

**Box Hill Athletic Club Winter Bulletin 2009 No. 18**  
**Monday 10 August 2009**

## **UPCOMING EVENTS**

Saturday, August 29 National Cross Country, Nowra NSW  
Sunday, September 6 Burnley Half-marathon  
Saturday, September 19 Tan Relays

## **BURNLEY HALF MARATHON ON SEPTEMBER 6**

With 8 of the 10 AV events completed for this winter season, Box Hill has the chance of winning an historic double. Box Hill teams are on top of the ladder in both the men's and women's division 1 competition. We are also in with a chance of winning in several other division. We ask all distance runners to try to make themselves available for the 2 remaining events, the half-marathon at Burnley (open age only) on September 6 and the tan relays on September 19.

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

Winter competition committee:

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## **GOOD LUCK HANNY!**

After running in our winning women's team at the Sandown relays on Saturday, Hanny Allston has headed overseas to take part in the world orienteering championships. Box Hill wishes Hanny the best of luck in her competitions in Hungary next weekend.

## **CELEBRATING 80 YEARS OF WOMEN'S ATHLETICS**

Come and help celebrate 80 Years of Women's Athletics in Victoria on 15th November, 2009.

Come revel and reminisce 80 years of women's athletics in Victoria, with an afternoon tea to celebrate the formation of the Victorian Women's Amateur Athletics Association eight decades ago.

Set aside the afternoon of November 15th, schedule in a trip to the Melbourne Town Hall, and start dusting off your memorabilia.

To reserve your place, contact Elizabeth Stubbings in the AV Office (9428 8195). Tickets cost \$30, and will be on sale mid-September.

Any photos, records, memorabilia or contributions to the afternoon should be directed to Ronda Jenkins (9386 5031).

## **CONGRATULATIONS TO CHRIS!**

Although full results of the Box Hill athletes who ran in the Sydney City to Surf on Sunday are not yet available, we must congratulate Chris Hamer who put in an outstanding effort to finish 4th behind three of Australia's top distance runners in his first attempt at this prestigious event.

## **OUR WOMEN TRIUMPHANT AT SANDOWN RELAYS**

Box Hill's women's teams performed brilliantly at the Sandown relays last Saturday.

For the first time Box Hill won the prestigious women's division 1 road relay title. Rachel Johnson, Hanny Allston, Mai Tagami and Nikki Chapple combined to win the event and put Box Hill 3 points clear on top of the premiership ladder.

Other outstanding results included a win by Amanda Harper, Megan Sloane and June Petrie in the over 40 race and also a gold medal to William Potter, Jonathan Tree and Jack Hill in the boys under 18 event.

Although several of our male runners were away in Sydney for the City to Surf, Box Hill was still able to field 6 men's teams and 5 women's teams and won 3 first placings and 4 second placings.

Thanks to Ian Sloane, Rob Falkenberg, Doug Bourne, Marilyn Griffin, Clair Hill and David Atkins who helped with time keeping.

See Ian Sloane's report below.

**First Ever Women's Team Win for Box Hill at Sandown Road Relay Meeting**  
**Excellent performances by all women's teams**  
**40 + Women's team wins first ever title for Box Hill**

## Box Hill Wins Men's Under 18 Title

The Athletics Victoria Road Relay Championships were held at Sandown racecourse on Saturday 8 August. Box Hill's Division 1 team was quite depleted due to a decision by a number of open age and junior athletes to contest the City to Surf fun run in Sydney. We still managed to field five open and over age men's teams which was a good effort. We also fielded three Open, a 40+ and under 18 women's teams, one of our best effort for a while.

The Open Women's team performed brilliantly, annihilating all opposition to win the Relay Championship by three minutes. Going into the last lap, their opponents, Knox, held lead of around a minute and Nikki Chapple blitzed the course to run one of the fastest ever times of 19 m. 58 to turn a deficit into a victory. The team had been sent off to a great start by Rachel Johnson, running in her best ever form this year. Rachel ran very competitive leg and handed over to Hanny Allston who also ran swiftly. The team got to the lead, and Mai Tagami took off running third. As Winter athletes will know, Mai has run several marathons this year including the Gold Coast Marathon where she ran around 2 hr 47. She has not fully recovered from that outing and in her second lap, cramped up badly, but held on very determinedly to pass over to Nikki Chapple for the final leg. A lesser person would have given up and pulled out but Mai hobbled to the line, with Box Hill still within striking distance of the now first-placed Knox. As noted above, Nikki Chapple ran a sensational leg, so good that it would have done justice in our Men's Division 1 team. Nikki caught and passed her Knox opponent in the first lap and ran on to stretch the lead to three minutes, a remarkable effort. This victory was Box Hill's first ever win at the Road Relay Championship, and coupled with our men's team's victory last year, was another special moment for long term members and our club.

Both the Division 3 and Division 4 Women's teams placed second. The Division 4 team was only 50 seconds down on the winner at the end of their race. Julie Norney ran a fast time in the Division 3 team, breaking 25 minutes easily.

The Women's 40+ team demolished their opposition winning their race by over 4 ½ minutes. June Petrie ran the fast time of 25 minutes 12 seconds for her leg.

