

Last Sunday saw 64 runners tackle the Berrilee Rd course on a lovely morning for running (but that is every morning isn't it), although the track underfoot was very wet. The out and back run was used as a result of the amount of mud and water that was around. The winner on the day was Dan Benton who completed 8.1kms in 34.28. Other results were :-

4km men 1 <sup>st</sup>	Connor Whiteley	16.57
2 <sup>nd</sup>	Ian Spurway	18.58
3 <sup>rd</sup>	Michael Sharp	19.40
4km women 1 <sup>st</sup>	Amber Rich	17.15
2 <sup>nd</sup>	Frehiwot Ward	18.58
3 <sup>rd</sup>	Isabelle Clarke-Randazzo	21.21
8.1km men 1 <sup>st</sup>	Tom Gleeson	30.15
2 <sup>nd</sup>	Brad Simmons	32.32
3 <sup>rd</sup>	Rod Draper	33.36
8.1km Women 1 <sup>st</sup>	Estelle Dean	39.30
2 <sup>nd</sup>	Liz Simpson	40.20
3 <sup>rd</sup>	Krissy Ward	44.26

Five of our members travelled to Sydney to compete in the Sydney Morning Herald half marathon where Kurt Fearnley was the winner in the Wheelchair section. Our members did very well over a difficult course that was at times quite congested, no chance of a pb, but a very pretty course. Ian Crafter finished in 1.42.02 Simon Lun 1.58.23, Lynda Chapman 2.00.41 Brett Sammut 2.11.19 Judy Tarleton 2.12.10. This was a new course that had a few teething problems but promises to be a great event in the future.

Another member went further-a-field to compete in the Great Ocean Road 45km event. Peter Mueller finished this gruelling event in 3hr.45. Congratulations Peter on a great achievement.

Wednesday 87 Runners took to the 3km Handicap event with Olivia Goodlock the winner. Congratulations Olivia. No pb's this week which is very unusual. In recent weeks there has been many pb's every week. Maybe everyone has reached their limits for a little while.

There will be a general meeting to be held at 8am on Saturday 28<sup>th</sup> May at the Great Western Hotel . This meeting is to discuss uniforms and anything else that may come up. Breakfast will be available. Everyone is welcome to come along and have a run with the Saturday morning group leaving from Elephant Park at 6.30am and then attend the meeting or just turn up for the meeting. Every members opinion is much appreciated.

The chocolate drive is well underway and everyone is encouraged to support our club and help us obtain chips for next years Running Festival.

Pam Fullgrabe and Karen Snare are now taking names from ladies who wish to join the ladies group to compete in the Bridge Run in September. So if you intend to be part of this group it is very important that you let these ladies know as soon as possible to make their job easier.

Brian and Edwina Sharp are leaving us for a month to travel overseas. Have a great holiday and I guess you will continue running while away in some other beautiful places in the world.

Good news on Joel Kitto who is recovering well from the serious injury he received. Keep up the good work Joel and I'm sure all the running you did in the past put you in a positive place to help you over this difficult time.

Wednesday runs will start earlier when the new winter program comes out in June. You will need to be there at 4.30pm for a 4.45pm start, so we are not running in the dark.

Next Sundays run is at Gosling Creek with a 4.6km and 9.6km distance for you to choose from.