



Are you a R4YL subscriber? Have you travelled outside of Australia recently? Send us a high resolution digital image of yourself wearing your R4YL cap somewhere on your international travels and you could feature in the next "Where in the World?" section.

'Waggaroos' Orienteering Club members Alex and Debbie Davey enjoy some of the local produce in Soderhamn, Sweden.

R4YL QUIZ

THIS ISSUE'S QUESTIONS:

- 1 How many times has 8 minutes has been bettered for 2 miles?
- 2 How many world records did Seb Coe break?
- 3 Who was the fastest Australian female marathoner last year? And with what time?
- 4 Who were the 2005 Australian marathon champions?
- 5 Who was the first Australian to hold a World Marathon Record?
- 6 What is the longest continuous period that Australia has held claim to the World Marathon Record?
- 7 Who has won the most number of male Australian Cross Country Championships?
- 8 Who has won the most number of female Australian Cross Country Championships?
- 9 How many runners ran the first Sydney City to Surf race?
- 10 Who holds the male and female Australian Under 20 10,000m records?

LAST ISSUE'S ANSWERS:

- 1 Who holds the course record for the Sydney Morning Herald Half Marathon? **Pat Carroll**
- 2 How many world records does Hicham El Guerrouj hold? **Three outdoor WRs (1500m, mile and 2000m)**
- 3 A four minute mile is equivalent to running what time for 1500m? **3.43**
- 4 Michael Power ran for which US College? **University of Arkansas**
- 5 The current one hour record stands at how many metres? **21,101 metres**
- 6 How many times has Craig Mottram won the Health Kidney 10km in New York City? **Twice**
- 7 Prior to the third place team finish at this years World Cross Country Championships in Japan, what was Australia's highest team finish? **Fourth**
- 8 Run For Your Life editor, David Byrne, holds which NSW record? **He holds the U16 (3.57) and U20 (3.44) 1500m records**
- 9 Who has the fastest time ever recorded by a female in the City to Surf? **Susie Power (45.08)**
- 10 Who held the world marathon best prior to it being broken by Paul Tergat in Berlin? **Khalid Khannouchi**