WHITTLESEA CITY LITTLE ATHLETIC CENTRE 112

CROSS-COUNTRY 2014 NEWSLETTER

NUMBER 3-14 — 17th May 2014

A GOOD DAY TO RUN FASTER!

The first of the handicap races for the season was held in good conditions. The ooey, gooey gully belly had dried out from the previous week and conditions were looking good.

Warming up. An important part to a good race.

After considering all the factors, times were set for what every athlete was expected to run. With a trophy on offer for the best performance of the day, 25 of the 37 broken their handicap times with many of the rest very,very close. Another 4 runners came along to run for the first time this year. Sebastian Valle was a notable absentee spending the morning in hospital after breaking his arm from a fall off monkey bars the day before. It was great to see Olivia C. back after her virus.

Mad Hair Day was a big hit!

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CROSS COUNTRY PROGRAM
and
GENERAL INFORMATION
Whittlesea City Website
http://www.whittleseacitylac.org.au/
Click the "Cross Country" tab

CALENDAR
For season program,
please refer to website
UPCOMING EVENTS

Sat 24th May Centre Comp #4
9:00am Meadow Glen Reserve

Sat 31st May Centre Comp #5
Crazy Socks Day
9:00am Meadow Glen Reserve

Sat 7th Jun North Metro Div 1 Day
Moonee Ponds Ath Track
(Optional:-Queen's bday w/e)
Sun 8th Jun Benalla Open Day

Sat 14th Jun Centre Comp#6
President's Cup Team H'cap
9:00am Meadow Glen Reserve

Sat 21st Jun Centre Comp #7
Footy Day

28th Jun – 13th July
(School Holidays)

OPEN DAYS
Please refer to LAVic website

STATE CROSS COUNTRY
Sat 26th July State Championship
Brimbank Park, Keilor Drive

Store
Plenty Valley
"Supporting the local community"
Shop 120 Westfield Shopping Centre Plenty Valley
Ph: 03 9437 8650

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The 500 metres continued to be a tight race with the first three home (Judd, Alexis and Mischa) all within less than a second of their handicap and Yasmin rounding out the group with a good run to the finish. Mischa showed the best consistency to take over the boys to win the handicap in that age group.

Yasmin with a bit of Spring in her hair

It was a steam train procession in the 1000m finish with runner after runner finishing very close to the runner ahead of them.

A mad dash at the start
but Nathaniel doesn't look at all worried.
Isla looks great in dashing blue hair

While Riley Reid headed the pack (and continued for another lap to get a 2000m time for his school event, it was Paul M who took out handicap honours with his second run of the season.

RED! Yes, red makes you run faster Lachlan!
Great hair

The Metric Milers put on a great show and while the race times spread nearly 2 minutes from first to last, there was only 20 seconds difference across the handicaps. With many great runs in the under 9s and 10s, it was Kimberly Condon with a big burst to not only win the handicap for the distance but also take overall second in the race.

Amelia with a great "Hair Bow"

With some athletes away at school cross country, eight athletes still fronted for the twin lapper. Ryan Marnell continues to run solid performances and put in a huge PB to take out the race. He only narrowly missed handicap honors by 2 seconds to Jessica Martin whom continues to grow in fitness and confidence. A great effort on both their parts. Big note to the tail-enders, Georgia and Alyssa who showed that "girls just wanna have fun!"

Alyssa and Georgia. Just out having fun!

The 3000m saw the return of Jordan Chapman from last season. While he couldn't win the handicap in his first race, his 12:56.17 has put the "big fella" Izaak on notice the he

"The Slot". Part of the big lap

will have to turn his engine up and crack the 13 minute barrier if he is to beat Jordan this year. Behind this pair there were many season PBs and it was great to see the efforts of the Gibb sisters in Ally and Macey and the return of Marissa for the first time this year. From previous seasons. Like a number of other older athletes, Marissa has been running in the Athletics Victoria Cross Country in the afternoons.

