

Hunter Newsletter

Issue 22

July/August 2018

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**ANGLESEA
RELAYS
CANCELLED
THIS WEEKEND
August 18th.**

HUNTERS IN ADELAIDE

*Glenhuntly win Women's
Shield
12pts to 9pts*

*Western Districts win Male
Shield
22pts to 14pts*

PLEASE ASSIST

*We need assistance at XCR
rounds to erect the tent and
dismantle it after the event.*

*Recorders for the relays at
Anglesea and the TAN.*

WINTER PRESENTATION.

*Will be held following the
running of the TAN relay.
Please stay to support your team-
mates.*

<http://athsvic.org.au/.../g.../anglesea-ekidan-relays-cancelled/>



ALL XCR COMPETITORS

ANGLESEA EKIDEN RELAYS CANCELLED THIS WEEKEND

August 18th

Due to the increased risk of thunderstorms and high winds in excess of 50kmh during the scheduled event time on Saturday, the Anglesea Ekiden Relays will be cancelled.

AV has continued to consult with the BOM and with Parks Victoria who along with Surf Coast Shire closed part of the national park early this week due to erosion. The impending weather forecast, confirmed by the BOM today increases the risk to participants, officials and volunteers with up to 300 people out on the course at any one time when the weather cell is predicted to hit. With the exposed nature of the course and terrain, putting members at risk for the duration of the event is not in the best interests of Athletics Victoria, our clubs, officials and participants.

We have spoken to the Anglesea Family Caravan Park to inform them of our decision. They are working with us on the matter and we will be informed tomorrow morning on cancellation options for those who have booked accommodation within the park. Further details will follow tomorrow.

We can confirm that Clubs will receive a full refund of all entry fees.

We would ask Clubs and all AV members to respect and acknowledge that a decision like this is not taken lightly.

SAVE THE DATE: Sunday September 23

Duncan Mackinnon Community Open Day

Celebrate the opening of our brand new track!

- A range of sprint, middle distance and field events

- Entertainment

- BBQ and canteen

- Prizes to be won

Stay tuned for more information.

And Another for the Diary

Eat & Run Tour

Tokyo, JAPAN

Wednesday January 16 - Sunday January 20

Experience Ekiden in the country that invented this wonderful running tradition.

Glenhuntly is still recruiting members to fill teams for the Shibuya New Year Ekiden in Tokyo.

More details to come about this exciting travel adventure.

Send items to gohunter@tpg.com.au

GLENHUNTLY –Victoria’s Largest Club

At the recent AGM of Athletics Victoria, the Annual Report for the past season 2017/18 was tabled.

It showed that our club has regained top position in registrations.

Membership was 264, ahead of Athletics Essendon 256, and Box Hill 251.

Our membership is made up of:

Male 147, Female 87, Coaches 40 (some are also registered as athletes), 5 Athletics Victoria Life Members, and Officials 14.

In addition we have 40 living Life Members.

UP-COMING WINTER XCR18 EVENTS

Saturday 18/08/2018 XCR Rd 8 – Anglesea Ekiden Relays (Anglesea)

CANCELLED

Sunday 19/08/2018 – Australian Half Marathon Championships (Sunshine Coast, QLD)

Saturday 25/08/2018 – National XC Championships (Maleny, QLD)

Sunday 2/09/2018 XCR Rd 9 – Burnley Half Marathon & 5km (Burnley)

Saturday 15/09/2018 XCR Rd 10 – Tan Relays (Kings Domain)

Sunday 16/09/2018 Australian Marathon Championships (Sydney, NSW)

To ALL Glenhuntly Members,

As a part of our Club's partnership with Core Advantage, they are putting on a **Free Seminar** for us.

