

Welcome to the third issue of Distance News Australia.

Since our last issue the 2005 IAAF World Cross Country Championships and 2005 IAU World 100km Trophy (Championships) have been contested whilst here in Australia our 2005 Australian Mountain Running and Marathon Champions have been crowned.

Want to be on the Track (Road) at the Commonwealth Games?

Athletics Australia has released the qualifying performances and qualifying periods for athletes who are trying for the 2006 Melbourne Commonwealth Games Team.

For Distance Events these are:

MEN		EVENT	WOMEN		Q PERIOD
A	B		A	B	
13.29	13.38.00	5000 metres	15.20	15.45.00	01/07/05 – 05/02/06
28.05	28.25.00	10000 metres	32.10	33.20.00	01/06/05 – 05/02/06
2.14.00	2.17.00	Marathon	2.35.00	2.40.00	01/01/05 -30/11/05
8.27.00	8.32.00	3000m steeple	10.05.00	10.15.00	01/07/05 – 05/02/06

Although not yet confirmed by AA it is expected that the Marathon team will be named on 8th December; and the Zatopek 10k races will be the main Commonwealth Games trial races for 10k but consideration will also be given to the 10k held at the Nationals in Sydney in February.

The main selection trials will be the National Track and Field Championships to be held in Sydney over 2-5 February 2006.

Athletes wishing to be considered for selection need to submit a request to Athletics Australia. For full selection criteria visit the AA website at www.athletics.org.au and follow the link to Events, Results and Selection, click on selection criteria and Australian Teams, specific selection criteria, click on 2006 and you are there. Print yourself a copy.

Read ALL THE CRITERIA not just the qualifying standards and qualifying period.

Marathon Momentum

Five into Three does not go! Five Australian women have so far achieved the A Qualifying standard set by Athletics Australia for the 2006 Commonwealth Games Marathon and sadly there are only three selection spots available!

The qualifying period is from 1 January to 30 November 2005. To date qualifiers for the 2.35.00 womens standard are:

Benita Johnson V	2.26.32	London	17/04/05	
Kerryn McCann N	2.32.29	San Diego	05/06/05	2004 Olympic Games representative

Anna Thompson V	2.33.30	Rotterdam	10/04/05	
Hayley McGregor V	2.33.47	Phoenix	09/01/05	
Jackie Fairweather A	2.34.10	Nagoya		2002 Comm. Games Bronze medallist
Jackie Fairweather A	2.34.42	Gold Coast	03/07/05	2005 Aus Marathon Champion
Mens Qualifiers 2.14.00				
Scott Westcott N	2.11.36	Japan		
Sisay Bezabeh	2.13.14	Japan		
Shane Nankervis V	2.13.07	Rotterdam	10/04/05	

IAAF NEWS

provided by Trevor Vincent

2009 IAAF World Championships in Berlin

The dates proposed by the local organising Committee have been approved: 15 – 23 August 2009

2006 World Cross Country Championships – in Fukuoka Japan

The following timetable has been approved – the last to include short races for Senior Men & Women:

Saturday 1 April

13.00 Junior Women's race

13.50 Senior Men's Short Race

14.30 Senior Women's Long Race

Sunday 2 April

13.00 Junior Men's Race

13.50 Senior Women's Short Race

14.30 Senior Men's Long Race

The main logistical concept is to organise an event 'under one roof'. There will be just one hotel housing all athletes, officials & technical personnel.

The Local Organising Committee (LOC) has an agreement with the owner of the facility (City Park in Fukuoka) to use it for the Championships and for a mass event. The course will be fast. Extended hills and bridges will be built accordingly. The elevation of the course will be sufficient. For the days of the Championships the expected temperature is 20° C.

On the day of competition there will be a mass race in the morning, which will be organised at the same venue. Nevertheless, the surface will not be damaged. The LOC plans to reserve a special lane located 3 meters inside of the main one, for the top athletes in case of rain.

The LOC will install Welcome Desks at the official airport. The Organisers will discuss the possibility of a partnership with Japan Airlines for special arrangements.

