

Threlfall reigns supreme in 3000m run

BENDIGO Harriers' star Brady Threlfall reigned supreme in this week's 3000m run in the Tuesday Night Series for athletes at the Flora Hill track.

Some of the Flack Advisory Bendigo Region's best distance runners were among the field of 39 in week three of the Adam Parker Electrical-backed series.

Based in Echuca, Threlfall took on the likes of University's Andy Buchanan and Kye Jenkyn, Harriers' clubmate Michael Preece, and rising stars such as Billy Meade from University and Taine Lang from Harriers.

Back on the track just over a fortnight after a personal best of 1 hour 6.16 minutes and third place in the 21.1km at the Melbourne Marathon, Threlfall ran the 7 ½ lap duel at the Latrobe University Bendigo athletics complex in 8 minutes 27.30 seconds.

Buchanan followed up second placing in the Burnie 10 road race run last Sunday by being runner-up in the 3km track clash in 8:31.52.

Next best was teenager Billy Meade in 10:27, ahead of the in-form Lang, 10:31, and University's Brian Watson, 10:37.

Fastest female was Avery McDermid from University in 11:53.

Long-time CEO for the Bendigo International Madison athletics-cycling carnival, Rik McCaig marked his first Tuesday Run of the season by being eighth in 10:59.

Highs included the feats by University's youngsters Mason Woodward and Tanner Fear to run under the 12 minute mark.

Tuesday's run drew athletes from as young as eight up to 70.

All four of the Bendigo Region clubs – Harriers, University, Eaglehawk, South Bendigo were represented.