Aug. 22 2018 7:30pm

Core Advantage Athletic Development

39 Cleeland Road, Oakleigh South, Victoria 3167

Becoming a Bulletproof Athlete in Track and Field
How to Master Load in Track and Field

- how to De-load and Re-Load your body
- This seminar is for all levels of athlete- junior/open/masters.
- Find out how planning your training can help you have a successful athletics season.
- This is a free event for glenhuntly athletics members.
- Brought to you by our ongoing partnership with @coreadvantage

This Event is Free.

If you plan on attending could please RSVP by emailing Josh Plante
greatnorthcoaching@gmail.com

*Come along and support this great initiative
and prepare for a great athletics season.*

*Thank you to Josh Plante, club coaching
director, for this initiative.*

*Come and Support and remember its free
News from the Club Committee*

A couple of things that were discussed at the Committee meeting:

- **Information night on Thursday 20th September**
for any members and parents to attend to get more information on the upcoming summer season
(some Team Managers and coaches will be in attendance)
- **The new website**
is coming along, just need to copy the history and photographs across.
- **Opening Day at the new track**
is in full planning phase working with Maccabbi and Little Athletics for end of September. More information to come!!

GOOD LUCK TO OUR MASTER'S ATHLETES

Some of our Masters are off to Malaga, Spain, for the World Masters Championships; Aug/Sept.

**Sandra Howarth
Heather Carr
Gwen Steed
Ralph Bennett
Tony Doran
Andrew Crawley
Will Little**

ENJOY the trip and competition. Looking forward to hearing of your results and experiences.

**The 71st Staging of the Arthur Beames Challenge
for the Mrs. A.A. Theobald Shield**

Uni Loop Adelaide 28/7/2018

Place	Runner	Club	M	F	Estimate	Actual	Diff	Hcap
1	Casey Wood	WD		F	19.10	17.29	-1.41	16
2	Anna Kentwell	GHY		F	19.00	18.09	-51	12
3	Dana Dekkers	GHY		F	19.40	18.48	-52	13
4	Alec Highnam	GHY	M		20.00	19.28	-32	9
5	Kym Barnett	WD	M		20.00	19.50	-10	5
6	Grenville Wood	WD	M		20.00	20.00	0	1
7	Gill Highnam	GHY		F	20.30	20.25	-05	2
8	Gaetano Aiello	WD	M		20.21	20.38	+17	8
9	Chris Dimitrak	WD	M		20.45	20.53	+08	4
10	Eric Sigmont	GHY	M		23.59	23.43	-16	7
11	Helen Rainey	GHY		F	24.00	24.05	+05	3
12	Geoff Troiano	WD	M		25.00	24.18	-42	11
13	Mark Rainey Jnr	GHY	M		25.00	25.40	+40	10
14	Peter Rainey	GHY	M		29.00	25.43	-3.17	17
15	Nando Princi	WD	M		25.00	25.54	+54	14
16	Krista Barnett	WD		F	34.00	29.37	-4.23	18
17	Lesley Rutherford	WD		F	30.00	29.48	-12	6
18	Ashley Aiello Jnr	WD		F	-	32.23	-	
19	Tony Doran (Walker)	GHY	M		36.00	37.26	+1.26	15
20	Kevin Esmore	GHY	M		35.00	42.50	+7.50	19

Team Manager: Phil Hutton

Challenge Shield Team Results: (Lowest score is winner)

Male

Glenhuntly	22	were defeated by	Western Athletics	14
A Highnam	1		K Barnett	2
E Sigmont	6		G Wood	3
M Rainey	7		G Aiello	4
P Rainey	8		C Dimitrak	5

Female

Glenhuntly	9	defeated	Western Athletics	12
A Kentwell	2		C Wood	1
D Dekkers	3		K Barnett	5
G Highnam	4		L Rutherford	6

The Challenge held in Adelaide this year was an undoubted success. There were teams in both male and female; a first for some years.

Certainly, it is an event worth preserving, and it is hoped that both clubs will do what they can to promote and encourage it.

Twenty runners contested the challenge; 12 male and 8 female, enjoying excellent running conditions on a flat, fast course, in sunny conditions.

