



**REPORT**  
**THE ATHLETE'S FOOT**  
**GEELONG ATHLETICS INC**  
**GEELONG CROSS COUNTRY CHAMPIONSHIPS**  
**SAT AUG 15, 2009**

Saturday Aug 15, 2009 provided glimpses of the upcoming summer with a fine & unseasonably warm day for **The Athlete's Foot Geelong XC Championships**. This year saw us use a new course at Eastern Gardens given a clash with the Geelong Cycling Tour & limited access to our usual course. It was pleasing to have 23 athletes compete on the day with plenty of spectators to cheer.

The junior men's race over 3km was won easily by Lewis Clark in 10.56 with Samuel Shields & Andon Saplamaev taking out the minor placings. The Curtis twins dominated the junior women with Holly leading the way in 11.56 ahead of Ricci & Wendy Parish in 3<sup>rd</sup>.

The open men's race over 6km followed & was won by Brett Coleman in 20.18 followed by Wes Benson who overtook eventual 3<sup>rd</sup> place getter Colin Thornton late in the race. Colin was unfortunate not to have his racing shoes for the event as an unexpected series of events had his wife, who was bringing them down, knocking on Newtown houses looking for the postrun Steampacket sandwiches – thanks Louise! The open women's race was taken out by Julie McNamara followed by Cathryn Hoare & Eliesha Byrt.

A big thanks to Tony Stewart at **The Athlete's Foot** for his ongoing support of the Geelong Championship events and to all of our helpers on the day. Congratulations to the lucky spot prize winners below.

**Spot Prize Winners**

The Athletes Foot \$150 Gift Voucher	Samuel Shields
The Barking Dog Gift Voucher	Louise Thornton
The Steigen Prize Pack	Lewis Clark
Subway Vouchers	Chris Sly, Simon Gower, Eero Keranen, Jack Hockley Samon, Harry Hockley Samon & Julie McNamara