

Box Hill Athletic Club Winter Bulletin 2009 No. 17

Tuesday 4 August 2009

UPCOMING EVENTS

Saturday, August 8 Sandown Relays
Saturday, August 29 National Cross Country, Nowra NSW
Sunday, September 6 Burnley Half-marathon

SANDOWN RELAYS THIS SATURDAY!

One of the biggest events of the winter season, the Sandown relays will be held this Saturday, August 8, starting at 1:30pm.

Preliminary teams are listed below, but these will change as we still have a number of runners yet to confirm their availability. If your name is listed below and you cannot compete on Saturday, please let us know as soon as possible. Also if your name is not listed but you would like to run, please let us know and we will find a place for you in one of the teams.

PRELIMINARY TEAMS

Men Division 1

Matt Coloe
Stuart Watson
Barry Lynch
Chris Bradford
Andrew White
Steve Kelly

Men Division 2

Luke Yeatman
Bert Pelgrim
David Jiminez
Adrian Vincent
Chris Papadakis
Steve Griffin

Men Division 5

Andrew Nagle
Antony Van Eeten
Chris O'Connor
Chaa Kathirasan

Men Division 7

Nic Baggott
Marcus Hanley
Dave Featherston
Simon Evans
Andrew Tunne

Over 40

Graeme Olden
David Ayers
Peter Stefanos
David Stevens

Under 18

William Potter
Johathan Tree
Jack Hill
James McNiece

Women Division 1
Nikki Chapple
Hanny Allston
Mai Tagami
Rachel Johnson

Women Division 3
Julie Norney
Kate Ackland
Emma Steer

Women Division 4.1
Jess Eels
Tracey Taylor
Sam Cook

Women Division 4.2
Talitha Crawford
Rebecca Law
Kerry Putt

Women Division 4.3
Suzanne Andrews
Liz Dobson
Charmaine McNally

Women Under 18
Eloise O'Brien
Amy Carrig
Penny Townshend
Liselle Atkin
Natalie Ambrose

Over 40
June Petrie
Amanda Harper
Megan Sloane

Contact a member of the winter competition committee if you have any questions. Winter competition committee: Graeme Olden ph. 9885 0890 email: golden@sprint.net.au
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TRIVIA NIGHT

Thanks to all those who supported the clubs Trivia Night last Saturday. We hope everybody had a good time and the club raised over \$5000. Special thanks to Leana Joyce for all the work she did in organising the night. Thanks also to everyone who donated auction items, your support is greatly appreciated and thanks to those who helped out on the night.

CONGRATULATIONS!

Congratulations to several Box Hill athletes who have been selected in the all schools team for the national cross country championships. Laura Constable, Amy Carrig, Eloise O'Brien and Emily De Luca have been selected in the girls team and Kyle Martin-Alcaide and Daniel Balassone in the boys team. Good luck to all these promising young runners when they compete in Nowra at the end of August.

GEELONG CROSS COUNTRY ON AUGUST 1

Congratulations to Hanny Allston who won the gold medal in the 6km cross country at Geelong's Eastern Park on Saturday. Hanny ran strongly all the way to defeat all the members of the recently

selected Victorian cross country team. The other highlight of the day was a bronze medal performance by Steve Kelly in the men's 16km event. Steve ran in the small leading pack most of the way and is now looking good for the national cross country championships at the end of this month. In the junior events Michael Dowel finished 4th in the boys under 18 8km event. See below for Ian Sloane's comprehensive report.

Excellent team results in the 16 K and 6 K Cross Country Races Brilliant individual performance at Geelong The longest event on the men's racing calendar usually draws the smallest number of competitors and just over 300 starters toed the line at Eastern Park on Saturday August 1. It is a demanding course with two long uphill sections which result in oxygen debt for those who over-extend themselves in the four lap course. At first glance, it appeared that the more accomplished runner, not including our team had decided not to compete, but then, when the field assembled ready to start, there were a number of extremely well-credentialed runners ready to compete. Box Hill was missing Daniel Clarke, John Meagher and Barry Lynch, and a number of other athletes. Nevertheless, we had three full teams, providing all athletes completed the course. The race commenced and a group of six athletes headed the field. This group was comprised of Jason Woolhouse (Geelong), who took the lead, Liam Adams (Essendon), Duer Yoa (Eureka), Kane Wile (Knox), Steve Kelly (Box Hill), and Nathan Hartigan (Ballarat Harriers). At the completion of the first lap, Woolhouse led the others in the group, with Steve Kelly a close up fifth, running on level terms, with a gap between the leading group of five and Nathan Hartigan three seconds further back.

