

## Geelong Region Cross Country



### Report: XCR09 Rd 6 - Bundoora Cross Country (Sat July 18)



Blustery but dry conditions welcomed runners to the Victorian Cross Country Championships at Bundoora. There was a full day of running with the school's Victorian XC Championships being held in conjunction with the AV XCR09 series. The schools results for our Geelong athletes may take a little longer to be available as they are not listed under Geelong Region in the results.



The Geelong Region had a small but dedicated open team. The Open Women headed off first over an 8km course. Our regular runners Cathryn Hoare & Eliesha Byrt were our only runners so unfortunately we failed to complete a Div 1 team. Cathryn & Eliesha both ran well, however, and were pleased with their runs in tough conditions.



The Open Men raced over a 12km (4 x 3km) course. The team was significantly bolstered by the last minute inclusion of both Scott Rantall & Jason Woolhouse who were happy to use the race as a tempo session to support the team. Showing their quality, these 2 still managed to be the first Geelong runners home finishing 11<sup>th</sup> & 15<sup>th</sup> respectively. Jason seemed to particularly enjoy the run having a good chat to his fellow competitors – though he did note that the responses seemed to deteriorate on laps 3 & 4! Special mention for Ryan Christian (officially the Open Men Deputy Team Manager for the ill informed!) who was competing at Launceston this weekend. In a bid to entice Jason into running, he ventured into the AV head office on Thurs night to grab an entry form & check that they would accept a late entry, before presenting it to Jason on the track just prior to his first rep at Olympic Park!



Next in for Geelong was Brett Coleman happy with his run after a shocker at Coliban (I can say that because I'm writing this!), followed by Nick Wightman, Wes Benson & Colin Thornton to round out the Div 1 team. Special mention for Col who ran hard for the team despite a week of illness. Rounding out the men was Leslie Elms who continues to improve and will be chomping at the bit for the Geelong 16k I am sure!



After falling down the rankings at Coliban, it was pleasing to see the Div 1 team bounce back with a 2<sup>nd</sup> place this round behind Box Hill that moves us back into the top 3, only 2 points behind Glenhuntly.

## Awards



The **Steigen Team Player Award** goes to **Colin Thornton** for competing despite his recent illness and in the process allowing us to cement 2<sup>nd</sup> place in Div 1. Thanks very much Colin for helping out the team.



The **Barking Dog Award** for this round goes to the **Hockley Samon** family who have been consistently supportive of the team and who had the whole junior clan competing at Bundoora. Well done in particular to **Jmara** who finished 7<sup>th</sup> in the U15 Girls. We hope you enjoy the hospitality of **The Barking Dog**.



### Closest Time Predictions (each win Subway Vouchers)

Held over to the Geelong race due to logistical difficulties at Bundoora of getting time predictions given the 5 hours over which the events were held.

### Next Race

- **XCR09 Rd 7** – Geelong XC – Sat Aug 1. Please come along and support the team on our home ground. And if you can't run, please let us know if you can help officiate – we need 16 officials!