** Being so handy to Australia – the possibility of an Aussie supporters group making the trip to Fukuoka is worthy of serious consideration*

2007 World Cross Country Championships

At this stage there are at least 3 provisional candidates - Seville/Spain, Mombasa/Kenya and a candidate from USA. The deadline for submission of documentation is 1 September 2005.

2005 World Half Marathon Championships - Edmonton, Canada - 1st October

Course contains 4 loops and offers a maximum 1% rise in elevation

Timetable – 11.30 Men's Race, 13.00 Women's Race

2006 World Road Running Championships

The first ever IAAF World Road Running Championships have been awarded to the city of Debrecen, Hungary and it is possible that the distance will be 20km (replacing the ½ marathon distance).

From IAAF Cross Country & Road Running Committee

The 2005 World X/C Championships in France were a great success with nearly 50,000 spectators over the two days

- Recommends chip timing should be accepted for official results purposes
- A certification procedure will be introduced for the makers of transponder timing chips
- Further study is necessary to agree on:
 - *the distance of the Women's race - although it looks like the committee will recommend the distance remains at 8 KM
 - *whether teams should consist of 4 scorers (from 6 starting athletes) or 6 scorers (from 9 starters) for World Cross Country Championships starting in 2007.

#In this regard it appears a questionnaire will be sent to all those countries (about 55) that have participated at least once during the last 4 stagings of the World Cross Country Championships.

Confirmations from the IAAF

- The 11th World Championships in Athletics will be held from Saturday 25 August to Sunday 2 September 2007 at Nagai Stadium in Osaka City, Japan, with 24 events for Men & 23 events for Women. The timetable for these Championships is close to being finalised, and it is nearly certain that the Marathons and Race Walking events will start at 7.00am in the morning and that the main part of the Evening Sessions will start at 7.30pm.
- World records - recently ratified

Men - Road	
30km 1:28:00 Takayuki Matsumiya, Japan	Kumamoto, Japan, 27 Feb 2005
Senior Women - Indoor	
5000m 14:32.29 Tirunesh Dibaba, Ethiopia	Boston, USA, 29 Jan 2005

LEN'S WRAP

Written by Len Johnson for DNA

With several groups of middle- and long-distance runners travelling for competition to Asia, the USA and Europe, there has been plenty of action in the past couple of months. The qualifying period for Melbourne 2006 in most events opened on 1 July, giving a sharper focus to many athletes.

Hard on the heels of the Australian domestic season came the IAAF Super grand prix meeting in Osaka in early May and competition on the US west coast for a group headed by Sydney-based coach Ken Green.

Pete Nowill, whose omission from the original team to contest the world championships in Helsinki on 6-14 August raised a few eyebrows, wasted no time dotting the i's and crossing the t's as demanded by the selectors. Nowill ran a World Championship A-standard in the 3000 metres steeplechase in Osaka on the first weekend in May. He was added to the team soon after.

At much the same time, **Jeremy Roff**, **Werner Botha** and **Nick Bromley** headed to California for competitions in Stanford and Modesto. It was a successful tour, with Roff winning the 1500 in Modesto, where Bromley and Botha also ran personal bests at 800.

One place behind Roff in Stanford was **Paul Hoffman**, a NSW athlete who is on scholarship at Iowa University. Hoffman subsequently ran 3:39 in the heats of the National Collegiate College Association championships.

Erica Sigmont was another to run the NCAA, reaching the semi-finals of the 800 with two 2:05 runs. Sigmont, who has dual US-Australian citizenship through her mother, also ran 2.05 in the semis of the national championships.

The Nic Bideau group was also in the US, first training at Laguna Mountain near San Diego and then racing on the road before re-locating to London. **Craig Mottram** won a 10k road in Central Park before departing for Europe and a 13:03 5k in Seville, fastest in the world for the year until Kenenisa Bekele ripped out a 12:40 at the Paris Golden League. Mottram also ran 3:36 for 1500 in Gothenburg and then 7:38 for 3000 in Cork.

