

## NOL ACTION

## Stingers in Fine Form for the start of the 2013 NOL season

### Saturday:

NSW Stingers were well represented at the first round of NOL's in Adelaide on the weekend, despite the travel requirements. It was fantastic for everyone to stay together and there were some terrific results.

The sprint qualifier in the morning saw **5 of our men** and **one of our junior females** make it through to the afternoon final:

<b>MEN:</b>	Heat 1	<b>Patrik Gunnarsson 6<sup>th</sup></b>
	Heat 2	<b>Josh Blatchford 4<sup>th</sup></b>
		<b>Matt Parton 5<sup>th</sup></b>
		<b>Andrew Brown 6<sup>th</sup></b>
		<b>Andy Hill 7<sup>th</sup></b>
Heat 3	Angus Roberts 14 <sup>th</sup>	
		Matt Hill mp
<b>WOMEN:</b>	Heat 1	Lisa Grant 7 <sup>th</sup> , narrowly missing the final by 2 secs
		Amanda Holmgren 10 <sup>th</sup>
	Heat 3	<b>Nicola Blatchford 6<sup>th</sup></b>

Courses were superb, quite technical with various levels within the uni buildings and physically demanding with significant climb.

All were looking forward to their runs in the afternoon, either in the elite final, or their age group. The men started first and placings were close.

Our final standings for the men in the NOL being:

Josh Blatchford 5 <sup>th</sup>
Matt Parton 8 <sup>th</sup>
Andy Hill 11 <sup>th</sup>
Patrik Gunnarsson 12 <sup>th</sup>
Andrew Brown 13 <sup>th</sup>

The women's NOL final was next to follow and unfortunately no one informed the start officials they required a different course. Several girls started with the incorrect map, some were called back but unfortunately two girls, one being our only Stinger in the final, Nicola Blatchford, ended up doing the Men's final course. Realising things were wrong during her run, she continued and finished the course but later, due to other issues on the day, the final was declared void.

Fortunately it was decided all NOL points for the women would be taken from the qualifying sprint. There were pleasing results for others Stingers that didn't make the final with Amanda Holmgren 2<sup>nd</sup> in W17-20A, Matt Hill 2<sup>nd</sup> in M17-20A and Lisa Grant 2<sup>nd</sup> in W21A

Saturday the Stingers dined at an all-you-can-eat buffet, Charlie's Diner. Team morale was terrific and Matt Parton actually left some food for the other teams. It was an early night for all in preparation for what was looking like being a gruelling long distance course.

### Sunday

Simon was super organised and had set fantastic courses on a very physically demanding and enjoyable map. On a day when dnf's and mp's were numerous, it was so pleasing to witness the

guts and determination within the team ... everyone that started, finished!!! Pretty sure no other state could say that!!!!

The mass start for the men was at 8.30, the women, 8.40. As soon as the women had started Simon announced the men would be coming through the map change very soon. With one small bunting adjustment, after about 12 mins, led by Stinger Josh and closely followed by Stinger Matt P, the men started coming through from the first loop.

The course involved significant climb and all runners at some stage, and maybe up to three times, crossed the railway line via Echo Tunnel, in which Simon had placed several lights. Some likened it to the physical demands of the Qld long course last Easter but good track access enabled Simon to place more than ample water controls on course.

Final results for the Stingers:

MEN 21E	Josh Blatchford 2 <sup>nd</sup>
	Andy Hill 6 <sup>th</sup>
	Matt Parton 8 <sup>th</sup>
	Patrik Gunnarsson 9 <sup>th</sup>
	Andrew Brown 11 <sup>th</sup>
MEN 17-20E	Angus Roberts 5 <sup>th</sup>
WOMEN 21E	Lisa Grant 13 <sup>th</sup>
WOMEN 17-20E	Nicola Blatchford 6 <sup>th</sup>
	Amanda Holmgren 7 <sup>th</sup>

It really was a creditable performance by the Stingers; they really toughed out the conditions. A great start to the NOL season 😊 and the tracksuits looked impressive.