

Box Hill Athletic Club Winter Bulletin 2010 No. 05

Monday 17 May 2010

UPCOMING EVENTS

Saturday May 29, Road Race, Sandown

Saturday, June 19, Road Race, Ballarat

Saturday, July 3, TRIVIA NIGHT!

SANDOWN 10KM ROAD RACE - ENTER NOW!

The next event on the Athletics Victoria XCR'10 calendar is the Sandown 10km road race. This is one of the feature events of the winter season, with big high quality fields and invariably fast times.

There are 2 events on the day. The junior women and under 14 and under 16 men race together over 3km, while the open men and women and the under 18 and under 20 men race together over 10km.

All members are encouraged to compete in this event. All registered members can enter online at the AV website. Let's make it a big day for Box Hill!

If you do not have a winter season's entry ticket you can enter online now or if you have any problem with the online entry system, contact us via return email if you wish to be entered for this event.

BOX HILL WALKERS

Box Hill has a number of members competing in the Victorian Race Walkers Club events at Albert Park.

On May 1, Box Hill finished third in the inaugural Victorian 5km teams championship. The experienced team was comprised of Simon Evans (5th), Bill Dyer (10th) and Harry Summers (16th). Meanwhile Box Hill junior Ella Mason finished 3rd in the women's open 3km event.

On May 8, Simon Evans put in a great performance to win the 10km event in a time of 53:13 and then on May 15, improved his time to 52:00 to take a bronze medal in the state 10km championship.

Congratulations Simon.

CROSS COUNTRY AT LARDNER PARK - MAY 8

For official times and teams results see Ian Sloane's report below.

GET REGISTERED NOW!

Registration are now due for the 2010/2011 athletics year.

Registrations expire on April 1 each year, so if you have not already done so, send in your registration forms now so that you are a paid up member and ready for a winter of either racing or preparing for next summer!

Athletes will soon be sent a wristband that they are expected to wear when training at the track to show that they are either a registered member or have paid training fees.

There might be a delay in sending registration numbers to members who have paid their fees (unless they are required for winter events) while the wristbands are being sourced.

TRIVIA NIGHT!

Mark it in your diaries now! The club's biggest social and fund raising event for the year will be held on Saturday evening, July 3 at a new venue. We look forward to seeing you there!

WINTER SEASON - XCR'10 - CALENDAR

The Athletic Victoria winter season calendar is shown below. To take part you must be registered for the new 2010/2011 season. You must then enter online at the AV website, by either purchasing a season's ticket or paying for each individual event.

AV Winter Season Program

29-May-10 Saturday Road Race Sandown

19-Jun-10 Saturday Road Race Lake Wendouree

10-Jul-10 Saturday Relay Coliban

17-Jul-10 Saturday Cross Country Bundoora

31-Jul-10 Saturday Cross Country Brimbank Park
28-Aug-10 Saturday Road Relays Sandown
5-Sep-10 Sunday Road Race Burnley
18-Sep-10 Saturday Relay The Tan

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

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Lardner Park Results 2010

On Saturday 8 May, a smaller group of Box Hill athletes made their way through Drouin to reach Lardner Park, lately the home of the Victorian men's 8 K Cross Country Championship and the women's 4 K Cross Country. Our leading runners have been depleted because of injuries and it is hoped that the next few weeks will see an improvement in the depth of our top performers. It was certainly a beautiful day, and the setting was very picturesque

The first race saw Daniel Balassone and Dylan Eeles contested the combined Under 20 and Under 18 men's race. Daniel forced his way into the leading pack and ran really well. He picked up several runners in the second half of the race and finished an extremely competitive 5th place within sight of the placegetters, and was only 21 seconds behind the second placegetter. If he keeps improving, there are good reasons to think that he may finish one of the winter races on the podium. Dylan Eeles ran a very creditable 15th place in the Under 18 race, running steadily and holding his position well throughout his race.

Natalie Ambrose contested the Under 18 women's race, and was very impressive in recording the time of 12 m 06 to place 5th. There is good reason to suspect that as Natalie gets fitter over the winter season that she will improve her placings and this was a commendable first-up effort.

The senior men's race was a short sharp race and the leaders were already quite well clear of the field after 2 kilometres. Steve Kelly was hunting up early in contention and pushing the leaders. In a performance which would almost certainly be close to his best winter race, Steve continued his early good form and ran away from the athletes around him in the concluding stages. He was not able, on this occasion to match Toby Rayner's speed. This is a tough course and Steve ran very strongly on the uphill sections. So, a fine effort to win the Silver medal and hopefully this will be the first of many journeys to the podium. Daniel Clark and John Meagher ran close together in the first lap, and John, now more-or-less recovered from the jet lag he had experienced the previous week in the CC relays, was putting up a spirited performance. Daniel eventually drew ahead of John with both performing very impressively, with Daniel placing 17th and John 21st. John smashed all other athletes in his age group (45 - 49) and ran faster than all athletes in the younger age category, a noteworthy achievement. Adrian Vincent has recovered from the injury that cost him much of the last season and he competed by invitation, placing 52nd in a sound performance. Not much further behind was Michael Dowel who had arrived a little too late to start in the Under 20 race. Michael ran steadily completing the course just 12 seconds after Adrian and placed 59th. Then Luke Yeatman, running purposefully, completed his race after another 16 seconds later in 69th position. Luke seems sure to improve during the winter, having made a strong start in the relay and now the 8 K Cross Country. The Division 1 team was completed with Chris Bradford crossing the line nine seconds later in 73rd position. Geelong stunned all other teams, with six athletes in the first 16. Glenhuntly was second from Athletics Essendon, with Knox 4th also beating Box Hill which was placed 5th.