Benita Johnson had a slow recovery from the London marathon, but then finished third in a women's 10k in New York behind Lornah Kiplagat of the Netherlands and Latvia's Jelena Prokopcuka. Johnson also won over 3000 in Cork, running 8:55 in the windy conditions.

Marathoner **Andrew Letherby** was sixth in the annual Peachtree Road Race 10k in Atlanta on 4 July, running 28:45. Gilbert Okari of Kenya won in 28:19.

Another group has been in Europe since early June. **Mark Tucker, Michael Shelley, Corey Tucker, Lisa Corrigan** and **Debbie King** all running with some success over 800 and 1500. Steeplechaser **Richard Jeremiah** has run two times in the 8:35 range and is looking for something a bit quicker. **Sarah Jamieson** started her tour with a 2:04 800 and then a 4:10 1500.

The best performance came from **Lachlan Chisholm**, however, who produced a 3:37.06 personal best in Padua on 3 July to better the 3:37.70 A-standard for Melbourne 2006. Chisholm has put together a string of solid performances so far.

At home, **Brett Cartwright** won the Sydney Morning Herald half-marathon in 63:29 before finishing fourth (first Australian and, therefore, national champion) in the Gold Coast marathon in 2:18:13

Jackie Fairweather (nee Gallagher) representing ACT ran 2:34:46 to win the women's race and take out the Australian Championship from **Lauren Shelley** (WA) who recorded a personal best of 2:37:17 and local Queensland athlete **Helen Stanton** in 2.45.16.

Michael Chettle was leading Australian male in the Gold Coast Half-marathon, running 63:56 for fifth place. **Robyn Millard** was leading Australian woman, finishing seventh in 75:39.

Australian Team Announcements

3 May 2005

The Australian Ultra Runners Association selected and announced a team of 3 to contest the **2005 100km World Cup (Championships)** at Lake Saroma in Japan on 26 June. Congratulations to the following athletes:

Men Jonathan Blake, Mike Wheatley, Mark Hutchinson
Women no selections

* * * * *

7 June 2005

Athletics Australia announced a final team of 23 athletes to represent Australia at the **2005 IAAF World Athletics Championships** in Helsinki over 6-14 August. Special Congratulations to the select few Distance Running Athletes named:

Men		Women
5000m	Craig Mottram (V)	Benita Johnson (V)
10000m	Craig Mottram (V)	Benita Johnson (V)
3000m steeple	Peter Nowill (Q)	
Marathon	Scott Westcott (N)	no selections

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5 July 2005

The Australian Mountain Running Association selected and announced a team of 12 to contest the **2005 World Mountain Running Trophy (Championships)** to be held on Mt Victoria in Wellington New Zealand on 25 September. Congratulations to the following athletes:

Senior Men (max 6)

Scott McTaggart	ACT
Ben du Bois	NSW
David Osmond	ACT
Stephen Brown	NSW
Barry Keem	NSW

Senior Women (max 4)

Vivian Pott	QLD
Kirra Rankin	ACT
Emma Murray	ACT
Marnie Ponton	ACT

Junior Men (max 4)

Ben Guest	NSW
Scott Tomlinson	ACT

Junior Women (max 3) no selections



AUSTRALIAN TEAM RESULTS - CONGRATULATIONS!

➤ World Cross Country Championships, St Galmier France 19-20 March 2005

Women

Open Long Course 8.0km (19/03)

7 Benita Johnson V 26.55 16 AnnaThompson V 28.12 52 Haley McGregor V 29.48

59 Tiffany Levette N 30.18 67 Eloise Wellings N

Team place – 8th

Open Short Course 3.912km (20/03)

13 Sarah Jamieson V 13.44 19 Anna Thompson V 14.04 45 Georgie Clarke V 14.33

Eq 65 Tiffany Levette N 14.49 Eq 65 Emma Rilen N 14.49 91 Suzy Walsham N 15.29

Team place – 7th

U20 6.152km (19/03)

16 Madeleine Heiner N 21.52

Men

Open Short Course 4.19km (19/03)

44 Richard Jeremiah V 12.30 (Mark Fountain withdrew from the Team and did not attend)

Open Long Course 12.02km (20/03)