Western Athletics (their new name) were fine hosts with afternoon tea provided and a relaxed evening function at Sfizio Cucina e Bar in Norwood. Very pleasant.

Some highlights:

- **Casey Wood (WD), daughter of former Australian Marathon (Edinburgh 1986) Grenville Wood, was the run-a-way winner overall.**
- **Grenville (WD), was 6th and the handicap winner; selecting his exact time.**
- **Alec Highnam (GHY), Club Master, was first male to finish; 4th overall.**
- **Gill Highnam (GHY), Club Master, was female handicap winner.**
- **Mark Rainey (GHY) and Ashley Aiello (WD), both U12, were the junior runners.**
- **Anna Kentwell and Dana Dekkers were both prominent in the race.**

Some achievements:

- **Gaet Aiello (WD President) completed his 21st time in making the WD team. Trevor Vincent has 21 times representing GHY.**
- **Grenville Wood moves into equal third, with Keith Lyons (GHY) on 13 teams.**
- **Eric Sigmont moves up to equal 8th with 8 teams; competing this year 50 years after his first event.**
- **Dana Dekker's has made 4 teams to be the leader with GHY ahead of Lesley Grimes, Sarah Lund and Cass Little on 3. A Princi has been in 5 teams for WD.**
- **Kevin Esmore and Tony Doran, continue to be magnificent supporters of this event, again competing this year.**
- **Trevor Vincent has won the event on 7 occasions, with Keith Lyons 5, Ben Kelly 5 and Grenville Wood 3. Cass Little GHY is the only multiple female winner.**

The Shield and Teams for 2018 Staging in Adelaide.



L to R: G Aeillo, G Wood, K Barnett, C Dimitrak, A Highnam, M Rainey, E Sigmont, and P Rainey.



L: A Kentwell, D Dekkers, G Highnam, H Rainey, C Wood, L Rutherford, K Barnett.

HIGGINS COMMUNITY AWARD *Kurt Golonka*

With the recent change in Electoral Boundaries our Club is now in the Federal HIGGINS ELECTORATE. MP Kelly O'Dwyer (Lib), current sitting member wrote to organisations inviting them to nominate a Club Volunteer who makes a difference. Our Club nominated its treasurer Kurt Golonka for recognition. Kurt does a great deal of behind the scene work for the Club and is an outstanding nominee. Here he is with Kelly O'Dwyer, and former State Premier, Ted Baillieu receiving his award. Well done Kurt.

Kelly sent the following:

Thank you and the Glenhuntly Athletics Club for attending my 2018 Higgins Community Service Awards yesterday and helping recognise the wonderful local volunteers who contribute so much to our community.

I was thrilled to receive more than 55 nominations from local organisations. Your efforts and those of all our other volunteers make an incredible contribution to making our community such a wonderful place to live.

I have attached a group photo and an individual photo which you may wish to share with Kurt and the athletics club family!

Thank you again for your wonderful work.



Kurt Golonka has been an active member of Glenhuntly Athletics Club for over 15 years. He is a dedicated club athlete who regularly trains at Duncan Mackinnon Reserve with the Glenhuntly Athletics squad, supporting the coaches there and encouraging club members at training. He sets an excellent example to the Glenhuntly Athletics community by showing how dedication, consistency and commitment to goals can lead to success. He is our current reigning Summer Season Champion Master Track Athlete.

Kurt doesn't let his training and competition commitments get in the way of supporting the club at its grass roots. He is a long-time committee member, currently our Club Treasurer. However, it is Kurt's contributions to the club that extend beyond the role of Treasurer which are especially significant.