**Marissa leading a group through the Gully.
The "Tree Turn" is in the background**

When all the races were in and the times analysed. The Golden Fleet Feet Award for the first handicap race of the year

Goes to Paul Magnisalis!

Well done and some great running by everyone who took part.

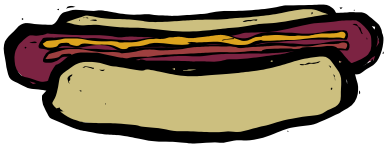
**Overall Handicap winner Paul Magnisalis
Returns to good form.**

Remember.

Registration tags are no longer required to be worn. You do however have to be registered to compete.

Support your local canteen!

HOT DOGS and DIMS SIMS



On sale every week

**Siena H. tackling the gully.
Always does great hair of ribbons and bows
for Mad Hair Day races**

COMPETITION WEEK 3
17th May 2014
Overall times

RESULTS: 500M B6/G6

			Race time
Judd	PENE	B 6	02:29.55
Alexis	MAINELLI	B6	02:34.46
Mischa	ATKINSON	G 6	02:34.72
Yasmin	BULENT	G 6	03:15.60

RESULTS: 1000M B/G 7/8

			Race time
Riley	REID	B 8	04:25.41
Lachlan	RUMLEY	B 7	04:38.16
Kieran	PATON	B 8	04:42.83
Paul	MAGNISALIS	G 8	04:43.15
Domenic	MAINELLI	B 7	04:54.57
Joshua	NICHOLAS	B 8	04:56.51
Nathaniel	AUDINO	B 7	04:58.02
Isla	HASOURAS	G 8	04:58.52
Olivia	COOPER	G 7	05:13.18
Isabelle	MARTIN	G 8	06:09.37

RESULTS 1500M B/G 9/10

			Race time
Shavani	MAINELLI	B10	07:08.65
Kimberley	CONDON	G 9	07:16.76
Tayla	GLENNON	G 9	07:19.70
Alana	CHAPMAN	G 9	07:27.93
Ellie	KEWISH	G 9	07:34.42
Nicolas	BANNAN	B 9	07:40.92
Chelsea	PATON	G10	07:55.17
Lola	COLLARD	G 9	08:04.41
Amelia	RUMLEY	G 9	08:33.27
Kelsea	BANNAN	G10	09:04.74
Sebastian	VALLE	B10	Abs

RESULTS 2000M B/G 11/12

			Race time
Ryan	MARNELL	B12	09:08.65
Brooke	COOPER	G11	10:12.75
Jessica	MARTIN	G11	10:40.25
Siena	HASOURAS	G11	11:05.58
Aaron	COOPER	B12	11:44.29
Kasey	RUDSTON-BROWN	G11	15:59.27
Georgia	MAGNISALIS	G12	19:40.05
Alyssa	BANNAN	G12	19:40.59
Alex	McPHERSON	B11	abs
Caden	MURRAY	B12	abs
Aishah	ROBERTSON	G11	abs
Amber	PATON	G12	abs

There's Mad Hair and then there's WILD HAIR!
Jessica Martin

RESULTS 3000M B/G 13/14/15/16

			Race time
Jordan	CHAPMAN	B14	12:56.17
Izaak	LONG	B14	13:39.71
Maurice	VALLE	B13	14:06.96
Ally	GIBBS	G15	14:26.70
Macey	GIBBS	G13	14:46.55
Bianca	PATON	G14	15:17.49
Marissa	DONOGHUE	G13	15:58.97
Sasho	LUMAKOVSKI	B14	18:00.23
Caitlyn	RUDSTON-BROWN	G13	18:49.42
Shania	MURRAY	G15	Abs
Tiarna	McPHERSON	G13	Abs
Tenille	JARVIS	G16	Abs

rock'n fish
MILLPARK 8407 3467

WEEK 3 HANDICAPS

Column 8 **Diff Wk3 -** The time you ran MINUS the time we thought you would run

Column 9 **Adjusted Handicap. -** What would your time improvement or loss if you all ran the same distance. This is used to work out the overall handicap winner.