22 Craig Mottram V 37.11 63 Simon Field V 38.56 97 Mark Tucker V 39.52

102 Peter Nowill Q 40.01 110 David Ruschena V 40.41

Team place – 16th

➤ 100km World Cup (Championships), Lake Saroma Japan 26 June 2005

Men 12 Jonathan Blake 7.08.57

27 Mike Wheatley 7.36.33

58 Mark Hutchinson 9.08.38

Mens Team Placing 8th

The World Cup was incorporated into an existing event and attracted just under 2,500 starters in total. In the Mens World Cup event there were 71 finishers. For full results and more details on Ultra Running in Australia visit the AURA website www.coolrunning.com.au/aura

OTHER OVERSEAS RESULTS March – July 2005

Attempts have been made to collate all possible results, apologies for any omissions.

➤ Marathons

Los Angeles 06/03/05 DNF Kerryn McCann N

Rotterdam 10/04/05 4 Anna Thompson V 2.33.18 PB

Rotterdam 10/04/05 13 Shane Nankervis V 2.13.06 PB

London 17/04/05 6 Benita Johnson V 2.26.32 PB

London 17/04/05 21 Lauren Shelley WA 2.41.42 PB

Boston 18/04/05 8 Andrew Letherby 2.16.38

Salt Lake City 23/04/05 4 Sisay Bezabeh 2.16.34

Stockholm 04/06/05 2 Susan Michelsson V 2.42.51

Stockholm 04/06/05 30 Magnus Michelsson V 2.36.00

San Diego 05/06/05 4 Kerryn McCann N 2.32.29

Christchurch NZ 05/06/05 2 Kate Seibold-Crosbie V 2.44.11

➤ ½ Marathons

Bath UK 20/03/05 4 Lauren Shelley WA 1.15.29

Denver USA 06/06/05 5 Andrew Letherby 1.05.45

Denmark	18/06/05	1	Magnus Michelsson V	1.04.50	
		1	Susan Michelsson V	1.19.11	
➤ 10 mile					
USA	03/04/05	7	Andrew Letherby	47.52	
➤ 10km					
Barcelona	03/04/05	2	Benita Johnson V	31.38	
Ireland	09/04/05	1	Craig Mottram V	28.35	
Stanford USA	25/05/05	25	Shawn Forrest V	29.11.67	
Jakarta	26/06/05	8	Sisay Bizabeh	30.35	
		10	Simon Field V	30.47	
		11	Shane Nankervis V	30.53	
		13	Alastair Stevenson	31.03	
	Women	8	Hayley McGregor V	34.23	
Germany	17/06/05	5	Mark Tucker V	29.21	
Atlanta	03/07/05	7	Andrew Letherby	28.45	
➤ 5km Road					
Carlsbad USA	03/04/05	2	Craig Mottram V	13.20	
Carlsbad USA	03/04/05	6	Hayley McGregor V	16.17	
Carlsbad USA	03/04/05	9	Eloise Wellings N	16.41	
Walnut USA	16/04/05	24	Nikki Chapple V	17.13.15	
Horwich UK	26/06/05	4	Mark Tucker V	14.10	
➤ Track 10000m					
California	25/03/05	7	Andrew Letherby	28.09.85	
Stanford USA	01/05/05	9	Shawn Forrest V	29.23.75	(race 1)
Stanford USA	01/05/05	3	Craig Mottram V	27.56.02	(race 2)
➤ Track 5000m					
Ames USA	05/03/05	1	Shawn Forrest V	13.59.42	(indoors)
Seville	05/06/05	1	Craig Mottram V	13.04.06	
Stanford USA	01/05/05	8	Victoria Mitchell V	16.06.72	
Bloomington USA	27/05/05	18	Shawn Forrest V	14.31.25	
Luzerne SUI	14/06/05	11	Clinton Perrett V	14.04.62	
Netherlands	22/06/05	7	Clinton Perrett V	14.00.60	
➤ Track 3000m Steeple					
Wanganui NZ	13/03/05	1	Grant Schmidlechner V	8.46.58	(NZ National Champs)
Osaka JAPAN	07/05/05	4	Peter Nowill Q	8.23.93	
Bloomington USA	27/05/05	2	Victoria Mitchell V	10.07.63	
Spain	23/06/05	6	Richard Jeremiah V	8.36.91	
		DNF	Yousef Abdi		
Finland	03/07/05	2	Richard Jeremiah V	9.35.91	
France	08/07/05	5	Yousef Abdi	8.38.40	
➤ Track 3000m					
Belgium	25/06/05	1	Mark Tucker V	8.06.12	
		5	Clint Perrett V	8.21.30	
		DNF	Michael Shelley		
		1	Lisa Corrigan N	9.15.93	
Sweden	11/07/05	2	Mark Tucker V	7.54.09	
		5	Clint Perrett V	8.07.51	
Cork Ireland	02/07/05	1	Craig Mottram V	7.38.15	
Madrid Spain	17/07/05	4	Benita Johnson V	8.52.16	

