

Demi GH too good 4 all in Rising Sun race!

Demi Goodall-Hoffman saved her best run of the season for the toughest run of the season, winning the Rising Sun Hotel 6500 metre handicap through the hills of Mandurang.

The pre-race favourite, Goodall-Hoffman ran a solid time of 32.03 minutes, holding off the surprise packet of Stuart Laing, who finished 9 seconds behind, with the fast finishing Phil Noden in third place.

Displaying a liking for the course, Goodall-Hoffman's time was 12 seconds faster than her third place finish in the same race from 2012.

The Liz and Mark Findlay U23 Award was taken out by race winner Demi Goodall-Hoffman earning the maximum followed closely by Jesse Noden & Jacob Nolan.

Stuart Laing's second place overall, made him this week's top scorer in the Bridge Hotel Open Award ahead of Daniel Ryan & Brett Gilligan.

First year runner Cody Williamson recorded the fastest time of 22.53 minutes for the 6.5Km course ahead of wily veteran Phil Noden 23.04 & Jacob Nolan 23.17 minutes.

Jessica O'Hara recorded the fastest female time of 28.12 from Ingrid Douglass 29.05 & Demi Goodall-Hoffman 32.03.



Along with 3rd overall & 2nd fastest time, Phil Noden got the top points in the Flack Advisory Veterans Award ahead of Peter Noden and Lyn Crome.

Taking out the Bendigo Original Pie Shop Ladies Award was again race winner Demi Goodall-Hoffman earning top points with Lyn Crome second and Jessica O'Hara in third place.

Young Sam Noden, son of Peter, took out the Children's 1km event in a time of 5.07 minutes from Emma Gilligan who recorded the fastest time of 4.05, with Isabella Ellis in third place.

Next week's race is the final club race of the season, the Carl Barkmeyer Electrics 5000 metre handicap at the Wellsford Rifle Range, with Brett Gilligan & Peter Noden the top picks, whilst Phil Noden & Dan Ryan will be mowing them down late!

The Children's 1km will start at 10am, with the main race starting at 10.30am.

A Non-penalty 3200 metre race will be held on Sunday, 24th August at No.7 Reservoir, one week prior to the Dick Kitt Season Finale. There will still be a children's 1km race at 10am, with the main race again starting at 10.30am.

For more information about the Bendigo Athletic Club; please contact Club Vice President- Adam Parker on 0409866197, otherwise check out the CLUB

WEBSITE at; www.bendigoathleticclub.org.au

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Rising Sun Hotel 6500 Metres Handicap results:

Demi Goodall-Hoffman 32.03, Stuart Laing 27.42, Phil Noden 23.04, Peter Noden 26.30, Daniel Ryan 23.52, Brett Gilligan 25.51, Jesse Noden 23.56, Jacob Nolan 23.17, Lyn Crome 33.27, Greg Hilson 26.13, Ben Goode 24.45, Rick Ermel 27.25, Richard Schultz 35.37, Chook Stewart 27.10, Austin Beamish 31.02, Jessica O'Hara 28.12, Adam Parker 24.14, Ingrid Douglass 29.05, Cody Williamson 22.53 (Fastest Time), Kyle Hilson 31.57, Mark Perdon 29.54, Kevin Shanahan 30.56, George Flack 33.47, Peter LeBusque 30.03

Children's 1000 Metres results:

Sam Noden 5.07, Emma Gilligan 4.05, Isabella Ellis 5.24, Ava Bibby 5.38, Connor Findlay 4.43