

**Box Hill Athletic Club Winter News 24**  
**Monday 8<sup>th</sup> September 2008**

## **UPCOMING EVENTS**

Saturday, Sept 20 Tan Relays  
Saturday, Oct 11 Opening of Track season  
Saturday, Oct 18 Shield Competition Round 1

## **NIKKI CHAPPLE WINS AT BURNLEY, ANDREW WHITE TAKES SILVER**

In her comeback run for the club, Nikki Chapple comprehensively won the state half-marathon championship at Burnley on Sunday morning. Nikki started conservatively, but took the lead after about 10km and went on to win by nearly 4 minutes in the fast time of 74:38. In the men's race, Andrew White ran strongly to take second place in a PB of 68:16. See Ian Sloane's report below.

## **TAN RELAYS**

The final event of the winter calendar will be the Tan relays on Saturday morning, September 20. We are hoping to cap off a great winter season by having as many members as possible taking part in this event. We are planning to enter teams in all age groups and multiple open teams and all you have to do to be part of it is run a lap of the tan! All members, even those who have not competed in the rest of the winter season events are encouraged to take part in the Tan relays. Let us know about your availability as soon as possible so that teams can be organised.

## **TRACK OPENING COMPETITION**

On Saturday October 11, there will be a special competition at Box Hill to mark the official opening of our "new" track. We encourage all athletes to take part on this day and help tune up for the shield competition that commences the following week. More details to come!

## **VICTORIAN HALF MARATHON CHAMPIONSHIP, BURNLEY, September 7**

Women's Division 1 Team 3rd

Andrew White Second in Men's Race

Nikki Chapple First in Women's Race

A slightly overcast day greeted runners for the 8.00 a.m. start of the Victorian Half Marathon course at Burnley next to the Yarra River. The large field took off when the starter fired both chambers. About ten runners separated immediately from the rest of the field with Jason Woolhouse, Geelong, immediately opening up a break on the other athletes in contention. Box Hill was looking well below full strength. With only two athletes in the top 50 we were clearly not going to finish in the first three places. Andrew White started out very conservatively, and after five kilometres started to move forward past opponents. Not far behind was John Meagher. Adrian Vincent as our third placed athlete, ahead of Steve Griffith and Chris O'Connor, who was running near Nikki Chapple, running in third place in the women's race, behind Susie Michelsson, Collingwood, and Karen Thorp, Knox.

At the 12 k mark, Woolhouse had extended his lead over the rest of the field to 1 minute and 41 seconds, an unassailable gap. However, Andrew White, the 2007 event champion, had surged to second place (38:48), running side by side with Nathan Hartigan of Ballarat Harriers.

Both runners looked composed. Magnus Michelsson, Collingwood, was fourth 19 seconds in arrears. Ben Toomey, Knox and Paul Eason, Ballarat Harriers, were next, followed by John Meagher (39:58) running stride for stride with Rod De Highden, Doncaster.

Steve Griffin was the next Box Hill athlete through the 12 k mark in 60th position, three places ahead of Adrian Vincent, with Chris O'Connor ten places further back in 73rd position. Box Hill's Division 1 team was in around sixth place, behind Geelong, the leaders, Melbourne University, Doncaster, APS, Collingwood and possibly Knox.

The Box Hill women had a full team on the course. Nikki Chapple was making very good progress and had moved forward to be in second place, and soon after unleashed a burst that propelled her to the lead and she drew away from Susie Michelsson. Rachel Johnson was running sensibly further back in the field and Talitha Crawford was running in a group about twelve minutes further back. Other Box Hill athletes running included Matt Coloe, Bill Dyer, Paul Boxshall, Scott Boxshall, Adam Pepper, Andrew Tunne and Dave Stevens.

Jason Woolhouse maintained his lead to the finish, winning the race in 66 m. 13 seconds.

Andrew White drew clear from Hartigan to place second in 68:16, ahead of his opponent by nine seconds. John Meagher placed 16th in 71:40. Other Division 1 team members were Steve Griffin, 58th in 77:46, Adrian Vincent, 86th in 80:47 and Chris O'Connor in 81:41.

Box Hill overtook APS and Knox late in the race

Nikki Chapple won the Women's race in 74:37, well ahead of Susie Michelsson, second and Lisa Dick, Ringwood, third who eclipsed Karen Thorp in the concluding section of the race. Rachel Johnson plugged on for 13th place and with Talitha Crawford completing the team, Box Hill women's team claimed 3rd place, its best result for the year to date.

Placings (estimated)	Club	Times (running watch)	
1.	Jason Woolhouse	Geelong	66:13
2.	Andrew White	Box Hill	68:16
3.	Nathan Hartigan	Ballarat	68:25
4.	Ben Toomey	Knox	68:56
5.	Magnus Michelsson	C'wood	69:10
6.	Peter Eason	Ballarat	69:31
15.	John Meagher	Box Hill	71:41
55.	Steve Griffin	Box Hill	77:48
78.	Adrian Vincent	Box Hill	80:48
90.	Chris O'Connor	Box Hill	81:41
133.	Matt Coloe	Box Hill	85:29
155.	Bill Dyer	Box Hill	87:38
180.	Paul Boxshall	Box Hill	90:47
237.	Adam Pepper	Box Hill	100:12
254.	Andrew Tunne	Box Hill	107:23
258.	Dave Stevens	Box Hill	109:36

#### Men's Division 1 Results

1.	Geelong	79
2.	Doncaster	171
3.	Collingwood	206
4.	Box Hill	240
5.	APS	249
=6.	Knox	268
=6.	Sandringham	268

#### Men's Division 3 Results

1.	Melbourne Uni	277
2.	Coburg	378
3.	Sandringham	486
4.	APS	505

5. Knox 611
6. Collingwood 625
7. Keilor St Bernards 656
8. Ballarat City 684
9. Box Hill 705

#### Men's 40+ Results

1. APS United 20
2. Athletics Waverley 41
3. Malvern Harriers 51
4. Box Hill 62

#### Women Individual Results

1. Nikki Chapple Box Hill 74:37
2. Susie Michelsson Collingwood 78:32
3. Lisa Dick Ringwood 79:19
4. Karen Thorp Knox 79:36
13. Rachel Johnson Box Hill 84:10
48. Talitha Crawford Box Hill 98:56

#### Women's Team Results

1. Knox 44
2. Glenhuntly 46
3. Box Hill 62

## **BOX HILL VAULTERS AT DIAMOND CREEK TOWN FAIR**

Box Hill athletes will be competing at a pole vault competition and demonstration at the Diamond Creek oval at 1:30pm this Saturday. This will be followed by time for audience participation!

## **PLANTING TREES WITH WHITEHORSE COUNCIL**

Whitehorse Council invite you to pull on your gloves and participate in a Community Planting Day at Hagenauer Reserve rain gardens, Barwon Street, Box Hill North. Planting will take place from 10am to 12pm on Saturday 20 September 2008.

The ParksWide Team will provide the tools and demonstrate planting know-how before you have a go. The Melbourne Water urban catchment interactive model ACE (Active Catchment Education) Trailer will be onsite to help educate schools, businesses and community about stormwater and the impact it has on our rivers, creeks and bays.

Volunteers are reminded to wear a hat, long-sleeved shirt, sensible shoes, bring along their gardening gloves and take plenty of water to drink as well as sunscreen.

For further information or to register your attendance, please contact Linna Lim on 9262 6527.