

# **Box Hill Athletic Club Winter News 11**

## **Monday 2<sup>nd</sup> June 2008**

### **UPCOMING EVENTS**

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 2      Trivia Night  
Saturday, August 9      Road Relays      Sandown

### **BOX HILL WIN AGAIN AT LATROBE**

Despite some initial confusion about the team scores, Box Hill again won the men's division 1 competition at the 15km road race at La Trobe University on Sunday. We also won had wins in the men's division 3 and the men's under 20 and finished 2nd in the over 40 competition. There were some great individual performances also. Steve Dinneen finishing 4th, Steve Kelly 7th and Matt Coloe 10th were our best performers in the 15km event, with Rachel Johnson our top female, being the 15th woman across the line. Special mention also to our winning under 20 team of Josh de Stefanis, Mark Poli and Stuart Watson who all finished in the top 10 in the under 20 5k race and to Michael Dowel (7th in the under 18s) and Jonathon Tree (9th in the under 16 race). See below for Ian Sloane's comprehensive report of the event and go to [www.athsvic.org.au](http://www.athsvic.org.au) to see the youtube coverage.

### **CLUB 10 MILE CHAMPIONSHIP**

The traditional club 10 mile championship will be held on Sunday week, June 15, starting at 9:00am at the Frank Sedgeman Reserve, near Station Street and run along the Eastern Freeway bike track. Race, run or jog the 10 mile event (or take the 5 mile option!) then stay for breakfast afterwards.

### **COLIBAN RELAYS**

The next event on the AV calendar is the Harcourt to Bendigo "Coliban" relay on Saturday, June 28. We are hoping to enter at least 3 men's teams and 2 women's teams. There are no junior events on this day, but juniors can run in the senior teams. Please let us know about your availability for this event so that teams can be organised.

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

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### **TRACK RESURFACING UPDATE**

Unfortunately, progress with marking of lines on the track has been slower than hoped and it now appears that the track will not be available for use until the end of this week at the earliest. The cold, damp nights have meant that work on painting of lines cannot commence until late in the morning which has meant that the available working time each day has been somewhat limited. We are hopeful that access will finally be granted to the track by next weekend but this is still dependant on having some fine, sunny weather over the coming week. With all the equipment packed away in the sheds and store rooms, there is a lot of work that needs to be done to set up the ground again for training and to get ready for hire by schools so a working bee has been scheduled for Saturday 14th June from 12:00 noon until 4:00 pm. It is important

that we have as many people as possible to assist at the working bee so that the track and ground can be made ready for use once again and the rest of the facilities are made as neat and tidy as our brand new track.

## **LOOK AFTER THE GYM**

Club members are asked to please avoid throwing medicine balls at the wall within the gymnasium, as this activity has damaged/dislodged internal concrete blocks in the wall. As the club is on the verge of paying its share of the new track through a loan facility we don't need or want additional maintenance costs from preventable activities. So please find a friend and throw medicine balls to each other as part of your winter resistance training and look after our gym!

## **CONGRATULATIONS**

Congratulations to new club member, pole vaulter, Blake Lucas who has been selected to represent Australia in the Commonwealth Youth Games in Pune, India in October.

## **15 K ROAD CHAMPIONSHIP AT LA TROBE UNIVERSITY, SUNDAY 1 JUNE**

In very cool, moist conditions, Box Hill AC again had a strong contingent of runners competing in the 15 K. road race around the La Trobe University perimeter. The Men's Division 1 team performed brilliantly to outclass all other Division 1 teams. Our Division 3 team won their division by over 180 points, and our Division 5 team placed fourth. The Box Hill 40+ team was eclipsed by APS but finished second.

And our Under 20 men had yet another win as well. Our Division 1 Women's team performed competitively with a fifth placing, their best effort in 2008.

This year has been an exceptional year for our senior men's team, with outstanding performances from our team in each race of 2008. As competitors lined up for the start, a large group of Box Hill runners congregated together at the front of the field. Daniel Clark was unable to start, having sustained a calf strain during the week but nearly all our other top performers were there.

Steve Moneghetti made the trip down from Ballarat with a strong team which included Shane Nankervis an Australian representative. Geelong were missing their best credentialed runners and Doncaster were lacking depth as well. APS had a fairly strong team on the line, whilst Glenhuntly was missing its top athletes.

The race commenced slightly after 10.00 a.m. and a large group of more than 20 runners immediately forged their way to the front. Four Box Hill runners were in this pack: Steve Dinneen very prominent, Steve Kelly, Matt Coloe and Andrew White all there in the mix too. Shane Nankervis, Ben Toomey, Nathan Hartigan, Clint Perrett, Steve Moneghetti, Magnus Michelsson, Grant Morgan and Ryan Jackson were also showing out. Steve Dinneen put in a long early surge which dissipated the large pack and four runners found themselves clear of the pack. Steve Dinneen probably paid for this later, for when Steve Moneghetti put in a surge at the 6 k. mark Steve Dinneen dropped marginally behind. Matt Coloe was running just behind Steve Kelly in the top 10 with Andrew White about 20 seconds down. John Meagher was running another amazing race, with great cadence and measuring his pace carefully. Two athletes who would have been expected to be prominent early started off easily: Chris Hamer slowly moved through the field, and was nearing race pace by the end of the second lap, picking up thirty or more places, and even more in the third lap. Liam Adams (Essendon) also started off easily, but did not run through over the top of the field like Chris Hamer. A little further back, Luke Yeatman, a welcome returnee to our team, was running a sensible race, and looked comfortable in the way he approached his race. He appeared to be in around 40th to 45th place after 2 laps.