Kurt is the one who will look after those matters which might not seem obviously critical but are, in fact, essential for the smooth running of a club as large as ours. He diligently and without fuss tackles those issues which need attention. Only last week, he was out in the middle of the Duncan Mackinnon Reserve athletics track, in the cold and wet of Winter, restoring steeplechase hurdles to meet Athletic Victoria's equipment standards, to make sure we get onto the competition circuit for this coming summer season. He really does care. He also liaises closely and regularly with Glen Eira City Council on a range of matters relevant to the club's tenancy at Duncan Mckinnon Reserve. He is widely respected.

The subject lines of emails from Kurt over the last few months to the rest of us on the Committee reveal the breadth of his attention to club matters – equipment, advertising board space, locking the venue (Duncan Mackinnon Reserve), steeple hurdle quote, Blue Zone meeting, track booking times, Glenhuntly Aths status of track, zipped hoodies, Glenhuntly Aths feedback to Athletics Victoria, Glenhuntly Aths light usage, storage requirements Duncan Mackinnon Reserve, running shirts, club signage, canteen, Glen Eira City Council meeting.

Kurt doesn't limit his voluntary contributions to the community to Glenhuntly Athletics Club. He regularly volunteers as an official at the Caulfield Little Athletics Centre, playing a very important role in promoting the participation of children in local community sport. His own children are actively involved in Caulfield Little Athletics, and it is not uncommon for Kurt to be at Duncan Mackinnon Reserve Athletic Track all of Saturday morning before he then comes over to participate in Glenhuntly Club competition in the afternoon. Even then, he gives himself no break, and Kurt is often seen juggling the role of official and athlete at Saturday afternoon track meets. This is on top of his regular job and responsibilities as a committed father to three young children. How does he fit it all in?!

Kurt doesn't demand much for his efforts, and will even shun recognition, as if what he does is simply not much. The Glenhuntly Athletics Club welcomes the opportunity provided by the Federal Member for Higgins to recognise the true value Kurt Golonka brings to the Glenhuntly Athletic Club community through his outstanding volunteer service and dedication to the local athletics community.

REPORTS FROM ALBERT PARK 10km Road Race XCR6

Glenhuntly Open & Masters Men

Before the XCR season starts, many AV athletes choose Albert Park 10km as the race to target. On a cool and blustery morning last Sunday, the Glenhuntly men did not disappoint. We had 23 starters across Open and Masters Men.

Our Division 1 team equaled its best result for the season, finishing 6th. Rhydian Cowley led from the front, recording a blistering 30.34 to place 14th. Jack Bullock broke his PB to achieve arguably his best result of the year. David Ceddia made a great return from injury, exceeding his own expectations in stopping the clock at 33.36.

Division 2 finished 10th. Pat Beguely smashed his 2017 result, recording a very quick 37.07. Peter Rushen was just behind him, continuing his stellar season.

Division 3 finished 11th. The ever dependable Simon Bowly and Joel Samsu almost ran a dead heat, both recording 38.03.

Division 4 finished 9th. Beau Lang ran a brave race as he continues to manage an injury. Mick Ryan ran really well off the back of Gold Coast Marathon only three weeks before.

After 6 rounds, our 40+ team continues to show the way, sitting equal 2nd place on the ladder. They are closely followed by 60+ who are 3rd. Division 1 and 4 are 6th, Division 2 is equal 8th and Division 3 11th. Division 5 are 12th and 50+ are 15th.

We now head to Lake Wendouree for the 15km. Many clubs struggle to get numbers to this race so it's a great opportunity to consolidate our ladder positions.

Go Hunters!

