

**Box Hill Athletic Club Winter News 26**  
**Monday 22<sup>nd</sup> September 2008**

## **UPCOMING EVENTS**

Saturday, Oct 4 12:30-4:30 Working Bee  
Saturday, Oct 4 7:00pm Winter Premiership celebration  
Saturday, Oct 11 Opening of Track season, Box Hill  
Saturday, Oct 18 Shield Competition Round 1, Nunawading

## **BOX HILL WIN THREE PREMIERSHIPS**

With the 2008 winter season concluding with the Tan Relays last Saturday, Box Hill has completed its most successful winter season in many years. Box Hill has won the coveted men's Division 1 premiership for the first time since the cross country and road race premierships were combined into one winter premiership in 1984. We have also won the men's Division 3 premiership and so our second team will be promoted to Division 2 next year. Box Hill has also won the men's Under 20 premiership, which is a great sign for the future. Thank you to everyone who has competed for the club this winter and thanks also to the coaches and everyone who has helped and supported the team throughout the winter.

## **WINTER PREMIERSHIP CELEBRATION**

All club members, especially those who have been a part of the 2008 winter competition are invited to the clubrooms, on Saturday, October 4 from 7:00pm to celebrate Box Hill's most successful winter competition season in nearly 30 years. More details next week!

## **WORKING BEE - SATURDAY 4 OCTOBER 2008**

To prepare the grounds, club rooms and equipment for the official track opening and Shield competition at the ground, a working bee is being held at Box Hill on Saturday 4th October, from 12:30 pm to 4:30 pm. Some of the tasks which need to be completed prior to the start of the season include:

- Painting and repair of competition throwing equipment
- Repair of hurdles
- Repair of the wire netting on the hammer cage gates
- Repair of shade sails
- Laying additional sections of the old track on the terracing in front of the canteen
- Mowing throwing sectors and poisoning grass along the sector lines
- Blowing sand off the track
- General cleaning of the club rooms, track and grounds and removal of rubbish

Lunch will be provided for those who assist.

It is important that we have as many people as possible assist with these tasks so that the ground is ready for competition on 11th October.

## **TRACK OPENING COMPETITION: CHANGE OF PROGRAM**

The 2008 - 2009 summer track and field season commences on Saturday, October 11, with a special competition at Box Hill to mark the official opening of our "new" redeveloped track. All athletes are encouraged to take part on this day.

Program:

12:30pm: Official Opening  
1:00pm: Long Jump  
1:00pm: 100m  
1:30pm: 200m  
2:00pm: 800m (VMC)  
2:30pm: 3000m (VMC)  
3:00PM: Over 40, 4x1500m world record attempt

Long Jump, 100m, 200m: enter on the day. Entry Fee \$2

800m, 3000m: enter prior to the day via the Victorian Milers Club  
([www.vicmilers.coolrunning.com.au](http://www.vicmilers.coolrunning.com.au)) or email:  
[victoranimilersclub@hotmail.com](mailto:victoranimilersclub@hotmail.com)

## **BOX HILL WINTER POLE VAULT COMPETITION**

Our pole vaulters have been training hard during winter and taking part in a number of competitions. Results from last Saturday's event at Box Hill

Men,

Pos., Name, Club, Height, Steps,  
1, Blake Lucas, Box Hill, 4.80, ,  
2, Cameron Sherry, Box Hill, 4.50, 10,  
3, Max Mishchenko, Mentone, 4.20, 8,  
4, Brodie Cross, Box Hill, 4.20, 10, pb  
5, Tim Papas, Box Hill, 3.95, 8,  
6, Chris Boylan, Collingwood, 3.35, ,  
7, Dom Poole, Box Hill, 3.35, 8,  
8, Matt Bertacco, St Kevins, 3.05, 8,  
9, Adam Hall, MUAC, 2.90, ,  
10, Travis Rickards, MUAC, 2.90, ,  
11, Jake Holler, MUAC, dnq, ,