Then we were delighted to find that our Under 18 Women's team had claimed the silver medal, finishing just 20 seconds behind the winning Ballarat YCW team. This was a very pleasing result.

The first leg of each Division is tough as it is effectively a head to head race. This year, the race was an open one as a number of athletes, including a number of Box Hill runners chose to travel to Sydney for the City to Surf. Glenhantly, Knox, Ballarat YCW, and Essendon have all performed well this season. It was not clear before the race which athletes would be racing, and unexpectedly Doncaster fielded a team, a strong one on paper, for only the second time this year. We selected Matt Coloe to run the first leg and he performed well in his first lap, being in second place marginally behind Kane Wille (Knox). Matt was not able to sustain this effort in his second lap and brought Box Hill in eighth place handing over to Adrian Vincent. Knox led from Geelong, Bendigo, Glenhantly and Essendon. Adrian did his best to hang on and at the end of his leg Box Hill was placed ninth. Ben Ashkettle (Don) ran a very fast leg and took Doncaster into the lead, with Knox, 43 seconds behind, from Essendon, Geelong and Glenhantly. Barry Lynch had made the trip down o Melbourne and he ran a very good leg, lifting Box Hill two places and running the second fastest time of the day. At this stage, we were a little over two and a half minutes behind the bronze medal position. Barry ran very close to his best time at Sandown and was well-pleased with his performance. Ballarat YCW moved into the lead thanks to a quick leg from Nankervis. Doncaster was 9 seconds behind, and Glenhantly moved into third place ahead of Essendon and Knox. Steve Kelly was next out and managed to pick up another place, passing Geelong. He managed to close the gap between our team and fourth position to just over 90 seconds, which was a further 50 seconds behind third placed Ballarat YCW. Glenhantly took over the lead from Doncaster, with Knox fourth and Essendon fifth. Stuart Watson was our fifth leg runner and he set off purposefully. Recent illness however, had taken its toll and he was unable to improve our relative position, although he did increase the gap over Geelong. Glenhantly's gap was eroded by Liam Adams (Ess) who ran the fastest leg of the day, 18:01, which cut Glenhantly's lead to 11 seconds. Ballarat YCW was a further 18 seconds down, so it was a very close race. Doncaster, fourth and Knox, fifth were both still in front of Box Hill.

The last leg for Box Hill was run by Andrew White who has been running very consistently this year. Andrew anchored the team into sixth place and closed the gap on the two teams in front quite dramatically, running the fastest time of the day for Box Hill, 18:51 and reducing the gap behind Doncaster, fourth, to 37 seconds and Knox, fifth to just 15 seconds. Meanwhile, Biclavs (Ess) took a few seconds out of Krawitz (GH) in the first lap, but was not able to make any further impact and Glenhantly won the race by 33 seconds with Ballarat YCW another 51 seconds behind. No team got near Box Hill's winning time from last year, and at full strength we would have been very competitive. Times down to seventh place were quicker than last year, apart from the winning time, so we still have plenty of work to do to claim the premiership and will need all our best runners to compete in the two remaining races. Box Hill still holds a lead in the Winter Championship, despite Saturday's disappointing result and we can still win the Winter championship, for the second consecutive year with good performances in the last two races. .

Our Division 2 team got off to an good start, with a strong first leg from Chris Bradford, and an even better leg from Luke Yeatman. The next three runners maintained the momentum and after Bet Pelgrim's leg we were in

third position. Steve Griffin really put the cat amongst the pigeons and reined in Richmond, first and passed their team and took a chunk out of Eureka's lead. So when the last runner, Chaai Kathirasan, took off we held clear second with a large margin. Unfortunately, Chaai was not able to improve the team's position and most of the other teams had faster runners in their last leg. First Richmond, then Glenhuntly, Waverley, then Keilor St Bernards and Collingwood passed Box Hill, so we placed seventh.

Our Division 5 team placed fourth, although one of the teams ahead of us was running by invitation, and we placed fourth in Division 7 and second in the Over 40 competition.

Our Under 18 Men ran really well to secure the gold medal with Will Potter, Jonathan Tree and Jack Hill holding the lead to the line. Well done to you all.

Thanks to non-competing members and parents who assisted with officiating and managing teams. Your efforts were appreciated.

## Men's Results

### Division 1 Results and times (Unofficial)

Leg	Runner	Lap 1	Lap 2	Total	Position	Leader's time	BH time
1	Matt Coloe	9:12	10:06	19:18	8	18:28	19:18
2	Adrian Vincent	10:25	10:50	21:15	9	38:21	40:33
3	Barry Lynch	9:30	9:37	19:07	7	56:56	59:40
4	Steve Kelly	9:32	9:51	19:23	6	75:57	79:03
5	Stuart Watson	10:13	10:29	20:42	6	95:57	99:45
6	Andrew White	9:15	9:36	18:51	6	115:11	118:36

### Team Result

1.	Glenhuntly	115:11
2.	Essendon	115:44
3.	Ballarat YCW	116:35
4.	Doncaster	117:59
5.	Knox	118:21
6.	<b>Box Hill</b>	118:36
7.	Geelong	119:57
8.	Bendigo	122:23