Glenhuntly Open & Masters & Junior Women

Albert Park was a morning for fast running. Anna Kentwell was the first Hunter home with an incredible PB time of 36:14! Amelia Aslanides produced a great run of 37:03 recovering after the Gold Coast Marathon and Vanessa Wilson flew through the course in a speedy time of 37:18! Not far behind, Cass Mesta produced another fantastic run with 37:23 and Dana Dekkers scored another PB for the season with 37:26. Rebecca Beagley ran another consistently great race with a time of 38:48 and Erika Florez claimed a 10km PB running a super 38:59! Cass Little once again

impressed and inspired everyone running an amazing 39:46 and Erica Patterson smashed out the course in 41:39! Anung Samsu showed she's got what it takes not only on the trails but on the road too with an impressive PB of 43:43 and Linda McCaffrey comfortably went sub 50min with a great time of 49:31! Our other Masters women again produced consistent efforts with Kara, Kim, Gill, and Lisa showing team spirit; unfortunately we need another runner in 50+ to place a team. Genevieve O'Brien flew the flag for the Junior Women and had a stellar run over 3km, running 11:41! Overall for the teams Div 1 placed 2nd, Div 2 placed 3rd and Div 3 placed 2nd, which is an amazing effort! Go Hunters!

Glenhuntly Junior Men

On an early, sunny and very nippy morning four of our junior men tackled the 3kms at Albert Park on Sunday morning. There was good racing from all of our team members. Sam Lindsay and Mark Rainey competed in the U14s and Sam placed third whilst Mark in his second run for the club is building his fitness nicely. Logan Janetzki and Max Nichols ran in the U16s with Logan just outside the top 10 and it was good to see Max back racing after an extended break through injury.

XCR6- Albert Park 10km: Sunday 21st July 2018				
			Time	2017 Time
Men Under 14 - 3K				
	Sam	Lindsay	10.05	10.46
	Mark	Rainey	13.15	
Men U16 - 3k				
	Logan	Janetski	10.03	
	Mark	Nichols	10.50	
Men Open - 10k				
14	Rhydian	Cowley	30.34	
46	Daniel	Hamilton	32.10	
50	Jamie	Cook	32.17	32.50
70	Jack	Bullock	33.22	33.55
80	David	Ceddia	33.36	
97	Tom	McFarlane	34.05	
121	Chris	Winter	34.58	34.17
125	Andrew	McEvoy	35.02	35.32
134	Julian	Kuppler	35.22	35.24
157	Geoff	Scott	35.52	
210	Pat	Beguely	37.07	39.21

213	Peter	Rushen	37.08	37.49
237	Nick	Van Agtmaal	37.44	37.29
247	Simon	Bowly	38.03	37.37
248	Joel	Samsu	38.03	
357	Alec	Highnam	41.20	39.44
402	Cameron	Evans	43.05	
404	Beau	Lang	43.15	37.24
422	Mick	Ryan	44.06	
472	Angelo	Portelli	48.28	
490	Rob	Dunbar	51.22	
496	Ian	Rands	52.20	52.21
500	Len	Johnson	52.27	52.04
Women Under18 - 3k				
17	Genevieve	O'Brien		11.41
Women Open - 10k				
15	Anna	Kentwell	36.14	
20	Amelia	Aslanides	37.03	35.55
23	Vanessa	Wilson	37.18	
25	Cass	Mesta	37.23	
26	Dana	Dekkers	37.26	38.18
44	Rebecca	Beagley	38.48	37.14
47	Erika	Florez	38.59	
58	Cass	Little	39.46	
75	Erica	Patterson	41.39	40.52
79	Gill	Highnam	41.49	
113	Anung	Samsu	43.43	
137	Kim	Nanscawen	46.18	47.28
156	Kara	Gilbert	48.23	51.18
169	Linda	McCaffrey	49.31	
213	Lisa	Deramond	58.04	
Teams Results				
Men				
	Division 1		6	6
	Division 2		10	
	Division 3		11	
	Division 4		9	
	40+		5	
	60+		3	
Women				
	Division 1		2	2
	Division 2		3	
	Division 3		2	

Profile**Amy Bremer****1930s*****Our first Woman to win a National title.******(Glenhuntly Women's Amateur Athletic Club)***

Amy joined our club as a 15 year old in our first season and competed in the first round of interclub, held at the Glenhuntly Cricket Ground. She showed a great deal of promise with a fine run over 220 yards, recording fastest time for the day with 29 1/5 secs. The Club was up against the strong Melbourne No.1 team and were soundly beaten 20 points to 62 points. Round 2 saw Amy win the 100 yards in 13 3/10 secs. She also won the 220 yards with 29.0 sec.

