

## 2004 Box Hill 5 km Handicap Race Results

The Bennettswood course was very cool this year on Saturday 17 April, when a large contingent of Box Hill athletes made their way down to the creek-side course. A number of parents and supporters made their way to the course as well. When handicap marks were revealed there were the usual gasps of shock and complaint. This year two of the pole vault contingent refined the art form to a new level with repeated attempts to get the generous-hearted handicapper to allow them to run with their friends or to ease their predicted time. Two of them, Juliet Claffey and Cameron Baker, were adjudged outstanding in their repertoire of grimaces, pained facial expressions and the range of “compelling” reasons as to why they had been hard done by, winning an award for their efforts by popular acclaim.

After the handicapping system was explained to the starters, and a few non starters declared their hand, the slower runners were dispatched. The field was progressively sent over an 11 minute interval, which provides the faster runners with a great deal of nervous anxiety. This was exacerbated this year when the first four competitors passed through the first lap well before the last few runners had commenced. It transpired that these four competitors had taken a wrong turn cutting over a kilometre off the distance.

Regrettably Rosie Ditton, the scratch marker, made a late decision to withdraw, even with a very generous predicted time. This meant that the representatives from the Guinness Book of Records were sent off home as there would be no significant attempt to break her slowest time record from 2003. Several contestants had previously been advised to make an appointment with Tobin Brothers on the basis of the times that they had submitted. (It was considered physically impossible to run that slowly, Cameron.)

As the field passed through on their first lap, the handicapper and support crew were enervated by the helpful advice received from a number of participants, which will be recalled in future years, when handicap marks are allocated. It seemed that young runner Aaron Holmes was moving very freely as he went through the first lap, and he maintained his leads to the end though Iain Reitman made some impact in the concluding stages. Michael Bourne added to his record of placings in managing to finish in third place. Andrew White ran the fastest time of the day recording 16 m. 08. Other noteworthy efforts came from Chris Hamer with a very fast time of 16 m. 31 and Alex de Greenlaw, who also surprised with a very competitive effort and a fast time

Thanks to Graeme Olden for setting up the course and Julie Milner for preparing the BBQ, ably cooked by Doug Bourne.

*2004 Box Hill 5 K. Handicap Race Performances*

<b>Place</b>	<b>Name</b>	<b>Elapsed Time</b>	<b>Handicap</b>	<b>Act. race time</b>
<b>1.</b>	<b>Aaron Holmes</b>	<b>25 m. 13</b>	<b>6:00</b>	<b>19 m. 13</b>
<b>2.</b>	<b>Iain Reitman</b>	<b>25 m. 42</b>	<b>8:30</b>	<b>17 m. 12</b>
<b>3.</b>	Michael Bourne	<b>25 m. 48</b>	<b>8:15</b>	<b>17 m. 33</b>
4.	Chris Hamer	26 m. 16	9:45	16 m. 31
5.	David Ayers	26 m. 23	8:15	18 m. 08
6.	Nick Bourke	26 m. 36	8:20	18 m. 16
7.	Alex de Greenlaw	26 m. 37	9:30	17 m. 07
8.	Chris O'Connor	26 m. 03	10:00	16 m. 43
9.	Jess de Bruin	26 m. 44	7:00	19 m. 44
10.	Wes Windsor	26 m. 52	6:15	20 m. 37
11.	Kate Beever	26 m. 53	6:00	20 m. 53
12.	David Jimenez	27 m. 14	10:40	16 m. 34
13.	Andrew White	27 m. 18	11:10	16 m. 08
14.	Graeme Olden	27 m. 20	10:55	16 m. 25
15.	Catherine Allen	27 m. 23	7:30	19 m. 53
16.	Matt Slater	27 m. 25	9:00	18 m. 25
17.	Adam Tomlinson	27 m. 28	5:15	22 m. 13
18.	Sarah Walker	27 m. 30	5:15	22 m. 15
19.	Adam Pepper	28 m. 03	9:10	18 m. 53
20.	Joc Keage	28 m. 14	9:00	19 m. 14
21.	Joel Pocklington	28 m. 32	8:00	20 m. 32
22.	Fiona Turner	28 m. 33	6:45	21 m. 48
23.	Megan Sloane	28 m. 40	7:30	21 m. 10
24.	Cameron Baker	28 m. 53	6:30	22 m. 23
25.	Kate Wall	29 m. 40	5:30	24 m. 10
26.	Steven Hooker	30 m. 14	7:00	23 m. 14
27.	Juliet Claffey	30 m. 14	6:00	24 m. 14
28.	Cam Sherry	31 m. 31	8:00	23 m. 31

Ran the 4 K Course

Jen Chan	22 m. 37
Georgia White	22 m. 37
Jacinta Lynn	22 m. 56
Jacqui Williams	24 m. 54