

Box Hill Athletic Club Winter Bulletin 2009 No. 05

Monday 11 May 2009

UPCOMING EVENTS

Saturday, May 30 Road Race Championships, Sandown Racecourse

Saturday, June 20 Road Race Championships, Ballarat

MOTHERS DAY CLASSIC

Congratulations to Nikki Chapple who was the first woman across the line in the Mothers Day Classic fun run on Sunday. A number of other Box Hill athletes took part, with Heidi Riordan finishing 7th and Emma Steer 12th.

MORE RESULTS FROM THE GREAT TRAIN RACE

In addition to Michael Dowel's great run in the train race last week, a number of other Box Hill athletes participated. Particularly note worthy was the performance of Mai Tagami, who was the fourth woman in a time of 50:40 over the hilly 13.2km course.

SANDOWN 10K ROAD RACE

The next event on the AV winter calendar is the 10k road race at Sandown on Saturday, May 30. The men, women and under 20 men will race together over the 10km course. There is a 3km road event for the junior age groups. This is a popular event around the Sandown motor race circuit and we hope that Box Hill will have its biggest entry list for the year in this event. Contact a member of the winter competition committee if you have any questions about this event. Winter competition committee:

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BOX HILL TRIUMPHS AT WARRAGUL

With 4 runners in the top 10, Box Hill's division 1 men's team easily won the teams event in the cross country event at Lardner Park on Saturday. Andrew White placed 4th, Chris Hamer 5th, Steve Kelly 7th and Daniel Clark 10th. Other highlights of the day include a great performance by our women's team, finishing 2nd (we believe, official results are not yet available), a 4th place finish by Michael Dowel in the under 18 boys event and also a 4th place by Eloise O'Brien in the under 18 girls. See www.athsvic.org.au for the video coverage of the event

See below for Ian Sloane's extensive report.

Box Hill Wins First Cross Country Race of the Season and Box Hill Women Perform Brilliantly as Well

The Victorian 8 K Championship was held at Lardner Park near Drouin.

This is a very tough course with fences to jump, ditches, a variety of surfaces to run across and some gut-busting tough hills to negotiate.

The men run two laps and the women run one lap. Last year Box Hill dominated the race, bringing a great deal of joy to supporters and spectators. This year was no different. Box Hill's men's and women's teams ran and performed brilliantly. There was a stream of grey singlets with the white horse at the top end of the field in the men's race, even without Steve Dinneen's presence (he is training and living in Kenya at the moment). The start was a ferocious sprint to get to a narrow drive way and then onto the first hill, a tough one too! Our leading runners positioned themselves really well. In a race reminiscent of last year's wonderful performance there were 5 Box Hill athletes in the top 16 at the conclusion of the first lap and John Meagher anchored the Division 1 team in 36th position, with Adrian Vincent just behind him in 45th position. Ahead of them were Chris Hamer, 3rd, Andrew White, 4th, Steve Kelly 6th, Matt Coloe 13th and Daniel Clark 16th. Clint Perrett Sandringham had opened a long lead of perhaps 80 metres over Duer Yoa, Eureka, in second place with Toby Rayner, Glenhantly 5th. We had three of the top six positions and were looking great. Other runners who were going well

included Luke Yeatman, 12 seconds behind Adrian Vincent, Chris Papadakis, (running by invitation), recently joined member, Chris Bradford, Navin Arunasalam, Josh de Stefanis, Bert Pelgrim and Andrew Nagle. Also representing Box Hill in an excellent team turnout were Chris O'Connor, Graeme Olden, Russell Clowes, Dave Stevens and Andrew Tunne.

When runners appeared on the skyline, with 600 metres left to run, Perrett had extended his lead over the field, with Toby Rayner running through the field, passing those who had been in front of him to take second spot, clear of Duer Yoa. Then followed Andrew White, fourth, Chris Hamer fifth, Krewitz, Glenhuntly, and Steve Kelly seventh. Daniel Clark ran a magnificent second lap to place 10th and shortly after Matt Cole finished in 19th position. John Meagher, 32nd, and Adrian Vincent, 39th, both ran a great second lap too, picking up 4 and 6 places respectively. Andrew White is in brilliant form at present and both Chris Hamer and he could consider themselves unlucky not to stand on the podium. Special mention must be made of Steve Kelly's run. He ran out boldly in the first lap to be in contention and he held it together superbly in the second lap in what must be one of his best ever efforts. Well done Steve. It was also exciting to see Adrian Vincent getting in to top form and he will surely improve further as he gets fitter. John Meagher's effort was remarkable too, placing 1st in the 45-49 age group, and Box Hill clearly won the Division one team's section. Luke Yeatman showed that he was very fit at the Cross Country relays and his 68th placing was not indicative of his races yet to come. Navin Arunasalam ran a good race and was followed in not long after by Chris Papadakis and Josh de Stefanis.

Bert Pelgrim, silver medallist in the 50-54 age group, and Andrew Nagle finished together, both running well, in advance of Chris Bradford and Chris O'Connor, who was fifth in the 45 – 49 age group. Box Hill clearly won Division 1 from Glenhuntly and Geelong. Eureka won Division 2 from Box Hill.