Women,

Pos, Name, Club, Height, Steps,  
1, Melaine Adams, Box Hill, 3.65, 8,  
2, Alex Pocklington, Box Hill, 3.50, 10, pb  
3, Cathrine McCrae, MUAC, 3.20, ,  
4, Abbie Freestone, Box Hill, 3.05, 10,  
5, Bre Cross, Box Hill, 3.05, 10,  
6, Jacqui Shaples, MUAC, 3.05, ,  
7, Paris McCathron, Box Hill, 2.75, ,  
8, Sophie Lichoudaris, Glenhuntly, 2.60, ,  
9, Jess Layman, MUAC, 2.60, ,  
10, Haylee Lawrence-Simons, Box Hill, 2.60, ,  
11, Everlyn Bury, MUAC, 2.30, ,  
12, Katherine Houston, Box Hill, 2.00, ,  
13, Genevieve Mavis, MUAC, dnq, ,  
14, Katherine Ianello, MUAC, dnq, ,

Results of the Diamond Creek Fair Pole Vault Competition (13-9-08)

Gentlemen,

Pos, name, actual height, handicap, h/c result, h/c position  
1, Joel Pocklington BH, 480, 0, 480, 12  
2, Blake Lucas BH, 470, 20, 490, 10

- 3, Rob Hill, 455, 70, 525, 3
- 4, Cameron Sherry BH, 455, 55, 510, 7
- 5, Stephen Caine, 455, 85, 540, 1
- 6, Tim Papas BH, 400, 120, 520, 4
- 7, Jeromy Cummings, 380, 135, 515, 5
- 8, Jake Holler, 360, 90, 450, 14
- 9, Chris Boylan, 340, 175, 515, 5
- 10, Steve Polizzi, 0, 120, 0, 15

Ladies,

Pos, name, actual height, handicap, h/c result, h/c position

- 1, Melanie Adams BH, 380, 120, 500, 9
- 2, Catherine MacRae, 320, 165, 485, 11
- 3, Jacqueline Shaples, 320, 210, 530, 2
- 4, Dawn Hartigan, 300, 175, 475, 13
- 5, Lauren Jauncey, 300, 210, 510, 7

Congratulations also to Cameron Baker and Brony Sudholz who won the men's and women's gift at the Diamond Creek Fair.

## **TAN RELAYS**

Strong finish to season, despite Hamer and Dinneen being injured, and Chefnaoui and Lynch unavailable Excellent Men's under 20 win and strong under 18 performance

The final race on the 2008 Winter program was held on Saturday, September 20 at the King's Domain, otherwise known as "The Tan".

It was a cool, grey day, and this seemed to impact on runners' performances. It began raining in the fourth leg. This event is a happy hunting ground for Box Hill having won the inaugural Division 1 event in 2005, the silver medal in 2006, the gold medal in 2007, and a host of victories in the Division 3 and 5 men's competition as well as the Under 20 men's and Under 18 men's team competitions.

Presentations were postponed because of the inclement weather.

With four of Box Hill's best performers from 2008 unavailable for various reasons (Chris Hamer, Steve Dinneen, Bouchaib Chefnaoui and Barry Lynch), and a host of others with injuries, our team sheet looked a little depleted. However, fortunately, as far as our Division 1 team was concerned, Luke Yeatman was available and Navin Arunasalam returned from America which meant that we had a decent team on paper. The start was a shemozzle, with the starter firing the gun as an afterthought when the field was already on its way. Luke Yeatman excelled himself in the first lap, running the smart time of 11:43, and although behind our main rivals, he was close enough to give us hope that we could overtake a number of other clubs when their less accomplished runners stepped out.

Essendon stormed to the lead in this leg through Liam Adams who ran the fastest time of the day. His time, taken from when he actually started, rather than when the gun fired, was 11:01. Yuer Doa from Eureka, running for Ballarat City was not far behind running the second fastest lap of the day in 11:09. Box Hill held 9th position after the first leg. Navin Arunasalam set off on the second circuit and at the conclusion was still in ninth position, although Box Hill had dropped a little time on other Division 1 clubs. In this leg, Ballarat City's Tyson Popplestone passed Essendon's Michael Brown by a very small margin and Geelong remaining in third place ahead of Knox, fourth, followed by Glenhuntly, 5th. Box Hill was 91 seconds from the lead.