Andrew White was just under thirty seconds behind Hartigan, holding 11th position, with Chris Hamer, 22nd, a further 13 seconds down. Matt Coloe started conservatively, and held 58th position, a minute behind Chris Hamer, and Adrian Vincent 72nd and Bert Pelgrim about 78th who were twenty and twenty-five seconds behind Matt Coloe respectively, were in the Division 1 team at this stage. Steve Griffin was very close to these two runners, with Stewart Downs and Luke Yeatman both within 13 seconds of Griffin. Graeme Olden, David Ayers and Marcus Hanley were a little further back in the field with Bill Dyer, Dave Steven, Chris O'Connor, running with an injury, and Andrew Tunne rounding out Box Hill's contingent. The second lap saw the maintenance of four of the leading runner with Steve Kelly very prominent, and Kane Wille dropping off by eight seconds. Andrew White, suffering from a heavy nose bleed crossed the line holding 12th position, and Chris Hamer was one second behind him in 13th position. Shortly after, Andrew stopped to clean himself up, wash his face and rejoin the field having surrendered perhaps twenty places.

Matt Coloe had pushed through to be in 37th position, with Bert Pelgrim 76th, Steve Griffin 80th and Adrian Vincent 83rd. Luke Yeatman was in 94th position, Stewart Downs was 124th, Graeme Olden was 164th. All other Box Hill runners seemed to be holding their ground, with Chris O'Connor making a forward move.

At the conclusion of the third lap, it was apparent that Jason Woolhouse had retired and Liam Adams was surging with Duer Yoa just hanging on. Adams surged through the finish area and Steve Kelly was unable to respond to this change of pace. Kane Wille had held his relative position ahead of Nathan Hartigan. Chris Hamer had moved up to 9th position and Andrew White, running around 22nd, was passing less able athletes in his move towards the front of the field. Matt Coloe was picking up others as well and was a little over a minute down on Andrew going into the fourth and final lap. Bert Pelgrim and Steve Griffin were both still picking up and passing rivals. Adrian Vincent and Luke Yeatman were not too far back and Luke looked like he had more momentum than those around him. At the conclusion of the race, Liam Adams had Duer Yoa's measure and won by about seven seconds. Steve Kelly ran a brilliant race and picked up the Bronze medal a very impressive achievement. This was Steve's first senior placing and should herald many more as he consolidates on his improved fitness and confidence. Steve was 24 seconds behind the silver medallist. In the last lap he extended his lead over the fourth placed Nathan Hartigan to over a minute, so that showed that he put in an inspired effort in the concluding stages of the race. Kane Wille was next to finish six seconds behind Hartigan. Chris Hamer, recovering from recent illness picked up another place in the final lap to place eighth and Andrew White steadied, picking up a large number of competitors in the last lap and crossed the finish line in 13th position. Matt Coloe, running conservatively, picked up eight to ten places in the last lap and crossed the line in 26th position. The Division 1 team, which won, was completed when Bert Pelgrim and Steve Griffin finished in close succession in 68th and 70th places respectively. Final places for all athletes can be found below.

In the Under 18 Men's race over 6 k., Michael Dowel was in the leading group. As the race progressed, the three first placegetters forged a lead over Michael, with Ryan Geard (Essendon), Jordan Nelson (Knox) and Sam Quirk (South Coast) breaking clear. Nelson improved his position during the second lap and Michael made up a lot of ground on Quirk to finish an impressive fourth.

In an earlier race, Mitchell Dyer raced to fourth position in the Under 14 4 K which was a combined race.

