

# Bundoora XC July 26, 2008

## Senior Report

Wouldn't it be good if all of the AV races were in Geelong! It was feast to famine this week in the senior ranks with the long trek to Bundoora on the cards for the Victorian Cross Country Championships. I thought I might have to start looking around the wards at work early in the week looking for the best of the sick in a bid to make up numbers. As it was, we managed to get both men's and women's division one teams on the park, but only just!

As is so often the case, transport was not altogether straight forward. This time the trip for those travelling from Geelong was smooth and trouble free, but Andre La Gerche was forced to hire a car after a friendly Fitzroy neighbour smashed his car window and took off with a CD collection ranging from the Wiggles "Big Red Car" to Nick Cave's "Live Seeds". Perhaps more difficult was the fact that he had to lie in bed that night listening to his neighbour play his new CD collection at full volume until after 3am! Apparently the police didn't have enough evidence at the time to search the premises...

Meanwhile the ride (carpool) was so smooth for the rest of us that we arrived 80mins before the women's race and 2 hrs before the men's. Not wanting to let an opportunity slide, however, the men made productive use of this time to sort out a number of important issues. We successfully determined whether the men's race was 4x3km laps or 3x4, whether the women's race was 4x2km laps or 1x2 then 2x3, how many women were required to make up a division one team and how many division one women it takes to change a light bulb. For the more astute amongst you, you'd be correct if you guessed less than the number of division one men!

With the problems of the world sorted, the racing began. The open women were scheduled prior to the open men over a distance of 8kms for anyone who struggled with the maths above. The answer to question 3 above was 4 and that's exactly how many open women we had. Expectations were for a very soggy / muddy track given the preceding schools cross country events, but it was pleasantly solid under foot making for ideal cross country conditions.

First in for Geelong Region was again Kristen Wyatt, followed by Julie McNamara, Cathryn Hoare and Eliesha Byrt. I don't have much more information about their respective races as I spent most of the race looking to see if there was another runner I could give a Geelong tag to, having been unconvinced about the group's answer to question 3. Overall the women placed 7th in Division 1.

That left the men's open 12km as the final race on the program. This time Troopy let it be known that there would be a warm up, it would be race on from the gun, he was keen to win and there would certainly be no pace makers! The first lap (4x3kms for those wondering) was fast for all. Troopy felt like he was back at school with a couple of young guns in Toby Rayner and Liam Adams chomping at his heels. When Andre charged past me up the first hill, I'm sure mumbling Nick Cave's "The Mercy Seat", I thought Troopy might be in danger. Meanwhile I watched Nick Wightman also come past me on the

steepest downhill section at a speed I can only describe as kamikaze. I enjoyed going back past him on the steep left hander at the bottom though as he overshot the corner by a considerable margin!

Meanwhile up front there was a dog fight going on. Troopy dropped Liam Adams twice on lap 3 only to hear him claw his way back up. It wasn't until the start of the final lap that he managed to drop him for good to go on to win the State Title by 15 secs in a time of 36mins even (though Troopy will swear it was 35.59!) The next Geelong battle was between Nick, Andre & myself with about 5 metres separating us as we entered the last lap. In what has become an all too frequent occurrence in the last few years, I found myself side by side with Nick with about 200m to go. If you've seen Nick run over 1500m you'll know what his speed is like. If you've seen me run over 1500m you're lying! Meanwhile Andre was having a special battle with his bowels but I've gone there too many times in recent reports so now I'll drop it (so to speak...). Next in for Geelong was Michael McNaughton who will admit that he knew it wasn't going to be his day after the 1<sup>st</sup> lap, followed by Wes Benson & Andrew Chalmers.

Overall, our open men's team finished equal 3<sup>rd</sup> on 196 points with Ballarat YCW, with whom we always share a healthy rivalry. Both teams I'm sure will be reflecting upon where they could have made up just 1 point. So unfortunately for the 2<sup>nd</sup> report in a row, I have to reiterate the obvious - every point counts! (Perhaps Troopy you can gloss over that point...) First again in Div 1 was the ever strong Box Hill with Glenhuntly only 18 points ahead of us in second.

And for those interested, Andre's neighbour did get his comeupance and Andre can once again enjoy Nick Cave at his own volume, at his preferred time and from his own room.

