



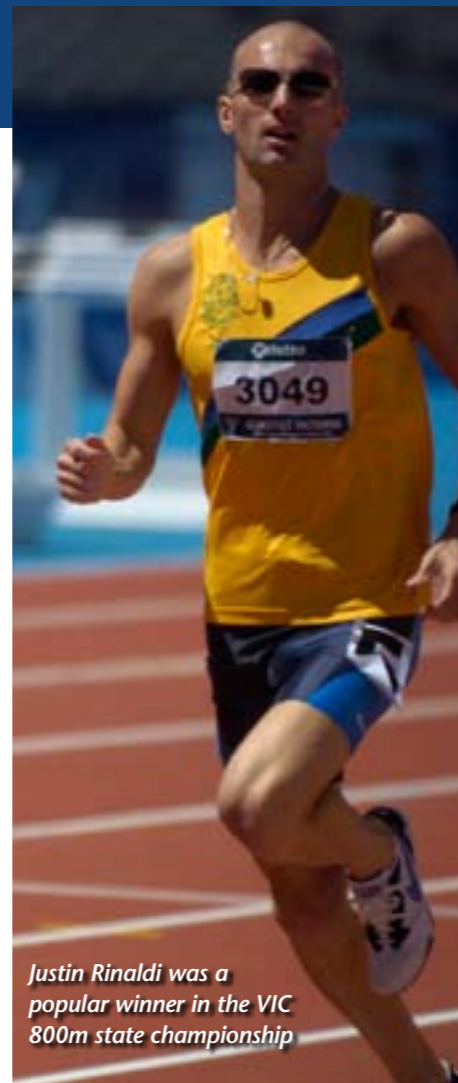
THE four minute mile has always been a magical barrier in middle distance running. While no longer thought to be the physical limit of the human body, the unsuccessful quests of Jack Lovelock, Sydney Wooderson and Swedish fartlek pioneers Arne Andersson and Gunder Hagg are tribute to the elusiveness of the barrier.

52 years ago Melbourne's own John Landy broke the world record with a run of 3:58.0, beaten to the magic milestone by less than two months by Great Britain's Roger Bannister. On Saturday February 18 in the AA Invitational Mile, despite being over 10 seconds off his personal best, Craig Mottram captured the magic of the mile by flying to the finish in 3:59.84,

“moving into the home straight, Rinaldi parted the pack with Moses-like grace to storm home...”

a mere dip of the chest under the famous four minutes.

It was a performance suitably introduced to the 7000 strong MCG crowd by a brilliant 4:29.15 victory for crowd favourite Sarah Jamieson in the women's mile. Accompanied by an awe-inspiring roar better associated with a footy match, track & field fans staked their claim to the 'G as Jamieson surged home



Justin Rinaldi was a popular winner in the VIC 800m state championship

Courtesy Athletics Victoria and Kids Klix



The hot women's field in the Victorian Invitational Mile

Courtesy Athletics Victoria and Kids Klix

Victorian Open Championships

Men's 800m

1. Rinaldi, Justin 1.50.27
2. Riseley, Jeffrey 1.50.47
3. Hammond, Matthew 1.50.69
4. Toohey, Nick 1.50.92
5. Dowling, Frazer 1.52.85

Men's 1500m

1. Norton, Tim 3.51.53
2. Frey, Mitchell 3.51.83
3. Marsh, Julian 3.52.16
4. Page, Grant 3.52.80
5. Woodman, Brendan 3.54.22

Men's 3000m Steeple

1. Stokes, Stuart 8.41.37
2. Russ, Jayden 8.57.66
3. Schmidlechner, Grant 9.04.39
4. Mctaggart, Scott 9.07.10
5. Ashkettle, Benjamin 9.08.39

Men's 5000m

1. Farah, Mo 13.40.79
2. Nowill, Peter 13.50.45
3. Dent, Martin 13.53.96
4. Bandi, Philipp 13.59.27
5. Vogeli, Daniel 14.12.97

Women's 800m

1. Pedley, Kate 2.10.02
2. Surka, Daina 2.10.43
3. Donnelly, Nikki 2.11.24
4. Worland, Anna 2.11.76
5. Mcknight, Kaila 2.12.13

Women's 1500m

1. Seibold-Crosbie, Kate 4.28.79
2. Fyfe, Karinna 4.31.87
3. Worland, Anna 4.33.46
4. Dickson, Sophie 4.33.47
5. Green, Rachel 4.34.79

