

## Press Release – White Train Steams to Geelong for Heritage Round

4 August 2009

Even though the Bureau of Meteorology had predicted showers, Saturday, 1 August 2009 dawned bright and clear; perfect running conditions for Athletics Victoria's Heritage Round of the XCR winter series of races. Held in the unusually green surrounds of Geelong's Eastern Park, the races were held over a variety of distances; 6km for the Women and 10 miles (or 16km in the new-fangled measurements) for the Men. As well as competing for valuable Premiership points in the team competition, the men raced in the Victorian 10 Mile Cross Country Championship; a race that has been run continuously in Victoria since 1892.

Although the round is steeped in history, runners being encouraged to run in heritage uniforms, it served as a first race for some of the MUAC athletes and as a reminder of the hurly burly of cross country racing for others who had missed a race or two through the winter break between academic semesters.



**Zac Newman cruising through 10 Miles**

First on the undulating course were the Women, who raced over two 3km loops. MUAC fared well, fielding two complete teams with strong running performances across all levels. Of note was the tussle for the final spot on the Division 1 team between Kate Scarlett and Jasmine Neve. Neve (who now heads off to compete for Australia in the World Orienteering Championships) just edging out Scarlett in the final metres of the race to take the spot. In respect of the last minute attack from Neve, Scarlett had this to say: *"I saw Jas turn the last corner but foolishly assumed I was home safe. I think this could be the beginning of a beautiful rivalry."* The other Division 1 runners for the MUAC women were Charlotte Curnow (competing again after returning from the World Pentathlon Championships), Sarah Opperman and Sophie Barker.

The team ran into third place for the day putting them in fifth spot on the premiership table. With just three rounds to go for the season, it seems likely that MUAC will retain a Women's Division 1 team for season 2010.

Having just missed out on the last place in the Division 1 team, Scarlett was joined in Division 2 by Elaine Chan, Sarah Castelino and Tracy McGougan. McGougan posting a personal best time for the 6km cross country event.

There was a gap between the conclusion of the Women's race and the start of the Open Men's championship while the junior



**Charlie "Tex" Sheldon showing everyone that headbands really are cool**



**Team Manager  
David Paroissien  
showing just a little  
too much tongue**

races were completed. However, at the MUAC tent the tension built. Whispers went around the tent like wildfire, “Did he know the start time?”; “Does he know where to come?”; “Should we dispatch a search party?” All the comments concerned the arrival of the one and only Andrew Moore. “Moory”, as he is known around the team, has not had a terrific record of arriving at races early this season, notably missing the first lap at Bundoora. However, all the concern was in vain this week as Moory arrived with minutes to spare and was at the start line on time running an even race to post a time of 1:02:51 for the 10 miles. Even without Grant Morgan who was resting with knee soreness, the Men’s Division 1 team (comprising Andrew Selby-Smith, Frank Ciancio, Hamish Beaumont, David Paroissien, Zac Newman and Charlie Sheldon) ran themselves into seventh place putting the team tenth on the premiership ladder, but away from the dreaded relegation zone. Meanwhile, the Men’s Division 3 team ran into third spot and the Men’s Division 5 team, affectionately known as the “Wombats” made an appearance to sneak into second spot for the day. New recruit, and medico in training, Shalinda Kekulawala debuted for MUAC finishing strongly, succinctly describing the race as “pretty long” following the finish.

Melbourne University Athletics Club is a Club with a tradition dating back to 1873. It is a very active and vibrant club that encourages athletes of all abilities to strive for their best performances and have a lot of fun along the way. Members have access to fantastic facilities and top level coaching. We enter both Men’s and Women’s teams in Athletics Victoria’s summer (track and field) and winter (road and cross country) competitions. New members of all abilities and ages are always welcome. It is not necessary to be a student to be a member.

More information is available on the club website at [www.athletics.musa.net.au](http://www.athletics.musa.net.au).

**Full MUAC Results**

<b>Place</b>	<b>Name</b>	<b>Time</b>
<b>Women</b>		
23	Charlotte Curnow	23:09
26	Sarah Opperman	23:20
36	Sophie Barker	24:06
59	Jasmine Neve	25:20
61	Kate Scarlett	25:21
109	Elaine Chan	27:38
144	Sarah Castelino	29:51
169	Tracy McGougan	35:35



Moory, Jordan Mayston and Charlie Sheldon looking calm and collected at the top of the first major hill on the first lap

<b>Place</b>	<b>Name</b>	<b>Time</b>
<b>Men</b>		
32	Andrew Selby-Smith	55:54
44	Frank Ciancio	57:12
47	Hamish Beaumont	57:32
52	David Paroissien	58:02
67	Zac Newman	59:42
85	Charlie Sheldon	1:01:22
90	Tom Gorman	1:01:22
103	David Ulbrick	1:01:56

<b>Place</b>	<b>Name</b>	<b>Time</b>
<b>Men</b>		
118	Andrew Moore	1:02:51
120	Tim Thomas	1:02:58
134	Matt Irons	1:03:45
162	Jordan Mayston	1:05:41
165	Tyler Harlan	1:05:50
201	Richard Dutton	1:08:38
203	Tony Brain	1:08:48
224	Shalinda Kekulawala	1:11:21