Melbourne University White Train earns distinction at La Trobe

3rd June 2008

Melbourne University Athletics Club athletes revelled in the academic surrounds at La Trobe University on Sunday the 1st of June for a series of fine individual and team results. 24 MUAC athletes toed the line for the 15km race, the fourth of ten in the Athletics Victoria XCR'08 series.

Melbourne University Athletics Club athlete Renate Wyss continued her spectacular winter of running, winning another Victorian Championship in the Athletics Victoria 15km Road Running Championships at La Trobe University. Renate, recently arrived from Switzerland, prevailed in a tough race to win in an impressive 53:30, to secure her third Victorian title in three races. Sophie Barker, Alice Kemp and Elaine Chan flew around the hilly three lap course to put the Women's Division One into third place. A powerful start to the season sees MUAC's top women's team in fourth place in the elite Division One, only four points off second.

Success for the 'White Train', as Melbourne University Athletics Club's cross country team is known, was not confined to Women's Division One. Women's Team Captain and Ballarat resident Al Bryant-Smith, delighted in the comparatively warm temperatures to lead home the White Train's Division Three team of Kate Scarlett and Tracy McGougan to a speedy second place and the top of the ladder after four rounds. Talk of promotion to Division Two grows stronger race by race.

Members of the White Train are preparing for the onslaught of autograph hunters and the paparazzi that comes with being television stars. MUAC's cross country team features in the current episode of AthsVic TV (at http://www.youtube.com/watch?v=-GFVuzEFITY) with the team shown warming up, racing and performing the quirky and mystifying White Train 'Boing' greeting.

The White Train's Men's Division Two team, aiming for a return to Division One, had another great day. Top drawer efforts by Liam Delany (11th) and Grant Morgan (12th), anchored the six man team to another win and leaves the team undefeated after four rounds with an eight point gap on second place. With several regular members away, the team showed its depth and tenacity to notch a fine win.

The Men's Division Three team, featuring reformed football tragic Tim Thomas and MUAC distance coaching supremo Tony Brain, continued their steady progress up the ladder this year landing themselves in fourth place after four rounds. Members of the 'White Train' used the coach as motivation, with a growing intra club rivalry between Tony and some of his charges, who were heard to mutter "Next time, Brain, next time" after the race. Success also came to the Division Five team with regular training paying off for Kaighan, Mick and Ray and irregular training no obstacle for Paul as the team stormed home for third place.

Members of the White Train were cheered on by volunteers and fans Jo, Daniel, Simone, Rosie, Ren, Paul, William, Tommy, Daniela, Simon and Scott, spurring the team on to greater efforts all around the course. Some athletes, especially Andy Wear, found time while they were running to cheer on their team mates.

Tired and satisfied athletes retired to the MUAC marquee after the race for a sumptuous morning tea, some post race analysis, a bit of kick to kick and to catch up on all the gossip from the weekend. Amongst all this, planning started for the next race, the Coliban Ekiden Relay on the 28th of June, a long road relay that has been a happy hunting ground for the White Train in previous years.

Melbourne University Athletics Club is one of Victoria's oldest, most active and vibrant clubs, with a strong distance running group. 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 Team Results

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<thead>
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<th>Team</th>
<th>Place</th>
<th>Premiership points</th>
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<tr>
<td>Women's Division 1</td>
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<td>Women's Division 3</td>
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Individual results : AV 15km Championship

Open men's race
11th: Liam Delany, 48:37
12th: Grant Morgan, 48:45
41st: Hamish Beaumont, 51:26
60th: Dave Paroissien, 52:48
87th: Dave Ulbrick, 54:56
113th: Carsten Murawski, 55:57
142nd: Tim Thomas, 57:30
161st: Kieran Hensey, 58:27
174th: Tony Brain, 59:07
178th: Iyilia Zakaria, 59:23
184th: Matt Irons, 59:36
192nd: Kaighan McColl, 1:00:19
204th: Mick O'Connor, 1:01:10
236th: Ray Hong, 1:02:50
272nd: Paul Shortlis, 1:06:17
286th: Andy Wear, 1:08:22

Open women's race:
1st: Renate Wyss, 53:20
17th: Sophie Barker, 59:22
22nd: Alice Kemp, 1:00:30
38th: Elaine Chan, 1:05:14
46th: Al Bryant-Smith, 1:06:23
74th: Kate Scarlett, 1:11:35
84th: Martine Botha, 1:15:15
96th: Tracy McGougan, 1:27:23

AV Ladders after 4 rounds

Women's Division 1
1. APS United 48
2. Knox Athletics 42
3. Glenhuntly 42
4. Melbourne University 38
5. Richmond Harriers 28

Women's Division 3
1. Melbourne University 2 41
2. Richmond Harriers 2 39
3. St Stephens Hawthorn 37
4. Glenhuntly 28
5. Melbourne University 3 10
6. Melbourne University 4 1

Men's Division 2
1. Melbourne University 52
2. Mornington Peninsula 44
3. Bendigo Region 37
4. Diamond Valley 32
5. Traralgon Harriers 31

Men's Division 3
1. Box Hill 2 49
2. Sandringham 2 43
3. Western Athletics 37
4. Melbourne University 2 34
5. Knox Athletics 2 33

Men's Division 5
1. Melbourne University 3 23
2. Melbourne University 4 1

Golden Shoe Rankings after 4 rounds
1. Renate Wyss 130 (40)
2. Liam Delany 95 (30)
3. David Paroissien 92 (32)
4. Hamish Beaumont 81 (23)
5. Tom Gorman 71 (10)
6. Grant Morgan 68 (31)
7. Alice Kemp 65 (18)
8. Andrew Selby-Smith 62 (-)
9. Elaine Chan 59 (17)
10. Alison Bryant-Smith 58 (16)

Coming Up Soon
AV races
Saturday 28th June – Coliban Ekiden Relay
Saturday 12th July – Geelong Cross Country
Not AV races
Farewell to Elaine and Jaz
Lots of training
Probably a meal and a beer at the Clyde