

Box Hill Athletic Club Winter News 09

Monday 19th May 2008

UPCOMING EVENTS

| | | |
|--------------------|---------------------------|---------------------|
| Sunday, June 1 | Road Race | La Trobe Uni |
| Sunday June, 15 | Club 10 mile championship | |
| Saturday, June 28 | Coliban Relay | Harcourt to Bendigo |
| Saturday, July 12 | Cross Country | Geelong |
| Saturday, July 26 | Cross Country | Bundoora |
| Saturday, August 9 | Road Relays | Sandown |

BOX HILL WINS DIVISION 1, DIVISION 3, DIVISION 5 AND UNDER 20s AT SANDOWN 10K ROAD RACE

The road race at Sandown turned out to be another triumph for the Box Hill men's team. In wet, cold conditions, Box Hill had 24 men and 5 women line up for the 10km event plus 7 juniors running in the 3km race. Chris Hamer, Steve Dinneen, Andrew White, Daniel Clarke and Steve Kelly and Barry Lynch all broke 31 minutes to help our Division 1 team to another victory following on from their triumph in the last event at Warragul. Box Hill also won the Division 3, Division 5, Under 20 and finished 2nd in the Men Over 40 and Women Under 18 competition. In a high quality race with several top interstate runners taking part, Chris Hamer continued his outstanding form to finish 7th overall and 4th in the Victorian Championship in a PB of 29:36. Steve Dinneen also broke 30 minutes to finish 11th overall and 6th in the state championship.

See www.athsvic.org.au for photos and youtube coverage.

10KM ROAD RACE

Men Division 1: Team Place: 1st

| | |
|------------------|-------|
| 4. Chris Hamer | 29:36 |
| 6. Steve Dinneen | 29:58 |
| 9. Andrew White | 30:17 |
| 11. Daniel Clark | 30:36 |
| 13. Steve Kelly | 30:52 |
| 16. Barry Lynch | 30:57 |

Men Division 3: Team Place: 1st

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|----------------------|-------|
| 37. Luke Yeatman | 31:59 |
| 44. John Meagher | 32:12 |
| 78. Paul Boxshall | 33:41 |
| 91. Antony Van Eeten | 34:08 |
| 105. Chris O'Connor | 34:38 |

Men Division 5: Team Place: 1st

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|---------------------|-------|
| 108. Adrian Vincent | 34:42 |
| 113. Steve Griffin | 34:52 |
| 122. Graeme Olden | 35:12 |
| 243. Bill Dyer | 38:40 |

Men Division 7: Team Place 4th

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|---------------------|-------|
| 312. Scott Boxshall | 41:30 |
| 331. Andrew Tunne | 43:08 |
| 340. Adam Pepper | 43:40 |

352. Barry Whittle 44:27
397 David Boyd 53:25

Men Over 40: Team Place: 2nd

4. John Meagher 32:12
13. Chris O'Connor 34:38
15. Graeme Olden 35:12

Men Under 20: Team Place: 1st

6. Josh De Stefanis 33:03
7. Mark Poli 33:28
11. Stuart Watson 34:39

Men Under 18

11. Michael Dowel 34:29

Women Division 1: Team Place: 9th

22. Rachel Johnson 37:52
45. Hayley Tomlinson 40:01
85. Talitha Crawford 44:00
89. Suzanne Andrews 44:14
107. Kerry Putt 46:14

3KM ROAD RACE

Women Under 20

7. Harriet Hodgkinson 12:00

Women Under 18: Team Place: 2nd

6. Bridget Aughton 11:24
8. Emily De Luca 12:02
15. Ollie Turnbull 12:40

Men Under 16

5. Kyle Martin-Alcaide 9:44
21. Jonathon Tree 10:55

Men Under 14

4. Mitchell Dyer 10:49

There were many great performances on the day but special mention to new members Kyle Martin-Alcaide who ran well to finish a close 5th un the under 16 race and Mitchell Dyer who came 4th in the under 14 event.

LATROBE UNI ROAD RACE ON SUNDAY MORNING, JUNE 1

The next event in the Athletics Victoria Winter Series, will be the road race at La Trobe Uni on Sunday, June 1. The program consists of a 5km race at 9:30am for all the junior age groups and a 15km race for the open men's and women's divisions at 10:00am. If you wish to run in this event and have not put in a season's entry form either enter direct through AV or let us know as soon as possible so that we can 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

Ian and Megan Sloane

ph. 9459 4486 email: iansloane@optusnet.com.au

Chris O'Connor ph: 9808 5914 or 0410 490 630 email:coconnor@swin.edu.au

POLE VAULT COMPETITIONS

Melbourne University Athletics Club are holding Winter pole vault competitions on the following dates May 31st, July 5th, August 9th and October 4th Event Start Time Pole Vault (3.80m+) 10.00am Pole Vault (3.00m+) 11.00am Pole Vault (1.80m+) 12.30pm Entry will be \$5 per event per athlete. For further details contact: Warren Hill - 0408 355 039 warren@completemadness.com OR Manfred Lewandowski - 03 9489 4481 Or speak to Mark Stewart.

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.