

Top Aussie Performance

The Top Aussie Performance (TAP) for this issue was a close call between two of our female marathon runners. Kate Smyth and Lauren Shelley both turned in big personal bests to put themselves in contention for the commonwealth games team, but the TAP this issue has gone to Kate Smyth for her outstanding effort in the recent Chicago marathon.

Kate, now based in Melbourne, was originally from Orange in country NSW and had a break from running after high school only to return to the sport in 2000. It was whilst watching the Sydney Olympic marathon that provided the inspiration for Kate to return to the amazing sport of distance running. Formerly coached by Dave Bullock and currently coached by Shaun Creighton, Kate is now reaping the rewards of several years of hard work. However, her latest result did not come without some additional sacrifice. To assist her chances of gaining selection in the Commonwealth Games team, Kate more than a month training in Boulder, Colorado, before the Chicago marathon. Going into Chicago Kate's personal best was 2.39 and she would have been considered by most to be an outside chance of gaining selection in the Commonwealth Games team. But those close to Kate knew that she had stepped up to a new level in her training and things had indicated a big personal best was on the way.

Running the race without a watch, Kate could only assume that the clock at halfway was incorrect, showing 74.30 (30 seconds faster than her half marathon personal best) as she continued on her way. Indeed, she had passed through the first 10km in close to her personal best for that distance as well.

A slightly slower second half of 79.10, was enough for Kate to finish in 9th place, running 2.33.41. This great run has Kate ranked as the 4th fastest Australian women marathoner and depending on individual preferences may be enough to see her fulfil a dream of competing in the marathon at the Melbourne Commonwealth Games.

Congratulations Kate from R4YL and best of luck for the future.



Kate Smyth competing in the 2004 Noosa Half Marathon - Photograph courtesy of Supersport Images www.supersportimages.com

Runner's Quiz

Compiled by Wayne Bristow.

1. Shaun Creighton has held Australian Open Records in which events?
2. Who was the first female competitor at the 2005 City to Surf?
3. Who holds the Men's Record at Canberra Marathon?
4. Paul Tergat won which International Marathon in 2005?
5. Martin Dent won which Australia Title in 2005?
6. Who are Australia's current female National Champions over 1500m & 5000m?
7. Australia sent 1 female & 1 male athlete to the 2005 World Half Marathon, who were they?
8. Which Distance runner was named 2005 Track & Field Athlete of the year?
9. Name the Men's & Women's winners of the 2005 Melbourne Marathon?
10. Lee Troop has been the Australia Record holder in which event?

R4YL

Last issues answers:

1. Hissuo & Ondeki
2. Kate Anderson 1998
3. 3000m & 5000m
4. 5000m
5. McCann, Turland, Martin
6. 4
7. 3000m
8. Amsterdam
9. Pat Scammell
10. Daniel Green & Emma Murray