

Bank of Queensland Simon Doyle 1500m Classic

Brisbane, 10 November

Written by Matt Phillips

A cool, windless November evening at the University of Queensland marked the opening of Athletics Australia's National Series with all but one of the eleven strong field running national qualifiers in the feature event. Commonwealth Games Bronze Medallist, Youcef Abdi overcame a false start to score a thrilling win after racing prominently throughout. The pacemaker set up the race by passing through 300m in 42.42 and 700m in 1.42.22 with Abdi sitting in second, followed by Philo Saunders and Louis Rowan. Abdi then took over with a 62.14 lap and at the bell had Rowan and Collis Birmingham sitting in behind him. The pace picked up noticeably after the bell and hurtling around the final bend, only Mark Tucker swooped to challenge the leading trio. Entering the straight, Abdi held a very tight line on lane one and looked likely to be overwhelmed, but was too strong for his rivals and lunged to the line to deny the gallant Birmingham (who recorded a four second PB). Wider out, Tucker snatched third from Rowan in the last desperate strides. Abdi was delighted to run a 56.59 closing lap, saying afterward 'I wanted to be on the pace early and stay with them and the race went perfectly for me.' With a 3.40.95, the winner narrowly missed a Commonwealth Games B-Qualifying mark. Former National 1500m champion, Alastair Stevenson laboured home in ninth place, but his run can be forgotten after a disrupted preparation.

In the Women's Classic, the pace was set with a 53.11 second opening 300m followed by 400m in 70.34. Upping the ante after 700m, Emma Rilen scooted out

of the box seat and quickly put ten metres on her rivals. Rilen was not content to run conservatively for the win and after clocking 68.58 for the third lap, continued to street the field. Stopping the clock in 4.19.80 after a 67.36 closing lap, Rilen had almost ten seconds to second placegetter Anna Worland. The scintillating win was the product of a mentally aggressive mindset with Rilen commenting afterward 'I just wanted to go for it. If I blew up, then so be it.'

An 800m match race between Sydney University and the University of Queensland also excited spectators. After a 52.96 opening lap by the pacemaker, Mark Abercromby assumed the lead ahead of Tom Richardson, Werner Botha and Nick Bromley. Going through the last bend,



Werner Botha headed the Queensland challenge in the 800m.

Botha and Bromley kicked for home together with Bromley producing a devastating last 200m to draw clear of the valiant Botha, who finished strongly enough to hold off Richardson for second. With six men producing sub 1.50 runs, we can expect to see more two-lap fireworks this summer!

Men's Classic 1500m

1 Youcef Abdi	3.40.95
2 Collis Birmingham	3.41.00
3 Mark Tucker	3.41.21
4 Louis Rowan	3.41.44
5 David Byrne	3.43.10
6 Jeremy Roff	3.43.56
7 Mitch Kealy	3.45.49
8 Philo Saunders	3.45.83

Women's Classic 1500m

1 Emma Rilen	4.19.80
2 Anna Worland	4.28.47
3 Daina Surka	4.31.68
4 Bree-Anne McArdle	4.32.77
5 Jessica Gilfillan	4.34.47
6 Tina Sherratt	4.34.82
7 Elizabeth Colwell	4.38.74
8 Ashlea Gilfillan	4.39.57

UQ V Sydney Uni 800m Match Race

1 Nick Bromley	1.47.81
2 Werna Botha	1.48.48
3 Tom Richardson	1.48.65
4 Andrew Crummins	1.49.35
5 Nick Lorenz	1.49.59
6 Mark Abercromby	1.49.95
7 Alister Ross	1.50.42
8 Nick Hudson	1.50.65



**Portacoverly
Australia**

Thoracic Extension Rack

The perfect posture tool

T-Rack Pro
Aluminium construction designed for the healthcare professional

\$175.50 plus delivery

T-Rack Elite
Polyurethane construction for people on the move

\$95.50 plus delivery





Adjustable head rest

- Assists in thoracic spine mobilisation
- Encourages athletic mobility, essential for most sporting actions

www.portacoverly.com
info@portacoverly.com
ph: +61 2 6278 4171