Women's 3000m Steeple

1. Macfarlane, Donna 9.39.11
2. Mcilroy, Kate 9.41.43
3. Anker, Jo 10.07.64
4. Forlong, Rebecca 10.09.83
5. Grahame, Sarah 10.37.50

Women's 5000m

1. Wellings, Eloise 15.16.60
2. Rilen, Emma 15.45.46
3. Thompson, Anna 15.46.64
4. O'sullivan, Sonia 16.17.45
5. Bonasera, Tiffany 16.19.36

VIC Invitational

Men's 800m

1. Mcilroy, James 1.47.54
2. Bromley, Nick 1.48.24
3. Renshaw, Lachlan 1.48.64
4. Ridgewell, Ross 1.49.99
5. Krumins, Andrew 1.50.05

Men's Mile

1. Mottram, Craig 3.59.84
2. Rowan, Louis 4.01.55
3. Blincoe, Adrian 4.01.80

Women's 800m

1. Simpson, Brooke 2.07.49
2. Sigmont, Erica 2.07.56
3. Tye-Smith, Alicia 2.07.97
4. Allen, Libby 2.08.12
5. Molan, Veronique 2.08.48

Women's Mile

1. Jamieson, Sarah 4.29.15
2. Corrigan, Lisa 4.31.08
3. Rollison, Melissa 4.31.88
4. Johnson, Benita 4.32.61
5. Macfarlane, Donna 4.34.37

ahead of promising youngsters Lisa Corrigan and Melissa Rollison and former World Cross Country Champion Benita Johnson.

In terms of spirited victories at the Victorian Championships, however, it was hard to go past the captivating win of Victorian stalwart Justin Rinaldi in the final of the 800m. The ever-charismatic Rinaldi sat comfortably at the back of the pack for the first 650m before flying round the final bend in a sudden change of gears. Moving into the home straight, Rinaldi parted the pack with Moses-like grace to storm home and record a popular victory in a season's best time of 1.50.27.

The vibrance of Rinaldi's win neatly encapsulated the tone of the Championships. Not everyone was able to run as fast as Mottram, but the enthusiasm of the 1500+ entrants was a spirit to behold. Athletics Victoria sincerely hopes that all competitors enjoyed the opportunity to run at the 'G, whether they had their picture taken posing on the dais with a bag of oranges or whether they finished last in their respective pool. More than anything, it was clear that grass-roots athletics is alive and well, and Athletics Victoria must thank everyone for their patience surrounding these Championships.

The coming of the Commonwealth Games, however, is not a signal for the rest of us to hang up our spikes and return to the couch. The

continues next page ...



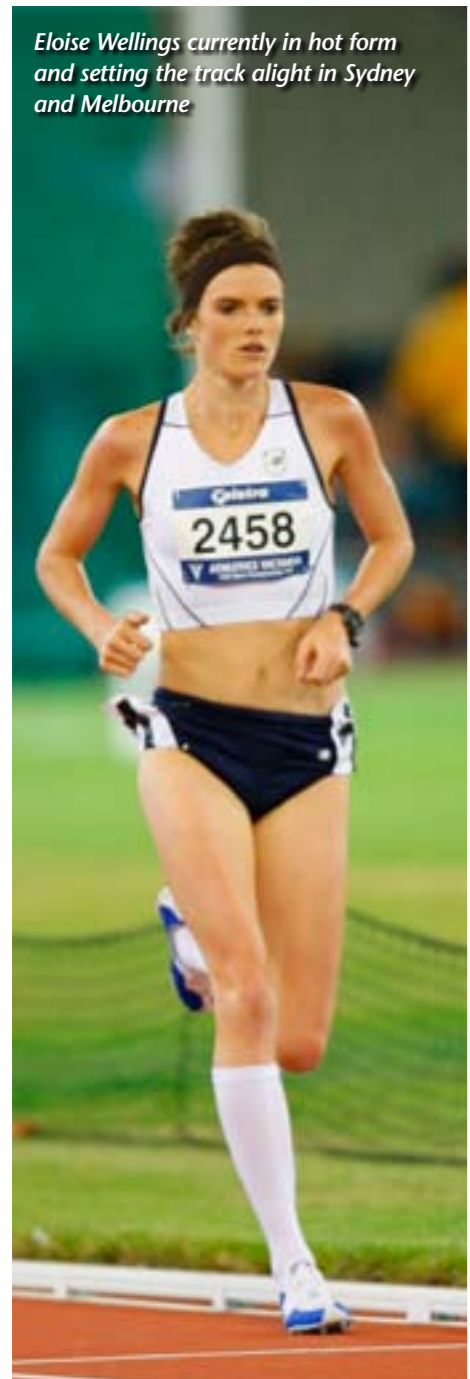
Kim Gillard and Jenny Gillard made a formidable husband and wife combination both taking first place in the Nie 10 Mile.