Matt Coloe ran our third leg, and ran a smart time, recording 11:37 which propelled us forward by two places and reduced the deficit behind all the other teams, now 65 seconds down on third place. We could see that there was a strong chance if all remaining runners could run

competitive times we could hope for a medal. Matt handed over to Steve Kelly who held sixth place and brought us closer to the other clubs in front and reduced the deficit behind third to just 49 seconds.

Glenhuntly assumed the lead in this lap following a brilliant individual effort from Toby Rayner who recorded 11:11. Geelong moved into second place with Knox in third. Ballarat City had expended all their best runners and they held fourth but had lost momentum. A medal looked like a possibility with Daniel Clark and Andrew White still to come.

Daniel strode off purposefully on his lap and held it together particularly well, moving past two opponents and finishing just 28 seconds behind Glenhuntly which occupied third place, so we were now only 41 seconds down on the leaders, Geelong. One slight problem was that Lee Troop was Geelong's last runner. Knox took the lead at the end of the fifth lap, from Geelong by seven seconds, with Glenhuntly, third, a further six seconds behind. Daniel had set up the possibility of a medal placing with his lap, and he tagged Andrew White at the changeover.

Andrew White sprinted off looking extremely determined, and he ran down everyone but Geelong, with Lee Troop beating him to the line by just 20 seconds. Andrew overtook his Glenhuntly and Knox opponents during the lap as well as reducing the lead which Geelong held by a significant amount. He ran a brilliant lap of 11:13, the fifth fastest of the day, meaning he anchored the team to the silver medal position. In doing so he also ensured that Box Hill won the Winter Championship for the first time ever, since the Cross Country and Road Championships merged 28 years ago. Box Hill last won a Winter Cross Country or Road Championship in 1979, so this was an extra special occasion.

Congratulations to all our Winter athletes and their coaches who combined so well throughout the long season to ensure such a stunning result.

Probably just as pleasing was the victory we scored by finishing seventh in Division 3 which ensured the Division 3 Winter Championship was also ours. Team members Andrew Nagle, Steve Griffin, Scott Boxshall, Nic Baggott and Adrian Vincent acquitted themselves well to place seventh, in a team depleted somewhat by illness and injury.

Our Division 5 team finished 10th to secure fourth place for the season. We didn't start a Division 7 team, and so we finished 10th overall for the season.

Without John Meagher and Graeme Olden, and with Chris O'Connor sporting a calf injury and unable to exert pressure on his competitors, our Over 40 team had their leanest competition for the season in sixth position, meaning a clear second place for the year (with two victories and three silver medal placings meaning a successful year, if not the championship).

Our Under 20 men excelled themselves yet again, with another victory.

Congratulations to Josh di Stefanis, Mark Poli and Michael Dowel on their performance, securing the gold medal and the Winter Championship, an outstanding effort. Stuart Watson was unavailable due to injury, and he has contributed to this exceptional result in a major way as well.

Our Under 20 men recorded five wins and two seconds for the season with one DNS and they won the Championship from Western Athletics by six points.

We fielded two Under 18 teams and Daniel Balassone, Kyle Martin-Alcaide and Anthony Alosio performed well to finish fourth, just 20 seconds out of a bronze medal. The second team also ran well, with Danny Schneider, Mitchell Milnes and Johnathon Tree combining to place 10th in the race.

The Under 18 team placed 9th in the Winter Championship in their age group.

Our women's teams performed soundly. Our Division 1 team placed 8th with Emma Steer recording the fastest leg in 15:13. The Division 1 team secured overall 6th position in the

Winter Championship. The Division 2 team placed 12th with Megan Sloane running the fastest leg in 16:06.

The Division 2 Women's team finished equal 12th for the season and will be relegated to Division 3 in 2009.

Our Under 20 Women finished seventh, with Coreena Cleeland running the fastest lap in 15:13.

Chris O'Connor, Graeme Olden, Rob Falkenberg and Julie Milner offered great support and leadership behind the scenes throughout the season and we have all been rewarded with our best Winter finish in 30 years. In short, a fabulous result for Box Hill Athletic Club and a richly deserved one which all people who have contributed to can take credit and pleasure from.

