

Winter News 04

BIG DAY OUT AT THE CROSS COUNTRY RELAYS

Box Hill had 12 teams and over 40 athletes take part in the first event of the 2005 winter season. It was a great day for Box Hill with the men's open division 1 team finishing with a bronze medal. Our division 4 team winning by a large margin and victory also to our team in division 7 and to the under 18 boys. On the women's side the under 18 girls finished second.

CROSS COUNTRY AT BENDIGO: Saturday, May 14

Let us know as soon as possible if you plan to run at Bendigo on Saturday week. Entries must be in before next Monday!

Men: Open 8km, under 20 4km, under 18 4km, under 16 3km

Women: Open 6km, under 20 4km, under 18 3km, under 16 3km

TRAIN RACE TRIUMPHS

Box Hill athletes performed well in the "Great Train Race" in the Dandenongs last Sunday. In a breakthrough effort, Box Hill junior, Chris Hamer finished second behind Mark Tucker of Geelong. Club veteran John Meagher finished third while Rachel Johnson was the tenth(?) woman across the line. Further results as they come to hand.

Race reports:

<p>STRONG OPENING TO WINTER SEASON WITH A DIVISION 1 BRONZE MEDAL, A SILVER FOR THE U/18 WOMEN AND A GOLD FOR THE U/18 MEN</p>

This year, the Cross Country Relay meeting was held at Yarra Bend for the first time for many years. This location is where the CC Relays were held more than 25 years ago when the event was in its infancy, although this year's event was not run on the original course. We entered five senior men's teams, a 40+ team, an Under 20 team and an Under 18 team, and two senior women's teams an under 20 and an Under 18 team.

MEN

This year the selectors had the great pleasure of considering ten athletes for the Division 1 team, and selections were not easy. In the end, we started one of the best teams we have entered for over ten years and believed that we stood a fair chance of winning a medal if everything went our way. Not everything went according to our plan, but nevertheless we still secured a Bronze medal, with a strong final leg from Marcus Tierney who ran very intelligently and built on the earlier runners' contributions which had enabled us to be in the position where we could have a shot at it.

Luke Yeatman was our first runner and at the end of the first of his two laps was lying in about tenth position and approximately 6th position in Division 1. Mark Tucker, Geelong, ran to the lead from Glen Huntly, and at the conclusion of the first leg, held a significant lead in Division 1 although Birmingham, from Eureka (Division 2) was the first athlete to changeover. Luke Yeatman ran to the changeover in 7th place, behind Geelong Glen Huntly, APS, Melbourne University, Peninsula Road Runners and Knox. We were just ahead of Ballarat YCW, which held 8th position. The selectors had decided to give Matt Coloe a run in Division 1 and he surrendered one place during his leg, with YCW making a forward move to claim fourth position and Box Hill coming in 8th when Adrian Vincent set off. Adrian ran a quick first lap, moving the team up to 6th, and found the going a little tougher in the second, with the APS runner moving past him to put Box Hill into 7th place. Geelong maintained their lead with a 41 second advantage over Glen Huntly. YCW had moved up to third, with Box Hill exactly one minute behind them, but trailing three other clubs.

John Meagher then ran the fastest leg for Box Hill overtaking first PRR and then Knox, to be in 5th place after his first lap and then overtaking YCW to place Box Hill 4th at the conclusion of his second lap. This leg gave Box Hill the opportunity to challenge for a medal, providing the other runners were capable. Geelong were still holding off Glen Huntly for the lead and APS were 16 seconds ahead of Box Hill in third.

Matt Barry Lynch took over, and ran a strong first lap, but YCW reclaimed two positions moving Box Hill back to fifth, nine seconds in arrears. PRR and Knox both began to fade, having expended their stronger runners. Although slowing in his second lap, Barry was able to pass the APS runner and gain a 40 second buffer. However, the YCW runner increased his lead over Barry to 35 seconds. And therefore our chances were dependent on a big last leg from Marcus Tierney.

Marcus put in a very fast and furious first half lap charging up to his YCW opponent and surging straight past him. Although Marcus was unable to maintain this early pace, the tactic had had the desired psychological effect and his opponent was unable to make any impression on Marcus in the concluding stages of the last leg and Box Hill maintained the bronze medal position to the end, which was an excellent result for the team.

