



Up & Adam - Parker wins The Riser Race

First year runner Adam Parker has taken out the Richest Club Race on the Bendigo Athletic Club's Cross Country calendar, the \$1,000.00 Rising Sun Hotel 6500 metre Handicap at No.7 Reservoir, Crusoe Park in Kangaroo Flat.

Parker, who was one of the pre-race favorites, had to run down a very gallant, Jessica O'Hara, in the final stages.

O'Hara looked the winner over the final kilometre, but a late sprint from Parker, seen him hit the front with less than 100 metres to go.

Parker ran a time of 25.13 minutes, finishing just 4 seconds clear of O'Hara, who ran the fastest female time of 28.32 minutes, with Jacob Nolan finishing strongly to take third place.

It was the first time for the season and probably the first time for many years, that a veteran has not filled one of the top three placing in a club race.

Kerrienne Hocking was the first veteran to finish, being fourth over the line in 29.17 minutes.

2nd placed veteran's points went to John Justice with Kevin Shanahan the next best.

Jessica O'Hara was first female on handicap, ahead of Hocking, with Lyn Crome third best.

O'Hara also was awarded the first under 23 honors, ahead of Jacob Nolan & Josh Nolan.

Josh Nolan did, however, score the fastest time monies, with Rick Ermel second fastest & Jacob Nolan third best.

Prizemoney was awarded down to eighth place, with John Justice being 5th, Kevin Shanahan 6th, Rick Ermel 7th & Terry Crome 8th.

Demi Goodall-Hoffman broke through for her first BAC Children's Race victory, taking out the 1000 metres event in an excellent time of 3.40 minutes.

Kyle Hilson held on to take second placing, with Bree Heiden in third place.

Fastest Time was recorded by the very consistent Dane Heiden, who has ran 3.35, 3.35 & now 3.34 minutes, in his last three runs.

Next week is the final club race, race 12 of the BAC season, the Baker's Delight/Gloria Jeans Coffee 5000 metres Handicap to be held at the Wellsford Rifle Range on Sunday morning at 10.30am.

The final children's race will also be run over 10000 metres at 10.00am.

The end of season Children's Presentation will be held at the Bendigo Athletic Club rooms at the Tom Flood- Bendigo Sports Centre on Sunday 29th August at approx. 12 noon, following the RetireInvest Dick Kitt Memorial 6500m Final, which is to be held at the Huntly Livestock Exchange.



The club's senior presentation night will be held from 6.30pm on Saturday 4th September at the Quality Inn Colonial, High Street, Golden Square; for bookings, please catch up with Bev Watson or Lyn Crome, or ring Lyn on 54438686.

The Club's Annual meeting will be held on Wednesday 8th September from 7.30pm at the BAC Rooms at Tom Flood Sports Centre.

For more information about the Bendigo Athletic Club, please contact Club Secretary- Mark Findlay 54440040 or 0417 556738, otherwise check out the CLUB WEBSITE at;

www.bendigoathleticclub.org.au

Results;

Race 11 The Rising Sun Hotel 6500 metre Handicap

Adam Parker 25.13, Jessica O'Hara 28.32 (Fastest Female), Jacob Nolan 24.37, Kerrieanne Hocking 29.17, John Justice 28.29, Kevin Shanahan 26.20, Rick Ermel 24.07, Terry Crome 26.44, Greg Hilson 25.01, Austin Beamish 27.34, John Vickery-Lovegrove 27.11, Lyn Crome 31.24, Wolf Heiden 27.56, Anthony Hutchison 25.09, John Bailey 27.52, Mark Perdon 29.19, Brendan O'Brien 25.10, Josh Nolan 23.52 (Fastest Time), Ryan Shelton 29.53, Peter LeBusque 27.15, Lachlan Shelton 27.49, Chook Stewart 28.24, Grant Findlay 29.26, Paul Bennett 28.01, Kathryn Heagney DNF

BAC Children's 1km

Demi Goodall-Hoffman 3.40 (Fastest Girl), Kyle Hilson 4.36, Bree Heiden 4.29, Amila Carlile 4.31, Dane Heiden 3.34 (Fastest Time), Erin Hilson 4.36, Xavier Hutchison 5.00, Bryden Ermel 4.26, Josh Doherty 4.50