

Sandown Road Race, Sat May 17, 2008

Senior Report

Senior Men

Sandown is one of the fastest 10k road races in Australia for most of us, given the depth of the field and thus the ability to get a sit in the wind (that always seems to be present) and to run in large packs. The same probably can't be said if you are leading the 800 or so runners who are behind you! That job was taken up by Lee Troopy who showed that he was in close to career best form with a hard fought win by 1 sec from NSW's Michael Shelley in 28.51. In the final lap Troopy managed to open up a small gap on Shelley 3 times but each time Shelley was able to get back on. In a feat probably not seen in Australia since Mona outsprinted a Kenyan at the Zatopek 10k sometime in the 90's, the marathon man somehow managed to outkick Shelley who is well known for his speed and boasting a sub 3.40 1500m time. Troopy's front running certainly earned him the respect of those chasing with 4th placed Ben St Lawrence reported as saying that 'everyone who ran a pb today owes Lee Troop a beer'!

What followed Troopy was an absolute PB fest despite the very wet course and moderate headwind up the back straight! To simplify matters, times in brackets are old PB's. Ryan Christian who can be seen trying to keep up with the leaders down the first home straight, was 2nd home for Geelong recording a huge PB of 31.36 (32.40). I managed to surprise myself with a less than impressive training regime in the 4 weeks prior courtesy of a nasty cold to tick off a long term goal of sub 32 to finish in 31.41 (32.05). Another to achieve the same goal and thus finish an equal happy camper was Michael McNaughton who ran very strongly to finish in 31.53 (32.48). Next in for Geelong was Nick Wightman in 32.52, a commendable effort given his recent return from the US where the focus was on 1500m rather than 7 times that distance! Nick was followed by Wes Benson in 33.27 which whilst not quite the PB he was hoping for, was a solid run to complete the Div 1 team for Geelong.

Another fantastic run came from Hugh Thyer. With a prior PB of 35.05, Hugh decided to give the 34's a miss, clearly deciding that small chunks off PB's is waste of precious time. He finished with a time of 33.57 and a great big smile! Next in was Jack Verstraten in 35.48 that placed him top 20 in the very competitive over 40's. Andrew Chalmers was next through the finish in 39.56, followed by Peter Samon in 50.20.

Senior Women

Not to be outdone by the men, our senior women similarly recorded a large number of PB's. Kristen Wyatt led the charge home with a strong performance to finish 9th overall in 35.55 (36.17). Next in was Ashlea Clifton who smashed the 40min barrier for the first time to record 39.17 (42.00), followed by Cathryn Hoare in 41.44 (42.08) and Freyja Troop in 43.20, just outside her PB to wrap up the Div 1 women's team. Sarah Hardiman joined us for the first time this season and despite being well away from her more accustomed triple jump pit, ran a great race to smash her Sandown 2007 time, finishing in 49.12 (52.20).

Sarah was followed in by Eliesha Byrt, racing over 10k for the first time, to record a new PB (by definition!) of 51.04.

Results: 10km Event

Mens Open

Lee Troop	1 st	28.51
Ryan Christian	27 th	31.36 (32.40)
Brett Coleman	30 th	31.41 (32.05)
Michael McNaughton	35 th	31.53 (32.48)
Nick Wightman	55 th	32.52
Wes Benson	69 th	33.27
Hugh Thyer	89 th	33.57 (35.05)
Jack Verstraten	147 th	35.48
Andrew Chalmers	280 th	39.56
Peter Samon	391 st	50.20

Women's Open

Kristen Wyatt	9 th	35.55 (36.17)
Ashlea Clifton	35 th	39.17 (42.00)
Cathryn Hoare	57 th	41.44 (42.08)
Freyja Troop	73 rd	43.20
Sarah Hardiman	115 th	49.12 (52.20)
Eliesha Byrt	118 th	51.04

NB: Placings above exclude invitation athletes - looks better for most of us!

Junior Report

The weather Gods certainly weren't in a good mood at Sandown on Saturday for the running of the 2008 Athletics Victoria Sandown Classic Road Race. Consistently steady rain fell throughout the 3km event causing times to be a fraction slower than last year, however some fine results were still produced by the Geelong athletes who participated.

Clare Hodgson once again performed very well to finish second in the Under 16 Girls category, while Kate Sly finished third in her first race of the season in the Under 18 Girls event. In the Girls Under 14 section, the ever consistent Jmara Hockley-Samon (4th), Wendy Parish (9th) and Shantelle Maurer (22nd) all ran well to complete the 3km in the poor conditions.

In the Boys Under 16 event Jesse Shields and Lewis Clark continued their close rivalry, with Jesse prevailing in the final stages of the race to sneak home by a few seconds in 14th position, just ahead of Lewis in 16th place.

Results: 3km Events

Girls Under 14:

Jmara Hockley-Samon	- 11.05	4 th (Received 3 rd medal due to one invitation athlete)
Wendy Parish	- 11.48	9 th
Shantelle Maurer	- 12.46	22 nd

Girls Under 16:

Clare Hodgson	- 11.05	2 nd
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Girls Under 18:

Kate Sly	- 10.30	3 rd
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Boys Under 16:

Jesse Shields	- 10.28	14 th
Lewis Clark	- 10.32	16 th

Thanks must go to Lyn Taylor and Wendy Byrt for standing out in the heavy rain all afternoon in performing their role as finish marshals for both races.

Geelong Region Team Awards:

Sandown Classic Road Race

Junior Women:

3 votes: Clare Hodgson
Troop

2 votes: Kate Sly
Christian

1 vote: Jmara Hockley-Samon
Coleman

Senior Women

3 votes: Kristen Wyatt

2 votes: Ashleigh Clifton

1 vote: Cathryn Hoare

Senior Men

3 votes: Lee

2 votes: Ryan

1 vote: Brett

BUSH INN AWARD:

This award goes to Lyn Taylor, who made herself available to officiate at this race after arriving back from sunny Noosa late on Friday. It would have been very easy to have stayed at home in front of a nice warm fire, however Lyn was more than happy to help out in a role that sometimes we find very difficult to fill. Well done Lyn, enjoy the hospitality of The Bush Inn.