

# Top Aussie PERFORMANCE

**I**N Australia, we often see brilliant performances from female athletes that are still teenagers, only to have these athletes disappear into a black hole and not continue in the sport, or struggle to match their junior performances as seniors. In recent times it has been tremendous to see the likes of Suzy Walsham and Georgie Clark, match or better their outstanding junior performances and now it is with great pleasure that we are able to add, Eloise Wellings to the list.

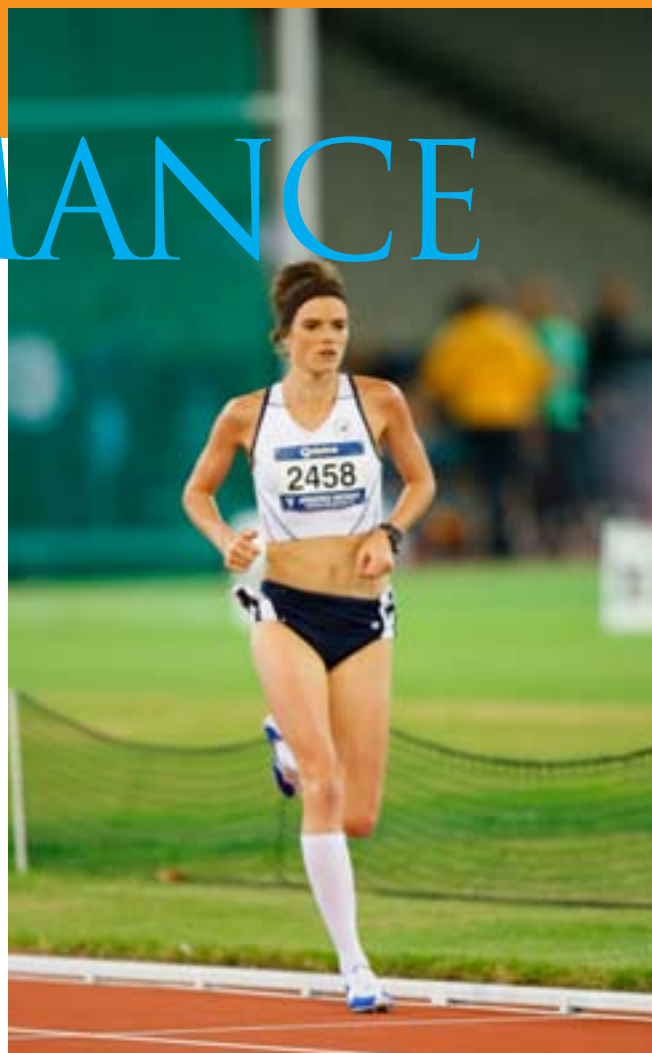
At just 17 years of age, when she was still Eloise Poppett, Eloise had notched amazing performances for 3000m (8.56) and 5000m (15.18) and in 1998 had run the fastest time in the world for an Under 17 3000m. However, injuries and difficulties took over and for seven years Eloise fought to regain the brilliant form she displayed as a junior, but now she is back.

In the recent Sydney Track Classic

5000m, Eloise stormed to victory in front of Victoria Mitchell and Kerryn McCann, to again be on the better side of 15.30. Yet this was just a prelude of things to come. The Australian championships provided a stage for Eloise to again show her rediscovered form and she convincingly ran away from the small but quality field to win the Australian title in 15.28 and secure her place on the Commonwealth Games team, but she still wanted more.

Travelling to Melbourne to run in the Victorian Championships at Australia's newest athletics track, the MCG, Eloise showed exactly how much fitness she has regained. She blitzed the field and went on to run a personal best time of 15.16. A terrific first run at the MCG, a great sign of things to come for this 23 year old and more than enough to earn Eloise the Top Aussie Performance for this month.

**RAYL**



Courtesy Athletics Victoria and Kids Klix

# RAYL QUIZ

## Issue #5 Questions:

- 1 What place did Craig Mottram finish in the 2002 Commonwealth Games 5000m?
- 2 Youcef Abdi and Kris McCarthy both finished what place in their events at the last Commonwealth Games?
- 3 Distance great Steve Cram won the 800m and 1500m double at which Commonwealth Games?
- 4 Australian Marathoner Mal Norwood ran what double at the Commonwealth Games?
- 5 How many Commonwealth Games has Steve Moneghetti won medals at?
- 6 Which female athlete competed in the 10000m for Australia at the 1994 Commonwealth Games and in Triathlon for England at the 2002 Commonwealth Games?
- 7 Who was the last Australian to win a middle/distance track event at the Commonwealth Games?
- 8 Tony Manning won which event for Australia at the 1970 Commonwealth Games?
- 9 Andrew Lloyd won the 5000m at which Commonwealth Games?
- 10 How many Australian athletes have won both Commonwealth Games and World Championship medals in distance running events?

## Last issue's Answers:

1. Shaun Creighton has held Australian Open Records in which events? **3km Steeple, 3000m and 10000m**
2. Who was the first female competitor at the 2005 City to Surf? **Kerryn McCann**
3. Who holds the Men's Record at Canberra Marathon? **John Andrews**
4. Paul Tergat won which International Marathon in 2005? **New York**
5. Martin Dent won which Australian Title in 2005? **National Cross Country**
6. Who are Australia's current female National Champions over 1500m & 5000m? **Sarah Jamieson & Benita Johnson**
7. Australia sent 1 female & 1 male athlete to the 2005 World Half Marathon, who were they? **Lauren Shelley & Brett Cartwright**
8. Which Distance runner was named 2005 Track & Field Athlete of the year? **Bekele**
9. Name the Men's & Women's winners of the 2005 Melbourne Marathon? **Nick Harrison & Sherryn Rhodes**
10. Lee Troop has been the Australian Record holder in which event? **5000m**