Other Box Hill runners to complete the course were David Jimenez, 91st, Steve Griffin, 94th, Bert Pelgrim, 104th and the winner of the Silver medal in his age group, Andrew Nagle, 133rd, Chris O'Connor, 146th, and Graeme Olden, 159th, who completed the Division 2 team. John Vaitkunas, 193rd, David Ayers, 235th, Peter Stefanos, 269th and Andrew Tunne, 324th, also completed the course.

The women's race, which started after the men's race, was dominated by Kaila McKnight (Knox) who finished a long way ahead of Victoria Mitchell (Eureka), second, and Kristy McCarthy, third. Our first athlete, Brooke Condon, ran very impressively and finished in 11th position. She ran in amongst a number of athletes, and ran home strongly. Then Rachel Johnson, who had been running closely together, and Julie Norney sprinted home with Julie just prevailing by a fraction of a second, and both athletes being given the same time. Julie won the Silver medal in her age category. June Petrie managed 46th position to complete the Division 1 team. June was placed fourth in her age category. Our team was placed 3rd in the team's race, a pleasing result as some of our more credentialed athletes were not racing.

The Division 2 team was made up of Rebecca Law, 50th, Hannah Deal, 56th, Megan Sloane, 74th, and Talitha Crawford, 82nd, combined to place 5th in their section. Charmaine McNally, 94th and Kerry Putt, 108th also finished the course. Box Hill's 40+ women's team was presented with the gold medal, although the results showed that they placed second.

The opening championship race performance was a reasonable effort overall, given the unavailability of a number of athletes and we can look forward to better performances as the season progresses.

Placings and times

Under 20 Men 4K Result

5 Daniel Balassone 13:46

Under 18 Men 4K Result

15 Dylan Eeles 15:32

Under 18 Women 3K Result

5 Natalie Ambrose 12:06

Open Men 8K Results

| | | |
|-----|----------------------|-------|
| 1 | Toby Rayner (GH) | 25:24 |
| 2 | Steve Kelly (BH) | 25:51 |
| 3 | Luke Hennessy (GH) | 26:00 |
| 17 | Daniel Clark | 26:53 |
| 21 | John Meagher | 27:13 |
| 52 | Adrian Vincent (inv) | 28:41 |
| 59 | Michael Dowel | 28:53 |
| 69 | Luke Yeatman | 29:09 |
| 73 | Chris Bradford | 29:18 |
| 91 | David Jimenez | 30:05 |
| 94 | Steve Griffin | 30:08 |
| 104 | Bert Pelgrim | 30:33 |
| 133 | Andrew Nagle | 31:30 |
| 146 | Chris O'Connor | 31:50 |
| 159 | Graeme Olden | 32:17 |
| 193 | John Vaitkunas | 33:29 |
| 235 | David Ayers | 34:55 |
| 269 | Peter Stafanos | 36:49 |
| 324 | Andrew Tunne | 41:29 |

Men 40 – 44 Results

17 John Vaitkunas

Men 45 – 49 Results

- 1 John Meagher
- 13 Chris O'Connor
- 15 Graeme Olden
- 27 David Ayers
- 33 Peter Stefanos

Men 50-59 Results

- 2 Bert Pelgrim
- 29 Andrew Tunne

Open Women 4K Cross Country Results

- 1 Kayla McKnight (Knox) 13:59
- 2 Victoria Mitchell (Eur) 14:26
- 3 Kristy McCarthy (Knox) 14:30
- 11 Brooke Condon 15:23
- 16 Julie Norney 15:38
- 17 Rachel Johnson 15:38
- 46 June Petrie 16:58
- 50 Rebecca Law 17:15
- 56 Hannah Deal 17:35
- 74 Megan Sloane 18:14
- 82 Talitha Crawford 18:26
- 94 Charmaine McNally 19:01
- 108 Kerry Putt 19:52

Women 40 – 45 Result

- 2 Julie Norney

Women 45 – 49 Result

- 4 June Petrie

Women 50+ Result

- 3 Megan Sloane

Team Positions

Men

Division 1

- 1 Geelong 64
- 2 Glenhuntly 144
- 3 Essendon 172
- 4 Knox 177
- 5 Box Hill 235

Division 2

- 1 Aths Waverley 332
- 2 Frankston 352
- 4 Glenhuntly 423
- 5 Melb Uni 470
- 6 Traralgon 646

- 7 Western Athletics 667
- 8 Box Hill 706

Women

Division 1

- 1 Glenhuntly 37
- 2 Knox 39
- 3 Box Hill 90
- 4 Melbourne Uni 126

Division 2

- 1 Glenhuntly 129
- 2 Melbourne Uni 187
- 3 SSH 202
- 4 Diamond Valley 260
- 5 Box Hill 262

Women 40+

- 1 Bendigo Region 29
- 2 Box Hill 32
- 3 Glenhuntly 47