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Athletics Victoria Winter Season gets underway early this year, with the Herald Sun/City Link Run for the Kids scheduled for Sunday April 9. With a large proportion of the entry fee going to the Royal Children's Hospital, this is a great opportunity to contribute to a worthy charity while earning some important points for your club (or for those of you who aren't yet members, an important opportunity to find a club to join!). With new, passionate and enthusiastic brains behind the races, the 2006 revamped Winter Series promises to be bigger and better than ever.

In particular, all runners should mark May 13 down in their diaries. In conjunction



Eloise Wellings currently in hot form and setting the track alight in Sydney and Melbourne

with Run for Your Life magazine, Athletics Victoria will be hosting the Sandown 10km Classic at Sandown Racecourse in Springvale. This is Australia's fastest 10km fun run and incorporates the Victorian 10km Road Racing Championships.

Up the front of the field many of Australia's top distance runners will be competing for line honours, but further back in the field the competition will be just as fierce. Sandown is a fast, flat, certified-accurate course, and regardless of your personal best time for 10km, runners are more likely to break their PB at Sandown than in any other race.

Member or non-member, the 2006 Sandown 10k Classic will be bigger than ever, and Athletics Victoria is strongly encouraging runners of all ages and abilities to enter. The 10km race starts at 2:30pm, and there will also be a 5km junior race at 1:45pm.

Entries are \$20 on the day. Alternatively, Athletics Victoria members can enter for \$10 before 8 May.

More information is available on the Athletics Victoria website at www.athsvic.org.au

Train hard and GO AUSSIE at the Commonwealth Games! **RAYL**



Athletics NSW

by Ali Dawson

THE NSW State Open and Under 18 Championships in January attracted some of the finest athletes in Australia, many of whom were looking to set Commonwealth Games qualifying marks before the selection trials in February.

In the men's 1500m, Jeremy Roff ran a 'B' qualifying time in the heats (3:39.88), only to be overcome by Lachlan Chisholm in the final. In the women's race, Suzy Walsham continued her dominance, blowing the field away.

Walsham followed on with a victory in the women's 800m (2:04.30), crossing the line ahead of Victorians Alicia Tye-Smith and Libby Allen. The men's 800m saw defending champion Nick Bromley run a Commonwealth Games 'B' qualifying time (1:47.36), to edge out Andrew Krumins (1:47.57) and Werner Botha (1:48.54).

The men's 3000m steeplechase also saw a 'B' qualifying performance, with Manchester Commonwealth Games bronze medallist Youcef Abdi crossing the line in 8:27.66, narrowly missing an 'A' time by less than a second.

Less than a week later, the Sydney Track Classic saw a total of nine Commonwealth Games qualifying performances, with female middle distance runners stealing the show.

NSW Open Championships			
Women's 800m			
1. Walsham, Suzy	2.04.30	1. Bromley, Nick	1.47.36
2. Tye-Smith, Alicia	2.05.06	2. Krumins, Andrew	1.47.57
3. Allen, Libby	2.05.40	3. Botha, Werner	1.48.54
4. Simpson, Brooke	2.05.75	4. Tucker, Corey	1.49.46
5. Flore, Meike	2.06.13	5. Abercromby, Mark	1.49.48
Women's 1500m			
1. Walsham, Suzy	4:14.19	1. Chisholm, Lachlan	3:44.30
2. Corrigan, Lisa	4:15.74	2. Roff, Jeremy	3:44.66
3. Rilen, Emma	4:19.75	3. Hoffman, Paul	3:44.77
4. Bonasera, Tiffany	4:22.30	4. Saunders, Philo	3:49.78
5. Heiner, Madeleine	4:22.85	5. Byrne, David	3:51.72
Women's 3000m Steeplechase			
1. Lowe, Rebecca	10:49.17	1. Abdi, Youcef	8:27.66
2. Archbold, Kathryn	10:54.45	2. Schmidlechner, Grant	8:39.88
3. McKillop, Alexis	11:29.64	3. Jeremiah, Richard	8:44.08
4. Walsham, Debbie	11:51.06	4. Hunt, Jeffrey	8:50.27
5. Kolodziej, Natalie	11:58.53	Men's 5000m	
Women's 5000m			
1. Wellings, Eloise	15:28.53	1. Westcott, Scott	14:06.87
2. Mitchell, Victoria	15:36.15	2. Hunt, Jeffrey	14:13.42
3. McCann, Kerryn	15:43.46	3. Guest, Ben	14:26.91
4. Rilen, Emma	15:49.25	4. Cope, Nicholas	14:28.17
5. McGregor, Haley	16:06.48	5. Field, Simon	14:30.15

The women's 3000m steeplechase produced an incredible four 'A' qualifying times, with Queenslander Mellissa Rollinson (9:31.30) taking the race from Donna MacFarlane, Madeline Heiner and Kiwi Rebecca Furlong.

