

JONO BREAKS THROUGH ON NEW COURSE

South Bendigo Cross Country athletes found a new course at Victa Road, East Bendigo, to be one of the best.

The fast & flat 3000 metre loop course started at the gateway to the Wellsford Forest.

The first event of the day was the Bicknell's Sport 6500 metre handicap, consisting of a 500 metre out & back section, followed by two 3km circuits. Kirsty Seipolt led for almost the entire event, before Jono Giles snatched the lead with 40 metres to go. Jono broke through for his first club run victory, after a string of placing, with a time of 25.21 minutes.

Kirsty Seipolt ran a bold race to finish second, with David Purdon in third place with the fastest time of 22.37 minutes.

Keith Noden was a popular winner in the Hume & Iser 3000 metre handicap. The 76 year old ran 23 seconds under his estimated time to win in 18.52 minutes. Another grand veteran John Justice finished in second place with the fast finishing Carol Coad in third place.

Fastest time went to Scott Purdon in a slick time of 10.02 minutes.

The third event of the day was won by Holly Hawke, in the Bendigo Toyworld 800 metre handicap for the under 10 athletes. Holly ran a time of 3.55 minutes, to win from Madison Bryce & Will Noden.

Fastest Time went to Jeremiah Jones, who finished fourth with a time of 3.19 minutes.

Nerrida Holland led from start to finish in the Kevin Healey Retravision 1500 metres. Nerrida ran a time of 9.04 minutes to hold off the fast finishing Cara Jones, with Riley Raven in third place.

Neil Britten continued his dominance of fastest time honors, with a time of 5.40 minutes.

The Hilson Family won the weekly raffle donated by Cheryl Curnick.

This Saturday afternoon, the Club will have the in form team of Peter Rice, Jono Giles & Kyall Britten competing in the Under 20 section of the 3 x 6.2 km relay at the Victorian Road Relay Championships at Sandown Park in Melbourne

This Saturday afternoon's club run is at Golf Course Road, Epsom with three distances being contested.

The first event of the day starts at the later time of 2.00pm with the Long Distance & Middle Distance events combined & to run over 4000 metres. The under 10 race will be the second event of the day, with a 1000 metre event starting at 2.40pm, with the Open short distance event to be run over 2000 metres at approx. 2.55pm.

To get to the venue, from Bendigo, turn right at Subway in Epsom, turn right into Golf Course Road, past the front of the Bendigo Golf Course, travel approx. 1km where the event starts on the right hand side.

All club members are encouraged to run in the Athletics Bendigo Club relays on Saturday 15th July. Members wishing to compete must fill out the form on Saturday or phone one of the below phone numbers.

For more details on how to join the club for Cross Country or Track & Field competition, please call Greg on 54483846 or Sandra on 54422416. Details can also be found on the website at www.southbgoaths.alturl.com

Results; Club Run 9, Victa Road, East Bendigo

Bicknell's Sports 6500 metre handicap

Jono Giles 25.21, Kirsty Seipolt 32.42, David Purdon 22.37 (Fastest Time), Greg Hilson 25.53, Peter Rice 23.08, Paul Rance 27.47, George Austen 35.00

Hume & Iser 3000 metre handicap

Keith Noden 18.52, John Justice 12.34, Carol Coad 14.48, Scott Purdon 10.02 (Fastest Time), David Somerton 12.16, Sandy Playford 16.01, Mandy Worthington 12.55, Bill Trew 15.48, Peter Hayes 15.52, Ellen Rice 18.39

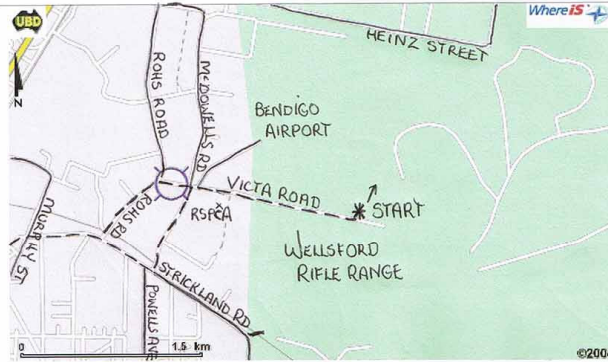
Bendigo Toyworld Under 10, 800 metre handicap

Holly Hawke 3.55, Madison Bryce 4.23, Will Noden 3.51, Jeremiah Jones 3.19 (Fastest Time), Riley Raven 3.30, Kyle Hilson 4.02, Kaitlyn Bryce 3.43, Madeleine Hawke 3.46, Brigid Raven 5.27, Thomas Hawke 4.59, Tom Noden 3.52

Kevin Healey Retravision 1500 metre handicap

Nerrida Holland 9.04, Cara Jones 7.53, Riley Raven 7.06, Nigel Self 6.30, Neil Britten 5.40 (Fastest Time) & Ross Matheson 6.15, Karl Kirkham 6.35, Jeremiah Jones 6.52, Annette Curtis 9.14, Jesse Noden 6.05, Ebony-Jade Jones 7.34, Maria Bryce 8.46, Francis Hall 6.45, Peter Curtis Snr 9.18

CLUB RUN #9
VICTA ROAD, BENDIGO EAST
1ST JULY, 2006 1.30PM START



CLUB RUN #10
GOLF COURSE ROAD, EPSOM
8TH JULY, 2006 2.00 PM START