These were excellent results for such a young girl and were the forerunner to an outstanding career through the 1930s.

It should be noted that there were no starting blocks in use at this time. The usual method of starting was by scooping holes in the track behind the starting line. A shoe horn was often carried to be used as a scoop.

At the first Victorian Championships, held in March 1931, Amy suffered her first defeats of the season when Emily Brooks of the Melbourne Club defeated her in both the 100 (lost by inches) and 220 yards (lost by a yard). Amy finished fourth in 75 yards race. Both times by Emily were outstanding (11.5 and 27.0).

Following the formation of the Australian Women's Amateur Athletic Union (AWAAU) a National Games was held in January 1932. Amy was selected to represent Victoria in the 100 yards. (there were only 100 yards, 90 yard hurdles, and High Jump for women).

Amy was soon to be recognised as one of the foremost sprinters in Australia. Only two women had represented Australia at the Olympic Games, Edie Robinson (1928) and Eileen Wearne (1932) and by 1934 Amy had recorded

wins over both of them. She also had wins over Victoria's first State Champion and record holder, Emily Brooks, and by 1935 Amy was the holder of ALL Victorian Sprint titles (75yd, 100yd, and 220yd) in the one season.

In some ways Amy was extremely unlucky not to have had the opportunity to represent her country on the world stage. At a time of economic depression, and in a time of uncertainty about the role of women in athletics, there were many obstacles to women being included in teams for the Olympics and Empire Games. As the AWAAU was not affiliated with the AAAU, women were denied opportunities. Affiliation came too late for the women. In 1934 the VWAAA expected that Amy would be recommended for the Empire Games; it wasn't to be as no women would be selected. The same happened for the 1936 Olympics.

Further setbacks hit Amy over the years with records set being disallowed through excessive wind assistance, running out of her lane, false starts, etc. Still, Amy was philosophical in all this, clearly accepting blame for losing the Australian 100 yards title in 1936 for breaking twice. "It's all my fault as I was over-concentrating and desired not to be left on the mark. It's a lesson for me". In 1935 Amy broke the State 75yd record with 8 4/5 but it was not allowed because the track was found to be 1 foot short (30cm).

In 1933 Amy sought a transfer from our Club to Malvern Harriers; a request accepted by the VWAAA Permit and Standing Committee. Glenhuntly brought to the attention of VWAAA that there were a significant number of transfers to Malvern over the past two years and could these be investigated.

Amy was disappointed as she claimed that Malvern was more convenient club for training for her, and as Glenhuntly was competing in B Grade, Malvern in A Grade, she would have stronger competition if the transfer was allowed.

The VWAAA disallowed the transfer and Amy continued with Glenhuntly until her retirement in September 1937. Her retirement was certainly premature at the age of just 23, but she had failed in the Victorian titles in 1937 after being ill with appendicitis; and its removal. This was not a minor illness in the 1930s. It was considered sensible in view of her health.

In 1940 Amy married Mr. Clive Quick and with WW11 happening, I guess any thoughts of competing again were put aside.

Over the course of her seven year career, Amy's record speaks for itself:

Victorian Titles:	75 yards	1934, 1935, 1936	
	100 yards	1935, 1936	
	220 yards	1935, 1936 (1934 1st but disq) runner up in 1931,1932,1933	
Victorian Records:	220 yards	1933	25 4/5
	100 yards	1934	11 4/5
	220 yards	1933	25 3/5
Australian Titles:	220 yards	1933	26 1/10
Australian Records:	220 yards	1933	25 4/5
		1933	25 3/5



Club News

1. Another record from Sophie O'Sullivan. (16yo).

On her recent trip to Ireland, Sophie represented Ireland at the U18 European Championships, finishing second in the 800m in Club Record time.

