

Box Hill Athletic Club Winter News 15

GOOD RESULTS AT SANDOWN RELAYS

Box Hill had a successful day at the Sandown relays last Saturday. We managed to fill 10 teams which was particularly pleasing.

Our division 1 men's team finished 3rd. This was a very promising result with our team running 4 minutes faster than last year. Daniel Clark ran 1:30min faster than last year, Andrew White ran 1:07 faster and Adrian Vincent improved on last year's time by 24 seconds. Add to this a strong last leg by 17 year old Chris Hamer and a good performance from our under 20 team and you can see that Box Hill will be a real force to be reckoned with in this event in the next few years.

Our Division 1 women's team also performed well. Although not at full strength our team only just missed out on the medals. Importantly we did beat arch rivals Glenhuntly and have edged closer to them on top of the ladder, so our hopes of a Division 1 premiership are still alive.

Other outstanding results were recorded by our Division 3 men (2nd place), Division 5 men (2nd place), Division 7 men (1st place), under 20 men (3rd place) and under 20 women (2nd place)

See below for Ian Sloane's extensive report on the event.

Special thanks to Ian Sloane, Doug Bourne, Rob Falkenberg, Julie Milner and all those who helped out on the day recording times and supporting our teams.

JELLS PARK CROSS COUNTRY, SATURDAY, JULY 22

The next big event for the winter season will be the cross country championships at Jells Park. This event is also a selection trial for the national cross country championships. Box Hill must supply officials for this event, so if you are not planning to run, please let us know if you can come along and help out.

Men's open 12km championships

Women's open 8km championships

Women U20, Men U16, Men U18 6 km championships

Men U14, Women U14, Women U16, Women U18 4 km championships

Men U20 8 km Cross Country

If you have not put in a season's entry and wish to run in this event make sure you send your entry to AV before entries close next Monday.

TRIVIA NIGHT : 3 WEEKS TO GO!

Have you got your tables organised yet?

The Box Hill Athletic Club is once again holding a Trivia Night this winter as our major fundraising and social event for the year. With last year being one of our most successful nights yet, we are hoping to do even better this year so start getting your friends or training squad organised now. The date for Trivia Night is Saturday 29 July 2006. The venue for the event will once again be the Ashburton Primary School. The success of the night is largely dependant on the generosity of our members and their friends and families in donating items for prizes and auction so we are once again asking all members to ask everyone that they know for donation of suitable items. If you can assist in any way or have an item that you would like to donate, please contact Leana Tilley at leana@bambooblinds.com.au or Cameron Joyce at camjoyce@bigpond.com

WINTER COMPETITION COMMITTEE

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

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2006 SANDOWN ROAD RELAYS 8 JULY SUCCESSFUL DAY FOR BOX HILL

Box Hill AC had a very good day in this year's Road Relay Championships at Sandown Race course on Saturday, 8 July, winning Section 7 and gaining a number of places and Victorian medals. Sandown can be a pretty unpleasant location in mid-Winter, and old-hands commented that the conditions were quite favourable this year with a cold headwind blowing in the back straight. There was interest in whether any other clubs could knock off Glenhuntly, which has won all but one of the winter races. Doncaster fielded a solid team and Geelong without Lee Troop and Rowan Walker were not at full strength. APS gained Simon Field as a result of the St Kevins merger with APS and this lifted the strength of their team significantly. Knox also have improved noticeably in 2006, and started a good team as well. And Ballarat had the ageless Steve Moneghetti in its team, guaranteeing at least one very fast leg, with Shaun Creighton making an appearance as well.

For those unfamiliar with the race, it is a time tested course, in use for over forty years, with several years where the venue was unavailable. Great runners like Robert de Castella, Ron Clark, Bill Scott, Steve Austin, Andrew Letherby, Chris Wardlaw, John Birmingham, Graham Crouch, Ken Hall, Mike Hillardt, Max Little and many others have run fast times at Sandown. The top quality performers break 18 minutes for two laps and the very best run 17 minutes 30 or better. The Senior Men's race involves teams of six runners each completing two circuits of the course, and each runner needs to remember that the second leg will be punishing if they have expended too much energy in their first circuit.

Box Hill's first leg was allocated to Daniel Clark, and what fine effort he put in. He was not intimidated by the leading runners from other clubs and was right at the front of the field in the leading bunch when he ran though in 6th position just behind Scott Rantall (Geelong). David Ruschena (Glenhuntly) and Liam Adams (Essendon) were at the front and towards the end of the second lap, Adams, running for a Division 2 team shot clear of Ruschena. Daniel Clark, running very strongly, broke clear of Rantall, a very fine effort indeed, to hand over to Barry Lynch in 3rd place just 5 seconds behind the second placed Knox team, and, importantly, well clear of Doncaster, Collingwood and APS.