### Division 2

Leg	Runner	Lap 1	Lap 2	Total
1	Chris Bradford	10:00	10:38	20:38
2	Luke Yeatman	10:03	9:59	20:02
3	Bert Pelgrim	10:49	11:07	21:56
4	David Jimenez	10:34	10:48	21:22
5	Steve Griffin	10:37	11:02	21:39
5	Chaai Kathirasan	11:12	11:34	22:26

### Team Result:

1	Eureka	2:02:10
2	Waverley	2:06:40
3	Glenhuntly	2:06:42
4	Richmond	2:06:55
5	Keilor St Bernards	2:08:20
6	Collingwood	2:08:25
7	<b>Box Hill</b>	<b>2:08:31</b>
8	Nunawading	2:12:17

### Division 5

Leg	Runner	Lap 1	Lap 2	Total
1	Andrew Nagle	10:39	10:41	21:20
2	Graeme Olden	11:40	11:45	23:25
3	Dave Featherston	11:33	11:47	23:20
4	Marcus Henley	11:40	11:53	23:33

### Team Results

1	Bendigo Region	2:08:44
2	Fluid Movements (Inv)	2:09:25
3	South Coast	2:10:46
4	<b>Box Hill</b>	<b>2:11:37</b>
5	Eureka	2:14:15

### Division 7

Leg	Runner	Lap 1	Lap 2	Total
1	Nic Baggot	11:26	11:49	23:15
2	Dave Stevens	13:03	13:35	26:38
3	Andrew Tunne	13:31	14:34	28:05
4	James McNiece	13:30	14:13	27:43

#### Team Results

1	Bendigo	Tbc
2	Knox	Tbc
3	Glenhuntly	1:41:56
<b>4</b>	<b>Box Hill</b>	<b>1:45:40</b>
5	Waverley #1	1:47:58
6	Essendon #1	1:50:22
7	South Coast	1:53:52
8	Casey Cardinia	1:55:03

#### 40+ Age category

Leg	Runner	Lap 1	Lap 2	Total
1	David Ayers	11:28	11:46	23:14
2	Peter Stefanos	12:32	13:06	25:38
3	Chris O'Connor	11:33	10:57	22:30

#### Team Results

1	Bendigo	1:09:16
2	<b>Box Hill</b>	<b>1:11:22</b>
3	APS	1:11:24

### Under 18 Race

Leg	Runner	Total
1	Will Potter	9:55
2	Jon Tree	11:01
3	Jack Hill	13:01

### Team Results

1	<b>Box Hill</b>	<b>33:57</b>
2	Glenhuntly	35:07
	Casey Cardinia	dnf

### Women Division 1

Leg	Runner	Lap 1	Lap 2	Total
1	Rachel Johnson	10:29	11:17	21:46
2	Hanny Alston	10:33	11:11	21:44
3	Mai Tagami	11:24	11:54	23:18
4	Nikki Chapple	10:02	9:56	19:58

### Team Results

1	<b>Box Hill</b>	<b>1:26:56</b>
2	Knox	1:29:56
3	Glenhuntly	1:32:54
4	Melbourne University	1:35:04
5	APS	1:36:51
6	Traralgon	1:37:07
7	Collingwood	1:37:31
8	Keilor St Bernards	1:42:27

### Women Division 3

Leg	Runner	Lap 1	Lap 2	Total
1	Kate Ackland	12:33	12:57	25:30
2	Julie Norney	12:22	12:15	24:37
3	Emma Steer	12:41	12:53	25:34

### Team Results

1	Frankston	1:10:52
2	<b>Box Hill</b>	<b>1:15:41</b>
3	Eureka	1:17:27
4	Glenhuntly	1:19:44
5	Athletics Waverley	1:22:11
6	South Coast	1:23:41
7	Collingwood	1:25:02
8	Western Athletics	1:25:05

### Women Division 4

Leg	Runner	Total
1	Talitha Crawford	25:46
2	Kerry Putt	27:56
3	Rebecca Law	27:02

### Team Results

1	Bendigo Region #1	1:19:54
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<b>2</b>	<b>Box Hill</b>	<b>1:20:44</b>
3	Williamstown	1:23:04
4	Bendigo Region #2	1:25:49
5	Glenhuntly	1:27:29
6	Traralgon Harriers	1:28:36

#### Women 40+

Leg	Runner	Total
1	Amanda Harper	26:06
2	Megan Sloane	26:28
3	June Petrie	25:12

#### Team Results

<b>1</b>	<b>Box Hill</b>	<b>1:17:46</b>
2	Traralgon Harriers	1:22:21
3	Collingwood	1:24:51
4	Maccabi	1:39:57

#### Women Under 18

Leg	Runner	Lap
1	Liselle Atkin	12:21
2	Nat Ambrose	11:49
3	Eloise O'Brien	11:56

#### Team Results

1	Ballarat YCW	35:45
<b>2</b>	<b>Box Hill</b>	<b>36:05</b>
3	Essendon	36:53
4	Mornington	37:05
5	Keilor St Bernards	39:25