

## **Box Hill Athletic Club Winter News 05a**

### **CROSS COUNTRY RELAYS, THIS SATURDAY**

One of the big events for the winter, the cross country relays are on this Saturday, April 29 at Yarra Bend Park (melway 44 H2). Enter Yarra Bend road off Heidelberg Rd. Note that parking might be limited.

To take part in the cross country relays, you must be registered for the 2006/2007 season. So if you have not yet paid your registration fees you must do so on the day before you compete. Let us know if this presents a problem for anyone who wishes to compete.

Possible teams are listed below, but there are likely to be a number of changes made, so please arrive early so that teams can be finalised on the day.

Note that all open teams (men and women) and under 20 men run 6km each, while all other teams run 3km.

All 6km events start at 1:30pm while all 3km events start at 2:00pm

Possible teams:

**MEN**

Division 1 (6x6km) 1:30pm

Daniel Clark

Barry Lynch

Adrian Vincent

Chris Hamer

John Meagher

Andrew White

Division 3 (5x6km) 1:30pm

Sam Dipnall

Kynan Dawes

Paul Boxshall

Graham Craigie

Steve Dineen

Division 5 (4x6km) 1:30pm

Chris O'Connor

Lachlan Aspinall

Michael Bourne

Graeme Olden

Division 7.1 (4x6km) 1:30pm

Chris Wall

Luke Yeatman

Chris Papadakis

John Vaitkunas

Division 7.2 (4x6km) 1:30pm from:

Graham Craigie

David Featherston

Brett Nuske

Adam Pepper

Warren Brooks

David Ayers

Paul Chiodo

Under 20 (3x6km) 1:30pm

Navin Arunasalam

Ruben Arunasalam

Duayne Christou

WOMEN

Division 1 (4x6km) 1:30pm

Fiona Turner

Sarah Graham (to be confirmed)

Rachel Johnson

Alice Baquie

Division 2 (3x6km) 1:30pm

Jess de Bruin

Jocelyn Keage ?

Amanda Harper

Division 3 (3x6km) 1:30pm. from:

Megan Sloane

Kerry Putt

Kristine Hopkins

Inge Magher

Charlotte Roberts

Under 20 (3x3km) 2:00pm from:

Kate Wall

Hayley Tomlinson

Sarah Cant

Priscilla Barrington

Under 18 (3x3km) 2:00pm from:

Harriet Hodgkinson

Ali Wilson

Phillipa Hodgetts

Coreena Cleland

NOTE: If your name is listed but you are unable compete on Saturday, please contact a member of the winter competition committee as soon as possible.

If your name is not listed but you wish to run please let us know as soon as possible as we may be able to enter extra teams on the day.

### **CLUB 5K HANDICAP**

The club 5km handicap held last Saturday was a great success. Thanks to Ian Sloane for again organising the handicaps and for the following report:

#### **2006 BOX HILL 5K HANDICAP RACE**

This year was the 15th Anniversary of the 5000 m handicap event, started to give Winter athletes a race hit out before the first event on the Winter calendar, and to give the selectors a mean of gauging club

athletes' form. Over the last few years, our club's pole vaulters have done their best to make a fool of the handicapper, succeeding on a number of occasions. Mark Stewart again gave very phlegmatic estimates of a number of the pole vaulters' predicted times with concise statements such as "not very good", "pretty good runner", "about the same as last year" (helpful when the person concerned hadn't been a starter) and so forth.

35 starters were ready to commence in varying states of readiness, depending on when they had calculated the start would be. Several cut it fine, shall we say. This number of participants was virtually equal to the best turn up we have ever had, with 36 participants starting in 1998. If we were to count a passer-by who appeared to join in then it was equivalent. There were a large group of supporters and spectators including Fiona Buchanan's dog, on hand to offer advice and guidance.

Dave Cross and his children, Courtenay, Brodie and Braeden, arrived as a family group and caused the organizers a challenge in order to calculate their estimated running times. After this was accomplished, the field was dispatched, with twelve-and-a-half minutes separating the first participants from the last runner.

By the time Andrew White, our back marker, set off, the first runners had nearly completed a circuit of the course. The runners were strung out over a long distance as they passed the finish for the first time in the (nearly) two lap course. As they emerged, it appeared likely that one of the pole vaulters had a good chance of reaching the line in first place, but Westly Winsor, Sam Dipnall, Michael Bourne, Tom Waters and Megan Sloane all appeared to have a chance as well. Others to look like they would be in the leading contenders were Dave Featherston, Heidi Riordan and Kate Wall, along with Harriet Hodgkinson's father, Steve.

The backmarkers, Graeme Olden, Chris O'Connor, Chris Hamer and Andrew White were all running strongly, with Graeme Olden looking the most likely of this group to overhaul the runners dispatched earlier. It was very pleasing to see a few runners such as Tom Waters, Heidi Riordan, and Kate Ackland attempting the distance after either a period away from the distance events or running for the first time.

By the time the recorders were at their stations to time and place athletes, Steve Hodgkinson, an invitee, emerged and crossed the line ahead of the rest of the field in the time of 22 minutes 30 seconds.

Thirteen seconds behind was the race winner, Simone Carre, member of the pole vaulting fraternity, who shocked the handicapper by running the time of 22 minutes 43 seconds, to be declared the official winner of the race. Ten seconds behind her was Heidi Riordan who recorded the time of 19 m. 38 s. A further eight seconds behind was Michael Bourne, officially third, recording the time of 17 m. 16 s.

Other notable performances came from Sam Dipnall, 16 m. 19 s., Chris Hamer, 15 m. 29 s., Andrew White who had the fastest time of the day, 15 m. 22 s., Cameron Baker, unencumbered by huge quantities of medals around his neck in 2006, 21 m. 39 and Brodie Cross, who recorded a very similar time to his father. Kate Wall gave an indication of what is to come this year as well, breaking 20 minutes for the distance, and Rachel Johnson ran 19 m. 09 s., a pretty fair run as well.

Athletes were treated to a BBQ organised by Julie Miner at the venue after the race, which was much appreciated. All in all this year's event was a great success and we look forward to some excellent performances during the rest of the Winter season.

Thanks to Doug Bourne, David Jimenez and Julie Milner for their assistance at the finish, and to Graeme Olden for setting up the course yet again.

### **SANDOWN 10KM ROAD RACE**

The next event after the cross country relays will be the Sandown road race on Saturday, May 13. This will be a 10km event for Open, under 20 and under 18 men and open women and a 5km event for other age groups. Remember if you have not put in a season's entry you must enter the week before. Contact a member of the winter committee if you wish to enter.

### **WINTER COMPETITION COMMITTEE**

Contact a member of the club winter competition committee if you have any enquiries.

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