1	2	3	4	5	6	7	8	9
Fname	Sname	B/G	U	Mts	Hcap for Wk3	Race time Wk3	Diff Wk3	Adjusted H'cap
Mischa	ATKINSON	G 6	6	500	02:34.38	02:34.72	00:00.34	00:00.34
Judd	PENN	B 6	6	500	02:29.07	02:29.55	00:00.48	00:00.48
Alexis	MAINELLI	B 6	6	500	02:33.49	02:34.46	00:00.97	00:00.97
Yasmin	BULENT	G 6	6	500	02:55.75	03:15.60	00:19.85	00:19.85

Fname	Sname	B/G	U	Mts	Hcap for Wk3	Race time Wk3	Diff Wk3	Adjusted H'cap
Paul	MAGNISALIS	B 8	8	1000	05:56.67	04:43.15	-01:13.52	-00:36.76
Olivia	COOPER	G 7	7	1000	05:35.96	05:13.18	-00:22.78	-00:11.39
Kieran	PATON	B 8	8	1000	04:51.04	04:42.83	-00:08.21	-00:04.10
Lachlan	RUMLEY	B 7	7	1000	04:44.62	04:38.16	-00:06.46	-00:03.23
Isabelle	MARTIN	G 8	8	1000	06:15.52	06:09.37	-00:06.15	-00:18.45
Riley	REID	B 8	8	1000	04:28.48	04:25.41	-00:03.07	-00:01.54
Joshua	NICHOLAS	B 8	8	1000	04:58.93	04:56.51	-00:02.42	-00:01.21
Domenic	MAINELLI	B 7	7	1000	04:56.99	04:54.57	-00:02.42	-00:01.21
Nathaniel	AUDINO	B 7	7	1000	05:00.09	04:58.02	-00:02.06	-00:01.03
Isla	HASOURAS	G 8	8	1000	04:49.55	04:58.52	00:08.97	00:04.48

Fname	Sname	B/G	U	Mts	Hcap for Wk3	Race time Wk3	Diff Wk3	Adjusted H'cap
Kimberly	CONDON	G 9	9	1500	08:02.55	07:16.76	-00:45.79	-00:15.26
Kelsea	BANNAN	G10	10	1500	09:42.32	09:04.74	-00:37.58	-00:12.53
Lola	COLLARD	G 9	9	1500	08:34.31	08:04.41	-00:29.90	-00:09.97
Shavani	MAINELLI	B10	10	1500	07:19.71	07:08.65	-00:11.06	-00:03.69
Amelia	RUMLEY	G 9	9	1500	08:40.77	08:33.27	-00:07.50	-00:02.50
Tayla	GLENNON	G 9	9	1500	07:27.05	07:19.70	-00:07.35	-00:02.45
Nicolas	BANNAN	B 9	9	1500	07:40.31	07:40.92	00:00.61	00:00.20
Chelsea	PATON	G10	10	1500	07:29.44	07:55.17	00:25.73	00:08.58
Ellie	KEWISH	G 9	9	1500		07:34.42	NR	NR
Alana	CHAPMAN	G9	9	1500		07:27.93	NR	NR
Sebastian	VALLE	B10	10	1500	07:28.15	Abs	Abs	NR