## Results:

### Mens Open 12k

Lee Troop	1 <sup>st</sup>	36.00
Nick Wightman	28 <sup>th</sup>	39.36
Brett Coleman	30 <sup>th</sup>	39.40
Andre LaGerche	32 <sup>nd</sup>	39.59
Michael McNaughton	41 <sup>st</sup>	40.35
Wes Benson	64 <sup>th</sup>	42.18
Andrew Chalmers	212 <sup>th</sup>	49.32

### Women's Open 8k

Kristen Wyatt	20 <sup>th</sup>	30.54
Julie McNamara	40 <sup>th</sup>	33.19
Cathryn Hoare	47 <sup>th</sup>	33.57
Eliesha Byrt	100 <sup>th</sup>	40.27

## Geelong Region Team Awards:

### GEELONG (forgot on last report!)

#### Open Women:

3 votes: Kristen Wyatt  
2 votes: Georgie Buckley  
1 vote: Ashlea Clifton

#### Open Men

3 votes: Lee Troop  
2 votes: Nick Wightman  
1 vote: Brett Coleman

### BUNDOORA

#### Open Women:

3 votes: Kristen Wyatt  
2 votes: Julie McNamara  
1 vote: Cathryn Hoare

#### Open Men

3 votes: Lee Troop  
2 votes: Nick Wightman  
1 vote: Brett Coleman

## Junior Report

With fields in excess of 200 entrants in many of the junior races, there certainly was plenty of competition for the Geelong athletes running in the State team selection trials at Bundoora on Saturday.

With an early start, the Under 14's ran in possibly the best of the conditions of the day in the 3km events. Claudia Verstraten was most impressive in finishing fourth, while Jmara Hockley-Samon also impressed finishing 7<sup>th</sup>. Both of these girls have qualified to compete for Victoria at the National Schools Cross Country Championships in Geelong later in August, with Claudia in the AV team and Jmara in the School Sport Victoria Secondary team. Darcy Verstraten (45<sup>th</sup>), Wendy Parish (49<sup>th</sup>) and Matilda Skok (50<sup>th</sup>) also ran well finishing in the top 25% of the field. The two Jack's, (Verstraten and Hockley-Samon), were competing as younger athletes within the Under 14 age group to finish 73<sup>rd</sup> and 77<sup>th</sup> respectively, which was a great effort.

In the 4km events for women, Clare Hodgson battled a head cold to finish a very creditable 15<sup>th</sup> place in the Under 16 event and Georgie Buckley (as one of the younger athletes in the field) came 13<sup>th</sup> in arguably the toughest field, competing in the Under 18 age group. The performances of both girls, were good enough to be selected in the AV teams within their respective age groups representing Victoria at the National Schools Championships.

We had three athletes competing in the Under 16 4km Boys race. Jackson Hamill-Beach was the best of the Geelong crew, finishing in 22<sup>nd</sup> place, with Lewis Clark in 34<sup>th</sup> and Jordan Skok 116<sup>th</sup> positions respectively.

**U14 Women 3km**

Claudia Verstraten	4 <sup>th</sup>
Jmara Hockley-Samon	7 <sup>th</sup>
Darcie Verstraten	45 <sup>th</sup>

Wendy Parish	49 <sup>th</sup>
Matilda Skok	50 <sup>th</sup>

**U16 Women 4km**

Clare Hodgson	15 <sup>th</sup>
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**U18 Women 4km**

Georgie Buckley	13 <sup>th</sup>
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**U14 Men 4km**

Jack Verstraten	73 <sup>rd</sup>
Jack Hockley-Samon	77 <sup>th</sup>

**U16 Men 4km**

Jackson Hamill-Beach	22 <sup>nd</sup>
Lewis Clark	34 <sup>th</sup>
Jordon Skok	116 <sup>th</sup>

**Geelong Region Team Awards:****GEELONG****Junior Women:**

3 votes: Georgie Buckley  
 2 votes: Claudia Verstraten  
 1 vote: Jmara Hockley-Samon

**Junior Men**

3 votes: Jackson Hamill-Beach  
 2 votes: Lewis Clark  
 1 vote: Jack Verstraten

**BUSH INN AWARD**

The worthy winner of the **Bush Inn award** for this round is Nick Wightman. Better known for his short distance races (as alluded to in the report), Nick has demonstrated great commitment to the *Geelong Team* by giving his all in the tough 12 & 16km cross country races. On Saturday he also proved that every point counts by running down the Knox runner ahead over the last 100m, a feat that allowed us to draw with Ballarat YCW rather than have them beat us! Well done Nick and we hope you enjoy the hospitality of the **Bush Inn**.