Barry set off purposefully and completed his first lap in fourth position, with Simon Field (APS) overtaking him during that lap. Glenhuntly opened up a minute's lead on the field at the end of the first lap of the second leg, but Simon Field reduced the deficit to 22 seconds at the conclusion of the second lap. Barry managed to overtake his Knox opponent and bring Box Hill back to third, 37 seconds behind APS, and gained a buffer of 5 seconds over Knox, with Grant Schmidlechner (Doncaster) one second further back, looming ominously. This was one of Barry's best performances at Sandown, with his second lap faster than his first, and helped to ensure that Box Hill was well in contention.

John Meagher, recovered from recent damage to his ribs was our third athlete. John has had many years' experience at Sandown, and was focussed on his performance. Craig Semple (GH) extended Glenhuntly's lead. David McNeill (Doncaster), ran past three opposing teams in his first lap, to claim second place for Doncaster, passing John in the process. However, Knox fell away and John got away from the APS athlete. Geelong's third runner, however, in running 18 m. 50 crept past to hold third place by 15 seconds. The minor placings, third to sixth, were to change around significantly for the rest of the race, whilst first and second did not alter for the remainder of the race.

Toby Rayner(GH) extended Glenhuntly's lead in the fourth leg. Adrian Vincent ran for Box Hill, breaking 20 minutes, having a very tight battle the whole way with Ballarat YCW and APS. At the end

of the fourth leg, Glenhuntly led from Doncaster by 70 seconds, Geelong were third, 73 seconds behind second, and Box Hill were 38 seconds behind in fourth place, four seconds ahead of Ballarat YCW, with APS a further 17 seconds back.

Andrew White was next up, and had Steve Moneghetti to contend with. Moneghetti passed both Andrew and the Geelong runner to hold third position after the first of his laps. Andrew also claimed the Geelong runner, so Box Hill remained fourth. Andrew's first lap (9:09) was very quick and this told a little in his second lap. He was only 18 seconds adrift of Ballarat YCW, meaning that Box Hill had a realistic chance of a medal, depending on the strength of Ballarat's last runner, and any other clubs behind us who had saved their best runner until the last leg.

Michael Chettle (GH) increased Glenhuntly's lead over Doncaster, represented by Olympian Rod de Highden. Chris Hamer was our last runner and he pegged back his Ballarat YCW opponent to be one second behind him at the conclusion of the first of his two laps. In the second lap, Chris demolished his opponent to pull well clear in a fine and controlled exposition of distance running, claiming the bronze medal for Box Hill. Ballarat held fourth place from Knox who picked up two places in the last leg, from APS and Geelong which faded out of the picture.

Our second team, in Section 3 placed 2nd, pipped on the line by a very strong last leg by Marty Fedmowski. All our team ran well with particularly strong legs from Kynan Dawes and Simon Watson.

The Division 5 team also performed meritoriously, placing second, with strong legs recorded by Tim Renowden and Paul Boxshall who showed that he is getting back into very good shape with a sub-21 minute leg. This team was defeated only in the latter stages of the last leg as well.

We had two division 7 teams and the Team 1 comprehensively thrashed the opposition with strong legs from Lachlan Aspinall and Michael Bourne. The second team placed sixth.

The Under 20 team, consisting of Navin and Ruben Arunasalam and Duayne Christou. Finished in third position, just 15 seconds behind second placed Knox. The times our juniors ran were reasonably even and Duayne broke 21 minutes for his leg.

WOMEN'S REPORT

Competition has been tight in the women's division 1 competition this year with Box Hill sitting 2nd on the ladder behind Glenhuntly and just ahead of Knox, Sandringham, and Eureka.

With such a close battle going on for the winter premiership the competition at Sandown was bound to be strong. Fiona Turner ran well on what was a very competitive first leg bringing the team into the change over in 6th place, but close behind the 4th and 5th teams. Sarah Grahame took over and ran a blistering first lap and although she faded slightly on the second lap she had moved the team up to 4th place behind Knox, Sandringham and Malvern. Amanda Harper ran next and although she lost ground to the leading two teams she passed the Malvern runner to hand over to last runner Rachel Johnson in 3rd place. Rachel ran well but on the last lap she was unable to hold off a fast finishing Eureka team to bring the team in to the finish in 4th position.