The women's 5000m, which doubled as the NSW State Open event, saw three 'B' qualifying times recorded. Former World University Games champion Eloise Wellings won the race in 15:28.53, closely followed by Victoria Mitchell and defending Commonwealth Games marathon champion Kerryn McCann.

As part of the National Championships, the Australian Interstate Youth (Under 18) Match saw the finest young talent in the country compete. NSW dominated the event, winning 14 of the 40 events in competition. The team of 30 scored a total of 295 points, winning the gold ahead of Victoria (258) and Tasmania (197).

With the summer competition shortly coming to an end, the NSW State Masters Championships will be held in Sydney in early April. **RAYL**

Athletics Tasmania

by Catherine Phillips

A record number of competitors took on Hobart's challenging Cadbury marathon and half marathon courses, which also serve as the Tasmanian championships.

Former Australian representative ultra runner Tim Sloan won the marathon in 2:43.39, three minutes clear of Daniel Simes. Joint winner of the AURA Rising Star award, Chris Hills, who finished just outside the placings in the Australian 100km championship, crossed the line in third. Marie Heitz won the women's

event in 3:34.42 from Newstead Harrier Annette McCarthy, running her first ever marathon, with Janine Verrell third.

Former Tasmanian Maryann Murray, now representing Victoria, won the women's half in 1:23.00 from Liz Miller and Rebecca Brogan. Mark Jackson won the men's half in 1:10.11 from David Wynn and former Athletics Tasmania development officer Daniel Smee.

Husband and wife Kim and Jenny Gillard continued their impact on the Tasmanian running scene, taking out their categories of the 18th annual Nile 10 Mile Running Classic. In perfect weather conditions, Kim ran an outstanding 49.13 to break Simon Phillips' race record of 50.25, set in the inaugural event in 1989. The race, conducted by the Newstead Harrier Club, starts and finishes in the grounds of historic Clarendon House at Nile, near the small northern village of Evandale and is held in conjunction with the National Penny Farthing Championships.

Gillard easily won the 16km race by over 4 minutes from training partner Mark Jackson and 17 year old Geoff Cassidy. Jenny was similarly untroubled in taking out the women's event in 60.38, but was outside Andrea Marquardt's 1996 record of 59.10. Second was Alison Bowmaker and third Debbie West.

This effort followed Jenny's win in the Tasmanian 10,000m championship in 36:25.47, just one week earlier. Veterans filled the placings in the men's 10,000m, with John Jago winning the title in 33:39.98 but failing in his attempt to break a national master's age record, in windy conditions.

On the national scene, Donna MacFarlane broke the state 3,000m steeplechase record by 16 seconds with a personal best 9:34.76 at the Sydney Track Classic. She then went on to confirm her

place in the Commonwealth Games team with second place in the selection trial in 9:40.06, both times behind Melissa Rollison. In the build up to the Games MacFarlane won the steeple at the Victorian Championships in 9:39.11 defeating an international field including New Zealand's Kate McLroy and England's Jo Ankier. MacFarlane was also recently selected in the Australian team for the World Cross Country Championships in Fukuoka, Japan. She is coached by Max Cherry of the Sandy Bay Harrier Club, Tasmania's oldest club, established in 1927.

Coming up on the state calendar are the Tasmanian track and field championships, followed by the opening of the cross country season, and a series of Hobart fun runs.

For further details contact Fiona at Athletics Tasmania. info@tasathletics.org.au **RAYL**

Cadbury Marathon (TAS Champs)	
Men	
1. Sloan, Tim	2:43.39
2. Simes, Daniel	2:46.55
3. Hills, Chris	2:49.00
Women	
1. Heitz, Marie	3:34.42
2. McCarthy, Annette	3:47.06
3. Verrell, Janine	3:48.59
Cadbury Half Marathon	
Men	
1. Jackson, Mark	1:10.11
2. Wynn, David	1:13.51
3. Smee, Daniel	1:15.25
Women	
1. Murray, Maryann	1:23.00
2. Miller, Liz	1:23.42
3. Brogan, Rebecca	1:27.32