Championship Results – Australia Wide – March to July 2005

2005 Australian Track & Field Championships – Sydney

4-6 March 2005

5000m

Women 1 Benita Johnson V 15.46.53; 2 Sarah Salmon A 15.54.99; 3 Jessica Ruthe NZ 16.06.66
3 Australian Eloise Wellings N 16.17.53

Men 1 Craig Mottram V 14.01.38; 2 Richard Jeremiah V 14.09.48; 3 David Ruschena V 14.11.41

3000m Steeple

Women 1 Kristy Villis SA 10.27.25; 2 Marnie Ponton A 10.38.71; Rebecca Forlong V 10.39.67

Men 1 Peter Nowill Q 8.30.16; 2 Richard Jeremiah V 8.35.73; 3 Yousef Abdi N 8.37.42

2005 NSW Mountain Running Championships – Mt Burelli

27 March 2005

Men Open 12km

1 Ben du Bois 50.07
2 Paul Arthur 50.42
3 Stephen Brown 51.13

Men U20 – no results

Women Open 8.0km

1 Helen Tolhurst Q 44.07
2 Alisa Williams 44.38
3 Stephanie Bilic 45.37

Women U20 4.0km

1 Ashley Mason 20.51
2 Jacinta Hunter 21.16
3 Shahna Fairley 24.49

2005 Tas Mountain Running Championships - Poatina

Sunday 3 April 2005

Men Open 13km

1 Matt Dalziel 56.14
2 Simon Phillips
3 Kris Clauson

Men U20 9.0km

1 Geoff Cassidy 41.01
2 Lewis Willing

Women Open 9.0km

1 Hanny Alston 42.46
2 Jennifer Brown
3 Sharon Willing

2005 ACT Mountain Running Championships – Mt Majura Canberra Saturday 28 May 2005

Men Open 13.3km

1 Stephen Brown 62.32
2 Kevin Laws V 64.37
3 John Winsbury 65.04
4 (3 ACT) David Osmond 68.20

Men U20 9.0km

1 Scott Tomlinson 43.45
2 Brys Glasson 47.03
3 Alan McGlew 47.20

Women Open 9.0km

1 Emma Murray 47.28
2 Marnie Ponton 52.03
3 Kellie Brownley 61.29

Women U20 4.5km

1 Kathleen Cross 33.56
2 Ashleigh Grey-Reitz 37.44

2005 VIC Mountain Running Championships - Healesville

Sunday 5 June 2005

Men Open 13.3km

1 Kevin Laws 53.58
2 Craig Appleby 55.17
3 Ben Norman 55.24

Men U20 9.0km

1 Iain Reitman 37.49
2 Blair Smith 39.11
3 Simon Ryan 39.26

Women Open 9.0km

1 Sarah McKinney 40.49
2 Maryanne Murray 41.55
3 Annalie Uys 42.30

Women U20 4.7km

1 Josie Gellert 20.54
2 Gemma Gosgriff 25.36

2005 Australian Mountain Running Championships – Mt Majura Canberra Saturday 18 June**Men Open 13.3km**

1	Scott McTaggart A	57.00
2	David Osmond A	60.40
3	G Hughes NZ	61.01
4	(3 AUS) S Brown N	61.28

Women Open 9.0km

1	Vivian Pott Q	48.14
2	Hanny Allston T	49.22
3	Kirra Rankin A	49.33

Men U20 9.0km

1	Ben Guest N	42.27
2	Scott Tomlinson A	42.55
3	A Rutter N	46.12

Women U20 4.5km

1	Hanny Allston T	24.27
2	Kathleen Cross A	30.34
3	Ashleigh Grey-Reitz A	32.08

2005 NSW 10km Road Championships – Sydney**7 May 2005****Men**

