

Bennett shows his Mettle at Woodvale!

Classy veteran runner Paul Bennett has held on to record a convincing win, taking out race four of the Bendigo Athletic Club's cross country season, the Bicknells Independent Sports 6500 metres at Woodvale reserve.

Paul managed to hit the front with just under a kilometre to run and was able to hold off a very determined and strong Jess O'Hara 27.45 minutes, who ran second and the fast finishing Ben Goode who took third place. After recent strong performances in the first three races finishing with 2nd, 3rd, & 5th respectively Bennett managed to improve 12 seconds on last week's time to claim victory in an impressive 26.51 minutes.

Bennett's great run also earned him top points in the Flack Advisory Veterans Award ahead of Chook Stewart and Phil Noden.

First year runner Timon Dooley again recorded the fastest time of 22.21 minutes for the 6.5Km course ahead of Phil Noden 22.35 minutes and Kyall Britten 22.45 minutes.

For the women it was Jess O'Hara in 27.45 minutes just holding out Ingrid Douglass 27.48 minutes for fastest time with Kerrieanne Hocking third fastest in 31.05 minutes.

In the Bridge Hotel Open Award top points went to Ben Goode who was just ahead of Adam Parker with Kyall Britten taking out third place.

Taking out the Bendigo Original Pie Shop Ladies Award, it was Jess O'Hara earning top points with Ingrid Douglass second and Demi Goodall-Hoffman in third place.

The Liz and Mark Findlay U23 Award was taken out by Jess O'Hara earning the maximum followed closely by brothers Will & Jesse Noden.



In what was a great duel between the two young Noden boys, it was Daniel who got up to defeat his brother Matthew by just two seconds in the children's 1000 metre event. Ava Stewart also ran well to come in third place.

Matthew Noden ran the fastest time of 3.53 minutes, whilst the fastest girl was Ava Stewart in 4.38 minutes.

There will be no children's race next week as race 5 is the V.M & H.M Drechsler 8000 metres handicap which is held at Woodlands Historic Park, Greenvale.



This race is held in conjunction with the VCCL with Bendigo Athletic Club members racing for a share in their prize money as well as competing for BAC points and prize money. VCCL handicaps will be released later in the week while BAC handicaps will remain sealed until after the completion of the race with the winner to be revealed.

Entries for Woodlands 8km on the 1st June are closed, but if you do wish to run, please contact Adam Parker immediately!

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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Bicknells Independent Sports 6500 Metres Handicap results:

1)Paul Bennett 26:51.0, 2)Jessica O'Hara 27:45.0, 3)Ben Goode 23:50.0, 4)Adam Parker 23:17.0, 5)Will Noden 26:33.0, 6)Jesse Noden 23:44.0, 7)Chook Stewart 26:58.0, 8)Phil Noden 22:35.0, 9)John Bailey 27:28.0, 10)Brett Campbell 25:27.0, 11)Peter Noden 26:08.0, 12)Ingrid Douglass 27:48.0, 13)Peter Le Busque 28:29.0,14)Terry Crome 28:04.0, 15)Kyall Britten 22:45.0, 16)Tim Dooley 22:21.0, 17)Demi Goodall-Hoffman 32:47.0, 18)Rick Ermel 26:49.0, 19)Lyn Crome 33:19.0, 20)Josh Sait 23:31.0, 21)Joel LeBusque 28:41.0, 22)Kerrieanne Hocking 31:05.0, 23)Austin Beamish 30:50.0, 24)Rhonda Schultz 38:42.0, 25)Mitchell Hocking 25:07.0, 26)Kyle Hilson 31:45.0, 27)Tom Noden 26:42.0, 28)George Flack 32:07.0, 29)Kevin Shanahan 30:31.0, 30)Caitlyn Hocking 33:50.0,31)Doug Tuhan 35:10.0, 32)Kane Ellis 31:13.0

Children's 1000 Metres results:

1)Daniel Noden 4.06, 2)Matthew Noden 3.53, 3)Ava Stewart 4.38, 4)Jack Parker 6.31, 5)Isabella Ellis 5.59, 6)Baxter Parker 6.01