The women's race produced a great result for Box Hill, and the team managers and administrative support members cannot remember when Box Hill placed in the women's Division 1 or A grade. It is possible that is Box Hill Women's club's best ever result. The one lap course attracted fewer starters than the men's race, but the sprint to the first hill was no less intense. Newly joined member Mai Tagami was prominent early and was closely attended by Rachel Johnson who is in even better form this year than she was in 2008. Susie Michelsson, Collingwood, eventually broke clear of Kate Seibold-Crosbie, with Kathryn Ewels, Traralgon, placing third ahead of Tarli Bird, Glenhuntly, and Isabella de Castella, APS. Knox was not well represented in the women's division, which is an unusual occurrence, so there were opportunities for other athletes and clubs. Mai Tagami unleashed a tremendous sprint but narrowly failed to catch her Diamond Valley opponent, finishing in 12th place, with Rachel Johnson a further eight seconds behind in 13th position. Julie Norney, recently joined, is running in the best form of her life and she placed 21st with June Petrie, also recently joined, a further 12 seconds behind. Julie won the bronze medal in the 40-45 age group and June won the gold medal in the 45 – 49 age group. Kate Ackland is also very fit and she was Box Hill's fifth athlete across the line 38 seconds behind June, with Margie Conley putting up one of her best Cross Country performances, as well, to dip under the 17 minute barrier by two seconds. Tracey Taylor finished four seconds adrift of Margie and Megan Sloane, who won the silver medal in the 55+ age group, was next over the line. Talitha Crawford and Kerry Putt were not too far behind, completing the Box Hill finishers.

We had a number of junior men and women racing as well. Michael Dowel was prominent in the Under 18 4 k., finishing 11th in the combined U/20 and U/18 race (4th in the under 18 division), a little over a minute behind the winner. Chaai Kathirasan placed 14th in the under 20s, while James McNiece was 32nd in the under 18s.

Eloise O'Brien ran a terrific race in the combined under 16, 18 and 20 women's 3k event to finish 4th in the under 18s. It was good to see Penny Townshend returning to competition, coming in 15th position in the under 18s, while Amelia Savige finished 26th in the under 16s.

At the time of writing, official team placings had not been calculated or released, but it appears certain that Box Hill has won Men's Division 1, placed second in Division 2 and probably won Division 5. In the women's section, it appears that Box Hill has snuck into second place in Division 1 by the narrowest imaginable margin and won Division 3. Confirmation will be provided when the teams race results are posted on the AV web site. Overall, these are great team results and it was an excellent day for Box Hill.

Open Men's results

Name	Club	Place	Finishing time
Clint Perrett	San	1	24:34
Toby Rayner	GH	2	25:00
Duer Yoa	Eur	3	25:08
Andrew White	BH	4	25:21
Chris Hamer	BH	5	25:30
Sean Kravitz	GH	6	25:34
Steve Kelly	BH	7	25:43
Daniel Clark	BH	10	25:49
Matt Coloe	BH	19	26:20
John Meagher	BH	32	27:11
Adrian Vincent	BH	39	27:33
Luke Yeatman	BH	69	28:31
Navin Arunasalam	BH	78	28:46
Chris Papadakis	Inv	88	29:11
Josh de Stafanis	BH	89	29:13
Andrew Nagle	BH	105	29:41
Bert Pelgrim	BH	106	29:42
Chris Bradford	BH	116	29:58
Chris O'Connor	BH	133	30:31
Graeme Olden	BH	203	32:36
Russell Clowes	BH	236	33:38
Peter Stefanos	BH	286	35:49
Trent Collins	Inv	324	37:51
Dave Stevens	BH	339	38:46
Andrew Tunne	BH	354	40:09

Unofficial team placings

Division 1

1 Box Hill	77
2 Glenhuntly	170
3 Geelong	197
4 Essendon	235
5 Sandringham	264
6 Collingwood	338
7 Ballarat YCW	345
8 Knox	347

Division 2

1 Eureka	299
2 Box Hill	486
3 Waverley	522

U/20

Chai Kathirasan	14th	15:52
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U/18 4 k.

Michael Dowel	4th	13:39
James McNiece	32nd	21:06

Open Women's race

Name	Club	Place	Finishing time
S. Michelsson	Coll	1	14:02
K Seibold-Crosbie	San	2	14:04
K. Ewels	Tra	3	14:19
T. Bird	GH	4	
I. de Castella	APS	5	
Mai Tagami	BH	12	15:05

R. Johnson	BH	13	15:14
Julie Norney	BH	21	15:37
June Petrie	BH	24	15:50
Kate Ackland	BH	34	16:26
Margie Conley	BH	47	16:58
Tracey Taylor	BH	50	17:03
Megan Sloane	BH	67	17:33
Talitha Crawford	BH	71	17:42
Kerry Putt	BH	90	18:21

Unofficial Team Placings

Division 1

1 APS	52
2 Box Hill	70
3 Knox	71
4 Melbourne Uni	72
5 Glenhuntly	184

U/18 3K

Eloise O'Brien	4th	11:50
Penny Townsend	15th	12:55

U/16 3 K

Amelia Savige	26th	13:24
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