

**Box Hill Athletic Club Winter Bulletin 2009 No. 24**  
**Tuesday 22 September 2009**

## **UPCOMING EVENTS**

Saturday, September 26 Winter premiership celebrations  
Sunday, September 27 Club 10 mile Championship.  
Saturday, October 3 Working Bee at the track  
Tuesday, October 6 Track season launch and information night.  
Saturday, October 10 Shield Rd.1 Ringwood  
Saturday, October 17 Shield Rd.2 Box Hill

## **TAN RELAYS VICTORY SEALS PREMIERSHIP!**

Box Hill have won the men's division 1 winter premiership for the second consecutive year after an exciting victory in the Tan relays on Saturday.

See Ian Sloane's tan relays report below.

Our division 1 women's team just missed out, finishing 2nd on the ladder after an exciting tussle with Knox throughout the year.

This is a great achievement by the club, to go so close to winning both the men's and women's distance running premierships. All of our athletes deserve congratulations for the effort they have put in throughout the year.

Box Hill also won the women's division 3 and the men's division 7 premierships.

Other great results were men's division 2 third, women's division 4 were second and men's division 5 also finished second.

Thanks to everyone who competed for the club throughout the winter season and to Ian Sloane for his help and support and to all those who acted as officials and volunteers throughout the year.

## **CELEBRATION**

All distance runners, friends, families and supporters are invited to the clubrooms this Saturday night, September 26 at 7:00pm to celebrate our winter season premierships. Food will be supplied.

We hope that everyone who ran in any of the winter events, men and women, seniors and juniors will come along and be a part of this evening.

## **CLUB 10 MILE CHAMPIONSHIP**

Box Hill will hold its annual club 10 mile championship this Sunday, September 27 along the Eastern Freeway bike tracks starting at the Frank Sedgeman Reserve (at the end of Elizabeth St. near Station Street) in Box Hill North (Melway 47 D4).

While some athletes will be racing for the Frank Tutchener trophy, all are welcome to race, run or jog over the 16km course, or take the shorter 8km option. Breakfast will be supplied after the event!

If you have any questions, please contact a member of the winter competition committee.

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

## **WORKING BEE SATURDAY 3 OCTOBER**

To prepare the track and equipment for the start of the new track season, the Club is holding a working bee on Saturday 3rd October from 12:00 noon until 4:00 pm.

The following is a list of some of the main tasks which we need to complete to ensure that the track is ready for competition at the ground two weeks later:

- Repair holes in netting on hammer cage and re-tie wire on gates to gate frame
- Trim / poison grass around white concrete markers in throws arena
- Mow and poison sectors in grass
- Remove soil from behind throwing cages in preparation for pouring a concrete slab for a throwing implements storage box
- Paint white lines at throwing circles and javelin takeoff runup
- Sweep sand off runups and rake pits

- Blow sand and dirt off track, particularly near long jump pits
- Repair hurdles and insert new battens into broken hurdles
- Sweep out rooms and wash floors
- Repair hinges on door into men's and women's change room so that doors close properly
- Clean dirt and sticks from gutters and drain pits
- Collect rubbish from around perimeter fence and empty bins
- Reinstate barrier poles near the finish line
- Replace shade sails near high jump and pole vault areas

It is important that we have as many people as possible helping out so that we can complete all of the items on the list even if you can only assist for an hour.

Food and refreshments will be available for those who assist.

## **SEASON LAUNCH, TUESDAY OCTOBER 6**

All members are invited to attend an evening at the clubrooms, from 7:00pm on Tuesday, October 6. This is a chance to give all members, and new members in particular, information about the 2009/2010 track and field season. Meet the team managers and club committee and collect the club information handbook.

Food will be provided so come to the clubrooms at 7:00pm or stay after training and let's get the new season off to a great start.

## **TRACK SEASON STARTS ON OCTOBER 10**

The 2009/2010 interclub track and field season starts in less than 3 weeks, with the opening round of Shield competition at Ringwood on Saturday, October 10. So if you are not already fit, time is running out to get into shape for this season! We also have quite a number of athletes who have not yet registered. Don't miss out on scoring points for the club because your registration has not come through! If you have not already registered for the 2009/2010 season send in your registration forms today!

The registration forms (Box Hill registration and AV registration) are available at [www.boxhillathleticclub.org](http://www.boxhillathleticclub.org)

## **GREAT CITY GAMES, STREET ATHLETICS**

In an innovative idea, Australia took on England in the "Athletics Ashes" on the streets of Newcastle-Gateshead in northern England. Box Hill had 3 athletes representing Australia in this event, with Joel Pocklington and James Filshie finishing 2nd and 4th respectively in the pole vault and Nikki Chapple finishing 3rd in the women's 2 mile event.

## **NIKKI IN BRILLIANT FORM AT THE GREAT NORTH RUN**

Following her run in the Great City Games, Nikki Chapple raced the half marathon the next day, in the worlds biggest half marathon event. Nikki finished 4th in a PB of 1:10:03. This is the 5th fastest time ever recorded by an Australian woman, ranking Nikki behind, Kerryn McCann, Benita Willis, Susie Power and Lisa Ondieki.