Our teams in Division 2 and 3 were unable to get up into the placings but Heidi Riordan ran very well and division 2 and it was good to see George Davies (Connell) competing for the first time this winter.

Our Under 20 female team are also vying for the premiership this season. Ali Wilson, Sarah Cant and Kate Wall all performed very well to finish well ahead of all teams except the strong Frankston combination to claim the silver medal.

Men

Section 1 Results and times

Leg	Runner	Lap 1	Lap 2	Total	Position	Leader's time	BH time
1	Daniel Clark	9:22	9:44	19:06	3	18:23	19:06
2	Barry Lynch	9:49	9:48	19:37	3	37:44	38:43
3	John Meagher	9:42	9:57	19:39	4	56:43	58:22
4	Adrian Vincent	9:52	10:01	19:53	4	75:14	78:15
5	Andrew White	9:09	9:41	18:50	4	94:49	97:06
6	Chris Hamer	9:36	9:42	19:18	3	113:47	116:23

1.	Glenhuntly	113:47	
2.	Doncaster	114:46	
3.	BOX HILL		116:23
4.	Ballarat YCW	116:58	
5.	Knox	118:22	
6.	A.P.S	118:31	

Fastest Times (not exhaustive)

Collis Birmingham	18:07
Liam Adams	18:15
David Ruschena	18:23
Steve Moneghetti	18:28
Toby Rayner	18:29
Simon Field	18:29

Please note these times are running watch times and are not official.

Section 3

Leg	Runner	Lap 1	Lap 2	Total
1	Tim Heron	10:29	10:58	21:27
2	Sam Dipnall	10:12	10:44	20:56
3	Kynan Dawes	9:54	10:10	20:04
4	Graeme Olden	10:30	10:43	21:13
5	Simon Watson	9:51	10:14	20:05

Team Result:

1.	Mentone	103:38
2.	BOX HILL	103:45
3.	APS	108:11

Section 5

Leg	Runner	Lap 1	Lap 2	Total
1	Graham Craigie	10:42	11:35	22:07
2	Kevin Craigie	10:39	11:19	21:58
3	Tim Renowden	10:19	10:47	21:06
4	Paul Boxshall	10:13	10:35	20:48

Team Result

1.	Frankston:	75:43	
2.	BOX HILL		75:59
3.	Sandringham	90:04	

Section 7

Team 1

Leg	Runner	Lap 1	Lap 2	Total	
1	Michael Bourne	11:16	11:16	22:32	
2	Scott Boxshall	11:47	12:07	23:54	
3	Bill Dyer		11:16	11:45	23:01
4	Lachlan Aspinall	10:39	10:57	21:36	

Team 2

Leg	Runner	Lap 1	Lap 2	Total
1	Barry Whittle	12:19	12:35	24:54
2	Adam Pepper	12:43	13:47	26:30
3	David Featherston	11:57	12:19	24:16
4	Brett Nuske	13:20	14:02	27:22

Team Result

1.	BOX HILL 1	91:03
2.	Williamstown	95:15
3.	Knox	98:31
4.	Ballarat YCW	99:05
5.	Collingwood	100:50
6.	BOX HILL 2	103:22

Junior Team

Under 20

Leg	Runner	Lap 1	Lap 2	Total
1	Ruben Arunasalam	10:22	11:23	21:45
2	Navin Arunasalam	10:23	10:51	21:14
3	Duayne Christou	10:13	10:33	20:46

Team Result:

1.	Doncaster	60:58	
2.	Knox	63:30	
3.	BOX HILL		63:45

Women

Section 1

Leg	Runner	Total
1	Fiona Turner	23:42
2	Sarah Grahame	22:57
3	Amanda Harper	24:51
4	Rachel Johnson	23:43

Team Result

1.	Knox	88:48
2.	Sandringham	92:08
3.	Eureka	94:27
4.	BOX HILL	95:14

Section 2

Leg	Runner	Total
1	Heidi Riordan	24:36
2	Megan Sloane	25:57
3	George Davies	26:15

Team Result

10.	BOX HILL
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Section 3

Leg	Runner	Total
1	Inge Watson	29:15
2	Kerry Putt	28:51
3	Harriet Hodgkinson	26:19

Team Result

8.	BOX HILL
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Under 20

Leg	Runner	Lap
1	Ali Wilson	11:30
2	Sarah Cant	11:20
3	Kate Wall	11:53

Team Result:

1. Frankston 32:42
2. BOX HILL 34:43
3. Knox 35:49