

Box Hill Athletic Club Winter Bulletin 2009 No. 09

Tuesday 9 June 2009

UPCOMING EVENTS

Saturday, June 20 Road Race Championships, Ballarat
Sunday, June 21 Joel and Blake's Movie Night
Saturday, June 27 Working Bee at Box Hill
Saturday, July 4 Harcourt to Bendigo Relay
Wednesday, July 8 BHAC Annual General Meeting

HANNY ALLSTON WINS AUSTRALIAN MOUNTAIN RUNNING CHAMPIONSHIP

Congratulations to new club member Hanny Allston who won the Australian mountain running championship at Ferntree Gully on the weekend. Hanny ran away over the tough 8.2km course to win by over a minute.

BOX HILL RUNNERS SUCCESSFUL AT THE MALLEE 12

Several Box Hill runners travelled to Mildura to take part in the Mallee 12. Box Hill women dominated the event with Mai Tagami, Julie Norney and June Petrie took out the trifecta, finishing 1st, 2nd and 3rd respectively over the 12 km course. Julie and June were also 1st and 2nd in the Over 40 age group. Bert Pelgrim also ran very well finishing 2nd overall and 1st among the over 40s.

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
Movie: The Hangover

SPORTSWEAR SURVEY

Thank you to all the club members who took part in the "YourSource" sportswear survey. The club has earned \$200 from your efforts and gift vouchers should be in the mail this week to those who took part.

BALLARAT 15K ROAD RACE (5k Junior race) ON SATURDAY WEEK

The next event on the AV winter calendar (XCR'09) is the 15km road race at Ballarat (5km for juniors) on Saturday, June 20. We are again hoping to have all our distance runners competing in this event. The new Lake Wendouree course is flat and fast and should produce fast times. Contact a member of the winter competition committee if you have any questions about this event. 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

FINAL TEAM PLACINGS FROM SANDOWN 10K

As reported last week, Box Hill teams performed very well at Sandown, with our women's teams dominating, winning Division 1, Division 3, Division 4 and the Over 40 competitions. Amazingly,

Nikki Chapple, Hanny Allston, Rachel Johnson, Julie Norney, Kate Ackland, Talitha Crawford and Tracey Taylor all ran PBs! The men's team also did well and despite not being at full strength, finished 2nd in Division 1, Division 2 and Division 5 and 3rd in Division 7 and Under 18

Men Division 1 - 2nd

- 7. Chris Hamer 30:29
- 9. Andrew White 30:43
- 10. Barry Lynch 31:03
- 20. Steven Kelly 31:29
- 27. Matt Coloe 31:57
- 62. Adrian Vincent 33:26

Men Division 2 - 2nd

- 72. Stuart Watson 33:46
- 78. Josh de Stefanis 33:51
- 111. Daniel Clark 35:02
- 122. Bert Pelgrim 35:16
- 125. Chris O'Connor 35:22
- 143. Steven Griffin 35:51

Men Division 5 - 2nd

- 157. Andrew Nagle 36:14
- 161. Chris Bradford 36:19
- 224. Stewart Downs 38:04
- 276. Graeme Olden 39:40

Men Division 7 - 3rd

- 282. William Dyer 39:49
- 304. David Ayers 40:30
- 335. Peter Stefanos 41:36
- 374. David Stevens 43:26

Men 40-49 - 10th

- 11. Chris O'Connor 35:22
- 55. Graeme Olden 39:40
- 58. William Dyer 39:49

Men Under 18 - 3rd

- 2. Michael Dowel 32:51
- 15. Jonathan Tree 39:15
- 25. James McNiece 45:40

Women Division 1 - 1st

- 1. Nikki Chapple 32:38
- 3. Hanny Allston 34:03
- 10. Rachel Johnson 36:11
- 11. Mai Tagami 36:17

Women Division 3 - 1st

- 22. Julie Norney 38:07
- 34. June Petrie 39:47
- 45. Kate Ackland 40:56

Women Division 4 - 1st

- 56. Talitha Crawford 42:15
- 67. Tracey Taylor 42:53
- 74. Megan Sloane 43:23

Women Over 40 - 1st

- 3. Julie Norney 38:07

7. June Petrie 39:47

13. Megan Sloane 43:23