Individual Times:

1. Luke Yeatman 19:55
2. Matt Coloe 20:33
3. Adrian Vincent 20:01
4. John Meagher 19:33
5. Barry Lynch 19:50
6. Marcus Tierney 19:37

Our Division 4 team got off to a brilliant start thanks to an outstanding leg from Alan Craigie, which was virtually equal to the fastest leg run by any Box Hill athlete on the day. He was ably supported by Daniel Clark, who ran a very solid leg, Kevin Craigie, Lachlan Aspinall and Andrew White who anchored the team, with a fast concluding leg time, and showed that he will be a force to be contended with when he has resumed full training. The team was a clear winner having held a substantial lead since Alan Craigie's exceptional first leg.

Individual Times:

1. Alan Craigie 19:34
2. Daniel Clark 20:40
3. Kevin Criagie 22:09
4. Lachlan Aspinall 21:43
5. Andrew White 20:15

An outstanding run by Alan Craigie to put our division 4 team into the lead



Our Section 7 team, consisting of Tim Renowden, who ran the smart time of 21:40, Andrew Beath, Liam Rourke who demonstrated his fitness by running 21:29 and Adam Pepper were competitive from the start. Tim, Andrew and Liam built up a good lead and Adam was able to hold on to win.

Individual Times:

1. Tim Renowden	21:40	1. John Vaitkunas	23:07	1. Jamie Strudley	25:18
2. Andrew Beath	22:13	2. Simon O'Brien	22:39	2. Gary Strudley	26:45
3. Liam Rourke	21:29	3. Chris Wall	24:52	3. Scott Jackson	
4. Adam Pepper	26:13			4. Steve Dineen	21:39

It was pleasing that we were able to enter five senior men's teams, and we welcomed back Gary and Jamie Strudley, Scott Jackson who was unable to put two competitive laps together after missing his target time in the first leg by a second, and Steve Dineen who showed that he could have been selected in our Division 4 team on times and new member Chris Wall who performed solidly in his first run for the club.

Box Hill entered an over 40 team for the first time and finished 5th in a very close race just 55 seconds behind the winning team. Graeme Olden ran the fastest time of all the runners in this division.

Individual Times:

1. Chris O'Connor	21:30
2. David Ayers	24:28
3. Graeme Olden	20:58

In the very competitive under 20 division, Ian Reitman and Paul Chiodo had the team midfield, before Steve Kelly flew around the 6km course in a time that was faster than several of our division 1 runners.

Individual Times:

1. Ian Reitman	21:20
2. Paul Chiodo	23:50
3. Steve Kelly	19:48

The under 18 team of Navin and Ruben Arunasalam and Dominic Aloisio powered around the 3km course, to bring home a gold medal. In an exciting race, Navin finished the first leg in 4th position in a bunched field. Dominic moved the team up to 2nd place and then on the final leg, Ruben took the lead and held off challenges from Knox and Doncaster to record a 4 second win.

Individual Times:

1. Navin Arunasalam	9:50
2. Dominic Aloisio	10:13
3. Ruben Arunasalam	9:45

Dominic Aloisio running strongly in the under 18 race.



WOMEN

Despite having several women unavailable on the day, we still managed to field two competitive open teams.

In division 2, Jocelyn Keage complained that she was unfit, but still was the teams fastest runner for the day, bringing the team through in 5th place against some very strong opposition. George Connell just starting back since a break from training after a successful track season, lost one placing, while Eliza Eddy held on to 6th place on the final leg.

Amanda Harper, Kerry Putt and Jess De Bruin, returning from injury, also finished 6th in division 3.

Individual Times:

1. Jocelyn Keage	24:04	1. Amanda Harper	26:14
2. George Connell	25:39	2. Kerry Putt	28:33
3. Eliza Eddy	24:59	3. Jess De Bruin	25:50

Catherine Allan and Coreena Cleland, both ran well to put the under 20 team in a good position, but unfortunately we were unable to find a runner for the final leg.

The under 18 girls had a great race, with Hayley Tomlinson putting the team in the lead. Kate Wall was passed by the strong Frankston team, but held on the 2nd place. Harriet Hodgkinson consolidated 2nd place on the final leg, to give the under 18 girls a silver medal.

Individual Times:

1. Catherine Allan	12:20	1. Hayley Tomlinson	11:02
2. Coreena Cleland	12:50	2. Kate Wall	12:53
		3. Harriet Hodgkinson	12:06



Catherine Allan in action in the woman's under 20 competition

Thanks to Ian Sloane, Julie Milner, Angela Robbie, Rob Falkenberg and Harriet Hodgkinson's father for assisting with team management and other club duties. Thanks also to Megan Sloane who provided a much appreciated afternoon tea.

Let's hope that this is just the start of a very successful winter season for Box Hill!