

Box Hill Athletic Club Winter News 17

MORE GOOD RESULTS FOR BOX HILL AT JELLS PARK

Box Hill again had some great results at the cross country championships at Jells Park last Saturday. The competition was stiff, with probably the strongest fields for any event this winter.

Highlights included Andrew White's strong finish to get up to 10th place in the men's senior event, with John Meagher finishing 18th in the same event. Duayne Christou put in one of his best performances to finish 6th in the under 20 8km event, while our women's team performed very strongly with Fiona Turner and Rachel Johnson finishing in the top 20.

Special thanks to Carole De Greenlaw, Luke Yeatman, Julie Milner, Rob Falkenberg, Dave Boyd, Barry Whittle and David Ayers who came along to act as officials on the day

See below for Ian Sloane's comprehensive report.

TRIVIA NIGHT: LESS THAN 1 WEEKS TO GO!

Have you got your tables organised yet?

Last chance!

If you have not organised a table but still wish to attend the trivia night, please let us know as soon as possible.

We are hoping that all members will attend. Bring your friends, bring your family for a great night out while you help raise money for the club.

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

UPCOMING EVENTS

BALLARAT CROSS COUNTRY

The next cross country event will be held on Saturday week, August 5 at Ballarat. It was great to see 30 Box Hill athletes competing across the different races last Saturday, let's see if we can get just as many at Ballarat on August 5.

The events to be held this day will be:

2km: Under 14 men & women

3km: Under 18 women, Under 16 men and women

4km: Under 18 men, Under 20 men and women

6km: Open women

8km: Open men

As usual, if you have not put in a season's entry, make sure you either enter through AV or contact Chris O'Connor before next Monday.

CLUB 10 MILE CHAMPIONSHIP

The next event after the Ballarat cross country will be the club 10 mile championship. This traditional event will be held on Sunday morning, August 20.

Come along on this day to race or just to have a run and stay around for the breakfast afterwards!

THE “OTHER” WINTER SEASON

While distance runners are busy taking part in cross country and road events, the walkers are also competing throughout the winter season. Congratulations to Cassandra Raselli who won the Victorian U14 Championship 3km walk on the weekend in a time of 15:46. This follows a gold medal at the Australian Championships in Canberra on June 11 in the 2km walk (9:47) and 1st place in the All Schools Championships 3km walk (15:50) on 2 July.

CROSS COUNTRY RETURNS TO JELLS PARK BOX HILL PERFORMS WELL IN ALL TEAM EVENTS

Saturday 22 July saw the return of Cross Country running to Jells Park after a long absence. Box Hill was well represented in the senior events and had runners in many of the junior events as well.

The junior races were held prior to the senior races, although the Under 20 men’s race, run over 8 kilometres, was combined with the Senior Women’s event, over the same distance.

Kate Wall ran very well to place 7th in the Under 20 race running 27:09. Harriet Hodgkinson and Charlotte Mahoney placed 10th and 14th respectively in the Under 18 and Under 16 events. Danny Krause also ran in the U/16 men’s event, placing 10th. Congratulations to all these athletes for their efforts, especially to Charlotte Mahoney who was taking part in her first ever AV cross country event.

The senior women’s race (combined with the Under 20 men) over three laps, one lap of 2 K and two laps of 3 K proved to be a demanding course with some solid hills and long downhill stretches. Sam Crowther (Knox), Scott Vance (Frankston) and Ben Ashkettle (Doncaster) with three other athletes opened up a gap on the rest of the field. Early on, Duayne Christou was running in the company of Ruben and Navin Arunasalam in 11th 12th and 13th positions.

In the women’s race Anna Thompson (Glenhuntly) opened up a sizeable lead over Kate Smyth (GH) and Lisa-Jane Weightman (Knox), and this remained the case for the rest of the race. Sarah Grahame ran hard to get into a leading position, perhaps 9th or 10th. Further back, Fiona Turner started well in around 25th position in the women’s section, with Rachel Johnson further back in 30th position or so. Amanda Harper was a little further back, but running a controlled race, with Jess de Bruin 15 to 20 places behind her, and Georgie Davies (Connell) and Megan Sloane close to each other 40 seconds behind. Suzanne Andrews, making a rare cross country appearance, was two minutes further back, and not far behind her was Inge Watson.

Crowther, Vance and Ashkettle broke clear of the pack they were running in and finished in that order. Duayne Christou put in a fighting effort to overtake five opponents in the second half of the race and as he raced down the long downhill section he drew closer to fifth place, but couldn’t quite overtake the fifth-placed runner. Nevertheless he finished officially fourth because the fourth placed and fifth placed runners were competing by invitation. Ruben Arunasalam steadied in the second half of the race and improved his position to 10th (officially 7th) whereas Navin Arunasalam slipped a few places to complete the journey in 15th place (12th officially). This was a good enough performance to tie for first place with Knox on points.

Meanwhile, the leading women maintained their positions, whilst Fiona Turner, in one of her best Cross Country outings improved her placing to 15th overtaking a number of other athletes in the field, with Rachel Johnson also doing well to come in two places behind in 17th position. Sarah Grahame paid the price for her early fast attack and finished 24th, with Amanda Harper, 26th, completing the Division 1 team. The team finished 3rd, behind Knox and Glenhuntly, a very good effort. Jess de Bruin steadied and completed the race in 44th position, followed by Georgie Davies, 58th, who found a little extra energy in the concluding stages to outlast Megan Sloane, 59th. The Division 2 team placed 5th. Suzanne Andrews and Inge Watson finished not long after to complete Box Hill’s contingent. We were one runner short of a third team.

