

## Geelong Region Cross Country



### Report: XCR09 Rd 7 - Geelong XC (Sat Aug 1)

This was the Geelong team's big day: The one and only race where most of us did not have to travel in a car for more than an hour before the race. And it was great! As a result, the Geelong team had an impressive 35 runners on the course across the age groups.



#### Juniors

Our junior runners competed over a range of distances. There were many fine performances with the stand out being Claudia Verstraten's win in the U14 4k event, 22sec clear of 2<sup>nd</sup> place – great work! The other stand out was U16 Holly Curtis who finished 5<sup>th</sup> in the U16 6k that ran in the same race as the open women. Holly managed to beat home all of our open women! It's difficult to give a rundown of each individual race with so many juniors racing so please check out the results for the full story.



#### Open Women (6k)

The Div 1 women, under threat of relegation, were finally able to get a team together for Geelong despite multiple injuries and absences among the team of regulars. Ashlea Clifton was first home finishing 28th in 24:08. In her second run for the club, Natalie Mensch was next home in 24:51 followed by Sharon Pedersen-Jones, Cathryn Hoare, Joanne Rowan & Eliesha Byrt. Well done, girls on your 6th place in the Div 1 women, and scoring some valuable points.



#### Open Men (16k)

The premiere olde-worlde 10-mile XC championships is feared by all but the most saddistic of XC runners. It is the longest XC race on the AV XCR09 calendar and around Eastern Gardens that has caused most Geelong runners much pain and suffering in years of training and racing there!



Geelong's Jason Woolhouse was tipped as one of the pre-race favourites and scored a piece in Saturday's Addy as a result! Jason was in the leading group of 4 up until close to the end of the 3<sup>rd</sup> lap before unfortunately having to pull out with leg cramps courtesy of an old pair of racing spikes. Glossing over 10-miles of 4 gut-busting, soul-destroying laps around Eastern Park, the first Geelong runner across the line was Brett Coleman in 14th place with a huge 90sec PB over this course. Scott Rantall was next in 20th overall with a solid performance given an





interrupted training schedule lately. Colin Thornton showed some signs of returning to form with a solid 56:08 in 34th. Next was Ryan Christian, who is also battling injury and trainingus-interrupted lately, and was a last-minute call-up to put in an admirable effort. Wes Benson was Geelong's 5th runner home in 58:11 ahead of Simon Gower in 1:02 to round out the Division 1 Men's team which managed to secure 3<sup>rd</sup> place overall. This places us 2<sup>nd</sup> on the ladder just 1 point behind Glenhuntly. Also competing in the 10-mile event were: Hugh Thyer (1:04), Phil Christian (1:06), Garry Womsley (1:14); and Peter Samon (1:29). Well done guys & well done to Peter who was rapt to sneak under the 90min mark!

Thanks to all the supporters for turning out and lining the course. Frequent "Go Geelong" cries made it feel more like Kardinia Park than Eastern Park. See you at Sandown.

## ACKNOWLEDGEMENTS & AWARDS

A special thanks to all of those who helped meet our officiating obligations. There were a couple of extra helpers who turned up on the day so we easily met our quota of 15 despite some pre-race concerns. In no particular order, a big thanks to John Moore, Mary McDonald, Bronwyn Clark, Wendy & Doug Byrt, Lyn Taylor, Sharon Hockley, Sally Hockey, Sue Buckley, Ian Blanchonette, Nicole Spehar, Chris Sly, Donna Christian, Sonia Hamill, Leisa Shields, Nick Wightman, Leslie Elms, Wendy Talbot & Colin Silcock.



The **Steigen Team Player Award** goes to **Ryan Christian** for his ongoing fantastic commitment to the team. Ryan was down as an official up until 3 hrs prior to race start due to a niggly injury he had been trying to overcome. With a late withdrawal of one of our usual Div 1 runners, Ryan found his singlet & stepped onto the start line – great work!



The **Barking Dog Award** for this round goes to **Anne Rowan** (who is Louis Rowan's mother). It was discovered the day before that Steampacket were overwhelmed with Geelong Football Club commitments and wouldn't be able to cater for us given the clash. Louis usually organises this and gave Anne an SOS call. Anne, as a mother of 9, took it in her stride to purchase the supplies & produce a magnificent 30 rounds of sandwiches for the team – WOW! Thanks so much Anne and enjoy the hospitality of the Barking Dog.



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

1 <sup>st</sup>	Cathryn Hoare (-2 sec)
2 <sup>nd</sup>	Harry Hockley Samon (-17 sec)
3 <sup>rd</sup>	Isaac Hockey (-26 sec)

**Next Race**

- **XCR09 Rd 8** – Sandown Relays – Sat Aug 8.