

**AV Coliban Relay 5km – 9km
Harcourt – Bendigo
Saturday 28 June 2008**

APSU's women continue to set a high standard of performance, with our div 1 team coming second behind Knox and our div 4 team, which included three debutants, smashing their opposition.

Not such a good day for our men, with very few of our elite runners showing any interest in the event. This was disappointing, and better turnouts will be needed in the remainder of the AV events or we will find ourselves in the division 1 relegation zone.

A big thank you to Lincoln Mah, who officiated then donned his gear to run, saving us from both disqualification overall and a DNF in div 3.

There are APSU photos at
<http://www.facebook.com/album.php?aid=42063&l=7c2cb&id=500191011>.

RESULTS - 28 June 2008

Men

Div 1

5.5k	B Johnson	19.40
6.0k	D Murphy	23.28
8.4k	P Simm	28.21
10.0k	M De Luca	34.33
7.9k	A Cochrane	29.58
5.1k	S Facey	21.11
Total	157.11	13th

Div 3

5.5k	T Tremayne	26.09
6.0k	C Worsnop	28.23
8.4k	G Sofianos	35.15
7.9k	L Mah	34.16
5.1k	J Holmes	22.53
Total	146.56	11th

Women

Div 1

5.5k	K Jackson	22.38
6.0k	A Worland	23.51
8.4k	I De Castella	31.03
7.9k	M Bleakley	28.45
5.1k	N Geddes	19.42
Total	125.59	2nd

Div 4

5.5k	J Liston	24.17
6.0k	A Daggian	35.18
8.4k	A Harrison	33.40
7.9k	K Williams	35.18
5.1k	T Koike	25.00
Total	153.33	1 st

Times for the last two legs have changed in the latest version on the AV website, so let's try again. AV has added 45 secs to all times on the second last leg and subtracted 45 secs from the last leg times.

Also, I have added some new photos (lifted from the AV website) to yesterday's pics at <http://www.facebook.com/album.php?aid=42063&l=7c2cb&id=500191011>. One of them shows Travis demonstrating a most interesting running style!

YouTube coverage (featuring Nat Geddes and some of our div 1 women's team) is at <http://www.youtube.com/athsvictv>.

AMENDED RESULTS - 28 June 2008

Men

Div 1

5.5k	B Johnson	19.40
6.0k	D Murphy	23.28
8.4k	P Simm	28.21
10.0k	M De Luca	34.33
7.9k	A Cochrane	30.43
5.1k	S Facey	20.26
Total	157.11	13th

Div 3

5.5k	T Tremayne	26.09
6.0k	C Worsnop	28.23
8.4k	G Sofianos	35.15
7.9k	L Mah	35.01
5.1k	J Holmes	22.08
Total	146.56	11th

Women

Div 1

5.5k	K Jackson	22.38
6.0k	A Worland	23.51
8.4k	I De Castella	31.03
7.9k	M Bleakley	29.30
5.1k	N Geddes	18.37
Total	125.39	2nd

Div 4

5.5k	J Liston	24.17
6.0k	A Daggian	35.18
8.4k	A Harrison	33.40
7.9k	K Williams	36.03
5.1k	T Koike	24.15
Total	153.33	1st