

## **Box Hill Athletic Club Winter Bulletin 2009 No. 08**

**Monday 1 June 2009**

### **UPCOMING EVENTS**

Saturday, June 20 Road Race Championships, Ballarat  
Saturday, June 27 Working Bee at Box Hill  
Saturday, July 4 Harcourt to Bendigo Relay  
Wednesday, July 8 BHAC Annual General Meeting

### **BOX HILL WOMEN TRIUMPH AT SANDOWN**

Nikki Chapple ran brilliantly to win the women's 10km championship at Sandown in a time of 32:38 and lead the Box Hill women's team to their first win in Division 1 in many years. Other outstanding performances included a 5th placing by Hanny Allston in the women's race, 2nd place by Michael Dowel in the under 18s, 2nd place to June Petrie, Megan Sloane and Bert Pelgrim and 3rd place to Julie Norney, in their respective age groups. Our Division 1 men's team was weakened by injury and illness but still finished in 2nd position.

See below for Ian Sloane's comprehensive report.

Go to <http://www.athsvic.org.au/> for athsvicTV coverage of this event.

The next event on the AV winter calendar (XCR'09) is the 15km road race at Ballarat (5km for juniors) on Saturday, June 20.

Contact a member of the winter competition committee if you have any questions about this event.

Winter competition committee:

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Chris O'Connor 0410 490 630 email: [coconnor@swin.edu.au](mailto:coconnor@swin.edu.au)

### **MOVIE NIGHT!**

At the end of June, Blake Lucas and Joel Pocklington will be heading to Serbia to represent Australia in the World University Games. They have organised a movie night to help raise funds to cover some of their costs. All club members and friends are welcome and urged to attend.

Contact Joel or Blake, or let us know via return email if you will be attending. Details below.

Joel & Blake's Sweet As Movie Night

Host: Joel Pocklington & Blake Lucas

Type: Causes - Fundraiser

Date: Sunday, June 21, 2009

Time: 6:00pm - 9:30pm

Location: Balwyn Cinema, 231 Whitehorse Rd, Balwyn

At the end of June, Joel and Blake are heading off to Serbia to snap it up at the World Uni Games. Unfortunately it kinda costs heaps, heaps which we're struggling to get together on our own. So we thought hey, people like movies, and people like food. Lets combine the two, get some mates along and have a sick time! We'll be seeing The Hangover (trailer here <http://www.traileraddict.com/trailer/the-hangover/trailer> ). Even if you think "oh man yeah I'd be up for it but nah don't wanna see that movie" change the view around and say "yeah look I don't really wanna see that movie but oh man yeah I'm full on up for it! Because it'll be an experience of an afternoon!"

Tickets: \$20 adults, \$15 students. Pay on arrival but lets us know by the 18th June if you're in on the action or out, just so that the cinema can hook us up with the right number of tickets!

Full on bring whoever you want and is up for it. The more the full on sweet as merrier! Let's see if we can fill a cinema. That'd be wicked!

# WINTER POLE VAULT COMPETITIONS

Results from winter pole vault competition at Melb Uni

## Men

- 1 Joel Pocklington Box Hill 5.05
- 2 Blake Lucas Box Hill 4.40
- 3 James Fiishie Box Hill 4.25
- 5 Brodie Cross Box Hill 3.25
- 11 Rob Barclay Box Hill 2.50

## Women

- 2 Melaine Adams Box Hill 3.10
- 3 Alex Pocklington Box Hill 3.10
- 4 Rebecca Marchant Box Hill 2.95
- 7 Breanne Cross Box Hill 2.80

## SANDOWN 10K ROAD RACE - A GREAT DAY FOR BOX HILL WOMEN - STRONG TEAM EFFORT FOR BOX HILL MEN

Nikki Chapple dominates to win Women's 10 k. with new Member Hanny Allston third Brilliant run from Michael Dowel in Under 18 10 k. to win Silver

