

**AV 16k/6k/4k Cross Country
Eastern Park, Geelong
Saturday 12 July 2008**

Anna Worland was the star for APS United today, winning a bronze medal in the women's open 4k. Anna has made a strong recovery from an achilles injury this season and is now running back into her best form. Izzy and Michelle both finished in the top 10, with Michelle again dominating her age category. Unfortunately, Knox were again just too strong for our women in division 1, but our div 4 team won again (with a score that beat Knox's second team and would have won div 2).

Among the men, Paul Wilson ran strongly to win a silver medal in his age group and be our highest placed finisher. He helped the M40 team to a comfortable win.

The cold weather put a bit of a dampener on afternoon tea and so various race and singlet fees remain unpaid. Please refer to the list below the results to see if you need to send me some cash!

RESULTS - 12 July 2008

Men

Open 16k

19 Wilson P 54.31 2nd M40
45 Taylor R 57.10
57 Schwerkolt R 58.21 6th M40
62 Bridge C 58.41
74 Edwards A 59.49 5th M45
102 Wilson J 61.49 13th M40
125 Ahmed S 63.10
203 Sofianos G 68.39 7th M55
216 Mah L 70.21
270 Worsnop C 78.17 24th M50
287 Tremayne T 83.10
Div 1 7th 359 pts
Div 3 9th 1101 pts
M40 1st 22 pts

U20 6k

9 De Luca M 20.51

Women

Open 4k

3 Worland A 13.58
6 De Castella I 14.19
9 Bleakley M 14.31 1st W40
21 Geddes N 15.07
28 Logan R 15.26
38 Liston J 15.56
56 Ryan S 16.45
Div 1 2nd 39 pts
Div 4 1st 122 pts

Full provisional results are at <http://www.athsvic.org.au/cache/NewsFile/2572Results2008-7-12.html>.

Unpaid race/singlet fees as at 12/7/08

Ahmed \$69 15k, 16k, singlet
Bleakley 10 Coliban
Bridge 45 Singlet
Edwards 12 16k
Jackson 10 Coliban
Johnson 10 Coliban
Liston 10 Coliban
Ryan 12 4k
Simm 12 15k
Taylor 24 15k, 16k
Total \$214

You can make a direct deposit (with your name in the banking details please) to the following account, or see me at the next race:

CF Charles
083-004
56-866-3093

Le Team Manager/Photographer