

RUNNER'S SOAPBOX



If you've got something to say and we think it's interesting or creative enough to print in our Runner's Soapbox, you too will get a pair of top of the line New Balance shoes! Email soapbox@runforyourlife.com.au and you might be the next lucky winner.

RUNNER'S RHETORIC

By Rob Deen

What's a 'sub time' or a negative split?

How does a wall get hit?

Where is Heartbreak Hill and who is 'Deek'?

Can a normal person get athletes feet?

Where is your car key kept?

Who's done a k rep?

Why don't pace makers ever win after leading?

What causes a stitch and why are your nipples bleeding?

Is gun time or net time the official mode?

Where do carbohs load?

Is it the pasta party at Le Passo?

Where do you put a champion chip and what's with the vaso?

What's a DNF?

Who's the codes best ref?

When a calf tears, does it cry or moo?

Who stunk out the porta loo?

Does a World Record holder have a personal best or is it the world's best?

At a drink station are you allowed to rest?

So training helps you adapt?

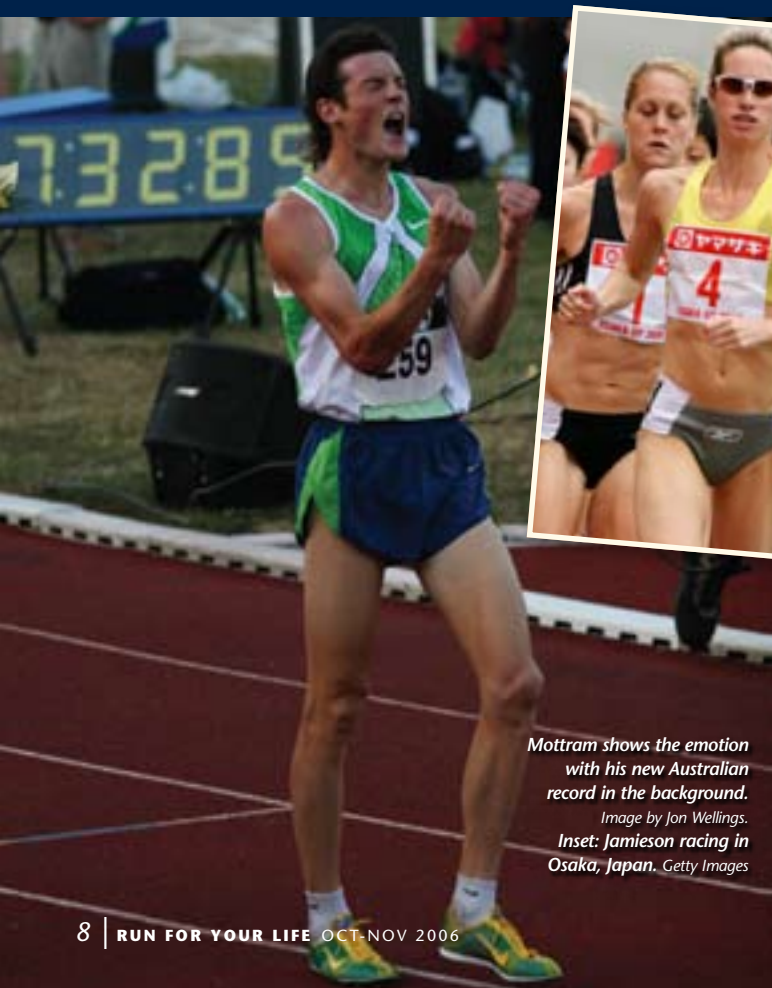
What does it mean when you're lapped?

How can a track be fast?

Do you collect the cones if you're last?



TOP AUSSIE PERFORMANCE



Mottram shows the emotion with his new Australian record in the background. Image by Jon Wellings. Inset: Jamieson racing in Osaka, Japan. Getty Images

IN each new edition of R4YL the Top Aussie Performance is becoming more and more difficult to choose. There were a number

of outstanding performances by Australian athletes in the previous two months, including Emma Murray again winning the World Long Course Mountain Running championship, Eloise Wellings breaking the 15 minute barrier and Hanny Alston's victory at the World Orienteering championship. However, in our minds there were two other performances that stood above the others.

The two performances that I am referring to are Craig Mottram's and Sarah Jamieson's recent Australian records.

Buster's intentions for the European track season were stated very clearly: to run under 7.30 (3000m) and as close to 3.30 (1500m) as possible. After his stunning run at the Commonwealth Games, Craig's performances in

European have not been as consistent as previous years, but with personal bests over 1500m and 3000m it must still be considered highly successful. The record breaking 3000m performance of 7.32.84 came at Liege, Belgium and was 4.5 seconds quicker than his previous record. Amazingly the record is now over 8 seconds faster than the next quickest Australian and it does not look like Mottram has quite finished with it yet.

Jamieson, who struggled with some hamstring and calf problems early in the year, has been in red-hot form ever since claiming the silver medal in the Commonwealth Games 1500m, winning in Asia, the USA and Europe. But the pinnacle of the season thus far would have to be claiming the women's 1500m from Margaret Crowley that had stood for 10 years. Sarah had shown great consistency over the two months leading up to the record, running close to the record on several occasions. But in Stockholm she stripped over 2 seconds off her own personal best to become Australia's fastest ever with a time of 4.00.93.

Huge congratulations to both Craig and Sarah for their new respective records.