The men’s race attracted a very big field, and a large pack quickly developed at the front of the field with perhaps twenty men bunched together as the rest of the field started to string out. This race had four three K circuits of the difficult course. Marty Fedmowski (Mentone) and Alan Kent

(Collingwood) took the early pace and this cost them both places later on because the tough course extracted its toll on the exuberance they displayed early. Collis Birmingham (Eureka) loomed up ominously and started extending those who had expended too much energy early. Andrew White was tucked in this bunch in about 12th place. Close up were John Meagher and Daniel Clark, with Kynan Dawes running particularly well. We appeared to have 6 runners in the top 40, meaning that provided all our top placed runners maintained their places we were very competitive, vying for a top 3 position. Paul Boxshall also looked as if he had made great progress with his fitness.

After the completion of the first lap, Steve Moneghetti (BYCW), ranged up to challenge Collis Birmingham and Russell Dessaix-Chin (NSW) joined in as well. Liam Adams (Essendon) and Toby Rayner (GH) were also prominent and David Ruschena (GH) appeared to be travelling well. Andrew White held 11th position with John Meagher in 18th position and Daniel Clark slipping back through the field. Simon Watson moved forward to get closer to Kynan Dawes and Adrian Vincent.

By the time the leaders had run three laps, the field had broken up and it was apparent that Birmingham, Moneghetti and Dessaix-Chin had the race between them. Ruschena had passed all the others bar the three leaders. Fedmowski had slopped out of the top 10 and Toby Rayner found the going too tough and surrendered a number of places as well. Then Birmingham surged decisively dislodging Moneghetti and Dessaix-Chin in a race winning move. Moneghetti was able to hold off Dessaix-Chin to claim the silver medal. David Ruschena came in 4th place ahead of Lachlan McArthur (Don). Andrew White maintained his position and momentum, in 11th, one place behind Rayner, with John Meagher in 20th position. Kynan Dawes held 35th position. Then close together came Simon Watson, 41st, Adrian Vincent 43rd and Daniel Clark who steadied again and finished 45th. This meant we finished third in Division 1 a few points behind Doncaster. David McNeill, Doncaster, missed the finish, running part of a fifth lap, and inexplicably was reinstated in 9th position, which was a curious decision, as normally when an athlete make an error of judgement, they are recorded in the place in which they cross the line. Hopefully, this will not occur again as it disadvantages any athlete who manages to learn the course beforehand and run on it correctly. Our other athletes plugged on well with team members finishing from 52nd (Paul Boxshall) through to 166th, placing the Division 3 team 3rd. Results appear below.

The worthy people who acted as officials are extended thanks for their efforts which were much appreciated.

Individual Results

Female

Under 16 (4km)

14 Charlotte Mahoney 18:48

Under 18 (4km)

10 Harriet Hodgkinson 17:32

Under 20 (6km)

7 Kate Wall 27:09

Senior Women (8km)

15 Fiona Turner 31:50

17 Rachel Johnson 32:18

24 Sarah Grahame 32:54

26 Amanda Harper 32:58

44 Jessica De Bruin 34:30

54 Georgie Davies 35:22

55 Megan Sloane 35:25

87 Suzanne Andrews 38:07

93 Inge Watson 38:33

Male

Under 16 (6km)

10 Krause Danny 28:44

Under 20 (8km)

1 Sam Crowther Knox	25:58	
2 Scott Vance Fkn		26:09
3 Ben Ashkettle Don	26:55	
4 Ryan Mathews Ess (Inv)		27:20
5 Tyson Popplestone GH (Inv)	27:22	
6 (4th) Duayne Christou BH	27:28	
7 Ruben Arunasalam BH	28:53	
12. Navin Arunasalam BH	29:56	

Senior Men (12km)

1 Collis Birmingham (EUK)	38:01	
2 Steve Moneghetti (BYCW)	38:15	
3 David Ruschena (GLEN)	38:50	
10 Andrew White		39:57
18 John Meagher		40:41
31 Kynan Dawes		41:57
37 Simon Watson		42:21
39 Adrian Vincent		42:43
41 Clark, Daniel		42:47
52 Paul Boxshall		43:31
73 Sam Dipnall	44:58	
79 Graeme Olden		45:18
154 John Vaitkunas		49:26
166 William Dyer		49:51
193 Scott Boxshall		51:09
245 Adam Pepper		55:03

Team Results

Women Division 1

1. Glenhuntly	54	
2. Knox	64	
3. Box Hill		82

Women Division 2

1. Geelong Region	67	
2. Ringwood	114	
3. Collingwood		128
4. Glenhuntly	134	
5. Box Hill		153

Men's Under 20

= 1. Knox	23	
=1. Box Hill	23	

Men's 40+

1. Keilor St Bernards	17	
2. Box Hill		44
3. Malvern Harriers	52	

Men's Division 1

1. Glenhuntly	82	
2. Doncaster	155	
3. Box Hill		176
4. Geelong Region		281

Men's Division 3

1. Mentone 278
2. Nunawading 510
3. Box Hill 524

WINTER COMPETITION COMMITTEE

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

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