

8k Cross Country Championships - Bundoora 26 July 2008

23 APSU athletes tackled the AV 12k and 8k Cross Country Championships at Bundoora last Saturday in fairly bleak conditions, which may have suited Michelle Bleakley, who ran away with yet another W40 gold medal. Michelle is likely to already have an unassailable lead in the Champion Athlete award in her age group, which will make her the first APSU athlete to achieve such a prize.

All our teams had key athletes missing for this event, resulting in lower than anticipated placings in some of the divisions. But the absences did not appear to hurt our women's division 4 team, however, with Regan Logan, Kellie Williams and Sophie Ryan combining to record another win for APSU.

Next event is a big one – the Sandown Road Relays on Sat 9 August. I will call for entries later in the week.

RESULTS – 26 July 2008

Men Open 12k

43	Simm P	40.39	
46	Schwerkolt R	40.47	4th M40-44
52	Antonelli A	41.36	
109	Edwards A	44.46	6th M40-44
120	Murphy D	45.08	
132	Ahmed S	45.39	
198	Kozica J	48.45	
210	Lennox M	49.22	34th M40-44
218	Sofianos G	49.44	6th M55-59
238	Haube J	50.48	
251	Mah L	51.39	
255	Facey S	52.11	10th M55-59
290	Worsnop C	55.09	21st M50-54
297	Dodgshun P	55.37	16th M55-59
321	Tremayne T	59.14	

Men U20 8k

8	de Luca M	27.40	
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Women Open 8k

5	Worland A	29.05	
8	Bleakley M	29.27	1st W40-44
19	Geddes N	30.53	
27	Harrison A	31.28	

31	Logan R	31.49
48	Williams K	34.01
49	Ryan S	34.22

Teams

Men

Div 1	10 th	502 pts
Div 3	10 th	1115
Div 5	5 th	1163
M40	5 th	76
M50	6 th	83

Women

Div 1	2 nd	59
Div 4	1 st	128