

ANSW Novice Cross Country Championships Scarborough Park Ramsgate 28-4-12

On a beautiful autumn afternoon for spectators and runners alike, a small band of Girraween athletes competed in the ANSW Novice and Fun Run events at Ramsgate on Saturday last. Our athletes were very thankful for the improved conditions this year, which was a pleasant change from 2011. There were some fine efforts by our athletes. The highlight of the day been Brad Milosevic's narrow win in the 4km fun run against a very highly credentialed field, which as you can imagine led to great excitement amongst the small but enthusiastic band of Girraween athletes and supporters who had made the trip south on Saturday. Brad is currently in a rich vein of form and it is great to see him in action. There were also some fine performances by Geoff and Graham Sheargold in the 10km Novice event where they both ran very fine times. A special mention must also go to Katrina Russell, who after completing the 4km Fun Run also decided at the last minute to compete in the 7km Female Novice event, a mighty effort in backing up which also ensured that there was Girraween representation in every event on the day. Well done Katrina, your fortitude was admired. Robert Eager also deserves hearty congratulations, as not only did he complete the 4km Fun Run he also backed up to run the 10km Fun Run as well. Robert Eager, where does that energy come from? Well done mate, amazing stuff. I would also like to pay tribute to all our athletes and supporters who supported our runners out on the course in each of the events. It was greatly appreciated by everyone who competed, particularly by yours truly who was staggering in at the end of the 10km Novice event, with everybody packing up ready to go home, with the course been packed up and the lights been turned on, still heard the cheers of his fellow athletes and supporters urging him home. Thanks guys for sticking around, it meant a great deal. All in all, a great afternoon of top class cross-country. Results follow:

4km Fun Run

1 st	Brad Milosevic	11:53
99 th	Steve Clark	17:59
133 rd	Robert Eager	21:50
136 th	Katrina Russell	22:41

2Km Fun Run

82 nd	Vince Adams	9:44
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10km Fun Run

22 nd	Clive Kidson	49:41
32 nd	Robert Eager	59:21
33 rd	Roger Mar	1:04.14

Female 7km Novice

42 nd	Katrina Russell	41:19
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Male 10km Novice

42 nd	Geoff Sheargold	37:41
98 th	Graham Sheargold	48:19
102 nd	Danny Martins	49:13
120 th	Michael Christie	57:09

Michael Christie GAP