## **JUNE OVERCOMES OBSTACLES TO RACE THE HILLS**

Despite competing with a cast on her broken wrist, June Petrie put in a great performance to finish 21st in the Commonwealth Mountain Running Championships in Keswick, England. This was a courageous run under difficult circumstances.

## **CLUB RECORDS**

The club record boards at the track as well as those on our web page have recently been up-dated, so please check them out:

<http://www.boxhillathleticclub.org/records.htm>

With changes to things like javelin specifications, quite a few of the junior records are vacant. Lets hope that by the end of the season there are names against all of the records.

If any records are broken please let Mark Stewart know: [mark.stewart@rmit.edu.au](mailto:mark.stewart@rmit.edu.au)

## Tan Relay Meeting Report, 19 September 2009

The last event on the 2009 Winter Calendar was held on Saturday, September 19 at "The Tan" (The King's Domain). We have won this event in Men's Division 1 twice previously and placed second in the other two years that it has been held.

A number of our leading performers were unavailable or injured so two of our junior athletes were given the opportunity to compete with other well-accomplished senior athletes in the Division 1 team. Chris Hamer had been unable to compete in 2008, with an ankle injury, fortunately now in the past and he was selected to run the crucial first leg. He ran a great first lap, to hold an extremely close third position at the changeover, two seconds behind the leader in a furious sprint to the line. This meant that we were in close contention. Seven team's first runners were under 12 minutes so the race was very open at this early stage. Brenton Rowe, Geelong, who has been in great form this year, led the charge running the fast time of 11:12, with Craig Huffer, Glenhuntly, just marginally behind, credited with the same time.

Daniel Clark set off and ran a fine leg, taking Box Hill past the two teams which had headed us in the first lap. He ran significantly faster than he had in the previous year. He came in with a lead of two seconds over Geelong which was performing well at this early stage. Anthony Aloisio had been promoted in to the Division 1 team and was given a tough assignment. He kept his composure and ran close to his Geelong rival, Scott Rantall, who gained a slender lead of approximately two seconds at the changeover.

Matt Coloe was the next to toe the line and he surged off chasing down Geelong athlete Brett Coleman, with Luke Hennessy Glenhuntly trying to catch the two leading teams. Matt ran brilliantly, getting away from both Geelong and Glenhuntly and recording one of the fastest times of the day. He had opened up a gap of 37 seconds over the field. This would have to be one of Matt's best performances of the season. Ben Toomey, Knox, ran an unnoticed fast lap as well to put their club just behind third place and in striking distance of second. Kyle Martin-Alcaide, one of our juniors, who could have run Under 16, was elevated to the Division 1 team and he ran a very sound leg which was the fifth fastest of all the fifth leg runners in Division 1. In a shock performance, Sam Crowther, Knox, passed all other athletes in this leg to assume the lead. Crowther ran the fastest time of the day, to that point, 11:11 which gave Knox a five second lead over Box Hill, so Kyle's performance in hanging on was very praiseworthy. Glenhuntly were a further eight seconds back with a 78 second gap between Glenhuntly and Essendon, fourth, with Geelong having slipped from contention in fifth position.

Andrew White was our final athlete. Andrew has been in excellent form, repeatedly being a top ten finisher and medallist this year. Andrew set off in a very determined fashion and before half the lap was finished had gained a thirty metre lead over Knox. Andrew had to contend with Toby Rayner, Glenhuntly and noted top performer trying to chase him down. Not only did Andrew run the fastest time of the day, he took 14 seconds out of Rayner to lead the Division 1 teams in, and ran 54 seconds faster than the last runner for Knox, which finished third. This was a brilliant effort, under intense pressure, by Andrew White, and secured a win for Box Hill following an excellent team effort in the final race of the 2009 Winter season. Full results can be found below.

Our Division 2 team kept improving its position in the latter legs of the race, ensuring Box Hill finished second behind Eureka, which has proved to be nearly unbeatable all year in the Division 2 Winter Championship. Eureka has won eight of the ten races on the program. Other Division 2 teams, apart from Eureka, seemed to put their strongest runner in the first leg, meaning that we were back in the field. Team members David Jimenez, Navin Arunasalam, Chris Papadakis, Adrian Vincent, Steve Griffin and Luke Yeatman acquitted themselves well to place fifth, with the last three runners moving the team forward on each leg, after we were in 9th place or lower in the earlier legs. Luke's time, in particular was up to Division 1 standard, and Navin Arunasalam, passed a number of competing clubs in his leg as well.

Our Division 5 team ran well to finish second, 30 seconds behind Bendigo to secure second place behind Bendigo for the overall Winter premiership. Our Division 7 team placed fourth, so we finished equal on points with Bendigo for the season. This was a strong effort with such consistent and high placings throughout the whole season.

Our 40 plus team finished in eighth place in their division.

Our Under 20 men did well winning their race by 26 seconds from rivals, Glenhuntly. This is always an encouraging sign for the future, so congratulations to our three team members who did their best on the day for a fine result.

We fielded one male Under 18 team which 5th and our boys performed well, finishing close to fourth and not far away from the medals.

