

Rising Star Hilson 'Sparks' to life at the MCG Ruff Electrical 5KM.

After a solid start to the season last week, Kyle Hilson has turned up the 'voltage' to take out the Mark Ruff Electrical sponsored 5K at the Mandurang Cricket Ground. Hilson clocked 23.23 minutes and showed fantastic 'resistance' to hold out Ryan Shelton, who was sitting right behind him for most of the race.



Hilson sent 'sparks' flying early this week, running almost a minute quicker than last week's event over the same distance, in what was a very convincing run. Even more impressive is the fact that Hilson's quicker time this week was achieved on a much tougher and hillier course. Kyle is coached under the watchful eye of Mr John Knott who also had another 6 runners in the field.

Hilson's great run also earned him top points in the Liz & Mark Findlay Under 23 Award holding out a fast finishing Jesse Noden and Demi Goodall-Hoffman.

One of Knott's other runners Tim Dooley again flexed his muscle to take out this week's fastest time honours in 17.16 minutes, well clear of Kyall Britten 17.49 minutes and Jesse Noden 17.58 minutes.

Fastest of the women today was last week's winner Ingrid Douglass in 21.46 minutes, ahead of Jess O'Hara 22.09 minutes and Demi Goodall-Hoffman third fastest in 24.03 minutes.

The Bridge Hotel Open Award saw maximum points going to second place getter Shelton, just in front of Ben Goode and Luke Kneebone.

While in the Flack Advisory Award, top honours went to Paul Bennett who finished 3rd overall, followed by Rick Ermel with Mark Perdon close behind.

Rounding out the senior results today is the Bendigo Original Pie Shop Ladies Award being taken out by Demi Goodall-Hoffman in front of Jess O'Hara and Ingrid Douglass.

In the Junior Race it was Baxter Parker who ran his best ever time over the 1KM course to win from Connor Findlay and Emma Gilligan.

There will be no races on next weekend due to mother's day however the club is holding a fundraising BBQ at Bunnings Warehouse on Saturday the 10th. If anyone has an hour or two to spare next weekend to lend a hand then please contact Adam Parker on 0409866197.

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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MARK RUFF ELECTRICAL 5000 METERS HANDICAP

Kyle Hilson 23.23, Ryan Shelton 23.45, Paul Bennett 20.41, Ben Goode 18.26, Jesse Noden 17.58, Demi Goodall-Hoffman 24.03, Luke Kneebone 19.52, Will Noden 21.10, Stuart Lang 21.31, Jess O'Hara 22.09, Adam Parker 18.38, Tim Dooley 17.16, Rick Ermel 20.59, Daniel Ryan 18.50, Mark Perdon 22.52, Chook Stewart 21.18, Kyall Britten 17.49, Ingrid Douglass 21.46, Peter Noden 20.32, John Bailey 21.38, Joel LeBusque 21.39, Terry Crome 21.54, Mel Gilligan 28.10, Peter Le Busque 22.36, Lyn Crome 25.46, Tom Noden 20.12, Greg Hilson 20.56, Kerrieanne Hocking 24.44, Cait Hocking 24.25, Brett Gilligan 21.54, George Flack 25.35, Richard Schultz 29.37, R.H Schultz 31.51, John Rose 26.03, Kane Ellis 24.56, Imogen Douglass 37.41, Isabella Douglass 35.43

JUNIOR 1000 METERS HANDICAP

Baxter Parker 5.22, Connor Findlay 4.25, Emma Gilligan 3.55, Ava Bibby 5.11, Ava Stewart 4.24, Livinia Douglass 5.13, Jack Parker 7.18, Jaymin Boulton 4.16, Isabella Ellis 5.43, Jed Bibby 6.45, Harper Kneebone 11.08