

Sunday July 16

ROAD RACES

Albert Park

The athletes were greeted with a very cold morning, but at least they got to have a “run around!” Some of the spectators may have wished to be similarly involved, although most were happy to remain well rugged up. Once again many people commented upon the garb on display adorning our very own **Kevin Wigmore**. The mercury was only showing low single figures but there was Wiggy sashaying around in a t shirt – unbelievable!

The juniors had first use of the course and the old ‘breaking the ice’ phrase probably has never really been more applicable!

Only one medal this week, although the under 14 boys were able to consolidate their position at the top of the ladder with a convincing win in the team’s event. With four finishers in the top twelve, the boys really just need to keep finishing a team to grab the trophy. The under 16 girls grabbed second place, but not having a team at the relays last Saturday has probably cooked their goose! They will have to rely on other clubs to miss out in the weeks to come.

The under 18 and 20 boys ran in with the seniors over the 10k course. **Dale Carroll** picked up a silver medal with a terrific effort, missing the 32 minute mark by just a couple of seconds. **Angus Norman** put in a promising performance in his first competitive run over the distance. **Tom Hall**’s run was possibly his best ever for the Club.

JUNIOR RESULTS

Girls		Under 14 3k		Boys	
13	Amelie Gilchrist	12:14.5	5	Wolfgang Cotra Nemesi	10:23.4
16	Zoe Cornell	12:28.6	7	Josh Tram	10:24.4
			8	Mason Johns	10:26.9
			12	Guy Fricke	10:55.6

Team Result 1st

Under 16		Girls 3k		Under 20	
7	Simone Maillardet	10:36.6	10	Evie Rosa	12:57.4
13	Sunny Spencer	10:58.8			
14	Lucy Leutchford	11:02.6			

Team Result 2nd

Under 18			Boys 10k		Under 20		
		4.7k	10k		4.7k	10k	
16	Angus Norman	18:08	37:02.6	2	Dale Carroll	15:14	32:02.5
				8	Tom Hall	15:50	33:42.2

The Club was rapt to have **Virginia Moloney** back in harness this week after a bit of well earned “R ‘n’ R” following her great performance in the Gold Coast Marathon. A silver medal today was a ‘nice addition to the trophy cabinet. We also welcomed another new recruit when **Francesca (Cesca) Coles** made her debut in the black and white. Our 40+ team will certainly benefit from her presence, as will the Club in general.

Every runner who competed last year ran faster in 2017. **Elyse Marum** improved by four minutes, **Katie Ward** by three minutes, while **Zoe Delany** knocked nearly six minutes off last season’s effort. **Jessica Newton**’s time was many minutes faster than her effort in 2015 (didn’t compete last year). **Bev Thomas** was first across the line in the 45-49 age group. **Jess Lees** followed up her terrific debut at Sandown with another very good run.

WOMENS 10k

			4.7k	10k
2	Virginia Moloney		15:52	33:45.2
14	Jess Lees		17:16	36:29.7
17	Bev Thomas	*	17:15	36:40.9
47	Nikki Lesberg		19:00	40:21.9
75	Zoe Delany		19:41	42:05.2
79	Katie Ward		19:57	42:21.4
104	Cesca Coles	*	20:40	43:38.4
114	Alli Shinnars		21:42	44:38.2
122	Alison Chapman	*	21:31	45:26.1
138	Hiromi Fujiwara		22:24	46:56.6
139	Fran Black		22:19	47:01.0
148	Elyse Marum		23:04	48:51.0
159	Wendy Richardson		23:40	51:60.3
191	Jessica Newton		29:51	63:24.9

Team Results

Division 1	2 nd
Division 3	3 rd
Division 4	4 th
* 40+	5 th

As with the women’s event, the Club again had a number of runners unavailable, many down with a dose of the lurgi going around at the moment. This situation is certainly not helping our results in the team competitions with a couple of our grades in real danger of relegation.

Michael Whitehead was our first home again. He is certainly having his best winter since moving across the ditch and hopefully he will also be a real force in the summer later this year. **Hugh McCarthy**, another to have had a blinder at the Gold Coast recently showed he has recovered pretty well with a smart time. **Steve Simmons** continued his great form in 2017, again finishing in our Divvy 1 team. **Magnus Michelsson** was the first home in the 45-

49 age group, while **Peter Gaunt**, **Danny Reddan** and **Jim Sayer** were among those to improve their times from last year.

MENS 10k

			4.7k	10k
38	Michael Whitehead		15:04	31:58.9
41	Jai Edmonds		15:23	32:16.1
47	Hugh McCarthy		15:37	32:30.9
105	Magnus Michelsson	*	16:12	34:36.2
116	Matthew Newton		16:25	35:04.2
<u>123</u>	<u>Steve Simmons</u>		<u>16:50</u>	<u>35:17.2</u>
151	Malcolm Campbell	*	17:10	36:06.5
152	Danny Reddan	*	17:16	36:06.7
176	Tony Hally	#	17:44	37:04.9
182	Lewis Sullivan		17:33	37:15.9
Inv	Anthony Mithen			38:22.7
238	Trent McCormick		18:37	38:44.9
<u>242</u>	<u>Paul Creedon</u>		<u>18:24</u>	<u>38:49.7</u>
243	Peter Gaunt	%	18:32	38:51.3
278	Martin James	%	18:59	39:42.9
310	Eugene Nemesi	#	19:43	40:54.2
346	Chris Waldron	%	19:57	42:05.8
<u>365</u>	<u>Paul Wallace</u>		<u>20:30</u>	<u>43:03.9</u>
381	Nick Rosa		21:34	44:00.8
391	Doug Leutchford	^	21:41	44:30.5
394	Daryl Standfield	#	21:40	44:38.4
396	Jim Sayer	^	21:31	44:47.5
<u>407</u>	<u>Jason Mears</u>		<u>21:57</u>	<u>46:06.0</u>
433	Jim Hopkins	^	22:54	48:10.3
439	Andre Ferretto		23:52	48:51.7
447	Mark Cornell		24:10	51:00.5
<u>456</u>	<u>Dominic Drenen</u>		<u>24:34</u>	<u>52:46.4</u>

Team Results

Division 1	8 th
Division 2	11 th
Division 3	13 th
Division 4	9 th
Division 5	10 th
* 40+ 1	2 nd
# 40+ 2	13 th
% 50+ 1	6 th
^ 50+ 2	13 th

OFFICIALS: **Tony Williams** and **Kevin Wigmore** did a power of work on behalf of the Club, Rocket with AV and Wiggy gathering our times for the archives.

Liam provided the tucker while Kevin, again was a big help with getting our gear back to the car at the end of a long, cold morning!