

Saturday May 27th

CROSS COUNTRY

Cruden Farm

The second year at this magnificent property saw some terrific performances from our runners. Sure, our two Gold medals were real highlights, but there were also a number of very brave efforts, particularly in the gruelling 16k, where many of our participants produced almost superhuman performances to complete the course.

The Club welcomed more first timers to our ranks today. **Angus Norman** has come across to us, for the winter, from the Brunswick club. A medallist in the u/18 steeple at the recent national championships, Angus will added a lot to our junior ranks. At the other end of the age range, **Rowan Thomas** chose a real pearler of a race in which to make his debut. His, "I'll nail it next time," was said with real conviction!

Curtis O'Keeffe was another to give his all for the Club, fronting up for the under 14 event after having run for his school earlier in the day.

The under 18 girls 6k event saw the Club grab its first medal for the day when **Amy Cornell** crossed the line to win her first ever (individual) Vic Title. This was a just reward for some quality training over the past few months. The girl's teams in the 18s grabbed second while the 16 girls had to settle for third place, however retained their spot on top of the ladder. **Wolfgang Cotra Nemesi** got himself a bronze medal in the under 14 boys 4k, while the team in this section again finished in first place and now lead the team competition by a good margin. The under 20 boys also grabbed second place in their division.

JUNIOR RESULTS

GIRLS		Under 14 4k		BOYS	
15	Zoe Cornell	17:26.1	3	Wolfgang Cotra Nemesi	14:18.7
			12	Guy Fricke	15:40.9
			<u>13</u>	<u>Josh Tram</u>	<u>15:52.2</u>
			28	Curtis O'Keeffe	18:04.7

1st in Team's Race

Under 16 6k				Under 18 8k			
		2k	6k			4.2k	8k
7	Simone Maillardet	7:48	23:32.2	24	Angus Norman	15:45	31:10.7
15	Sunny Spencer	8:20	24:40.5				
22	LucyLeutchford	8:30	25:49.0				

3rd in Team's Race

Under 18 6k

		2k	6k
1	Amy Cornell	7:36	22:39.2
13	Ruby O’Keeffe	8:39	25:47.0
23	Emma Newton	12:43	39:38.1

2nd in Team’s Race

Under 20 6k

		2k	6k
5	Dale Carroll	6:45	19:18.2
13	Tom Hall	6:46	20:23.8
20	Nikko Shaw	7:10	21:13.8

2nd in Team’s Race

Under 20 8k

		4.2k	8k
15	Evie Rosa	20:40	40:36.7

The first of the senior races saw our second gold for the day when **Virginia Moloney** recorded an all the way win in the 8k event. With less than 400m to go Gin led by only four metres and a very close finish seemed imminent, however she put the foot down and gradually pulled away to record a decisive victory. **Erchana Murray Bartlett** continued her terrific form to record another top ten finish. **Jessica Newton** did a great job at the other end of the field, beating number of runners home and proudly telling us at this week she didn’t stop once! Great effort Jess!

WOMEN’S 8k RESULTS

		4.2k	8k
1	Virginia Moloney	14:20	27:22.5
9	Erchana Murray Bartlett	15:15	29:34.2
94	Zoe Delany	18:25	35:47.7
109	Alli Shinnars	19:22	36:34.6
<u>125</u>	<u>Katie Ward</u>	<u>18:43</u>	<u>37:49.5</u>
126	Mena Butler	19:44	37:58.9
135	Hiromi Fujiwara	*	20:09
137	Alison Chapman	*	19:59
140	Carine McGinnity	20:11	39:17.7
154	Ellyse Marum	21:05	40:25.3
157	Carly Black	*	21:11
159	Bron Hill	#	21:11
160	Fran Black	#	21:11
171	Jodie O’Keeffe	#	21:35
177	Wendy Richardson	21:42	43:12.2
212	Jessica Newton	28:15	54:36.3

Team Results

Division 1	7 th
Division 3	6 th
Division 4	6 th
Division 5	4 th
* 40+ 1	11 th
# 40+ 2	13 th

In the men's race **Jai Edmonds** was again our first home with yet another strong run. It was great to have **Michael Whitehead** with us today, although we were still badly hampered by the absence of many of our top runners. **Matthew Newton**, in his first year in senior ranks put in a great effort in his first run over such a distance. **Steve Simmons** continued his string of very good performances, while **Andrew Downie** was brave to finish after some serious cramping in the final lap and a half. The 16k CC is certainly a real test of endurance, perseverance and for some, sheer willpower! Well done to one and all!

MEN'S 16k RESULTS

			app 4.2k	8k	11.8k	16k
22	Jai Edmonds		13:50	26:18	39:00	51:48.5
30	Michael Whitehead		14:18	27:04	39:49	52:33.2
44	Hugh McCarthy		14:25	27:29	40:29	53:37.4
57	Matthew Newton		14:31	27:43	41:03	55:04.4
64	Liam Delany	*	14:30	27:45	41:36	55:43.1
83	Steve Simmons		15:14	29:26	43:42	58:07.6
117	Danny Reddan	*	15:47	30:32	45:42	60:59.8
130	Tony Hally	*	16:34	31:38	46:44	61:50.7
150	Trent McCormick		16:36	31:56	47:40	63:22.3
155	Andrew Downie		15:50	30:14	45:52	63:39.4
181	Peter Gaunt	%	17:15	32:56	47:08	65:31.7
194	Tim Strobe		17:05	32:57	49:15	65:58.9
208	Eugene Nemesi	#	17:24	33:44	50:20	67:00.9
225	Martin James	%	18:33	34:48	51:29	68:23.9
256	Paul Rothin	#	17:16	34:03	51:44	70:53.4
257	Susumu Miura	#	18:45	35:49	53:16	70:55.3
277	Paul Wallace		19:04	36:24	54:18	72:53.4
278	Neil Matthews	@	19:26	36:54	54:59	73:13.4
291	Doug Leutchford	%	19:51	37:39	55:42	74:16.7
297	Daryl Standfield	@	19:59	38:12	56:41	75:30.6
317	Jim Sayer	^	20:14	39:14	59:09	79:16.3
321	Tony Rodwell	^	19:58	38:12	58:35	80:10.9
326	Jim Hopkins	^	21:01	40:37	60:47	81:31.5
327	Jason Mears	@	20:00	39:30	59:52	82:02.7
333	Andre Ferretto		21:13	40:55	61:38	83:38.8
344	Mark Cornell		21:51	43:18	65:30	89:22.7
dnf	Rowan Thomas		21:33	42:08	-	-
dnf	Tim Stevenson		21:23	42:59	-	-

Team Scores

Division 1	7 th
Division 2	12 th
Division 3	13 th

Division 4	7 th
Division 5	6 th
* 40+ 1	3 rd
# 40+ 2	14 th
@ 40+ 3	19 th
% 50+ 1	9 th
^ 50+ 2	21 st

OFFICIALS: Gary McBroom and Tony Williams were on the job with AV as always, while Kevin Wigmore, as always, was on the job collecting the facts and figures for the Club. Jess Newton also helped us out at one stage when there was action in two places at the same time.

Wiggy, as always, was the man on the job with the tent early in the day and it was great to see so many around later on to help dismantle it and get it back to the trailer some 100 metres away. They included (and it is hoped I haven't missed anyone), Sus Miura, Neil Matthews, Liam Delany, Tim Strode, Eugene Nemesi and surprise, surprise, Kevin Wigmore.

Again thanks to Delaney catering for the eats, with Katie Ward contributing her much anticipated My Kitchen Rules offering!