

Press Release – White Train Steams Ahead Despite Antarctic Bundoora Conditions

28 July 2009

On Saturday, 18 July 2009 the now famous MUAC White Train has left the station with gusto, running return to Bundoora, arriving home with great results.

The conditions were trying to say the least, but the camaraderie was high and got everyone through the day with smiles on their faces. Running in that weather was hard, but standing in it doing nothing much was even worse, so the White Trainers extend their thanks to their volunteers and support crew who spent the afternoon assisting the AV officials at the finish line.

Renowned as being the highest (perhaps even windiest) point in Melbourne, the cross-country race at Bundoora was always going to be tough and even without the added degree of difficulty that can attend the course on rainy days the wind, which seemed to blow uninterrupted from the Antarctic wastes made the already tough and hilly course even tougher! Captain of the Women's team, Sophie Barker summed it up in succinct style, "the race was tough!" said Cap'n Barks shortly after completing the race.

The women braved the cold first, heading out (and up, the first kilometre of each course heading straight up the hill and into the biting wind) on the 8km course while the Men tried to stay warm. Unfortunately there were only enough MUAC female train drivers to fill one team this round, long time runner and team stalwart Tracy McGougan stepping up and braving Div 1 for a great anchor leg! Camilla Humphries made her second appearance for 2009, a strong run on her part boding well for the balance of the season. Elaine Chan showed characteristic determination on her return from returning from injury powering home pain-free for the first time in what could only be described as, well, "ages!" Given the imminent start to the second semester of the academic year the management of the team are hopeful that some familiar and friendly female faces re-appear to bolster the MUAC Women's team for the balance of the season which is far from over with four rounds remaining.



The MUAC Female Train Drivers at Bundoora 2009

On the men's side of the ledger the 'Train' put up a good fight demonstrating that they deserve the spot in Division 1 following an almost unbeaten 2008 in Division 2. Indeed a ninth placing could only be described as a great result in a notoriously strong-fielded event, the race at Bundoora doubling as the trials for the Victorian Cross-Country team. A top 20 placing by Grant Morgan (18th in 39:20) was the first fantastic news of the day! Grant was followed by Andrew Selby-Smith, Hamish Beaumont, Tom Gorman, and David Paroissien and Zac Newman all finishing within the following 5 minutes to round of the Division 1 team which is now placed 10th on the Premiership ladder clear of the dreaded relegation zone.

Rookie Charlie Sheldon led home the Men's Division 3 team. The Division 5 team was led home by the ever present Coach Brain who was simultaneously battling the beginnings of a



The Men's field are invited to take to the Course without Andrew Moore

head cold. Unfortunately, Coach Brain was unable to get around the 12km course faster than Matt Irons who now has a commanding lead in the IronBrain competition for 2009. Matt strenuously denied that Tony's complaints of a sore knee were due to any untoward behaviour on his part in order to seal his victory in IronBrain '09. However, the standout performance of the day for the Men undoubtedly belonged to Andrew Moore who, despite driving the fastest car in the team, arrived, breathless and almost a lap after the AV officials had invited the Men to take to the course, but nonetheless proceeded to join straight in and ran a record first lap (sans warm up).

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.

MUAC Results

Men:

18th – Grant (39:20)
 51st – Andy S-S (41:05)
 68th – Hamish (42:00)
 79th – Tom G (42:31)
 90th – Dave P (43:14)
 106th – Zac (44:00)
 140th – Charlie (45:18)
 155th – Matt I (45:53)
 183rd – Tim T (46:36)
 196th – Kris (47:12)
 237th – The Brain (49:16)
 241st – Dutto (49:22)
 307th – Paul Shortis (53:40)
 343rd – Theo (57:03)
 363rd – Mooresy (61:07) minus about a lap...

Women:

39th – Soph (33:29)
 79th – Elaine (36:16)
 87th – Camilla (36:49)
 140th – Tracy (45:25)