The premier road race in Victorian Athletics was held at Sandown on Saturday 30th May. The 10 k road race attracts prize money and interstate competitors. Box Hill AC assembled very strong men's and women's fields, although there were several withdrawals on the day due to injury and illness. The men's and women's race is a combined race and is three laps of the 3.1 k. circuit plus the length of the straight. Weather conditions were much better this year than last year, but it was cold and windy, nevertheless. The race started at 2.30 p.m. with the women's and men's starts separated but commencing simultaneously and merging after about 500 metres. Immediately a big group of runners blasted out at the head of the field, including Chris Hamer and Andrew White, hunting up close. Jeff Hunt (NSW), Mark Tucker (Geelong), Jason Woolhouse (Geelong), Harry Summers (NSW), Liam Adams (Essendon), Duer Yoa (Eureka) and the ageless and amazing Steve Moneghetti (Ballarat YCW) were all at the front end of the field along with aspirants who could not sustain the pace which was fast. At the conclusion of the first circuit Andrew White and Chris Hamer were both extremely well-placed. Mark Tucker, in the lead, put in a surge which was not decisive, as it turned out, but showed that he wanted to break the will and resolve of his competitors. Matt Coloe and Barry Lynch were up the front end as well. There was a gap back to Steve Kelly, who was holding around 30th position but with a gap in front of him. Stuart Watson, recovered from injury, ran past the finish line in a large group with Nikki Chapple and Michael Dowel. Adrian Vincent and Josh de Stefanis were next in view. Navin Arunasalam had been forced to pull out with an injury and Chaai Kathhirasan also withdrew. We had a large number of competitors and they were all trying to do their best.

Nikki Chapple was clearly in front in the women's race, and looking extremely strong, accompanied by Stuart Watson. Tara Palm (Invitation) and Cassandra Fien (Wellington) followed Nikki across the line with Melissa Vernon (Invitation) next placed in the women's race. Newly joined club member, Hanny Allston, was prominent as well in the female race, less than 30 seconds behind Nikki Chapple, with Mai Tagami, in 10th position and Rachel Johnson right in the mix at the front end as well. At the completion of the second lap, the leading pack had split up and Hunt, Tucker, still testing the leading runners by varying the pace, Woolhouse, Summers, Adams, Yoa and Moneghetti were clear of the others.

Chris Hamer was holding his form, 10th, close to Kane Willie and Ben Toomey, both representing Knox. Andrew White was four seconds behind in 11th position, with Barry Lynch, 19th, and Steve Kelly 20th, also doing well. A little further back was Matt Coloe. Then followed Nikki Chapple, holding 50th place overall, in a commanding lead in the women's race with Stuart Watson, 51st, still running alongside her. Michael Dowel was 10 seconds in arrears of these two, a great effort for an Under 18 athlete. Adrian Vincent and Josh de Stefanis were plugging away around half a minute behind. In the Women's race, Hanny Allston was still in proximity to the placegetters but a small gap was opening up. Hanny was being chased by Susie Michelsson (Collingwood), 6th, with Rachel Johnson, running very strongly having overtaken Mai Tagami, leading Mai by three seconds. Julie

Norney was also doing well and was the next Box Hill athlete just over 80 seconds down on Mai Tagami. She was followed by June Petrie and Kate Ackland, who made up the Division 3 team. Mark Tucker finally broke clear of the other athletes in the final lap although Jeff Hunt persevered and stuck with him as long as he could.

Mark Tucker's winning time was not particularly fast, and conditions probably influenced this. Jeff Hunt was 13 seconds down in second place with Jason Woolhouse unable to bridge the gap finishing third, five seconds further back. Chris Hamer edged ahead of Ben Toomey in the concluding stages to place 10th. Andrew White placed 14th, 14 seconds behind his club mate, Chris. Barry Lynch performed brilliantly, in one of his best ever races, to claim 15th position. Steve Kelly had a close tussle with a number of athletes in the last lap and placed 25th, 26 seconds down on Barry, with Matt Coloe finishing a further 30 seconds later in 31st position. Adrian Vincent, 68th, completed our Division 1 team. Our Division 2 team was made up of Stuart Watson, 81st, Josh de Stefanis, 87th, Daniel Clarke, 133rd, Bert Pelgrim, 145th, and Chris O'Connor, 148th.

Nikki Chapple maintained her momentum to the finish, winning the championship by 30 seconds from Tara Palm in a very quick time (32:38).

Hanny Allston placed fifth, but because two of the athletes ahead of her were invitees, she won the Bronze medal in the championship, a great result for her and Box Hill. Rachel Johnson, who is in great form at the moment, recorded a PB, 36:11 in placing 14th, and Mai Tagami, 15th, 36:17, also a smart time, completed the Division 1 team.

Julie Norney, who recorded 38 m. 07, ran a Personal Best time in placing 28th, with June Petrie, 44th and Kate Ackland, 57th making up the Division 3 team.