1	Scott Westcott	29.49
2	Russell Dessaix-Chin	30.07
3	Damon Harris	30.21

Women

1	Belinda Wilscher	35.17
2	Janes Miles	35.52
3	Belinda Vernon	36.06

2005 NSW 12k/8k Cross-Country – Nowra, Sydney**18 June 2005****Men 12k**

1,	Russell Dessaix-Chin	38.36
2.	Jeffery Hunt	38.55
3	Glen Guzzo	39.13

Women 8k

1	Belinda Wilser	30.17
2	Emma Rilen	30.53
3	Liz Miller	31.31

2005 NSW U20 8k/6k Cross-Country – Nowra, Sydney**18 June 2005****Men 8k**

1	Brad Woods	28.03
2	Tom Docanto	28.11
3	Tim Page	28.16

Women 6k

1	Eliza Stewart	22.02
2	Brooke Simpson	22.40
3	Samantha Milton	23.18

2005 VIC 10km Road Championships – Sandown**Saturday 28 May 2005****Men Open**

1	Steve Moneghetti	29.38
2	Scott Rantall	29.41
3	Richard Jeremiah	29.48

Women Open

1	Susan Michelsson	34.46
2	Kate Seibold-Crosbie	35.10
3	Lisa Jane Weightman	35.20

Men U20

1		
2		
3		

Women U20

1	Rebecca Forlong	36.30
2	Josie Gellert	38.25
3	Analie Uys	38.46

2005 SA ½ Marathon Championships – Tanunda Barossa Valley**29 May 2005**

Women	1	Lee Ann Turner	1.18.06
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2005 VIC 15km Road Championships – Albert Park**Sunday 26 June 2005****Men Open**

1	Louis Rowan	45.57
2	Scott Rantall	46.06
3	Nick Harrison	46.06

Women Open

1	Lisa Jane Weightman	53.09
2	Susan Michelsson	54.00
3	Kylie Dick	55.30

Men individual

1. Brett Cartwright ACT 2.18.13
2. Jeremy Horne NSW 2.24.46
3. Brian Livingston QLD 2.26.43

Men teams

1. Queensland (Brian Livingston, Andrew Walters, Brendon Seipolt) 7 points
2. Victoria (Magnus Michelsson, Bert Pelgrim, Blair Morris) 14 points

Women individual

1. Jackie Fairweather ACT 2.34.42
2. Lauren Shelley WA 2.37.17
3. Helen Stanton QLD 2.45.16

Women teams

1. Victoria (Loretta McGrath, Lisa Dick, Nadelle Legge) 14 points
2. ACT (Jackie Fairweather, Angela Bateup, Elizabeth Bennett) 14 points
3. Queensland (Helen Stanton, Glenda Banaghan, Kellie Epis) 17 points

It was very disappointing to see only five teams in total enter the 2005 Australian Marathon Championships – two men's teams and three women's teams. If you have any suggestions as to how we can increase the depth of teams at next year's Australian Marathon Championships, again scheduled for the Gold Coast Marathon, we would love to hear from you. A concerted effort by state associations to coordinate the entry of their teams will also help the cause.

Mark down Sunday 2 July 2006 in your diary for the 2006 Gold Coast Marathon incorporating the Australian Marathon Championships.