Other members of the Division 3 team were Adrian Vincent who seems to be getting better each week after a layoff with injury, about 65th, with Steve Griffin, a little further back,

performing well. Chris O'Connor not much further behind him in the first 90. Antony Van Eeten was just adrift of Chris and also running a strong race. Graeme Olden was the next athlete to appear, probably about 125th, followed by Rachel Johnson and Bill Dyer. Others following included Hayley Tomlinson, Emma Steer, Megan Sloane, Barry Whittle, Talitha Crawford and Andrew Tunne.

The leading women were Renate Wyss (Melb Uni), Susie Michelsson (Coll) and Isabella de Castella (APS). Clint Perrett (San.) broke clear of Steve Moneghetti (BYCW) in the third lap and maintained an advantage over him to the finish line.

Shane Nankervis (BYCW) held onto third spot, despite Steve Dinneen's bold attempt to reel him in. Nathan Hartigan (Ballarat Harriers) was next to finish, with Ben Toomey (Knox) in sixth. Steve Kelly capped off a great race for him placing seventh. Not long after Matt Coloe streamed across the line for an excellent 10th placing. Other Box Hill Division 1 team members were Chris Hamer 16th, John Meagher, 25th and Andrew White, 28th. This strong showing secured another win for Box Hill's Division 1 team, the third for the season. Also impressive was the Division 3 team's performance, winning the team race by a huge margin in the competitive Division 3 team's race.

Rachel Johnson has been running well this year and her performance in coming 15th was clearly one of her best ever. She looked in good form for the whole race and finished off extremely well. The other team members ran consistently and had a season's best placing, fifth. Our Under 20 men excelled themselves again. In a very even and pleasing result, Joshua de Stefanis, 6th, Mark Poli, 8th, and Stuart Watson, 9th, combined superbly to carry off the Under 20 team title.

Well done boys - a mighty team performance. Michael Dowel also ran very well in the Under 18 division. It was pleasing to see Cameron Nagle and Jonathon Tree out on the road doing their best as well.

#### Leading performers Open Men

1.	Clint Perrett	Sand	46:08
2.	Steve Moneghetti	Ball. YCW	46:27
3.	Shane Nankervis	Ball. YCW	46:41
4.	Steve Dinneen	Box Hill	47:00
5.	Nathan Hartigan	Ballarat	47:40
6.	Ben Toomey	Knox	47:54
7.	Steve Kelly	Box Hill	47:59
8.	Magnus Michelsson	C'wood	48:13
9.	Tyson Popplestone	Ballarat	48:19
10.	Matt Coloe	Box Hill	48:22
16.	Chris Hamer	Box Hill	49:00
25	John Meagher	Box Hill	49:44
28	Andrew White	Box Hill	50:15
42	Luke Yeatman	Box Hill	51:28
64	Adrian Vincent	Box Hill	53:13
79	Steve Griffin	Box Hill	53:57
83	Chris O'Connor	Box Hill	54:24
86	Antony Van Eeten	Box Hill	54:31
119	Graeme Olden	Box Hill	56:19
193	Bill Dyer	Box Hill	60:24
288	Barry Whittle	Box Hill	68:32
306	Andrew Tunne	Box Hill	71:26

#### Under 20 Men 5 K. Road

6	Joshua de Stefanis	Box Hill	16:15
8	Mark Poli	Box Hill	16:37

9 Stuart Watson Box Hill 17:03

#### Under 18 Men

7 Michael Dowel Box Hill 16:43

19 Cameron Nagle Box Hill 21:15

#### Under 16 Men

9 Jonathon Tree Box Hill 18:51

#### Team Results

##### Division 1

1. Box Hill 90

2. Ballarat YCW 142

3. Geelong 206

##### Division 3

1.Box Hill 351

2. APS 537

3. Western Athletics 567

##### Division 5

1 Oakleigh 678

2 Western Athletics 776

3 Melbourne Uni 904

4.Box Hill 906

#### Over 40 Men

1.APS 19

2.Box Hill 29

3.Traralgon 44

#### Under 20 Men

1.Box Hill 23

2.Western Athletics 37

#### Open Women's Results

1.Renate Wyss Melb Uni 53:20

2.Susie Michelsson Coll. 53:24

3.Isabella de Castella APS 54:35

15 Rachel Johnson Box Hill 58:51

31 Hayley Tomlinson Box Hill 63:00

48 Emma Steer Box Hill 67:10

54 Megan Sloane Box Hill 68:05

60 Talitha Crawford Box Hill 68:53

#### Women's Division 1 Team Results

1. APS 43

2. Glenhuntly 73

3. Melbourne University 78

4. Richmond 131

5. Box Hill 148

## **A BELATED THANK YOU**

A special word of thanks should be given to Kate Beever and Julie Milner who acted as officials at the 10km road race at Sandown 2 weeks ago. Kate and Julie stood out in the cold wind and rain all afternoon to direct athletes and help fulfil the clubs obligation to supply officials. They were also on hand to help with medical emergencies that did arise during the event. It is hoped that all runners appreciate the efforts of those who help out on competition days.

## **CLUB RECORDS**

Mark Stewart has spent many hours updating the club records and has done a great job of tracking down performances and incorporating a large number of new records which have been set over recent years into our official record lists. These updated records have now been posted on the Club web site at: <http://www.boxhillathleticclub.org/records.htm> . Please review the records listed and if you have any updates, please contact Mark at [mark.stewart@rmit.edu.au](mailto:mark.stewart@rmit.edu.au). Mark hopes to print out a new set of records to put on the boards in the club rooms in the next couple of weeks so would appreciate any feedback as soon as possible.

## **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.