



## Supported CoolRunners – the 2005 Team

CoolRunning Australia and 28 Sporting Innovations are proud to be able to launch the “Supported CoolRunners” for 2005. Supported CoolRunners comprise nineteen CoolRunners (members of the [CoolRunning Australia website, www.coolrunning.com.au](http://www.coolrunning.com.au)) from throughout Australia. They represent a large number of Australia’s best and upcoming distance runner.

The Supported CoolRunning Team was created to assist Australia’s athletes in achieving their running dreams by providing products and equipment for athletes to continue to complete the vigorous training regimes that are required to reach national and international standards. We would like to thank the generosity of our sponsors ([Asics](#), [PowerBar](#), [FatBlaster](#) and [Rudy Project](#)) for providing product for the Supported CoolRunners, without your support we would not exist.

If there are any enquiries regarding the team please contact Daniel Green ([daniel@coolrunning.com.au](mailto:daniel@coolrunning.com.au)).

So without any further delay, lets unveil the Supported CoolRunners for 2005 .....

**Martin Dent** – the current Australian Half marathon Champion. In 2004, Martin made a significant breakthrough in the marathon running 2.15.12 in Canberra in April and the again running 2.15 in Chicago (after being on 2.12 pace until 35km). Martin was also the silver medallist at the Australian Cross Country Championships and selected in the Australian team for the Ekiden relay, however injury prevented Martin from attending this event.

**Brett Cartwright** – the Sydney Morning Herald Half marathon saw Brett finish a very close second to Athens Olympian Sisay Bezabah. Brett has represented Australia at the World Cross Country Championships on six occasions and boasts a 10000m personal best of 27.53 (13<sup>th</sup> Australian all-time). In 2005, Brett plans to make his debut at the marathon event and it will be exciting to see the results.

**Tiffany Levette** – Tiffany is the current NSW 10000m champion and was second in the City to Surf, third at the 2004 Australian 10000m championships and represented Australia at the Chiba Ekiden Relay. Over the past three years Tiffany has made a success return to the top of Australian competition after a few years away from the sport.

**Blair Martin** – In 2004, Blair Martin was the NSW 8km Cross Country champion and finished 5<sup>th</sup> overall in the City to Surf. With a 10000m personal best of 28:08, Blair Martin is one the verge of challenging for a spot in the upcoming World Championships and 2006 Commonwealth Games.

Supported CoolRunners – for more information contact Daniel Green on 0413412478  
[www.coolrunning.com.au](http://www.coolrunning.com.au)



**Clinton Perrett** – At only 22 years of age, Clinton Perrett has had a remarkable rise to fame in 2004. Clinton finished 4<sup>th</sup> at the Australian Cross Country Championships and represented Australia at the Chiba Ekiden Relay. Finishing a close 3<sup>rd</sup> at the Burnie Ten, Clinton showed that he is poised to make a real break through in 2005.

**Daniel Green** – Capturing the Australian Marathon title in the Sydney marathon was certainly the highlight of 2004 for Daniel. Coupled with an 11<sup>th</sup> placing in the City to Surf and 8<sup>th</sup> at National Cross Country, Daniel is hoping that 2004 can be a stepping stone to bigger and better things in 2005.

**Mark Thompson** – Mark has recently returned to Australia after spending a year in the UK. Whilst the rest of Mark's life is now in full swing Mark is dedicating a smaller amount of his time to running. However with a second and third placing in the 2002 and 2003 City to Surf and an Australian Cross Country Championship in 2002, Mark is a prodigious talent and one to watch in any race he laces his racing shoes.

**Trent Harlow** – Trent has now been running injury free for the past six months and is returning to the level of fitness that saw him run 28.44 as a 22 year old. Trent has returned his focus to the shorter events and the track and big things are on the horizon if he is able to regain the form that has seen him represent Australia on five occasions in the past.

**James Barker** – 2004 was not the most successful year for James. James suffered a serious injury whilst being attacked by a dog in training. Fortunately James's rehabilitation has been successful and he is now determined to return to the form, which saw him run 2.20 in the Gold Coast marathon in 2003. James is a very talented athlete and will be one to watch in 2005.

**Scott Brittian** – Scott's return to distance running after an extended break was nothing short of sensational. Training in Brisbane, Scott notched up a number of leading performances including a top ten finish at the Australian Cross Country Championships. Scott's debut in the Sydney marathon was thwarted with a late illness. Scott will be sure to improve with another good year of training under his belt.

**Jane Miles** – Jane only took up running two years ago and was able to win four NSW open championships medals in 2004. Jane is also an Australian University Champion and two-time medallist in the Under 23 Australian Cross Country Champs. Jane continues to progress with each year and will definitely be one to watch in the future.

**Karen Thorpe** – Karen spent most of 2004 racing in the UK and was successful in achieving a top ten ranking for both 5 km and 5 miles. In 2003, Karen finished in the top 5 at the Australian Cross Country Champs and the Burnie Ten and was second in the Olympic Dream 10km race. Karen has now successfully moved up from being a 1500m runner and will be another to watch in 2005.



**Damon Harris** – With several Australian and International marathons under his belt, Damon Harris is set to make a serious bid to go under the 2.20 mark for the marathon. In 2004, Damon was second in the Canberra Marathon and collected a swag of NSW State championship medal, culminating in becoming the NSW 10000m Champion. Damon is a great road-runner and on his day can clock amazing times for distances ranging from 1500m to the marathon.

**Erwin McRae** – Erwin is a prolific top ten finisher in the City to Surf. In the past two years he has been focusing on the marathon distance and was third in the 2004 Canberra marathon. Erwin traveled to the USA and ran a personal best over the marathon distance at the Chicago marathon, clocking 2.22.46. He is currently based in the UK, but set to return in August to again race his favourite race, the City to Surf.

**Andrew Thompson** – Based in Port MacQuarie, NSW, Andrew is training hard to reduce his marathon personal best below 2 hours 30 minutes. In 2004, Andrew was 1<sup>st</sup> in the Brisbane Marathon, 2<sup>nd</sup> in the Macleay Valley Marathon, and 7<sup>th</sup> in the Sydney Marathon, quite a successful year for any marathon runner and with such a solid year under his belt, big improvements are on the horizon in 2005.

**Stephen Brown** – In 2005, Stephen will be the youngest Supported CoolRunner. He was the Australian Junior Mountain Running Champion in 2004 and represented Australia at the World Mountain Running Trophy where he finished 27<sup>th</sup> out of 77 competitors. In 2004, Stephen also won the NSW Under 20 Cross Country Champions and competed in the City to Surf and Sydney Morning Herald Half Marathon. Keep your eyes on Stephen over the coming years.

**Tom Dover** – A former Queensland Champion and multiple medallist at Cross Country, Tom is the second Supported CoolRunner to hail from Brisbane. Tom has represented Australia at the World Student Cross Country and has some very fast personal bests for 800m – 3000m. Tom and Scott Brittan are two to watch out for in sunny Queensland.

**Julien Wicks** – Julien has been a consistent performer over 3000m through to the half marathon over the past five years. Last year Julien ran 68.00 for the half marathon distance and is planning an assault on a 66 minute half marathon in 2005. He is the seventh Supported CoolRunner that is based in Canberra and has had a great period of training leading into 2005.

**Ross Hudson** – Part of the ever faithful team assisting to keep the Supported CoolRunners out on the road, Ross can handle himself in most running situations. He finished 4<sup>th</sup> in the 2004 Australian Mountain Running Championships and had previously represented Australia at the World Mountain Running Trophy.