The women's race saw Jess Gilfillan (Invitation) rush to the lead in this two lap race over 6 kilometres, with a group of three athletes thirty metres behind, including Hani Alston (Box Hill). Rachel Johnson was lying 20th and further back, perhaps 26th, was Mai Tagami. June Petrie was the next Box Hill athlete in the Division 1 team. Jess Gilfillan paid the price for this early impetuosity, and after the completion of one lap, Hanny Alston had opened up a gap of thirty-five metres over Gilfillan. Fiona Nash (Doncaster) moved into third position, followed by Susan Michelsson (Collingwood) and Junior Samantha Prime (Knox). Kathryn Ewels (Traralgon) was next. Rachel Johnson had passed a number of runners to be 16th, with Mai Tagami 22nd, June Petrie 45th and Julie Norney 56th. Rebecca Law and Megan Sloane were further back. Junior and senior runners were in the same race so it was quite difficult to calculate the exact scoring positions of Box Hill runners in respect of the Division 1 and Division 3 team scoring. At the finish, Hanny Allston maintained her ascendancy and was a clear victor, ahead of Junior, Samantha Prime, who had overtaken her senior rivals to be second across the line in an impressive exhibition of cross country running. Michelsson overtook Nash to place second with the latter athlete finishing third in the senior race, ahead of Ewels and Isabella de Castella (APS), sixth. Rachel John ran an excellent second lap to place 11th overall and 9th in the senior race, with Mai Tagami also improving her position significantly to finish 17th in the senior race. June Petrie completed the Division one team with 43rd position, adjusting to 32nd place. This meant that the Division 1 team were second overall just behind APS. Julie Norney made up ground in the last lap and ran 48th, which was 36th place in the senior race. Rebecca Law, 61st in the senior race and Megan Sloane, 64th in the senior race, completed the Division 3 team, which won their division. Megan Sloane won the Bronze medal in her age division.

In the Under 16 division Amelia Savige finished 13th in the combined race.

Open Men's 16 K CC

1. Liam Adams	Essendon	50:22
2. Duer Yoa	Eureka	50:29
3. Steve Kelly	Box Hill	50:53
4. Nathan Hartigan	Ballarat H	51:55
5. Kane Wille	Knox	52:01
6. Ashley Watson	Wend	52:10
7. Toby Raynor	Glenhuntly	52:36
8. Chris Hamer	Box Hill	52:48

Box Hill Division 1 (Team Place: 1st)

3. Steve Kelly	50:53
8. Chris Hamer	52:48
13. Andrew White	53:42
26. Matt Coloe	55:10
66. Bert Pelgrim	59:47
68. Steven Griffin	59:53

Box Hill Division 2 (Team Place: 9th)

82. Luke Yeatman	1:00:57
104. Adrian Vincent	1:02:01
123. Stewart Downs	1:03:08
161. Graeme Olden	1:05:34
173. David Ayers	1:06:30
178. Marcus Hanley	1:06:45

Box Hill Division 5 (Team Place: 7th)

232. Chris O'Connor	1:12:15
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240. William Dyer	1:13:02
266. David Stevens	1:16:34
291. Andrew Tunne	1:26:27

Teams Race

Division 1

1. Box Hill	184
2. Essendon	204
3. Geelong	263
4. Glenhuntly	289
5. Knox	292
6. Collingwood	298

Division 2

1. Keilor St B.	389
2. Eureka	443
3. Western Aths	658
4. Mornington	723
5. Nunawading	732
6. Waverley	756
7. Malvern	795
8. Collingwood	798
9. Box Hill	809

Division 5

1. Bendigo	677
2. Melbourne Uni	719
3. Waverley	783
4. Ballarat Harriers	795
5. South Coast	805
6. Eureka	934
7. Box Hill	1010

Under 14 4 K CC

4. Mitchell Dyer	14:48
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Under 18 6 K CC

4. Michael Dowel	28:05
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Under 20 6 K CC

14. Chaai Kathirasan	22:35
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Under 16 Women's 6K CC

13 Amelia Savige	27:08
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Women's 6 K Race

1. Hanny Allston	Box Hill	21:05
2. Susan Michelsson	C'wood	21:19
3. Fiona Nash	Doncaster	21:31

Box Hill Division 1 (Team Place: 2nd)

1. Hanny Allston	21:05
9. Rachel Johnson	22:22
21. Mai Tagami	22:58
32. June Petrie	24:27

Box Hill Division 3 (Team Place: 1st)

36. Julie Norney	24:40
61. Rebecca Law	26:32

64. Megan Sloane 26:49

Team Placings

Division 1

1	APS	53
2	Box Hill	57
3	Melb Uni	107

Division 3

1.	Box Hill	107
2.	Eureka	110
3.	Traralgon	251