

Bayswater Bulletin

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Cross Country - Special Edition

President's Message

This is a special winter edition for those athletes who compete in the Cross Country season.

Weekly numbers have still been impressive with an average of 10 to 14 athletes competing weekly. Last season, our club came second in club points for the Max J. White Cross Country shield so we should score well again this year, as it is pro-rata to summer Track & Field club size.

Congratulations to our athletes who have been performing so well, despite the wet and cold weather, regularly coming in the top 8 placings.

In the EMR Championships held last month, numbers were half of last season but we still figured in a few Knox teams winning one 2nd team and one 3rd team placings. Three athletes will be progressing to the State Cross Country Championships so best of luck to U/9's Annie and Erin as well as U/11 David.

At the Knox Cross Country Open Day held last week, competition was very strong again but our athletes performed well in helping Knox win one Gold Team and three Silver Team medals.

In Cross Country Open days held at other Centres, Annie Egan had been performing well again and a special mention to U/11 David who won Gold up in Benalla, whose event was combined with the U/12's, and won against all in that age group too!

At the Knox Cross Country Handicap Day held last month, it was pleasing to see U/9 Nicholas hold on to win the 1500m Handicap event, against 51 other athletes. His sister, U/13 Deborah came 4th in the 3000m event with 44 in that race - 3rd out of Knox only athletes.

I would like to thank the parents who supported their children weekly and for putting your name down for duty on competition days to help competition run smoothly. Special thanks goes to Noel Maggs who has been "slugging" and "haring" regularly for our athletes, while keeping fit at the same time.

I would also like to thank Tracey and Alex Thomson, our Cross Country Team Managers, for keeping the point scoring up to date for our Presentation Day.

With the 2007 Cross Country season winding down in a month's time, preparations will start for the 2007/08 Track and Field for our 40th season.

Please spread the word with your friends at school about the fun you have at Little Athletics and ask them to come down and try-out a day for free. They just have to register their name at our table in the Grandstand.

Keep up the good work everyone!

Stephen Egan
President

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Upcoming Events

- ◆ 29th July - State Cross Country Championships
- ◆ 4th August - Knox Cross Country Championships
- ◆ 4th August - Bayswater Bullets and Knox Centre Presentation Day
- ◆ 8th September - Track & Field Registration Day
- ◆ 29th September - Tryout Day

Knox Centre Cross Country Championships

The Knox Centre Cross Country Championships will be held on Sat 4th August 2007 at Norton's Park to determine the Age Group Cross Country Champions of the season.

Medals will be awarded to the first 3 place getters in each age group and will be presented at the Knox Centre Presentation night at Bayswater Senior Citizens Centre later in the evening .

Bayswater Bullets Cross Country Award Presentations

For those Bayswater Bullets athletes that have competed at least 10 out of the 18 Cross Country runs throughout the season, they will be eligible for Club Cross Country Awards which will be presented about 15 minutes after the final race on the Knox Centre Cross Country Championships at Norton's Park on 4th August 2007.

As at 9th July 2007, these are the number of Cross Country runs our athletes have done so far this season.

U/6	Troy Maggs	11
U/7	Adam Maggs	12
U/8	Jessica Thomson	9
U/8	Thomas Elliott	6
U/9	Annie Egan	14
U/9	Erin Holdway	8
U/9	Emily Dewar	12
U/9	Nicholas Elliott	5
U/10	Emma Thomson	11
U/11	Claire Elliott	6
U/11	David Thomson	13
U/13	Deborah Elliott	7
U/15	Sharnee Griffiths	3
U/15	Josh Holdway	10

Including today's Cross Country at Koomba Park, there are only 4 more Cross Country runs left including the Friday Twilight Relay and the Knox Cross Country Championship Day.

Knox Centre Cross Country Award Presentations

The Knox Centre Cross Country Award Presentation night is held at the Bayswater Senior Citizens Centre, cnr Scoresby Road & Mountain Hwy 6:00pm on Sat 4th August 2007.

Every year there is a dress-up theme but it is still to be announced.

Each athlete will be awarded a Certificate, with their seasons result times and a 2007 Cross Country Pennant.

