

Saturday July 18th. 12/8k CROSS-COUNTRY CHAMPIONSHIPS Bundoora

Another cold one! Windy, bursts of sunshine, but not too many degrees. Thankfully the rain did stay away!

Officials: Our helpers are usually mentioned at the end of the report, but they deserve the opening paragraph this week. Because of the long day brought about by the school races, our officials were required on duty well before the ten o'clock start and didn't finish until the end of the senior race at around four o'clock. Many thanks to **Diana Barnett, Terry Lanham, Andrew Warhurst, Kevin Wigmore** and **Tony Williams** for once again helping the Club out when needed. Thanks also to **Ray Harbert** and **John Crameri** for collecting all the times in the two senior races.

Not enough Magpies in the women's event, but those involved all did really well. **Susan Michelsson** finished second, indicating that the debilitating dose of the lurgi recently suffered is finally behind her. **Kate Hecker** having her first run 'for' the Club showed her value with a high twenties placing while **Annette Van Rooyen** (1:26), **Jane Kanizay** (2:43) and **Frances Willmot** (53secs) all improved on last year's times in the same event. Our other first season runner **Lynne Maughan** powered home for another good result. Unfortunately there were not enough for a Divvy 3 team and for the first time this season we didn't finish a 40+ team, which may have a devastating effect on the premiership aspirations!

The men's race saw a great tussle between **Malcolm Campbell** and **Patrick O'Keefe** who ran together for the entire race with Malcolm just inching Patrick out on the line. The Maggie pair had a 4 sec lead over **Magnus Michelsson** after 3k with the lead extending to 9 sec after 6k. Mag had cut the lead back to just 4 sec at the 9k mark but the boys showed great spirit to not only hold off the little champ but to actually extend the gap in the last lap. **Justin Murphy** flew home to be the fourth Magpie over the line with **Simon Bevege** doing very well despite fading a little in the last lap. **Mark Draper** followed up his great run in the Gold Coast Marathon (2h 44m+) with a 70 sec improvement on last year. Speaking of improvements, **Paul Willmot** knocked nearly seven minutes off last year's time. Paul has lost 12k in weight and is really running well and of course, enjoying it more. **Trevor Hansen**, just back from six weeks overseas, ran out of a little steam towards the finish but will be a valuable runner in the shorter relays coming up in the next couple of months. **Andrew Evans** decided to give everyone a chance by giving the field a three minute start. Not an ideal way to conduct your races but Andrew did really well moving through the field and picking up a number of runners. **Ken Duxbury** was another to do well bettering last year's time by nearly 90 secs. Great to have **Darren Morris** back after weeks of leg trouble – can only strengthen us! Well done to **Craig Servinis** and **Troy Kameme** who finished the race although struggling with fitness issues.

In the school races our standout was **Will Sheils** who finished 4th in the under 16 event. Will has probably got himself a place in a state team later in the season. **Ailsa Buckle, Josh Debinski** and the **Warhurst** boys all had a run with Josh possibly getting another state singlet in the AWD category.

School Results

AWD	3k		Josh Debinski		12:00
U/16	4k	4 th	Will Sheils	6:25(2k)	13:16
U/17	4k	49 th	Ailsa Buckle		19:42
U/17	6k	60 th	Jonathon Warhurst	11:42(3k)	24:27
U/20	8k	15 th	Julian Warhurst	6:35(2k) 17:42(5k)	29:32

WOMEN

				2k	5k	8k	
2	Susan	Michelsson		6:57	17:50	28:48	
28	Kate	Hecker		7:39	19:59	32:22	
49	Annette	Van Rooyen		8:22	21:39	34:51	
67	Jane	Kanizay		8:30	22:30	36:05	Div 1 5 th
76	Frances	Willmot		8:40	22:31	36:17	
87	Lynne	Maughan		9:00	23:06	36:55	

MEN

				3k	6k	9k	12k	
39	Malcolm	Campbell		9:45	19:58	30:30	40:48	
41	Patrick	O'Keefe		9:45	19:58	30:30	40:49	
47	Magnus	Michelsson	#	9:49	20:07	30:34	40:58	
49	Justin	Murphy		9:56	20:16	30:42	41:03	
57	Simon	Bevege		9:53	20:14	30:48	41:30	
76	Mark	Draper		10:10	20:51	31:42	42:35	Div 1 5 th
87	Ray	Hynes		10:24	21:22	32:27	43:19	
108	Anthony	Mithen		10:27	21:31	32:51	44:09	
115	Darren	Morris		11:20	22:58	34:39	46:11	# 40+ 7 th
167	Jarrold	Kanizay		11:00	22:37	34:34	46:21	
182	Eric	Louw	#	11:13	23:05	35:11	47:04	
187	Ken	Duxbury	*	11:31	23:16	35:15	47:09	Div 2 9 th
193	Anthony	Weiland		11:27	22:59	35:10	47:29	
201	Tony	Hally		11:24	23:26	35:51	47:50	
215	Paul	Munro		11:20	23:41	36:28	48:39	* 50+ 2 nd
216	Paul	Twining	*	11:53	24:02	36:21	48:58	
220	Chris	Waldron	#	11:48	24:04	36:33	48:53	Div 3 8 th
225	Tony	Bird	*	11:57	24:04	36:33	49:07	
@ 244	Andrew	Evans		14:43	26:21	38:13	50:14	@
267	Trevor	Hansen		12:00	25:02	38:31	51:48	
281	Ron	Scholes		12:32	25:38	39:03	52:27	
319	Jim	Hopkins		13:41	27:46	42:06	56:29	Div 4 6 th
323	Troy	Kameme		12:37	26:33	41:42	56:37	
333	Paul	Willmot		13:59	28:27	43:31	58:09	
337	Graeme	Paul		13:58	28:52	44:11	59:08	
350	Craig	Servinis		14:15	29:22	45:35	62:31	Div 5 11 th
357	Robert	Barnes		14:38	30:37	47:20	64:18	
368	Tony	Forno		18:26	37:27	57:11	76:32	

@ Andrew started approx 3min late

Afternoon Tea: Thanks to **David** and **Will Sheils** who transported a feast up from Warragul and to **Tony Forno** who provided more gastronomical delights. There was an absolute boatload of tucker!