#### 2008 Men's Team Performances: The Tan Relays

##### Division 1 Individual Performances

Leg	Runner	Lap time	Race Position	Leader's time	BH time
1	Luke Yeatman	11:43	9	11:01	11:43
2	Navin Arunasalam	12:25	9	22:27	24:08
3	Matt Coloe	11:37	7	34:20	35:45
4	Steve Kelly	11:52	7	46:28	47:37
5	Daniel Clark	11:38	4	58:34	59:15
6	Andrew White	11:13	2	70:08	70:28

##### Division 1 Placings

1. Geelong 70:08
2. Box Hill 70:28
3. Glenhuntly 70:45
4. Knox 70:50

##### Leading Times (Open)

Liam Adams	Athletics Essendon	11:01
Duer Yoa	Ballarat City	11:09
Clint Perrett	Sandringham	11:10
Toby Rayner	Glenhuntly	11:11
Andrew White	Box Hill	11:13
Craig Huffer	Glenhuntly	11:17
Nicholas Wightman	Geelong	11:18
Daniel Hornery	Sandringham	11:19
Luke Hurring	Knox	11:21
Ben Toomey	Knox	11:23
Matt McDonough	Geelong	11:24
Lee Troop	Geelong	11:26
Tyson Popplestone	Ballarat City	11:28
Tom Fawthorpe	Ringwood	11:28
Adrian McGregor	Nunawading	11:31
Matthew Brown	Essendon	11:33
Jamie Huggett	Ballarat YCW	11:34
Steve Moneghetti	Ballarat YCW	11:34
Daniel Clark	Box Hill	11:35
Mitchel Brown	Essendon	11:36
Matt Coloe	Box Hill	11:37

#### Division 3 Box Hill Times

Andrew Nagle	13:42
Steve Griffin	13:13
Scott Boxshall	15:08
Nic Baggott	14:38
Adrian Vincent	13:04

#### Division 3 Placings

1. Melbourne Uni	64:40
2. Knox	65:05
3. Western Aths	65:55
7. Box Hill	69:54

#### Division 5 Box Hill Times

Adam Pepper	15:58
Russell Clowes	14:37
Dave Stevens	16:26
Dave Boyd	20:07

#### Division 5 Placings

1. Oakleigh	52:30
2. Melbourne Uni	53:44
3. Bendigo	54:11
10. Box Hill 6	6:59

#### 40+ Division Box Hill Men's Times

Dave Ayers	13:59
Andrew Tunne	16:18
Chris O'Connor	17:09

#### 40+ Division Placings

1. APS	38:04
2. Ballarat City	40:15
3. Bendigo	41:44
=6. Box Hill	47:43

#### Under 20 Box Hill Men's Times

Josh di Stefanis	12:27
Mark Poli	12:39
Michael Dowell	12:38

#### Under 20 Men's Team Placings

1. Box Hill	37:44
2. Western Aths	39:45
3. Doncaster	42:10

#### Under 18 Box Hill Men's Times

##### Team 1

Daniel Balassone	13.30
Kyle Martin-Alcaide	12.10
Anthony Alosio	12.20

##### Team 2

Danny Schneider	14.01
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Mitchell Milnes 13.28  
Johnathon Tree 15.53

#### Under 18 Men's Team Placings

1. Ballarat YCW 37:00  
2. Essendon 37:02  
3. Knox 37:40  
4. Box Hill 38.00  
10. Box Hill 43.22

#### 2008 Women's Team Performances

##### Division 1 Women's Times

Emma Steer 15:13  
Talitha Crawford 15:42  
Emily de Luca 15:44  
Kate Ackland 16:06

##### Division 1 Women's Team Placings

1. Knox 54:08  
2. Glenhuntly 55:42  
3. APS 57:59  
6. Box Hill 62:45

##### Division 2 Women's Times

Megan Sloane 16:06  
Margie Conley 16:12  
Rebecca Lau 16:10  
Suzanne Andrews 16:53

##### Division 2 Women's Team Placings

1. Knox 56:20  
2. Doncaster 58:58  
3. Traralgon 59:16  
10. Box Hill 65:27

#### Under 20 Women's Team

Harriet Hodgkinson 16:50  
Ali Wilson 17:15  
Coreena Cleland 15:13

#### Under 20 Women's Team Placings

1. Sandringham 42:26  
2. Wellington 45:06  
3. Frankston 45:44  
7. Box Hill 49:18