

McPhail Handicap

A field of 90 runners, including 27 female runners competed in the early morning at Yarra Bend Park in the annual McPhail handicap. No individual best times were set in the event. Stephen Paine became the first Old Melburnian to record an APSOC fastest time/win since Michael Beech was fastest at the 1988 Lodge 16 km. Kane Wille (invitation OM), although first across the line, was ineligible for an award. The last two OM runners to be first and second fastest in the same race were Jim Hunt and S.Spittle in the 1964 Cooke McClelland.

McPHAIL HANDICAP FASTEST TIMES

as of June 2009

8km

Club	Male	Time	Year	Female	Time	Year
OB	A.Down	27:26	1991	N.Clark	30:05	1994
OC	C.Hamer	25:48	2008	F.Gamble	32:29	2004
OGC	R.Quail	26:16	1997	B.Thomas	29:34	2007
OGG	J.Cox	28:39	2005	K.Menzies	31:21	2006
OH	M.Macdonald	24:27	1997	N.Kelly	29:35	1999
OM	M.Beech	25:01	1987	P.Bradshaw	40:41	1989
OS	G.Lyons	24:18	2001	L.Furst	29:31	2007
OW	N.Harrison	24:32	'02 '04	A.Thompson	27:39	2000
OX	J.Marsh	24:10	1997	I.DeCastella	29:13	1999
SK	R.Hope	24:22	1994	L.O'Connell	30:14	1993

Male Athlete of the Year Award 2009

		Jam	Dys	H&H	Orch	McP	Geel	Mini	Lodg	Hool	Will	Bri	Chu	CMc	Total
1	M.De Luca (SK)	-	-	6	4	5									15
=2	C.Macdonald (OH)	2	1	5	6	-									14
=2	S.Paine (OM)	-	3	-	5	6									14
=4	N.Ashton (OX)	6	5	-	-	-									11
=4	J.Cochrane (OH)	5	6	-	-	-									11
6	C.Papadakis (OC)	-	-	4	3	1									8
7	R.Schwerkolt (OS)	-	-	3	1	3									7
=8	A.Rickards (OW)	-	-	-	-	4									4
=8	J.Antonelli (OX)	4	-	-	-	-									4
=8	J.Atkinson (OS)	-	4	-	-	-									4
=8	D.Gasson (OH)	-	-	2	2	-									4
12	X.Chapman (SK)	3	-	-	-	-									3
=13	L.Delany (OGC)	**	2	-	-	-									2
=13	D.Bayley (OH)	-	-	-	-	2									2
=15	P.Simm (OS)	1	-	-	-	-									1
=15	A.Scott (OH)	-	-	1	-	-									1

Female Athlete of the Year Award 2009

		Jam	Dys	H&H	Orch	McP	Geel	Mini	Lodg	Hool	Will	Bri	Chu	CMc	Total
1	A.Kasapis(OW)**	-	6	-	5	6									17
=2	I.De Castella (OX)	6	5	-	-	-									11
=2	H.Riordan (OX)	-	1	4	4	2									11
=4	K.Natoli (OGC)	-	4	-	6	-									10
=4	L.Crowe (OW)	-	-	6	-	4									10
=4	T.Craig (OH)	5	-	-	-	5									10
7	N.Geddes (OX)	3	3	-	-	3									9
=8	S.Heard (OX)	-	-	5	-	-									5
=8	S.Ryan (OX)	4	-	-	-	1									5
=10	A.Carswell (OX)	-	-	3	-	-									3
=10	T.Neave (OH)	-	-	-	3	-									3
=12	C.Kitchen(OH)	-	-	-	2	-									2

=12	J.Jackson (OH)	-	2	-	-	-									2
=12	E.Steer (OC)	-	-	2	-	-									2
=12	R.Millard (OH)	2	-	-	-	-									2
=16	J.Davies (OW)	1	-	-	-	-									1
=16	R.Logan (SK)	-	-	1	-	-									1
=16	E.Carter (OC)	-	-	-	1	-									1

** nee Worland