

## AV SANDOWN 10KM - APSU WOMEN SKIN THE REST

The weather was cold, damn cold, but the boys and girls from APSU were hot, hot, hot at the Sandown Skins 10k Classic on Saturday. We had 28 runners, the most we have ever had at an individual AV championship. And as far as I can calculate, at least 13 out of our 28 athletes ran PB's - now that's an impressive statistic!

The big news was our women's convincing wins in both their divisions. Knox have been the strongest AV women's club for some years, but APSU may just be the club to knock them off their perch. After three rounds of the XRC08 competition, Knox is on 36 points in div 1 and APSU is just one point behind on 35.

There were some marvellous individual performances and it will be difficult to pick a winner of the coveted white socks award this week. Mark de Luca ran a blinder, finishing third in the U20 race. Both Rob Schwerkolt and Michelle Bleakley ran PB's to win silver and gold respectively in their age divisions. Izzy narrowly missed a medal, finishing fourth in the open women's race.

Our M40 team won, clawing back two valuable points against ladder leaders Box Hill, and are now just three points down overall. Paul Wilson was a significant addition to the team.

Next race is the 15k at Latrobe Uni on Sun 1 June at 10.00 am. I will call for entries later this week.

### RESULTS - 17 May 2008

#### Men

##### Open

38 R Schwerkolt 32.01 PB 2nd M40  
49 J Antonelli 32.27 PB  
50 P Wilson 32.31 5th M40  
68 D Long 33.24 PB  
81 D Gasson 33.46  
85 B Johnson 33.47 PB  
110 J Wilson 34.41 14th M40  
133 A Edwards 35.31 17th M40  
163 D Murphy 36.18 PB  
167 M Purvis 36.21 6th M50  
207 S Ahmed 37.34 PB?  
214 C Keel 37.46 PB  
294 T Oehr 40.35 30th M50  
300 D Cairney 40.48 PB  
313 G Sofianos 41.28 36th M50  
320 S Facey 42.10 38th M50  
325 C Worsnop 42.37 41st M50  
335 J Kozica 43.14  
340 T Tremayne 43.27  
365 P Dodgshun 45.27 57th M50

##### U20

3 M De Luca 31.57 PB

#### Women

##### Open

4 I De Castella 35.33  
8 M Bleakley 35.46 PB 1st W40  
18 N Geddes 37.30 PB?  
19 K Jackson 37.31 PB  
31 A Harrison 39.07  
32 R Logan 39.07 PB  
75 J Liston 43.21

#### Teams

##### Men

Div 1 9th 372  
Div 3 4th 780  
Div 5 6th 1121  
Div 7 3rd 1320  
M40 1st 21  
M50 5th 72

##### Women

Div 1 1st 49  
Div 4 1st 138