While back in Ireland, she ran in the 1500m Championship in Cork for another U17/U18/U20 club record of 4:22.22. What a talent. Well done.

2. Ryan Gregson and Genevieve LaCaze. – A terrific set of results from Diamond league races in the Northern Summer.

Ryan and Genevieve have had a very productive tour of top athletic meets in Europe and Asia. Although Genevieve was earlier troubled by injury she overcame and had impressive results.

Ryan: 800m	1:47.09
1500m	3:34.38, 3.35.35, 3:36.94, 3.37.00, 3.37.68, 3.37.72
1 mile	3.57.86i, 3.58.47
3000m	7.46.28

Genevieve: 3000m	8.50.02, 8.50.09
3km Steeple	9.42.69

3. Run Melbourne. Amelia Aslanides wins Women's 10km

Amelia continues her terrific form with the outright win in the women's 10km. Her time was 38.04.4. Her partner, club Olympian walker Rhydian Cowley, ran with her and finished 21st male in 38.06.2.

It was also terrific to see the Crane boys Tim 1:26.30.7 and Jordan 1:30.37.0 complete the half marathon; impressive efforts and also from Erica Patterson who completed the half marathon in 26th placing in a time of 1:33.53.2.

4. News from Heather Curtis

Heather, one of last year's 50+ cross country runners and mother of former top junior Will Ockenden, has taken to CYCLOCROSS cycling with Will. And how. Recently she won the Victorian State Cyclocross Championship for Masters 6 category.

Top effort Heather, but we do miss you on the cross country trails.

As Heather says; yougottobeinitotwinit.

5. Good Luck to our Master's Athletes.

Over the next month or so in Malaga Spain, a number of our Master's athletes will be competing in the World Masters Championships. Good luck to you all. (I hope I haven't missed any?)

Heather Carr (and Bill Carr), Gwen Steed, Tony Doran, Sandra Howarth, Ralph Bennet, Andrew Crawley, and Will Little.

HIGH JUMP - PLEASE ADHERE TO THIS REQUEST

Just a reminder that the high jump facilities can't be used in high to strong winds, as the enclosures and mat can flip.

We are currently working with a structural engineer to add some securing elements to the enclosure so that it can lock in place when in the open/closed position.

Please ensure all your members are informed that the facilities can't be used in strong winds. Please add this to your opening and closing procedure manual.

If you have any questions regarding this matter please let me know.

Kind regards



Belinda Griffiths Recreation
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781 E

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www.gleneira.vic.gov.au

***Have YOU activated your AV Digital
Membership?***

BALLARAT LAKE WENDOUREE 15km XCR7

Glenhuntly Open & Masters Men

Round 7 of the AV XCR 2018 racing calendar was held at the picturesque Lake Wendouree in Ballarat. As always, conditions were cold and windy but the flat 15km road circuit still managed to produce fast times. Overall numbers for the Club were down on previous years but those who braved the conditions were rewarded with some good results.

The Open men were led once again by the multi talented Rhydian Cowley who settled in behind a lead group which included Olympian Collis Birmingham and competition leader, Harry Summers, to run a blistering time of 48:08. David Ceddia continued his great form finishing as the second Hunter home with Sam Toll and Jamie Cook close behind. It's great to see Sam and Jamie back racing near the front of the pack after a bad run with injuries. Chris Winter is returning to form, finishing just ahead of Mark Thompson and a fast finishing Geoff Scott closing in behind them. While probably not the overall result we wanted, it was a solid performance given the relatively low numbers.

The Masters men also struggled to make up numbers for this event. Andrew McEvoy ran slightly quicker than last year in the 40+ group but blames the "serenity" for not being able to stay with Open runner, Geoff Scott as he cruised past at the halfway mark. It was great to see Peter Macknamara back and running well after a recent calf injury. Such a tough competitor. Alec Highnam rounded out the 40+ runners.

