

Athletics Waverley Winter Cross Country Season Rd 8 Summary – James Atkinson

Well done to all who ran today at Yarra Bend. It was great to see plenty of Waverley singlets out doing well on a dry and sometimes sunny course at Yarra Bend and it was especially good to receive a surprise visit from Club President Yohan, wife Kath and new baby Lucas. We had a few injuries and illnesses with Emma Baldwin (sick), Johnny Nolan (injured) and myself (calf injury) out but welcomed the addition of Stephen Paine back for his first winter run.

Results are already up on the website and our team results were:

Men Div 2 6th

Men Div 5 not listed but should be ~5th

Women Div 3 7th

Individual results were:

MU14 2K Ganesha Muthia 13th 7:43

FU14 2K Seema Muthia 20th 9:18

MU16 3K Rhys Cook 25th 12:47

FU18 3K Uma Muthia 16th 12:35

Anissa Muthia 23rd 13:42

MU20 4K Evan Pearce 19th 17:28

M Open 8K Steven Williams 42nd 27:25

Martin Spiteri 83rd 28:44

John Hand 133rd 30:22

Chris Knott 146th 30:40

Stephen Paine 167th 31:14

Ash Snowden 176th 31:28

Warren Holst 202nd 32:15

Michael Harvey ? ~32:55

and have emailed AV

Tony George ? ~33:00 ""

Clyde Riddoch 317th 39:33

F Open 6K Sally Atkinson 90th 27:49

Shamila Muthia 129th 33:41

Simone Albiston 135th 36:02

Next Events

- A reminder that our next event is the club 1 hour and 30 minute run next Sunday at the Waverley track at 9:30am. A copy of the flyer is attached.
- The following event is the Half Marathon at Burnley (for open age groups only) at 8am on Sunday 9 September.
- And our final event for the season is the tan relay around the Botanical Gardens from 9am on Sunday 22 September

James