

Box Hill Athletic Club Winter Bulletin 2009 No. 02

Monday 20 April 2009

UPCOMING EVENTS

May 1	Presentation night at the Clubrooms
May 2	Club 5k handicap, Gardiners Creek, Box Hill South
May 9	Cross Country Championships, Lardner Park, Warragul
May 30	Road Race Championships, Sandown Racecourse

PRESENTATION NIGHT, PRESENTATION NIGHT, PRESENTATION NIGHT!

On Friday, May 1 the clubs annual presentation night will be held upstairs at the clubrooms. We urge all members to come along to congratulate those who have earned awards and to celebrate a successful year for the Box Hill Athletic Club

GOOD START TO THE YEAR AT THE CROSS COUNTRY RELAYS

Box Hill entered eleven teams across the different divisions in the cross country relays at Jells Park last Saturday, finishing with four 2nd placings and four 3rd placings. Although we failed to win any of the open or age group divisions, it was a solid start to what promises to be good winter season for Box Hill. In an exciting men's division 1 race, Chris Hamer started the sixth and final leg in third place, 79 seconds behind the leading team. He finished in second place, just 14 seconds short of victory. Box Hill men also finished second in division 2 and divisions 5, third in divisions 7 and over 40 and fourth in the under 20 and under 18 competitions. Our women's teams also performed well, finishing fifth in division 1, second in division 3 and third in division 4. The under 18 girls also finished third to pick up a bronze medal. There were a number of runners unavailable on Saturday and we expect our teams to perform even better when all our athletes are available. Special thanks to Steve Griffin and Mrs. Griffin and to David Boyd who helped the club by acting as officials and to all those who helped with time keeping. See below for individual times and Ian Sloane's extensive report.

CLUB 5K HANDICAP - GET YOUR ENTRIES IN NOW!

The annual Club 5km handicap race will be held at its usual location, starting at the Bennetswood Bowls Club car park at 1:00pm on Saturday week, May 2. Let us know if you are planning to run, and tell us your age, recent best times and expected finish time so that a handicap can be allocated. Everyone is welcome to race, run or jog around the course. The event will be followed by a BBQ Contact a member of the winter competition committee to let us know if you will be running. Winter competition committee:

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 0410 490 630 email: coconnor@swin.edu.au

CANBERRA MARATHON

Congratulations to Box Hill members who performed well in the Canberra Marathon on the weekend. The Canberra marathon also incorporates the Australian 50km championship. New members, Mai Tagami, June Petrie and Bert Pelgrim all put in excellent performances. Mai was third in the marathon in a time of 2:47:04 June was 10th in the marathon (3:09:46) then went on to finish 2nd in the 50km event in a time of 3:46.41 In the men's race Bert Pelgrim was 18th in the marathon (2:47:35) but continued to finish 4th in the 50k race in a time of 3:26:28. Andrew Letherby also ran the event finishing in 10th place (3:33:47)

SOUND BEGINNING TO WINTER SEASON FOR BOX HILL AT JELLS PARK IN CROSS COUNTRY RELAYS

The Cross Country Relay meeting was conducted at Jells Park near Glen Waverley on Saturday April 18. Box Hill entered four senior men's teams, an Under 20 men's team, an Under 18 men's team, a 40+ team, three senior women's teams, and an Under 18 women's team. All teams performed well, with most placing second, third or fourth. However, we couldn't win any divisions or age group races, which was a little disappointing. Nevertheless, it was a very steady start to the season, and when a number of athletes, who were unavailable on Saturday, return from injury or other reasons, we will perform even more strongly.

Last year, Box Hill placed second in the Division 1 race, being defeated by Geelong in the last leg. This year's race looked to be more open, though we did expect Box Hill to challenge for victory. Opponents Glenhuntly, Geelong, Knox, Sandringham and Ballarat YCW all looked to have chances and Essendon which had recruited well, also looked likely to improve from 2008.