Our women's teams performed soundly. Our Division 1 team placed 4th with Rachel Johnson recording the fastest time for our team. The Division 1 team secured overall 2nd position in the Winter Championship, our best effort ever, and we although we fell a little short in this race, having led the competition by one point going into this race, our women deserve to be extremely proud of their great efforts. In particular, Rachel Johnson has had her best ever season and Nikki Chapple has reached international class. Hanny Allston has also added a new dimension running strongly at a number of events and Mai Tagami, mixing up AV events with Marathons, has also been a keen team member. Knox won the relay and are to be congratulated on their win for the season. The Box Hill Division 3 team placed fifth. This team tied for first place in the Championship, and might have won the Division on count back. Whatever the result, they will be promoted back to Division 2 in 2010.

Our Division 4 team won for the fourth time this Winter, but were eclipsed by Bendigo in the season's result, with the margin being 2 points, and this team should also be promoted to Division 3 next year.

Our Under 18 Women finished third, winning the bronze medal, a pleasing finale to the season.

Special thanks to Tracey Martin-Alciade, Doug Bourne and Marilyn Griffin who acted as officials and to all those who helped as time keepers.

Chris O'Connor and Graeme Olden have once again been tremendous supporters of the club, and there is no doubt that our fantastic success in 2009 reflects their excellent planning and organisation and management skills. Many other clubs do not have leadership behind the scenes like we do. We are very fortunate and we should acknowledge this as a key part of our success.

#### Men's Division 1

1. Chris Hamer 11:14
2. Daniel Clark 11:32
3. Anthony Aloisio 11:56
4. Matt Coloe 11:16
5. Kyle Martin-Alcaide 12:05
6. Andrew White 11:10

#### Team Placings:

- 1 Box Hill 1:09:13
- 2 Glenhuntly 1:09:34
- 3 Knox 1:10:02
- 4 Essendon 1:11:22
- 5 Geelong 1:11:51
- 6 APS 1:12:09
- 7 Sandringham 1:14:18
- 8 Bendigo 1:14:22

#### Leading Times (Open)

- |              |          |       |
|--------------|----------|-------|
| Andrew White | Box Hill | 11:10 |
| Sam Crowther | Knox     | 11:11 |

Brenton Rowe	Geelong	11:12
Craig Huffer	Glenhuntly	11:12
Duer Yoa	Eureka	11:13
Chris Hamer	Box Hill	11:14
Matt Coloe	Box Hill	11:16
Ben Toomey	Knox	11:18
Matthew Johnsen	Doncaster	11:20
Tyson Popplestone	Eureka	11:20
Toby Rayner	Glenhuntly	11:24
Mitch Frey	Frankston	11:26
Luke Hennesy	Glenhuntly	11:29
Jordan Williamsz	Knox	11:30
Daniel Clark	Box Hill	11:32

#### Men's Division 2

1. David Jimenez	12:59
2. Navin Arunasalam	12:29
3. Chris Papadakis	13:50
4. Adrian Vincent	12:33
5. Steve Griffin	12:54
6. Luke Yeatman	11:57

Team Placing: 5th

#### Men's Division 5

1. Andrew Nagle	12.43
2. Josh De Stefanis	13.39
3. Jonathan Love	12.52
4. Chris O'Connor	13.07

Team Placing: 2nd

#### Men's Division 7

1. Marcus Hanley	13.17
2. Dean Membrey	15.01
3. Graeme Olden	13.48
4. Patrick Oughtred	15.04

Team Placing: 4th

#### Men 40+

1. David Stevens	15.47
2. Craig Graham	14.32
3. William Dyer	14.47

Team Placing: 8th

#### Under 20 Men

1. Chaai Kathirasan 13:50
2. Jackson Dyer 13:40
3. Daniel Balassone 13:50

#### Under 18 Men

1. Michael Dowel 12.30
2. Mitchell Milnes 14.18
3. Mitchell Dyer 14.03

#### Division 1 Women

1. Rachel Johnson 13.34
2. Julie Norney 14.22
3. Emma Steer 14.55
4. Kate Ackland 14:53

#### Division 1 Women's Team Placings

1. Knox 53:56
2. Glenhuntly 56:58
3. Melbourne Uni 57:37
4. Box Hill 57:44
- 5 Traralgon Harriers 59:26
- 6 Keilor St Bernards 1:00:55
- 7 Richmond Harriers 1:01:56
- 8 Collingwood 1:02:50

#### Division 3 Women

1. Talitha Crawford 15.17
2. Amanda Harper 15.25
3. Olivia Turnbull 15:27

Team Placing: 5th

#### Division 4 Women

1. Rebecca Law 15.48
2. Megan Sloane 15:54
3. Prue Healy 15.18

Team Placing: 1st

#### Under 18 Women

1. Chelsea Dyer 17.12
2. Ella Mason 17.41
3. Anna Carrig 16.10

Team Placing: 3rd

Under 16 Women

1. Amelia Savige 17.12
2. Emma Kenshole 17.01
3. Natalie Ambrose 15.03

Team Placing: 5th