

## South Bendigo Athletic Club 2021 Club Run 5: Crusoe No.7 Park

The Champion's IGA South Bendigo Athlete Club held their Weekly Cross Country run this week at Crusoe No.7 Park, the weather was a nice as one could ask for, and the relatively flat course a nice change from last week's hilly one. 51 Athletes lined up for distances 6.5km, 4km, 2km and 1km, and despite the course markers terribly directions, no-one was reported to get lost.

In the 6500m Front Marker Keely Trew stayed in front of the pack to come over the line first, followed by Charlotte Guy (Inv.), and Josh Ketterer. Patrick McCarthy making a come back to the club had the Invitational Fastest time, with Daniel Plowright taking the honours for Aggregate points. Lara Pearce is showing her good form, taking fastest female honours again.

In the 4000m Keenan Seymour came running down the hill in front of Dylan Stanyer and Simon Nihill. The Fastest Male for the middle distance was taken out by Jack Ketterer and the Fastest Time Overall was Genevieve Nihill.

The under 10 1000m race saw Ivy Brennan charge home for her third win of the season, safe to say she will be getting a nice handicap for next week. Second place went to Cody Pearce who managed to hold off big Sister Shay. Shay was also the fastest for the girls and Ned Bowe was fastest overall.

The final race of the day had first time runner Isabella Lilie power down the hill for a first-place win, followed by Sarah Lias (Inv.), and Nathan Brennan. Daniel Plowright broke the heart of the Handicapper Peter Curtis, breaking his course record, and taking out fastest time by only 6 seconds from talented youngster Thomas McArthur. Caitlin Campbell made sure she did not go home empty handed on her 18<sup>th</sup> Birthday, taking home Fastest Female.

The next club run will take place at Rocky Rises Rd with a 10km, 4km, 2km and 1km, for more information head to the club website [southbendigoac.org.au](http://southbendigoac.org.au).

**Reilly's Designer Appliances 6500m:** Keely Trew 35.53, Charlotte Guy (Inv.) 34.08, Josh Ketterer 25.40, Patrick McCarthy 23.24 (Inv. Fastest Time), Jackie Guillou 35.37, Daniel Plowright 24.52, Lara Pearce 34.03 (Fastest Female), Matt Barkla 30.39, Peter Curtis 40.45, Zackery Tickell DNF.

**3T Fitness 4000m:** Keenan Seymour 20.37, Dylan Stanyer 20.01, Simon Nihill 21.24, Sarah Ketterer 20.52, Jack Ketterer 17.39 (Fastest Male), Belle Guillou 17.41, Amanda Worthington 21.18, Genevieve Nihill 16.39 (Fastest Time), Allie Guillou 17.54, Caitlin Campbell 18.01, Carol Coad 23.17, Chelsea Tickell 16.43, Neil Bowe 18.53, Claude Guillou 18.42, Sasha Pearce 18.54, Gracie Seipolt 30.36, Peter Hayes 25.00, Sophie Hawken 20.51, Kai Pearce 19.58, Tim Tuena 20.43.

**Curtis Family 1000m:** Ivy Brennan 7.07, Cody Pearce 5.35, Shay Pearce 5.21 (Fastest Female), Indy Jamrozik 6.13, Gemma Tuena 6.16, Ned Bowe 5.11 (Fastest Time), Nicholas Atkinson 7.53 (Inv), Matilda Brennan DNF (Inv.).

**Intersport Bicknell's 2000m:** Isabella Lilie 11.19 (Inv.), Sarah Lias 11.41 (Inv.), Nathan Brennan 9.39, Loretta Nihill 11.32, Sarah Ketterer 10.01, John Justice 11.02, Bella Smart 11.31, Daniel Plowright 7.07 (Fastest Time), Courtney Campbell 9.47, Bevan Smart 9.39, Thomas McArthur 7.13, Ned Bowe 11.04, Caitlin Campbell 8.34 (Fastest Time), Dustin Ketterer 9.00, Josh Ketterer 7.55, Abby Smart 13.19, Kyle Hilson 10.16.