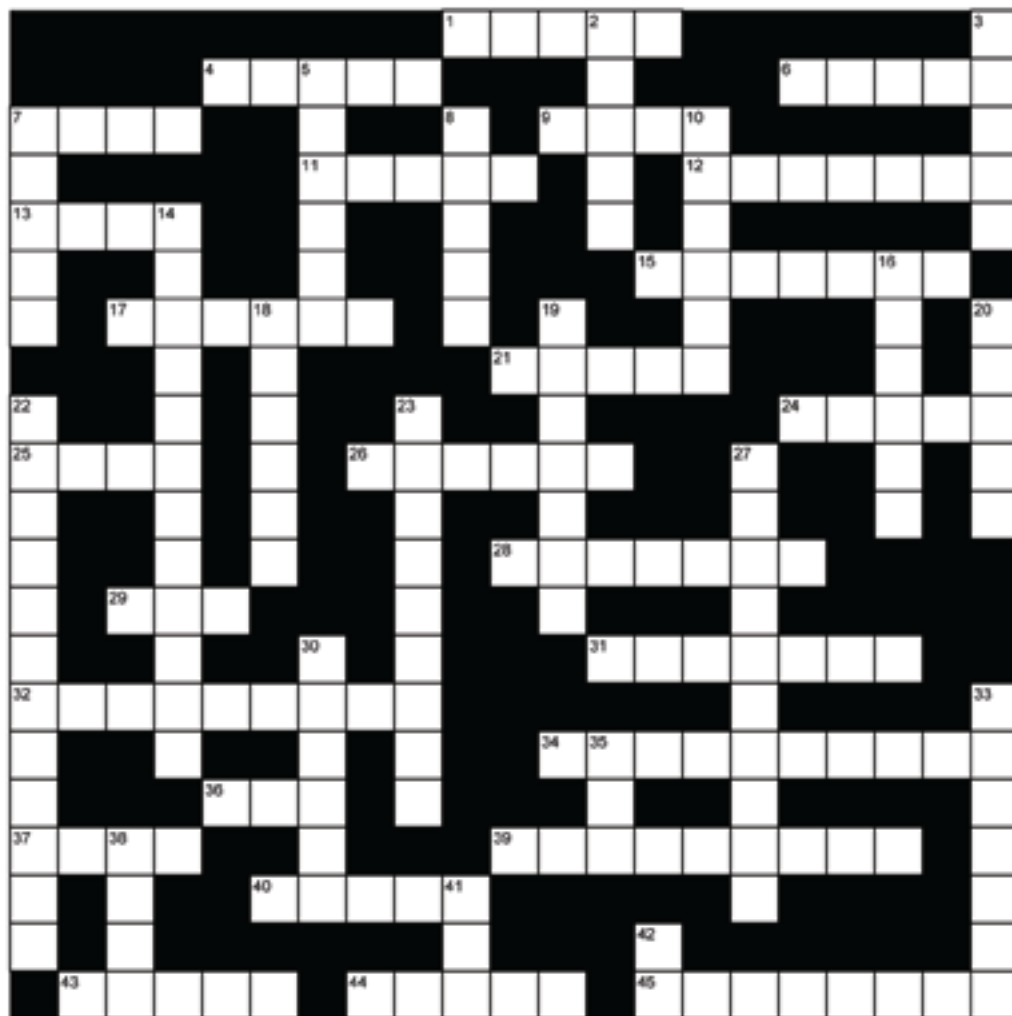


CROSSWORD *Think you know a bit about running?*



- 5 The longest running city marathon in the world
- 7 The night before a marathon will often have a Party.
- 8 One of England's best milers of recent time, Steve
- 10 To be a good racer you need to judge your
- 14 Women's City to Surf Champion in 2005.
- 16 First name of Australian winner of Commonwealth Gold 5000m 1990.
- 18 Benita Johnson's maiden name.
- 19 Surname 5000m Olympic champ 1952.
- 20 City to Surf finishes at Beach.
- 22 Australia's biggest off road marathon
- 23 Winner of the Sydney Olympics 1500m.
- 27 Former winner City to Surf from NSW
- 30 A common table form of caffeine
- 33 Both Men's and Women's World Records have been set at this city marathon recently
- 35 First name of a mayor of the Gold Coast, and also a handy runner in his time.
- 38 Number of Australian Marathon titles won by Steve Moneghetti.
- 41 The number of times Pat Carroll has won the Gold Coast Marathon.
- 42 If you are not off you are ..

ACROSS

- 1 A Competitive person always wants to be
- 4 First name former 10000m world record holder whom married Aussie Lisa Martin.
- 6 An essential when running in hot weather, but do not take too much or you might die!!!
- 7 The big pussy cat shoe brand
- 9 How many Australia athletes have run sub 2.10 for the marathon.
- 11 Surname Portuguese 1500m male runner.
- 12 Famous Japanese marathon.
- 13 What most runners will put on their foot before a shoe.
- 15 Australia's 5000m record holder.
- 17 American runner who won the 1998 City to Surf, Dan
- 21 Former Kenyan 1500m runner now running for USA, Bernard
- 24 City that hosted the 1997 World Cross Country Champs
- 25 Distance runners often need to monitor this important mineral
- 26 Surname of World Record Holder for the 24 hour run.
- 28 Country that held the World Cross Country in 2001 and 2004.
- 29 Useful if you roll your ankle to reduce swelling.
- 31 First name former marathon world record holder "da costa".
- 32 The distance of a half marathon in kilometers (2 words).
- 34 The largest half marathon conducted each year in Great Britain (2 words).

- 36 The illegal substance most likely to be used by drug cheats in distance running.
- 37 First name female Victorian featured in R4YL issue 2.
- 39 The surname of former world recorder holder in the marathon from the USA.
- 40 Muscle which pumps blood around the body.
- 43 Home of the other City to Surf.
- 44 Recent Australian Marathon representative from Geelong.
- 45 Tanzanian multiple City to Surf winner

DOWN

- 2 After a hard session, you may end up and sore
- 3 Comes in white, brown and multigrain.

R4YL