The race got under way with Clint Perrett running for Sandringham, in very good form, with Andrew White running our first leg of the two lap course. The course charges down hill from the start before moving through a series of dog legs over undulating ground, and then runners face a long grinding up hill section, running past the kiosk, around a playground area, with a fast downhill part to the finish. Each loop of the course is 3000 metres. Perrett opened up a big lead running a very fast 8:35 for the first lap. Andrew White, running very strongly, was holding second, with Duer Yoa (Eureka, a Division 2 team) in third position, Ballarat YCW were the next team 26 seconds behind Box Hill and were locked together with Doncaster. Glenhuntly and Knox were also close up. At the conclusion of the first leg, Clint Perrett had extended his lead running the extremely fast time of 17:25, a sensational effort. Andrew White also ran a brilliant leg, easily cracking the tough 18 minute barrier, in running 17:51. This had Box Hill in clear second position. Following on were Glenhuntly and Knox together, with Ballarat YCW (BYCW) a little further back.

Barry Lynch was selected to run our second leg and he immediately got to work. At the end of his first lap, he remained in second place, behind Paul Martinico who extended Sandringham's lead by 18 seconds.

Barry held a 35 second lead over BYCW which was 4 seconds ahead of Craig Semple from Glenhuntly. Barry tried to maintain his momentum in the concluding stages of his second lap, but was overtaken by Geelong's Mark Tucker who ran a great leg to bring Geelong to be 52 seconds behind Sandringham, in the lead, with Box Hill 3rd, 17 seconds ahead of Doncaster, just ahead of BYCW and Glenhuntly. There was a great deal of movement in the team positions at this stage of the race. Luke Yeatman was the next Division 1 athlete and he ran off confidently. At the conclusion of the third leg, Sandringham remained in front, with Glenhuntly moving from sixth to second, 38 seconds behind the leaders. Geelong's team was holding third position four seconds behind Glenhuntly, with Box Hill, fourth, a further seven seconds behind.

Ballarat YCW and Doncaster were not far behind our team.

After one lap in this leg, Matt Coloe managed to get Box Hill into second place, one second behind Sandringham and level pegging with Glenhuntly, which had the same split time as Box Hill. However, Shane Nankervis (BYCW) was looming behind these three clubs, and he ran a tremendous second lap, overtaking every other team in the fourth leg, passing to Steve Moneghetti (BYCW) with a 31 second lead. Glenhuntly, second, drew ahead of Geelong with Box Hill, fourth. At the end of this leg, we were 31 seconds behind second place.

Steve Kelly ran fifth for Box Hill and immediately set out to catch the teams in front. He ran a very solid first lap, passing Geelong and holding off Sandringham to be 35 seconds behind Glenhuntly after his first lap. Moneghetti led the field by 33 seconds. Steve Kelly held it together really well in the concluding stages of his second lap recording the third fastest Box Hill time of the day, and excellent 18:36. Moneghetti handed over to the BYCW runner 36 seconds ahead of Glenhuntly, with Box Hill 43 seconds behind in third place. Sandringham and Geelong dropped out of contention in the fifth leg.

Chris Hamer ran a great last leg. He took off with a deficit of 79 seconds behind the leader and 43 seconds behind second-placed Glenhuntly. After his first lap, one of the quickest of the day, he was only 36 seconds behind Ballarat YCW having already caught Glenhuntly's final runner. Urged on by

Box Hill team mates he continued to peg back his BYCW opponent. However, his rival had just enough of a buffer which Chris was unable to bridge and Ballarat YCW reached the finish line just 14 seconds in advance of Chris Hamer's final charge down the long hill to the finish line. The BYCW athlete collapsed to the ground such was the effort he expended to hold off Chris's finishing burst. Ballarat YCW deserves congratulations for their win, particularly their final three runners who managed somehow to stay in front. Chris's time was one of the fastest of the day, equaling Andrew White's excellent opening leg of 17:51. Glenhuntly held onto third place, 64 seconds behind our team, with Sandringham fourth, Geelong fifth and Essendon sixth, anchored by the fast finishing Liam Adams.

Box Hill's Division 2 team ran exceptionally well to place second, behind Eureka. Eureka's time would have been good enough for seventh place in Division 1 and they were missing a couple of their top runners. Daniel Clark ran the fastest time of 19:13. Anthony Aloisio recorded the brilliant time of 19:29, a tremendous effort for an Under 18 runner. John Meagher also ran under 20 minutes, recording 19:47. Michael Dowel, another Under 18 athlete, also did well running 20:45.

