

## SOUTH BENDIGO ATHLETIC CLUB - LIGHTNING HILL, EAGLEHAWK 4.5.2019

On Saturday, the Champion's Supa IGA's South Bendigo Athletic Club held their weekly run at Lightning Hill, Eaglehawk. To the uninitiated, Lightning Hill looks like any other cross-country course, however it is one of the toughest routes athletes run throughout the year. The course starts off with a long rocky and windy downhill section which greets shorter distance runners on their way back to the finish line.

For the longer 6.5 km event, runners were faced with an equally challenging course that consisted of one large lap and several hills leading back to the finish line. The weather held off for the day, but runners felt the cooler change and the challenging course impacted their times on the day.

Of the 70 runners on the day, three first time runners took to the tracks on the weekend which is great to see new faces turning up each week. Runners in the **Fountain Health Foods 4km** arrived back first with Damian Pearce taking line honours (18.39) with fastest times coming from Logan Tickell (14.04) and Yazmin Hayes (15.14)

In the **Reilly's Home Appliances 6500m**, invitational runner Kate Jones was first across the line with the fastest female time of 30.57 with Nicole Gillingham clocking the fastest female club member time of 33.49. Young Eli Pearce ran the distance well with 27.40 and Will Noden again took the fastest time for the longest event of the day (24.04).

Youngsters were challenged in the **Bendigo Toyworld 1000m** which was slightly longer than regular club runs. Invitational brother and sister runners Scarlett (5.23) and Logan (4.29) Cattanach came across the line in first and second place respectively with young Lincon Andrea rounding off the top three places with a time of 4.36. Kate Wilson who continues to run well, had the fastest time of 4.08 with young Dustin Ketterer finishing with the fastest male time of 4.21.

In the last event of the day, the **Intersports Bicknell's 2000m** had a large starting line again this week. Allie Guillou with a time of 8.45 was first over the line and it was some time before second place getter Brady Sheldon crossed the line (9.49). Handicapping was estimated well in this race with most of the runners coming home in a large group. Both Will Noden (6.34) and Yazmin Hayes (7.29) took out the fastest times for the second occasion that day.

Next week is the Eaglehawk Invitation at Lake Tom Thumb. The next South Bendigo Athletic Club run is on Saturday 18th May at Heinz Street, East Bendigo. Runners of any level of fitness are welcome to join. If you would like more information about the club, please call Peter on 0417 684 306 or visit the South Bendigo A C facebook page.

### RESULTS

**Reilly's Home Appliances 6500m:** Kate Jones 30.57(INV FF), Eli Pearce 27.40, Jackie Guillou 34.27, Nicole Gillingham (FF) 33.49, Daniel Plowright 24.33, Will Noden (FT) 24.04, Greg Hilson 29.05, Josh Ketterer 27.04, Lara Pearce 37.05, Neil Bowe 32.43, Peter Curtis Jnr 31.57, Jesse Noden 26.24, Tony Jones 31.51.

**Fountain Health Foods 4km:** Damian Pearce 18.39, Jack Ketterer 17.59, Lucy Wright (INV) 19.44, Logan Tickell (FT) 14.04, Genevieve Nihill 18.16, Amanda Worthington 20.49, Yazmin Hayes (FF) 15.14, Donna Bowe 25.18, Sharyn Sheldon 24.42, Megan Wilson 18.59, Caitlin Campbell 20.50, Peter Hayes 25.05, Sarah Ketterer 22.43, Nathan Brennan 32.28.

**Bendigo Toyworld 1000m:** Scarlett Cattanach (INV) 5.23, Logan Cattanach (INV) 4.29, Lincon Andrea 4.36, Shay Pearce 6.29, Kate Wilson (FT) 4.08, Bevan Smart 4.36, Tate McQueen 4.56, Percy Ketterer 6.15, Dustin Ketterer 4.21 (FM), Lily Brennan 5.45, Drake Barkla 7.53, Brodie Gillingham 5.43, Lexi Jones 6.18, Cody Pearce 10.00.

**Intersports Bicknell's 2000m:** Allie Guillou 8.45, Brady Sheldon 9.49, Bron McQueen 12.31, John Justice 10.57, Sam Noden 8.09, Sandy Giampietro 15.06, Kristy Kum Too 12.20, Charlise McQueen 9.02, Belle Guillou 8.53, Will Noden (FT) 6.34, Keira McQueen 10.45, Sebastyn Andrea 7.10, Tate McQueen 10.02, Maiya Pearce 9.35, Daniel Plowright 7.22, Kylie Campbell 12.42, Josh Ketterer 7.38, Jesse Noden 6.55, Sasha Pearce 9.21, Kai Pearce 8.43, Jack Ketterer 8.38, Gary Mahon 13.35, Neil Bowe 9.47, Chelsea Tickell 8.41, Yazmin Hayes (FF) 7.29, Lucy Wright 9.40, Lyla Gillingham 11.16, Nathan Brennan 13.17, Sarah Ketterer 10.05, Sam Jones 9.35.