

**Box Hill Athletic Club Winter Bulletin 2009 No. 04**  
**Wednesday 6 May 2009**

## **UPCOMING EVENTS**

Saturday, May 9 Cross Country Championships, Lardner Park, Warragul  
Saturday, May 30 Road Race Championships, Sandown Racecourse  
Saturday, June 20 Road Race Championships, Ballarat

## **LARDNER PARK CROSS COUNTRY THIS SATURDAY**

The next event of the AV winter XCR'09 season will be the cross country championships at Lardner Park near Warragul, on this Saturday, May 9. We are expecting some good performances over the challenging course and hoping to notch up Box Hill's first team win of the season.

Program:

1:20pm: Under 14 men and women, 2km  
1:30pm: Under 18 and Under 20 men, 4km  
1:50pm: Under 16, Under 18, Under 20 women and Under 16 men, 3km  
2:10pm: Men Open, 8km  
2:50pm: Women Open, 4km

Contact a member of the winter competition committee if you have any questions. Winter competition committee:

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## **PRESENTATION NIGHT**

Congratulations to all the athletes who won awards at the presentation night last Friday. In particular our Athletes of the Year, Blake Lucas, Kate Ackland and Bridget Aughton.

## **GREAT TRAIN RACE**

Congratulations to Michael Dowel who won the under 18 section of the Puffing Billy Great Train Race in the Dandenongs on Sunday. This was a terrific performance from Michael who finished in 8th place overall.

## **CLUB 5K HANDICAP**

The club 5k handicap was a great success this year, with most of the 42 starters staying for the BBQ afterwards. Holly Baxter and Melanie Adams soon caught the front marker, Rosie Ditton, with Simon Evans young sons, Liam and Callum staying near the front. Holly was first across the line ahead the Evans boys, Mel Adams and Dave Stevens. Andrew White ran the fastest time for the day (15:32) then jogged back to the start and ran another hard 5k! Julie Norney was the fastest woman with a time of 18:34. Thanks to Ian Sloane for organising the handicaps and taking finishing times, to Kate Beever for preparing and cooking the BBQ and to Megan Sloane for supplying her delicious scones. See below for Ian Sloane's comprehensive report.

## **BOX HILL CLUB 5K HANDICAP 2009 - REPORT**

This year was the 18th time this race has been contested. The Bennettswood course was set by Graeme Olden again in the morning. The course is run over about one and a half laps of the track on either side of Gardiner's Creek.

There were over 60 entries by the time entries closed on Wednesday night, and a number of other starters indicated their intention to run after that deadline.

42 starters set out in very good conditions. Thanks to Mark Stewart's enthusiasm, there was a very large contingent of Box Hill Pole Vaulters present, most of whom departed within four minutes of the start. At the conclusion of the first (partial lap) Five athletes looked to be the possible winners, including Holly Baxter, Melanie Adams, Dave Stevens, Julie Norney and Chris O'Connor an outside chance.

Holly Baxter finished well in front of the field, with Melanie Adams being the second Box Hill member across the line. Melanie ran well under her estimated time. Both the Evans boys ran well for underage runners.

Dave Stevens ran significantly faster than his previous year's effort and finished in 5 place, with Eloise O'Brien next across the line.

Other notable efforts included Megan Sloane who turned the clock back, recently joined member Julie Norney, who recorded a Personal best for 5000 m, June Petrie who backed up after recently running a 50 km race in Canberra, and Andrew White who recorded the fastest time of the day in running 15 m. 32. Special mention must be made of the exceptional performance of Rosie Ditton in this year's event. For the first time Rosie broke the 28 m. 00 handicap threshold and ran the whole way; a most impressive effort.

Mark Stewart also impressed running within 5 seconds of his predicted time. His finishing visage probably wouldn't have sold newspapers, but his time was up to near his best. And Joel Pocklington appeared destined, at one stage to challenge performances at the lower end of the continuum. Next year's handicap mark for Joel will no doubt reflect his nearly 27 min. achievement.

We experienced technical difficulties with the placings after 12th and before 34th. Using excellent detective work, Colin Organ ensured that the results were reconstructed after the race and we believe that we have managed a 95% level of accuracy. So many runners finished at or around the same time that the recorders were simply unable to write names down quickly enough. Colin Organ made a splendid effort in managing to get the finishing time of each placegetter, and we then had to match who finished in front of and behind each participant, a task complicated by the disappearance of a number of runners immediately after the race.

We will adopt a different approach next year, and will probably employ a video camera at the finish to assist in getting places and times right.

Kate Beever very generously organised the ingredients for the post-race barbecue and cooked it as well. Thanks, Kate. Megan Sloane also cooked her usual post race contribution as well, which was also appreciated, especially by the hungry pole vaulters. Thanks to Chris O'Connor for his administrative assistance, Graeme Olden for setting up the course and to Colin Organ and Cam Sherry for their assistance at the finish and with recording.

### **Finishing order**

Place	Name	Elapsed time	Handicap	Actual time
1	Holly Baxter	24:25	1:30	22:55
2	Callum Evans	25:37	?	?
3	Melanie Adams	26:01	1:30	24:31
4	Liam Evans	26:02	?	?
5	Dave Stevens	26:27	4:45	21:42
6	Eloise O'Brien	26:49	6:30	20:19
7	Megan Sloane	27:09	6:30	20:39
8	Julie Norney	27:19	8:45	18:34
9	June Petrie	27:23	7:50	19:33
10	Simon Evans	27:28	5:30	21:58
11	Olivia Turnbull	27:29	4:45	22:44
12	Breanne Cross	27:34	4:45	22:49
13	Talitha Crawford	27:37	6:30	21:07
14	Chris O'Connor	27:39	10:30	17:09
15	Rosanna Ditton	27:40	0:00	27:40
16	Andrew White	27:42	12:10	15:32
17	Peter Stefanos	27:43	7:30	20:13
18	Kate Ackland	27:45	7:20	20:25
19	Cameron Baker	27:50	6:55	20:55
20	Coreena Cleeland	27:51	7:00	20:51
21	Kerry Putt	27:53	6:05	21:48

22	Sam Dipnall	27:57	11:35	16:22
23	Alex Pocklington	28:01	1:30	26:31
24	Graeme Olden	28:04	9:00	19:04
25	Mark Stewart	28:05	2:50	25:15
26	Bert Pelgrim	28:15	10:30	17:45
27	Stewart Downs	28:17	9:35	18:42
28	Chaii Leilaa	28:19	9:30	18:49
29	Blake Lucas	28:21	4:00	24:21
30	Rosie Cleeland	28:25	7:00	21:25
31	Margie Conley	28:36	6:50	21:46
32	James Filshie	28:42	4:45	23:57
33	Jack Hill	29:02	8:00	21:02
34	Michael Dowel	29:04	11:35	17:29
35	Brodie Cross	29:06	8:45	20:21
36	David Jimenez	29:23	10:10	19:13
37	Liz Dobson	30:14	6:05	24:09
38	Braeden Cross	30:17	7:50	22:27
39	Dave Cross	30:18	6:10	24:08
40	Matei Tzvetanot	30:50	4:40	26:10
41	Joel Pocklington	34:26	7:30	26:56

Fastest time: Andrew White