Box Hill finished second in Division 5 with Chris O'Connor and Andrew Nagel being the standout performers. Our Division 7 team placed fourth but will take third place points as the team just in front was competing by invitation. The Over 40 men's team won the bronze medal. The Under 20 team was placed fourth. The Under 18 team was placed fourth and were unlucky not to win the bronze medal, being credited with the same time as the third placegetters. Tom Potter ran a brilliant lap being timed at 9:34, a mighty effort for an Under 18 athlete. Other team members, Jonathan Tree and Mitchell Dyer, were impressive in their efforts too.

Our women's teams had their best results for some years. Division 1 came fifth with a very fast leg recorded by Rachel Johnson (21:54).

Division 3 was second with Tracey Taylor recording the quickest leg (25:12). Our Division 4 team came third with Liz Dobson the fastest runner (27:17). Eloise O'Brien (11:49) got the Under 18 Women's team off to a good start and the girls won the Bronze medal. Amy Carrig also ran a fast lap (11:58).

Thanks to club members and parents who assisted with registration, managed teams and did official duties for your help.

Also a special member to those athletes who competed for Box Hill for the first time on Saturday. Welcome to Julie Norney, Tracey Taylor, Charmain McNally, Eloise O'Brien, Stuart Downes, Jonathan Love, Peter Stefanos and Chaai Kathirasan. Welcome back to Alex De Greenlaw and Prue Healy who have been absent from the club for a number of years.

Cross Country Relay Team Results 2009 Jells Park.

MEN DIVISION 1

Andrew White	17:51
Barry Lynch	19:16
Luke Yeatman	19:19
Matt Coloe	19:13
Steve Kelly	18:36
Chris Hamer	17:51

Division 1 Team Results

1. Ballarat YCW	111:52
2. Box Hill	112:06
3. Glenhuntly	113:10
4. Sandringham	114:26
5. Geelong	115:21

MEN DIVISION 2

Jonathan Love	20:52
Daniel Clark	19:13
John Meagher	19:47
Josh de Stefanis	21:31

Michael Dowel 20:45
Anthony Aloisio 19:29

Division 2 Team Results

1. Eureka 118:38
2. Box Hill 121:37
3. Glenhuntly 124:28

MEN DIVISION 5

Stewart Downs 22:32
Alex de Greenlaw 22:06
Chris O'Connor 21:05
Andrew Nagle 21:25

Division 5 Team Results

1. Doncaster 126:08
2. Box Hill 127:12
3. Bendigo 127:52

MEN DIVISION 7

Andrew Tunne 27:41
Russell Clowes 23:14
Talitha Crawford 26:45
Graeme Olden 23:17

Division 7 Team Results

1. Frankston 91:16
2. Waverley 92:54
3. Box Hill 101:29

MEN OVER 40

Bill Dyer 23:34
Dave Stevens 28:02
Peter Stefanos 25:28

O/40 Division Team Results

1. APS United 63:54
2. Bendigo 68:54
3. Box Hill 77:04

MEN UNDER 20

Jackson Dyer 22:53
Chaa Leilaa 23:22
Daniel Balassone 21:06

U/20 Division Team Results

1. Ballarat YCW 58:52
2. Keilor St Bernard 61:08
3. Ringwood 64:25
4. Box Hill 67:21

MEN UNDER 18

Mitchell Dyer 10:41
William Potter 9:34
Jonathan Tree 10.31

U/18 Division Team Results

1. Knox 28:27
2. Frankston 29:20
3. Essendon 30:46

4. Box Hill 30:46

WOMEN DIVISION 1

Rachel Johnson 21:54

Kate Ackland 24:40

Prue Healey 25:10

Julie Norney 23:21

Team results

1. Knox 87:28

2. Glenhuntly 90:37

3. APS United 92:49

4. Melbourne Uni 94:31

5. Box Hill 95:18

WOMEN DIVISION 3

Megan Sloane 26:31

Tracey Taylor 25:12

Margie Conley 26:21

Team results

1. Knox 77:07

2. Box Hill 78:04

3. Eureka 78:45

WOMEN DIVISION 4

Liz Dobson 27:17

Kerry Putt 27:31

Charmaine McNally 28:10

Team results

1. Glenhuntly 80:27

2. Run in the Burbs 82:33

3. Box Hill 83:00

WOMEN UNDER 18

Eloise O'Brien 11:49

Amelia Savige 13:04

Amy Carrig 11:58

Talea Booth 15:03

Team Results

1. Essendon 33:27

2. Ballarat YCW 34:38

3. Box Hill 36:51