

Box Hill Athletic Club Winter News 03

BOX HILL ATHLETIC CLUB 75TH ANNIVERSARY CELEBRATIONS, SATURDAY, JUNE 30

To celebrate the 75th anniversary of the club, a dinner will be held at the Box Hill town hall on the night of Saturday, June 30. Write this date in your diary. All past and present members of the club are invited to attend what is sure to be a great night! We are hoping to have as many people as possible who have been associated with the club over the years attending.

UPCOMING EVENTS

Sunday, May 13	Road Race	La Trobe Uni
Saturday, May 26	Road Race	Sandown
Saturday, June 23	Cross Country	Geelong
Saturday, June 30	75th Anniversary Dinner	Box Hill Town Hall

ROAD RACE AT LA TROBE UNI, SUNDAY, MAY 13

The next event on the winter season calendar is the road race at La Trobe University. There will be a 5km event for under 20, under 18, under 16 and under 14 men and women starting at 9:30am and a 15km event for the open men and women at 10:00am. To compete in this event you must enter by next Monday, May 7 so if you wish to run and if you have not filled in a season's entry form, then you must either send in an individual entry form to AV or contact Chris O'Connor. You must also be registered for this season, before next Monday. This event is traditionally not as strong as some of the other winter events and it is important that Box Hill has good numbers turning up and we put in a strong showing if we are to remain competitive for the winter premierships.

WINTER SEASON'S ENTRY

Each of the individual winter events has an entry fee.

The club pays the fees for the relay events, but to run in the individual events you must pay an entry fee by the Monday before the event. (\$12 for open, \$10 for under 20 and under 18, \$5 for under 16 and under 14). To save time, hassle and money, you can pay a season's entry fee, that covers all the winter events (\$55 for 6 races for open, \$40 under 20, \$30 under 18, \$15 under 16 and under 14). If you do not have an entry form contact Chris O'Connor.

ARE YOU REGISTERED?

Club registrations are now due.

Registration paid now covers your club and Athletics Victoria membership until April 1 next year. We ask members to try to get their membership paid up as soon as possible. For those who wish to run winter events, you must be registered in order to score points for the club.

CROSS COUNTRY RELAYS RESULTS

Box Hill had some good results at the cross country relays held at Jells Park last Saturday. We had about 40 runners on the day, despite the fact that quite a number of runners were missing due to injury or work commitments. If we can keep up our numbers throughout the winter than we are sure to have good team results at the end of the season. Thanks to Ian Sloane, George Davies (Connell) and Cathy Tilley, who helped out as time keepers and organizers on the day and To Viv Lee and Angela Robbie who helped organize registrations.

Summary of results (see below for Ian Sloane's full report)

MEN DIVISION 1 : 3rd place

Our division 1 men's team finished 3rd, behind a very strong Geelong team and Doncaster. It was pleasing to defeat Glenhuntly, who have dominated winter competition in past years. Geelong are unlikely to have Lee Troop and Mark Tucker racing in every round so if we can field a strong team in every race we are in with a chance of winning the winter premiership. Fastest Box Hill runner for the day was Steve Dinneen (18:45), but it was a strong even team effort.

MEN DIVISION 3 : 1st place

This was a great win, with every runner performing well. Barry Lynch ran the fastest time of 19:32 in this division. Hopefully we can fill our division 3 team at every event this season, win the division and have our second team promoted to division 2 next year.

MEN DIVISION 5 : 1st place

Another strong even team effort, with good runs from Andrew Robinson and John Morris running their first cross country event for the club.

MEN DIVISION 7

Unfortunately we did not have enough runners to fill this team, but it was good to see junior, Cameron Nagle running over the 6km course.

MEN 40+ 4th

A good result, despite the absence of John Meagher, just missing out on 3rd place.

MEN UNDER 20 : 2nd place

We ran Matt Coloe and Chris Hamer in division 1, but a blistering last leg by Steve Kelly nearly saw the team steal victory

WOMEN DIVISION 1 : 6th place

With a number of runners missing, the team did well to finish 6th in a strong field.

WOMEN DIVISION 2 : 9th place

Priscilla Barrington (26:17) was our fastest runner in this division.

WOMEN DIVISION 3 : 5th place

Erryn Barlow ran her first cross country event and did a good job on the hilly course. Kris Hopkins ran a fast time despite a sore foot.

WOMEN UNDER 20 : 3rd place

It was a great effort by Kate Wall, Hayley Tomlinson and Liz Dobson to take the bronze medal. With plenty of improvement to come, we hope that this team can retain the premiership they won last season.

WOMEN UNDER 18 : 7th place

In what was a very strong competition, Harriet Hodgkinson, Helen McRae and Kim Poon-Hornett were competitive throughout. Kim was a last minute inclusion in the team and ran well over the 3km course.