Fname	Sname	B/G	U	Mts	Hcap for Wk3	Race time Wk3	Diff Wk3	Adjusted H'cap
Jessica	MARTIN	G11	11	2000	11:14.70	10:40.25	-00:34.45	-00:08.61
Ryan	MARNELL	B12	12	2000	09:34.77	09:08.65	-00:26.12	-00:06.53
Aaron	COOPER	B12	12	2000	12:04.63	11:44.29	-00:20.34	-00:05.09
Siena	HASOURAS	G11	11	2000	11:17.99	11:05.58	-00:12.41	-00:03.10
Brooke	COOPER	G11	11	2000	09:50.95	10:12.75	00:21.81	00:05.45
Kasey	RUDSTON-BROWN	G11	11	2000	15:33.50	15:59.27	00:25.77	00:06.44
Georgia	MAGNISALIS	G12	12	2000	17:35.74	19:40.05	02:04.31	00:31.08
Alyssa	BANNAN	G12	12	2000	13:39.12	19:40.59	06:01.47	01:30.37
Alex	McPHERSON	B11	11	2000	08:03.21	Abs	Abs	Abs
Caden	MURRAY	B12	12	2000	08:26.46	Abs	Abs	Abs
Aishah	ROBERTSON	G11	11	2000	10:01.32	Abs	Abs	Abs
Amber	PATON	G12	12	2000	12:01.39	Abs	Abs	Abs

Fname	Sname	B/G	U	Mts	Hcap for Wk3	Race time Wk3	Diff Wk3	Adjusted H'cap
Macey	GIBBS	G13	13	3000	16:30.92	14:46.55	-01:44.37	-00:17.40
Ally	GIBBS	G15	15	3000	15:21.29	14:26.70	-00:54.59	-00:09.10
Caitlyn	RUDSTON-BROWN	G13	13	3000	19:27.66	18:49.42	-00:38.24	-00:06.37
Bianca	PATON	G14	14	3000	15:50.11	15:17.49	-00:32.62	-00:05.44
Izaak	LONG	B14	14	3000	13:58.95	13:39.71	-00:19.24	-00:03.21
Maurice	VALLE	B13	13	3000	14:24.34	14:06.96	-00:17.38	-00:02.90
Sasho	LUMAKOVSKI	B14	14	3000	17:06.02	18:00.23	00:54.21	00:09.04
Jordan	CHAPMAN	B14	14	3000		12:56.17	NR	NR
Marissa	DONOGHUE	G13	13	3000		15:58.97	NR	NR
Shania	MURRAY	G15	15	3000		Abs	Abs	Abs
Tiarna	McPHERSON	G13	13	3000	14:27.54	Abs	Abs	Abs
Tenille	JARVIS	G16	16	3000	18:50.80	Abs	Abs	Abs

Handicap Winners

Fname	Sname	B/G	U	Mts	Hcap for Wk3	Race time Wk3	Diff Wk3	Adjusted H'cap
Paul	MAGNISALIS	B 8	8	1000	05:56.67	04:43.15	-01:13.52	-00:36.76
Macey	GIBBS	G13	13	3000	16:30.92	14:46.55	-01:44.37	-00:17.40
Kimberley	CONDON	G 9	9	1500	08:02.55	07:16.76	-00:45.79	-00:15.26
Jessica	MARTIN	G11	11	2000	11:14.70	10:40.25	-00:34.45	-00:08.61
Mischa	ATKINSON	G 6	6	500	02:34.38	02:34.72	00:00.34	00:00.34

Overall Handicap Winner
Paul Magnisalis -36.76 seconds on adjusted times.

CROSS COUNTRY HAPPY SNAPS

CRAZY SOCKS DAY

31ST May 2014
COME IN YOUR
CRAZIEST SOCKS EVER
COLORED and STRIPES
RIBBONS AND BOWS

NM DIV 1 OPEN DAY

Entry form attached to last week's newsletter and available at the desk. Forms and money can be left with Cheryl Duff. We will forward these to Essendon LAC

CROSS COUNTRY ENQUIRIES

Jim Bannan
mbl. 0419 897 877
email: iCoach@iinet.net.au
or
Kim Paton
mbl. 0409 931 646 email:
kcpaton@hotmail.com

Isabelle M
Golden hair and a personal Golden run!