

SOUTH BENDIGO ATHLETIC CLUB RUN 11 - ROCKY RISES ROAD, KANGAROO FLAT 13/7/2019

The South Bendigo Athletics Club in conjunction with Champions IGA Long Gully, held their 11th cross country run this season at Rocky Rises Road, Kangaroo Flat. Runners described the day as a very wintry day complete with icy blasts of wind with occasional showers. There were some invitational runners on the day as the local Harriers had a week off and it was great to see some of our returning club runners.

In the longest race, the **Reilly's Home Appliances 10km**, the event was well handicapped with runners crossing the line close together. It was great to see the return of Nicole Gillingham who won comfortably on a tough and hilly course in a time of 54.30 which also netted her the fastest female accolade for the day.

The course had some big puddles from the rain, but was easy enough to for runners to get around so they weren't challenged too much in the middle-distance **Fountain Health Foods 4km**. Invitation runner Victoria Farrant finished first (18.10) followed by Peter Hayes (23.43) who ran extremely well on the day.

A smaller field of under runners took to the **Bendigo Toy World 1000m**, but youngsters Bradie Sheldon 4.06 (Fastest Male) and Kate Wilson 4.01 (Fastest Time) were the fastest in the field.

In the final race of the day, the **Intersports Bicknell's 2000m**, runners did have to pick up the pace a little to keep warm with a light shower of rain during the event. Kristy Kum Too finished ahead of the pack with her first ever win with a time of 11.55 followed closely by Lynda Wilson (12.37) who picked up her first ever placing result. Well done ladies!

Next week on Saturday 27th July, South Bendigo runners will head to Millers Flat Road, Whipstick to participate in our annual Club Relays. This is a team event of up to 4 laps for runners that prefer a longer distance or 1 lap for the younger runners. Any aspiring runners please contact Peter on 0417 684 306 or visit the South Bendigo Athletic Club facebook page for further information.

RESULTS

Reilly's Home Appliance 10km: Nicole Gillingham 54.30 (Fastest Female), Will Noden 39.08, Aaron Norton 44.26, Peter Curtis 50.14, Hunter Gill 50.19 (Inv.), Jackie Guillou 55.29, Daniel Plowright 38.37 (Fastest Time), Eli Pearce 44.09, Matt Barkla 46.09, Josh Ketterer 44.04, Lara Pearce 60.28.

Fountain Health Foods 4km: Victoria Farrant 18.10 (Inv.), Peter Hayes 23.43, Carol Coad 22.49, Claude Guillou 19.02, Sasha Pearce 19.37, Bernard Nihill 15.52 (Fastest Time), Simon Nihill 22.10, Maurice Nihill 16.06, Sarah Ketterer 20.20, Damian Pearce 17.07, Megan Wilson 18.14, Belle Guillou 20.14, Jack Ketterer 18.54, Kylie Campbell 28.00, Genevieve Nihill 17.54 (Fastest Female), Maiya Pearce 21.00, Chris Timewell 17.55, Amanda Worthington 20.59, Allie Guillou 20.49, Annette Curtis 29.21, Caitlin Campbell 21.12.

Bendigo Toyworld 1km: Bradie Sheldon 4.06 (Fastest Male), Dustin Ketterer 4.09, Shay Pearce 6.30, Kate Wilson 4.01 (Fastest Time), Bevan Smart 4.54, Drake Barkla 6.35, Cody Pearce 8.14, Lily Brennan 6.43.

Intersport Bicknell's 2km: Kristy Kum Too 11.55, Lynda Wilson 12.37, Dustin Ketterer 8.52, Bradie Sheldon 8.38, Maria Bryce 11.28, Daniel Plowright 7.08 (Fastest Time), Kate Wilson 8.49, Sandy Giampietro 14.46, Sam Noden 8.19, Bodie Gillingham 12.05, Kaitlyn Bryce 10.58, Chelsea Tickell 8.26 (Fastest Female), Madison Bryce 11.02, John Justice 10.57, Greg Hilson 7.52, Jack Ketterer 8.50, Kai Pearce 9.12, Lyla Gillingham 12.15, Nathan Brennan 10.46, Chris Timewell 8.20, Gary Mahon 14.42.

AV Cross Country Round 6 – Lakeside 10 – Road Race

Archie Reid finished 3rd in the U20 10km, 31:04.60

Logan Tickell finished 3rd in the U14 3km, 10:09.68