VERY SOLID PERFORMANCES AT JELLS PARK CROSS COUNTRY RELAYS

TWO WINS, ONE SECOND PLACING AND TWO THIRD PLACINGS

This year the Cross Country Relay meeting was held at Jells Park. We entered four senior men's teams, a 40+ men's team, an Under 20 men's team, three senior women's teams, an Under women's 20 team and an Under 18 women's team. Box Hill is graded in Division 1, 3, and 5 in the Senior Men's competition, and can enter teams in the Division 7 overflow competition. In the Senior Women's competition, Box Hill his grade in Division 1, 2 and 3.

In the 2006 Cross Country Relay meeting, Box Hill placed fourth after winning a Bronze medal the year before. The time we recorded this year would have been good enough to win the race last year, when Glenhuntly recorded 115:06 to win be 10 seconds from Geelong Regional Centre. The venue has changed a number of times in recent years, from Brimbank Park, to Werribee, Yarra Bend and now Jells Park. The course was a challenging 3000 m loop with significant uphill sections which are very testing.

Men Division 1

Matt Coloe was our first runner and he began our quest to win the race by moving into the leading group. There were several Division 2 teams at the front of the field, ahead of including Mentone and Essendon. Matt maintained third position overall, and running up the last rise prior to doubling back towards the downhill section leading to the changeover point he briefly took the lead in his first lap. However in the next 800 metres, three runners strode past him and he appeared to be in equal second position of the Division 1 runners. The exertion of getting to the front showed later in his second lap and he was overtaken by the Geelong, Knox and Sandringham runners, and later in the second circuit the Glenhuntly and Doncaster athletes also just forced their way in front of him, but only one second in front. Matt's performance was thirty seconds faster than we ran in the first leg last year and put us in close contention with other top teams.

Alan Craigie took off confidently, and quickly picked up the Sandringham and Knox runners. At the conclusion of his first lap, he had also moved slightly ahead of Glenhuntly's second runner. This brought Box Hill through to third position, 14 seconds behind Doncaster. Geelong held a commanding 39 second lead over the rest of the field. At the conclusion of the second leg, Geelong were still 39 seconds clear of Doncaster, and Alan Craigie, running with excellent cadence maintained third position, 27 seconds behind, and, importantly, had a break of 13 seconds over Glenhuntly. Alan ran the excellent time of 18 m. 55, a fine effort.

Chris Hamer (recent Australian representative in the World Cross Country Championships in Kenya) was our next runner off, and maintained Box Hill's position as well as increasing the lead over Glenhuntly. At the conclusion of the third leg, Geelong had a race-winning break over the rest of the field, after Mark Tucker ran a brilliant leg in 17:39, (with Lee Troop still to run in the last leg) with Doncaster nearly two minutes behind. The only questions to be resolved were could Box Hill bridge the gap and take second place and could Glenhuntly get back on level terms with Box Hill.

Steve Dinneen raced away looking very strong and recorded our fastest leg time (18:45). Geelong had increased their lead over both Doncaster and Box Hill. Doncaster moved further ahead of Box Hill to hold a 61 second lead over our team, but Steve had managed to increase the lead for third place over Glenhuntly to 71 seconds, which appeared to ensure that we would at least claim the Bronze medal. Steve looks certain to have an excellent Winter season on the basis of his recent form.

Andrew White was next up and ran a solid and dependable leg, recording 19 minutes on the running watch. The leading clubs maintained their positions in the fifth leg with a 47 second gap between Box Hill and Glenhuntly.

Lee Troop was Geelong's final runner, so there was some interest in how fast he would run. Daniel Clark set off for Box Hill chasing Adrian Patti from Doncaster, 1:50 in arrears. Troop recorded the fast time of 17 m. 48. Daniel reduced Doncaster's lead by 43 seconds to 1:07 and increased the lead over Glenhuntly to 1:37, ensuring that the Bronze medal was awarded to Box Hill. Daniel recorded the time of 18:59 on the running watch.

Men Division 3

Frankston got off to a huge lead in the first two legs of Division 3 but ran out of runners. Box Hill led Geelong's second team opening up a big lead. Barry Lynch ran a very fast first leg (19:32) and was followed by Adrian Vincent, now recovered from surgery, who also ran a fine time (19:42). Paul Boxshall (20:01), Sam Dipnall (19:53) and Dale Bickham continued to the line to win the event. A late charge by Geelong failed to catch Box Hill and we held on to win by 18 seconds.

Men Division 5

Our team of Chris Wall, Andrew Robinson, John Vaitkunas and John Morris excelled in the conditions quickly establishing an unbeatable lead and held the leading position to the end of the race.

Men Under 20

The Under 20 team placed second to win the Silver medal. Navin Arunasalam, Alex Diorettes and Steve Kelly ran strongly. Steve Kelly ran a time (18:56) which would have stood up as an excellent Section 1 performance. There was confusion at the presentation ceremony, and Box Hill were not invited to receive their team placing medals. We expect that these will be forwarded to the club by mail.