Nationwide Results – A Selection of Road/Fun Runs

➤ Six Foot Track 45km Blue Mountains NSW March 2005

Men 1 Daniel Green A 3.28.34; 2 Chris Truscott N 3.33.37; 3 Don Wallace Q 3.34.26
Women 1 Emma Murray A 3.44.04; 2 Suzanne Kelly 4.15.00 N; 3 Dearne Fulcher N 4.23.07

➤ Weston Creek ½ Marathon March 2005

Men 1 Gemechu Woyecha A 1.09.36; 2 Jeremy Horne N 1.10.52
Women 1 Liz Miller N 1.18.30; 2 Angela Bateup N 1.19.55

➤ Canberra Marathon April 2005

Men 1 Magnus Michelsson V 2.21.01; 2 Gemechu Woyecha A 2.24.59; 3 Jeremy Horne N 2.27.44
Women 1 Billinda Schipp N 2.43.52; 2 Tracey Clissold NZ 2.46.27; 3 Angela Bateup N 2.47.15

➤ Sydney Morning Herald ½ Marathon 22 May 2005

Men 1 Brett Cartwright A 63.29; 2 Scott Westcott N 64.25; 3 Steve Moneghetti V 64.33
Women 1 Hayley McGregor V 72.38; 2 Susie Power-Reeves V 73.42; 3 Jackie Fairweather A 76.18

➤ Freemantle ½ Marathon 12 June 2005

Women 1 Lauren Shelley WA 1.14.27

➤ Gold Coast Airport Marathon 3 July 2005

Men 1 Dickson Marwa TAN 2.16.10; 2 Tsutomu Saeki JAP 2.16.14; 3 John Henwood NZ 2.17.16
Women 1 Jackie Fairweather A 2.34.42; 2 Lauren Shelley WA 2.37.17; 3 Sarah Majah TAN 2.40.36

➤ Gold Coast ½ Marathon 3 July 2005

Men 1 Patrick Nyangelo TAN 1.03.32; 2 Akinori Shibutani JAP 1.03.40; 3 Kazutaka Enoki JAP 1.03.46

Women 1 Yuko Sato JAP 1.12.46; 2 Sachiyo Yamada JAP 1.12.48; 3 Yuki Sato JAP 1.12.52

➤ Gold Coast 10km 3 July 2005

Men 1 Christopher Reeves Q 30.18; 2 Scott Brittain Q 31.02; 3 Clinton MacKeivicious N 31.21

Women 1 Jessica Ruhe NZ 33.55; 2 Belinda Wisher N 35.40; 3 Lucinda Chapman N 35.45

Bits 'N Pieces

- Our DRC Chairperson, Anne Lord, wears many hats – as a competing athlete and an untiring volunteer doing whatever she can to promote and foster the development of athletics. Recently she added another 'HAT' to her collection being elected the President of Athletics Victoria by the member clubs. Best wishes to Anne in her additional new role.
- Reminder that the qualifying period for selection for the 2005 World ½ Marathon Championships closes on 31 August. Any athlete who wishes to be considered for selection must submit a request in writing to Athletics Australia no later than 30 July 2005. Athletes who achieve the following standards in IAAF/Athletics Australia approved ½ marathon events will be considered for individual selection.

Men 1.03.40

Women

1.14.30

- The Australian Commonwealth Games Association has funded several overseas tours as part of the preparation for Melbourne 2006. Distance runners Nick Bromley, Jeremy Roff and Werner Botha were part of a tour to the USA West Coast (April/May); whilst individual tours have been funded for Lisa Corrigan and Clinton Perrett.
- David Culbert has stood down as an AA Selector having held the position since 2001. David's Sports Management Company has signed a 2 year deal with National 100m Champion Joshua Ross and it is to avoid a possible conflict of interest that he has vacated his spot.
- Distance Runner Benita Johnson was voted the 2004/05 Telstra Female Athlete of the Year and presented with her award at presentations held during the 2004/05 Australian Track and Field Championships. Benita was the 2004 World Cross Country Champion and is the first Australian representative to win a medal at a World Cross Country Championship. As reward for her efforts Benita was also presented with \$10,000. (Male Athlete of the Year went to race walker Nathan Deakes).
- Athletics Australia has announced details of the new High Performance Plan for the sport, which is aimed to effect a change in culture throughout athletics in this country, as recommended by last years AA/ASC Review (24 June 2005). For more details visit the Athletics Australia website

Gold Coast Airport Marathon Results 3 July 2005

By request we have included the Top Ten for the Gold Coast Airport Marathon which incorporated the 2005 Australian Marathon Championships.