The men's Division 1 team performed well, but was weakened slightly by illness, and finished second behind Geelong. Nevertheless, this was a solid second and we are now clearly in first place in the Division 1 competition. We are determined to repeat the brilliant success of last year when for the first time in 30 years we were the ascendant club in the Winter competition. We claimed second place in Men's Division 2 and believe that we won Men's Division 5 section and probably also won Men's Division 7. The Women's race produced the best ever effort and placing for our team in a brilliant performance. We won the Women's Division 1 competition in an outstanding effort. Long time members Doug Bourne, Chris O'Connor, Graeme Olden, and Ian and Megan Sloane cannot recall a first placing by the Women's team in previous years. It appears that the Box Hill women also won Division 3 and Division 4, such was the depth of the athletes and the quality of their performance. Box Hill sits in third place, two points behind Knox and one point behind APS in the Women's competition in Division 1. In winning the women's race, Nikki Chapple produced an international class time, which will surely lead to better things in the future.

We had a raft of excellent performances in the Masters' age categories. Julie Norney claimed the Bronze medal in her age group.

June Petrie claimed the Silver in her age group and Megan Sloane won the Silver medal in her age category. Chris O'Connor placed 5th in his age category and Bert Pelgrim won the Silver medal in his age category. This would clearly be the best ever effort from our more experienced runners.

Michael Dowel showed what great potential he has in claiming the Silver medal in the Under 18 race. Not only did he record an excellent time (32:51) but he defeated a number of his competitors who have been racing well this year. We believe that the Under 18 team finished in second place behind Knox. Thanks to the hardy club members and supporters Dave Boyd, Doug Bourne and Marilyn Griffin who acted as officials and to Kate Beever for assisting distribute entries and the electronic devices that all athletes has to wear during the race. Their efforts were greatly appreciated by the athletes and team managers.

Official team placings will be available soon.

Race Placings. (Please note that these placings are unofficial)

1	Mark Tucker	Geelong	29:25
2	Jeff Hunt	NSW	29:38

3	Jason Woolhouse	Geelong	29:43
4	Harry Summers	NSW	29:58
5	Liam Adams	Essendon	30:03
6	Duer Yoa	Eureka	30:04
7	Steve Moneghetti	BYCW	30:05
8	Courtney Carter	WA	30:18
9	Kane Willie	Knox	30:27
10	Chris Hamer	Box Hill	30:32

Box Hill Division 1

10	Chris Hamer	30:32
14	Andrew White	31:43
15	Barry Lynch	31:03
25	Steve Kelly	31:29
33	Matt Coloe	31:57
68	Adrian Vincent	33:26

TEAMS:

1.	Geelong	108
2.	Box Hill	160
3.	Glenhuntly	275
3.	Essendon	275

Box Hill Division 2

81	Stuart Watson	33:46
87	Josh de Stefanis	33:51
112	Chris Papadakis?	34:26 (inv)
133	Daniel Clarke	35:02
145	Bert Pelgrim	35:16
148	Chris O'Connor	35:22
167	Steve Griffin	35:51

TEAMS:

1.	Eureka	395
2.	Box Hill	798
3.	Glenhuntly	867

Box Hill Division 5

182	Andrew Nagel	36:14
187	Chris Bradford	36:19
271	Stewart Downs	38:04
332	Graeme Olden	39:40

Box Hill Division 7

339	Bill Dyer	39:49
364	Dave Ayers	40:30
407	Peter Stefanos	41:36
	Dave Stevens	43:24
	Andrew Tunne	44:43
	Simon Evans	45:22

Women Division 1

1	Nikki Chapple	32:38
5	Hanny Allston	34:03
14	Rachel Johnson	36:11
15	Mai Tagami	36:17

TEAMS:

1.	Box Hill	35
2.	Knox	100
3.	APS	114

Women Division 3

28 Julie Norney 38:07  
44 June Petrie 39:47  
57 Kate Ackland 40:56

TEAMS:

1. Box Hill 129  
2. SSH 229  
3. C'wood 298

Women Division 4

71 Talitha Crawford 42:15  
82 Tracey Taylor 42:53  
92 Megan Sloane 43:23

Men Under 18

2. Michael Dowel 32:51  
15 Jonathon Tree 39:15  
26 James McNiece 45:45

Women Under 16, 3k

23. Amelia Savige 11:50