

Geelong Region Cross Country



Report: XCR09 Rd 9 - Burnley Half Marathon (Sat Sep 6)

The Geelong Region Men's Div 1 team has a proud tradition at the Burnley Half having won the past 2 years with the longer events tending to suit our runners. Perhaps the demographics of the team are changing slightly (or perhaps Father's Day can be blamed!), for we failed to fill a complete Men's team this year and had not one female runner...



The highlight of the day was certainly the dominant running of Jason Woolhouse who ran a very fast 64.30 over the Burnley course that was over 90 secs quicker than his 2008 victory. Running at approx 3.02min/km for the first 15km, he faded slightly in the latter stages but was still very pleased with his time, Next in was myself (Brett Coleman) in 71.21. Sub 70 had been the aim but an ongoing cold managed to bury that possibility. I was happy to beat Colin Thornton though who had turned the tables on me unexpectedly at the Sandown Relays & didn't let me forget it! Col came home in 74.07 that was a little slower than he planned, possibly owing to the fact he was en route to a weeks holiday in the Blue Mountains! Rounding up the Geelong contingent was Simon Gower who was having a cracking race up until 15k when the wheels fell off. Nevertheless, he still managed a sub-80 run in 79.01 that he was pleased with.



Usually the report goes for a little longer but there is no one else to report on! The season ladders are not up so it remains to be seen what damage our Men's Div 1 team DNF does for our top 3 placing. Fingers crossed we can bounce back with a cracking Tan Relays team to reclaim 3rd spot for the season.



Please see next page for the awards.



AWARDS



The **Steigen Team Player Award** goes to **Brett Coleman**. I sent out an SOS email the day prior to try to fill the Men's Div 1 team. I was almost certainly going to award any takers the team player award. Given that no one was able to step up, I'm claiming the prize myself (I'm not sure that has ever been done before in the team's history!!) I will continue to enjoy wearing the Steigen apparel!



The **Barking Dog Award** for this round goes to **Simon Gower** who did put his hand up to run early in the week when he heard that we might be struggling for numbers. He also rearranged his work schedule to fit the run in. Some may say that he deserves the Team Player Award but he has already won that this year & those who know Simon know that he is need of a good feed!! We hope you enjoy the hospitality of **The Barking Dog**.



Closest Time Predictions (each win Subway Vouchers)

Held over to next round as spot prizes exceeded number of runners actually present!

Next Race

- **XCR09 Rd 10** – Tan Relays – Sat Sep 9 (9am start).

