

Athletics Waverley 1 hour Run: Sunday 26 August 2007, Central Reserve

Congratulations to all who ran in the One Hour Run on Sunday. It was good to see a strong field of both runners and spectators/ recorders. From the gun it was Matt Minney who surged to the lead and opened up a big gap on the rest of the field. He had about 50m at the end of the first lap. The second group of Youngy, Holsty, Tony George and Aaron Little plugged aay and eventually caught Matt after about 15 minutes and they ran as a group. Slowly the pack whittled down as first Aaron and then Tony fell back. Youngy surged to a slight lead but Holsty pegged him back and Matt was close behind. As they lapped Rick Whitehead for the 2nd time, he clung on and a pack of 4 stayed together. With a minute to go, Rick bolted clear with Matt not far behind. Matt went on to win the U18 half hour run in a new club record of 7.588km. He was followed by Rick Whitehead, Ed Campbell and Liana Goodings.

The one hour run field continued with Youngy and Holsty staying together to the 10K mark in just under 40 minutes, then Youngy made his move and dropped the gallant Heapster. Youngy went on to win by about 100m from Holsty, then Tony George and Aaron. Completing the field were the evergreen Clyde Riddoch, and our female winner Simone Albiston and Rob Carstairs who had run with Simone nearly all the way complete with a helmet of plastic cups. But he couldn't resist sprinting ahead in the last minute. Final results were:

Half Hour Run

1. Matthew Minney 7.588k Half hour run winner
2. Rick Whitehead 6.826k
3. Ed Campbell 5.549k
4. Liana Goodings 5.147k

One Hour Run

1. Michael Young 15.016k 1 Hour Run winner
2. Warren Holst 14.905k Age Based Winner
3. Tony George 14.719k
4. Aaron Little 14.409k
5. Clyde Riddoch 11.908k
6. Rob Carstairs 9.237k
7. Simone Albiston 9.200k Female winner