Women Division 1

Hopefully later in the season Alice Baquie, Fiona Turner, Rachel Johnson, Jess De Bruin, Margie Conley, Inge Watson, Suzanne Andrews, Amy Zagato (and perhaps Kate Ackland and Heidi Riordan) will all be competing and this will strengthen our teams considerably. As it was our team performed well, with Amanda Harper (24:01) and Jocelyn Keage (24:06) running the fastest times for the day. New comer Emma Steer ran well after being promoted to division 1 at the last minute.

Women Division 2

Catherine Pease and Talitha Crawford competed for the club for the first time and acquitted themselves creditably.

Women Division 3

Kris Hopkins ran well despite a sore foot, Erryn Barlow was steady in what was close to her longest ever run!

Women Under 20

Kate Wall got the team off to a good start running 11:10 for the 3km circuit to put the team in second place, behind national representative Rachel Green of Frankston. Hayley Tomlinson (11:43) held on to second place and then Liz Dobson (12:34) ran strongly but lost a close tussle with Keilor-St. Bernards for the silver medal. With Kate, Hayley and Liz (and hopefully Sarah Cant and Coreena Cleland will be running later in the winter) this is a strong under 20 team. Let's hope they can defend the premiership they won last year.

Women Under 18

Harriet Hodgkinson (11:55) and Helen McCrae (11:54) ran good times but the under 18 competition was extremely strong. Kim Poon-Hornett (13:20) more accustomed to shorter distances came into the team as a last minute replacement and despite her lack of experience at this distance she put in a great effort to run a very respectable time.

Hopefully Ali Wilson and Phillipa Hodgetts will be able to compete in the under 18 team later in the year.

Cross Country Relay Team Results Yarra Bend Course 29 April 2006

Division 1	Ist Leg	2nd Leg	Total	Leader	B.H. Time	Position
Matt Coloe	9:12	10:04	19:16	18:30 (Geel)	19:16	6th
Alan Craigie	9:16	9:39	18:55	38:05 (Geel)	38:11	3rd
Chris Hamer	9:29	9:39	19:08	54:44 (Geel)	57:19	3rd
Steve Dineen	9:23	9:2	18:45	73:00 (Geel)	76:04	3rd
Andrew White	9:17	9:43	19:00	92:06 (Geel)	95:04	3rd
Daniel Clark	9:14	9:45	18:59	109:54 (Geel)	114:03	3rd

Division 1 Team Results

1. Geelong 109:54
2. Doncaster 112:56
3. Box Hill 114:03
4. Glenhuntly 115:40
5. Ballarat YCW

Division 3

Barry Lynch	9:25	10:07	19:32	
Adrian Vincent		9:46	9:56	19:42
Paul Boxshall	9:53	10:08	20:01	
Sam Dipnall	9:39	10:14	19:53	
Dale Bickham	9:58	10:08	20:06	

Team Results

1. Box Hill 99:14

Division 5

Chris Wall	10:42	11:28	22:10:	
Andrew Robinson		11:04	11:12	22:16
John Vaitkunas				22:10
John Morris	10:37	11:19	21:56	

Team Results

1. Box Hill 88:32

Division 7

Cameron Nagel				28:19
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40+

Chris O'Connor		10:28	10:43	21:11
Barry Whittle	12:18	12:50	25:08	
Graeme Olden	10:17	10:12	20:39	

Team Results

4. Box Hill

U/20

Navin Arunasalam	9:51	10:24	20:15	
Alex Diorettes	10:19	10:46	21:05	
Steve Kelly	9:16	9:40	18:56	

Team Results

2. Box Hill

WOMEN

Division 1

Joc Keage	11:41	12:25	24:06
Amanda Harper	11:52	12:09	24:01
Emma Steer	12:22	13:44	25:06
Claire Fritze	12:08	12:21	24:29

Team results

6. Box Hill

Division 2

Priscilla Barrington	13:04	13:13	26:17
Catherine Pease	13:30	14:13	27:43
Megan Sloane	13:22	13:14	26:36
Talitha Crawford	12:41	13:39	26:20

Team results

9. Box Hill

Division 3

Erin Barlow	14:17	14:47	29:04
Kris Hopkins	12:43	13:33	26:13
Kerry Putt	13:34	14:18	27:52

Team results

5. Box Hill

Under 20

Kate Wall	11:10
Hayley Tomlinson	11:43
Liz Dobson	12:34

Team Results

3. Box Hill 34:28

Under 18

Harriet Hodgkinson	11:55
Helen McCrae	11:54
Kim Poon-Hornet	13:20

Team Results

7. Box Hill

QUESTIONS?

If you have any questions about the winter season competition, contact a member of the club winter competition committee.

Graeme Olden ph. 9885 0890 email: <mailto:golden@sprint.net.au>

Ian and Megan Sloane ph. 9459 4486 email: <mailto:iansloane@optusnet.com.au>

Chris O'Connor ph. 9882 6108 email: <mailto:coconnor@swin.edu.au>