

Geelong Region Cross Country



Report: XCR09 Rd 8 – Sandown Road Relays (Sat Aug 8)

As conditions go, today Sandown served up one of its better days with the only real challenge being a moderate headwind up the back straight. Despite this, it would be fair to say it wasn't the team's greatest day out. As such, this report is likely to be fairly brief so we can all move on!



Div 1 Men

Brenton Rowe led the team off and put in one of the better runs for the day to give us a promising start. He zipped around the track in 18:43 to hand over in 2nd place. Nick Wightman ran 19:47, a little slower than his predicted time but a solid run none-the-less. Ryan Christian then had a run he'd definitely prefer to forget (20:37) with a self predicted 19:30 after which he immediately went searching for some AFL results that might brighten his day! Colin Thornton was up next and given some recent injury problems, put in a very solid performance to run 20:01. Wes Benson followed in 20:46 finding the going tough with recent interrupted training. The race was finally over with Brett Coleman running 20:03, again below self expectation despite recent good form.



Overall the team finished 7th but more importantly (or unfortunately for us!), Glenhuntly had a day out to claim victory & go from 1 point ahead of us for the season to 8 points ahead after today with only 2 rounds left. It is going to take some catching to knock off Glenhuntly now, but it is a challenge we should have a crack at. In 2008 we won the last 2 rounds – fingers crossed we can repeat that effort.



Div 1 Women

What a saga! Up until 24 hrs before the race, there were still only 3 runners with 4 needed for the team. 317 emails, 53 text messages & a few old fashioned phone calls later, we had a team courtesy of Graeme Watkins recruiting junior Wendy Parish into the team – great work to you both. By that time about half of Geelong had been asked if they could run!



Ashlea Clifton led the team off with a solid 24:24 before handing over to Cathryn Hoare who also ran well to come home in 26:54. Wendy Parish ran 3rd & set a cracking pace for the 1st lap before finding the 2nd a little tougher (don't worry Wendy, you weren't the only one!) to finish in 28:58. Eliesha Byrt led the team to the finish with a big PB of 32:57 – well done Eliesha. Overall the women's team finished 11th but most importantly, scored some points for the round and avoid another DNF.

ACKNOWLEDGEMENTS & AWARDS

A special thanks to Graeme Watkins who came along to help manage the teams & provide us all with some accurate times & splits. Some of us, however, wish he had not worried about the lap splits!



The **Steigen Team Player Award** goes to our junior runner **Wendy Parish** for stepping up into the senior ranks to complete the team & ensure our Div 1 women avoided another DNF for the round. Wendy, your other team members were most appreciated & excited about having a complete team when they heard the news after days of searching!



The **Barking Dog Award** for this round goes to **Graeme Watkins** for putting his hand up to help out as a team manager & helping out with the timing for both our teams. Thanks so much Watto and enjoy the hospitality of the Barking Dog.



Closest Time Predictions (each win Subway Vouchers)

1 st	Cathryn Hoare (-6 sec)
2 nd	Colin Thornton (+11 sec)
3 rd	Brenton Rowe (+13 sec)

Next Race

- **The Athlete's Foot Geelong Cross Country Championships** (Sat Aug 15) – see website (<http://www.grcc.net.au>) for full details.