

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

**Monday 21<sup>st</sup> April 2008**

## **UPCOMING EVENTS**

Saturday, May 3      Cross Country Lardner Park, Warragul  
Saturday, May 17    Road Race      Sandown Racecourse  
Sunday, June 1      Road Race      La Trobe Uni  
Saturday, June 28    Coliban Relay Harcourt to Bendigo

## **ROUND 2 OF THE WINTER SEASON AT WARRAGUL ON SATURDAY WEEK.**

The next round of the winter cross country season will be held at Lardner Park near Warragul, on Saturday, May 3 starting with the junior events at 1:00pm. Men Open: 8km Men U20: 4km Men U18: 4km Men U16: 3km Women Open: 6km Women U20: 3km Women U18: 3km Women U16: 3km Unlike the Jells Park event, this is an individual race, but there are still team points and a teams competition to be won, so we are hoping for a big turn out of athletes for this event.

## **ENTRY FEES FOR WINTER EVENTS**

We encourage cross country and road athletes to put in a season's entry form. \$55 to enter all 6 individual events for open age athletes. \$40 for under 20 (5 events) , \$30 for under 18 and \$15 for under 16 (4 events). If you wish to just enter some events there is a \$12 entry fee for open age athletes a \$10 entry fee for under 20 and under 18 runners and \$5 for under 16s. Entry forms are available at the AV website [www.athsvic.org.au](http://www.athsvic.org.au)

The club pays the entry fee for the relay events.

If you wish to run, you must be entered by the Monday before the weekend race. You can enter direct to AV or just let us know via email and we will send in an entry for you.

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

Graeme Olden      ph. 9885 0890 email: [golden@sprint.net.au](mailto:golden@sprint.net.au)

Ian and Megan Sloane ph. 9459 4486 email: [iansloane@optusnet.com.au](mailto:iansloane@optusnet.com.au)

Chris O'Connor      ph: 9808 5914 or 0410 490 630      email: [coconnor@swin.edu.au](mailto:coconnor@swin.edu.au)

## **TWO WINS, A SECOND AND A THIRD AT CROSS COUNTRY RELAYS**

Box Hill teams performed well at the cross country relay championships at Jell's Park on Saturday. Unfortunately full results are not yet available from Athletics Victoria, so more details and official placings will follow when available.

### **Men Division 1**

The highlight of the day was a high quality, closely fought race in the men's top division between Box Hill, Geelong and Knox. Our team of Matt Coloe, Steve Kelly, Daniel Clark, Andrew White, Chris Hamer and Steve Dinneen performed consistently well to take the silver medal. Chris Hamer ran one of the fastest times for the day to move the team from 3rd to 1st place with one leg to go. Steve Dinneen ran well on the last leg to extend our lead over Knox, but he was unable to hold out Geelong's Craig Mottram. Go to [www.athsvic.org.au](http://www.athsvic.org.au) to see the youtube coverage of the event.

1. Matt Coloe	18:26
2. Steve Kelly	18:56
3. Daniel Clark	18:41

4. Andrew White 18:46
  5. Chris Hamer 17:55
  6. Steve Dinneen 18:23
- Place: 2nd

#### Men Division 3

Several late withdrawals meant that our division 3 team was not at full strength, but good runs from Paul Boxshall and Luke Yeatman (on the comeback trail) saw the team finish in 3rd position.

1. Bill Dyer 23:07
2. Luke Yeatman 20:19
3. Dave Featherston 23:24
4. Steve Griffin 21:20
5. Paul Boxshall 19:53

Place: 3rd

#### Men Division 5

Andrew Nagle put in a good performance, to show he should have been rated in a higher team! Andrew Tunne performed well in his first competition for the club.

1. Dave Stevens 28:08
2. Andrew Tunne 26:27
3. Scott Boxshall 25:04
4. Andrew Nagle 22:10

Place: 11th

#### Men Under 20

Our under 20 men performed brilliantly to take the gold medal. Special mention to Mitchell Milnes who stepped up into higher age group (and a longer distance) and helped the team to a win.

1. Mark Poli 20:27
2. Mitchell Milnes 20:50
3. Josh De Stefanis 20:40

Place: 1st

#### Men Under 18

The under 18 team finished in 5th place. We are expecting this to be one of our strongest age groups when all our runners are available. Welcome to new club member Daniel Balassone who ran a very strong first leg for the team in this 3km event.

1. Daniel Balassone 10:16
2. Jack Hill 12:04
3. Cameron Nagle 12:22

Place 7th

#### Men Over 40

The Box Hill over 40 team took out the gold medal. John Meagher ran well to finish his leg in second place, Graeme Olden put the team in front and Chris O'Connor managed to hold on to first position.

1. John Meagher 19:57
2. Graeme Olden 20:36
3. Chris O'Connor 21:09

Place: 1st

#### Women Division 1

Unfortunately we had many of our women's team unavailable for the first event, but there were still some outstanding performances. Rachel Johnson got the team off to a great start and Harriet Hodgkinson came up from the under 20s to fill in the first division team

1. Rachel Johnson 22:18
2. Hayley Tomlinson 23:50
3. Talitha Crawford 26:24
4. Harriet Hodgkinson 26:25

Place: 7th

#### Women Division 2

Rosemary Cleland who ran her first "official" race for the club and ran 2 races, one to get to the start line and one around the cross country course! Emily De Luca volunteered to step up from the under 18s to fill in the team and complete the 6km course

1. Rosemary Cleland 31:17
2. Kerry Putt 28:20
3. Suzanne Andrews 26:27
4. Emily De Luca 27:09

Place: 11th

#### Women Under 18

Penny Townshend got the team off to a good start, while Ollie Turnbull (returning from illness) and Bridget Aughton also performed well on the tough 3km course.

1. Penny Townshend 11:30
2. Ollie Turnbull 13:05
3. Bridget Aughton 12:15

Place: 4th

Thanks to all those who turned out and did their best for the club. A special thanks also to Julie Milner, Paul Milnes, Sue Coloe and Jill, Clare Hill, Joe De Luca, Dave Boyd and Adrian Vincent who helped out as timekeepers or officials.

## **OFFICIALS NEEDED**

Box Hill needs helpers at each cross country event to act as time keepers or officials. Please let us know if you can help out.

## **REGISTER NOW!**

Registrations are now due for the 2008/2009 season. If you plan to run the winter season it is important that you register as soon as possible. If you are not competing until next track season, why not pay your fees now and get your full 12 months worth of registration? Registrations are valid from April 1 until March 31 next year.