MEN: 1	Dickson	Marwa	TAN	2.16.10
2	Tsutomu	Saeki	JPN	2.16.14
3	John	Henwood	NZL	2.17.16
4	Brett	Cartwright	AUS/ACT	2.18.13
5	Toyokazu	Yoshimura	JPN	2.18.50
6	Oswald	Revelian	TAN	2.19.21
7	Sandile	Lembetha	RSA	2.20.14
8	Jeremey	Horne	AUS/NSW	2.24.46
9	Joseph	Maina Ndirangu	KEN	2.25.25
10	Brian	Livingston	AUS/QLD	2.26.43

WOMEN:

1	Jackie	Fairweather	AUS/ACT	2.34.42
2	Lauren	Shelley	AUS/WA	2.37.17
3	Sarah	Marja	TAN	2.40.36
4	Harumi	Matsumoto	JPN	2.43.30
5	Helen	Stanton	AUS/QLD	2.45.16
6	Loretta	McGrath	AUS/VIC	2.46.12
7	Lee-Ann	Turner	AUS	2.48.34
8	Angela	Bateup	AUS/ACT	2.48.42
9	Lisa	Dick	AUS/VIC	2.49.41
10	May	Tai	AUS	2.50.04

Gold Coast Half Marathon**3 July, 2005****MEN**

1.	Patrick Nyangelo	Tanzania	1:03:32
2.	Akinori Shibutani	Japan	1:03:40
3.	Kazutaka Enoki	Japan	1:03:46
4.	Kentaro Hayashi	Japan	1:03:50
5.	Michael Chettle	VIC	1:03:56
6.	Tetsuji Fukuda	Japan	1:04:00
7.	Roderic de Highden	Victoria	1:04:01
8.	Kenji Sakata	Japan	1:04:04
9.	Scott Westcott	ACT	1:05:08
10.	Scott McTaggart	ACT	1:05:38

Women

1	Yuko Sato	Japan	1:12:46
2	Sachiyo Yamada	Japan	1:12:48
3	Yuki Sato	Japan	1:12:52

Race referee Susan Hobson reports, "Men's half race was great - a pack of nine until the last km, with 3 Aussies in the pack Rod De Highden, Scott Westcott and Michael Chettle.

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Diary Dates

A compilation of diary dates for 2005, but by no means an exhaustive list. Published in good faith and extracted from existing calendars. The DRC believes that information is correct at the time of going to print.

2005

16 July	Aus 100km Road Running Championships	Gold Coast QLD
27 July	QLD Mountain Running Championships	Mt Pomona QLD
31 July	NT Open 5000m Track Championships, Jnr 3000m Track	Darwin NT
01 Aug	NT 10000m Track Championships	Darwin NT
05-14 Aug	World T&F Championships	Helsinki, Finland
07 Aug	Townsville Running Festival-Marathon, ½	Townsville QLD
07 Aug	Brisbane Bridges to Brisbane Fun Run	Brisbane QLD
14 Aug	City to Surf	Sydney NSW
21 Aug	Alice Springs Marathon	Alice Springs NT
27-28 Aug	AA Cross Country Championships	Adelaide SA
28 Aug	City to Surf	Perth WA
28 Aug	Adelaide Marathon	Adelaide SA
11 Sep	AA ½ Marathon Championships (also Sydney Marathon)	Sydney NSW
19 Sep	Advertiser City to Bay Fun Run 12km	Adelaide SA
25 Sep	World Mountain Running Trophy	Wellington NZ
01 Oct	World ½ Marathon Championships	Edmonton Canada
8 Oct	Burnie Ten	Burnie TAS
09 Oct	Melbourne Marathon & ½ marathon	Melbourne Vic
13 Nov	Olympic Dream 10km	Melbourne VIC
01 Dec	Zatopek Classic	Melbourne Vic

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