

South Bendigo Athletic Club 2021 Club Run 8: Rocky Rises

The Champion's IGA South Bendigo Athlete Club held this weeks Cross Country event at Rocky Rises Road. The wet course did not deter the 47 Starters, who are happy that the weeks rain did not continue today.

In the 10km, Aaron Norton blew his handicap for the rest of the year coming in first, followed by the "injured" Greg Hilson, and front marker Jackie Guillou. Daniel Plowright was the fastest for the distance and Kirsty Seipolt was the fastest female.

The 4km race saw a couple of starters make their own course, but it was Peta Dawe who took home the win. Chelsea Tickell was second and Fastest Female, Claude Guillou rounded up the placings. Logan Tickell was the Fastest Time and created a new course record.

The Under 10's race saw young gun Ned Come in first, followed by Indy Jamrozik and Charlotte Button. Ned Bowe was also the Fastest time, and Indy was the fastest female.

The 2000m saw Logan Tickell break a second course record for the day, as well as coming in third place. Lincon Andrea was over the line first, followed by Bevan Smart. New club Member Sarah Lias was the fastest female in the pack.

Next week we will be running at One Tree Hill Lookout in Flora Hill. Distances will be 6km, 3km, 1.5km and 500m.

We are also starting to take names for Club Relays in 2 weeks' time, check Facebook soon for a post for more information.

Reilly's Designer Appliances 10,000m: Aaron Norton 42.29, Greg Hilson 41.47. Jackie Guillou 57.30, Dave Box 46.40, Kirsty Seipolt 52.35 (Fastest Female), Daniel Plowright 39.51 (Fastest Time), Leigh Browell 59.03.

3T Fitness 4000m: Peta Dawe 26.09, Chelsea Tickell 16.37 (fastest female), Claude Guillou 18.50, Genevieve Nihill 16.42, Caitlin Campbell 18.23, Belle Guillou 18.14, Simon Nihill 21.55, Sophie Hawken 20.31, Allie Guillou 18.41, Andrew Jamrozik 17.28, Amanda Worthington 22.09, Loretta Nihill 24.16, Logan Tickell 13.56 (Fastest Time), Keenan Seymour 21.30, Gracie Seipolt 32.12, Gary Mahon 38.29, Kelly Button 22.52, Kaitlyn Bryce 24.29, Peter Curtis 25.26, Kelly Burgess 21.43, Sai Ekamayake 22.27.

Curtis Family 1000m: Ned Bowe 5.24 (Fastest Time), Indy Jamrozik 6.36, Charlotte Button 6.45, Gemma Tuena 6.43, Ivy Brennan 8.10, Jackson Plowright 11.19 .

Intersport Bicknell's 2000m: Lincon Andrea 10.08, Bevan Smart 9.20, Logan Tickell 6.04 (Fastest Time), Billy Austin 11.09, Peter LeBusque 9.00, Thomas McArthur 7.01, Sarah Lias 11.44 (fastest female), Molly Austin 10.29, Nathan Brennan 10.01, Ned Bowe 11.34, Gary Mahon 17.59