



Jessica Runs Riot at the Rifle Range

The final preliminary race in the Bendigo Athletic Club's Cross Country season was held at the Wellsford Rifle Range on Sunday, with talented junior athlete Jessica O'Hara showing some of her more experienced a clean pair of heels.

The Baker's Delight / Gloria Jeans Coffee 5000 metre started in fog and finished in bright sun shine, with O'Hara running the fastest female time of 21.32 minutes.



Always the groomsman, never the groom, Jacob Nolan finished in second place, with another regular placegetter, Rod Skidmore in third place.

O'Hara was first female on handicap, ahead of Kathryn Heagney & Lyn Crome and also first under 23 athlete, ahead of Jacob & Josh Nolan.

Fastest Time of the day was recorded by Josh Nolan, 17.17 minutes, 1.01 minutes clear of Rick Ermel's time of 18.18 minutes, with Brendan O'Brien's time of 18.40 minutes being the third best.

Rod Skidmore's third placed finish gained him 1st placed veteran, with Kathryn Heagney & Kevin Shanahan filling the minor placings.

In this week's BAC Children's Race victory went to Bree Heiden, taking out the 1000 metres in a personal best time of 4.21 minutes.

Amila Carlile finished a close second, with Kyle Hilson in third place.

Fastest Time was recorded by the talented youngster Dane Heiden, recording a time of 3.40 minutes.

Demi Goodall-Hoffman was the fastest girl in 3.48 minutes.

Next week is the final race of the BAC season, the RetireInvest Dick Kitt Memorial Final over 6500 metres, where only the top twenty point scorers from the

12 Club race of the season are eligible.

The Final will be run at the Bendigo Livestock Exchange in Huntly on Sunday morning at 10.30am.

There will be no children's race this week, however, the end of season Children's Presentation will be held at the Bendigo Athletic Club rooms at the Tom Flood- Bendigo Sports Centre this Sunday 29th August at 12.30pm, following the RetireInvest Dick Kitt Memorial 6500m Final. 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 12 Baker's Delight/Gloria Jeans Coffees

5000 metre Handicap

Jessica O'Hara 21.32 (Fastest Female), Jacob Nolan 18.48, Rod Skidmore 23.16, Kathryn Heagney 24.40, Kevin Shanahan 20.05, Rick Ermel 18.18, Austin Beamish 20.57, Josh Nolan 17.17 (Fastest Time), Greg Hilson 19.13, Wolf Heiden 21.10, Anthony Hutchison 18.57, Brendan O'Brien 18.40, John Justice 22.02, Ryan Shelton 22.06, Adam Parker 19.17, Lyn Crome 24.19, Grant Findlay 21.24, Peter LeBusque 20.17, Craig O'Hara 25.30, Chook Stewart 21.21, Toni Garcia 23.00, Jeremy Boulton 21.20, Richard Schultz 25.23, Rhonda Schultz 29.18, Tony Sait 23.06

BAC Children's 1km

Bree Heiden 4.21, Amila Carlile 4.23, Kyle Hilson 4.37, Matthew Noden 4.51, Xavier Hutchison 4.55, Jake Hilson 3.46, Erin Hilson 4.42, Daniel Noden 6.04, Dane Heiden 3.40 (Fastest Time), Bryden Ermel 4.27, Demi Goodall-Hoffman 3.48 (Fastest Girl), Josh Doherty 4.51, Connor Findlay 5.28