Pete Rushen led the way for our 50+ runners with an impressive time of 58:31. Mick Ryan also ran well as he continues his Gold Coast Marathon recovery.

Joe and Chris Murphy carried the torch in the the 60+ category, both finishing inside the top 15 for their age group. Big thanks also to Chris for taking the trailer back to DMac.

Glenhuntly Junior Men

The Ballarat weather forecast and distance to travel dampened the enthusiasm for XC racing for our junior men. We had two junior men who competed with Sam Lindsay in the U14s and Josh Francou in the U16s. Both team members had good races with Sam placing 5th and Josh 7th in their respective age groups. Well done to Sam and Josh, the racing at this time of year will stand you in good stead when the summer season rolls around.

I should also highlight that we were very close to having a third competitor in Mark Rainey. Mark played soccer in the morning with his usual team and was keen to back up with the road race in the afternoon. Unfortunately logistics worked against him and Mark arrived at the start line a minute after the U14 start time and missed the race. Great commitment Mark.

Glenhuntly Open Women

A typical day in Ballarat produced cold and more predominantly windy conditions. However, that did not stop the 10 women who tackled the 15km course and came away with awesome results! Amelia Aslanides and Anna Kentwell flew through the course gaining very impressive top 10 positions, running speedy times of 56:56 and 57:11 respectively! Dana Dekkers grabbed another PB in 58:27 and Rebecca Beagley dominated on her familiar training ground, running a fantastic time of 58:46! Special mention to Hannah Cox who not only joined the club that week but also ran a PB in the Run Melbourne Half Marathon the Sunday before. Hannah smashed out the course in 65:00 and rounded off the Division 1 team in her first ever race with the club! There was a close finish between Anung Samsu (66:24) and Gill Highnam (66:28) who are both running absolutely incredible this season and only seem to be on the improve! Kim Nanscawen ran a massive PB of 3min 34sec to finish with an amazing time of 71:32! It was great to see Kellie Macknamara back in action, running a time of 74:27 with an impressive amount of smiling out in those tough conditions! Lisa Deramond had a superb run of 88:32, continuing her great form this season. The Premier Women placed equal 1st and were just shifted to 2nd based on count back and Division 2 placed 5th, which is a fantastic effort by all! Go Hunters!

			Time	2017 Time
15k Open Women				
9	Amelia	Aslanides	56.56	54.44
10	Anna	Kentwell	57.11	
15	Dana	Dekkers	58.27	59.36
16	Rebecca	Beagley	58.46	58.08
48	Hannah	Cox	65.00	
56	Anung	Samsu	66.24	
58	Gill	Highnam	66.28	
88	Kim	Nanscawen	71.32	75.06
90	Kellie	Macknamara	74.27	
135	Lisa	Deramond	88.32	
15k Open Men				
13	Rhydian	Cowley	48.08	
37	David	Ceddia	50.51	
43	Sam	Toll	51.11	
45	Jamie	Cook	51.17	49.44
57	Chris	Winter	52.23	52.00
58	Mark	Thompson	52.50	53.17
74	Geoff	Scott	54.11	
86	Andrew	McEvoy	54.45	55.08
145	Peter	Macknamara	57.59	
140	Peter	Rushen	58.31	57.52
150	Eamonn	Murphy	58.56	59.51
158	Joel	Samsu	59.35	
218	Alec	Highnam	63.59	
261	Mick	Ryan	68.00	65.50

	289	Joe	Murphy	71.30	
	311	Chris	Murphy	75.31	70.33
	6k U16 Men				
	7	Josh	Francou	21.11	
	6k U14 Men				
	5	Sam	Lindsay	21.47	
	Team Results				
			Team place	Ladder	
Men					
		Division 1	5	6	
		Division 2	8	8	
		40+	6	3	
Women					
		Division 1	1=	2	
		Division 2	5	5	

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