There will also be Knox Centre Awards, Knox Handicap Day awards and the Medal Presentation will be conducted for the Championship winners from earlier in the day.

2007 State Championships



Congratulations to the three athletes progressing to the State Cross Country Championships being held at Lardner Park, Drouin (Map 612 U8) on Sunday 29th July 2007 with the first event commencing at 11:00am.

The course will be open to "walk the track" between 9:15am and 10:15am only. It is advisable to do this as no-one but the Officials are allowed on the course outside of these times.

Lardner Park is just over a 30 min drive and located between Drouin and Warrigal with the park entry off Burnt Store Road. Appropriate signage will be displayed to the precise gate.



Cross Country Result ticket

"Cross Country results and photos are also placed on our club webpage weekly"



The Maggs brothers

Troy & Adam Nortons Park

Our 2007 Cross Country athletes in action



U/6 Troy Maggs



U/7 Adam Maggs



U/7 Thomas Elliott



U/8 Jessica Thomson



U/9 Annie Egan



U/9 Erin Holdway



U/9 Emily Dewar



U/9 Nicholas Elliott



U/10 Emma Thomson



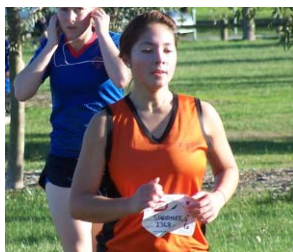
U/11 Claire Elliott



U/11 David Thomson



U/13 Deborah Elliott



U/15 Sharnee Griffiths



U/14 Josh Holdway

Cross Country Open and Championship Day Results

Bacchus Marsh Open Day - 20th May 2007

Girls U/9 1500m

Annie Egan 1st 6 min 24.47 sec

Geelong Open Day - 3rd June 2007

Girls U/9 1500m

Annie Egan 1st 4 min 58.22 sec

Benalla Open Day - 10th June 2007

Girls U/9 1500m

Annie Egan 1st 6 min 32.00 sec

Boys U/11 2000m

David Thomson 1st 7 min 47.00 sec

Box Hill Open Day - 17th June 2007

Girls U/9 1500m

Annie Egan 3rd 6 min 32.51 sec



Annie Egan with the winners of the U/9 Girls Geelong Cross Country Open Day.

Special guest medal presenter was Australia's Marathon Olympian Lee Troop, who originates from Geelong

Knox Open Day - 7th July 2007

Boys U/6 500m

Troy Maggs 15th 2 min 46.52 sec

Boys U/7 1000m

Adam Maggs 15th 5 min 27.93 sec

Girls U/8 1000m

Jessica Thomson 21st 5 min 02.94 sec

Girls U/9 1500m

Annie Egan 12th 6 min 38.16 sec

Erin Holdway 33rd 8 min 06.40 sec

Girls U/10 1500m

Emma Thomson 24th 7 min 20.41 sec

Boys U/11 1500m

David Thomson 14th 8 min 00.67 sec

Boys U/15 3000m

Josh Holdway 9th 13 min 21.70 sec

Open Age 3000m

Noel Maggs 36th 14 min 24.15 sec

A Gold Team Medal for Knox was won by U/15 Josh Holdway. Silver Team Medals were won by U/8 Jessica Thomson, U/9 Annie Egan and U/11 David Thomson

Eastern Metropolitan Regional Championships - 24th June 2007 Ruffey Lake Park, Doncaster

Girls U/9 1500m

Annie Egan 4th 6 min 27.12 sec

Erin Holdway 22nd 7 min 38.11sec

Boys U/11 2000m

David Thomson 7th 8 min 55.94 sec

2nd place Team Ribbon was also won by U/11 David Thomson and 3rd Place Team Ribbon was by U/9 Annie Egan for their Knox teams.



Josh Holdway with U/15 Gold Team Medals winners from the Knox Cross Country Open Day



Nicholas Elliott with his 1st Position tag in the Knox Cross Country Handicap Day in the 1500m at Wicks Reserve on 2nd June 2007



Noel Maggs in action slugging a 1000m event at Jells Park