

Box Hill Athletic Club Winter Bulletin 2010 No. 07

Monday 31 May 2010

UPCOMING EVENTS

Saturday, June 19, Road Race, Ballarat
Saturday, July 3, TRIVIA NIGHT!
Saturday, July 10, Coliban Relay, Bendigo
Saturday, July 17, Cross Country Champs, Bundoora

SANDOWN ROAD RACE CHAMPIONSHIPS: KELLY AND CONDON IN GREAT FORM!

With over 40 entrants it was a big day for Box Hill at the state road racing championships at Sandown on Saturday.

The highlights of the day included a brilliant silver medal winning performance by Steve Kelly in the men's 10k event. Steve led our division 1 team of Barry Lynch (9th), Andrew White (10th), Matt Coloe (12th), Daniel Clark (19th) and John Meagher (38th) to victory in the teams event for the first time this season.

In the women's 10k event Brooke Condon had a breakthrough performance to finish 5th, with a huge PB time of 35:32. Rachel Johnson finished in 10th place, Julie Norney 18th and Jess Eeles 34th to bring the team into 2nd position.

The outstanding performance in the junior 3km race was a bronze medal won by Amy Carrig in the women's under 20 race, just 1 second ahead of Grace Brown. Amy, Grace and Emily De Luca won the under 20 teams event.

Special thanks to Marilyn Griffin, Michael Potter and David Stevens who acted as officials.

See below for a full report and all Box Hill results.

LADDERS

After 3 of the 10 rounds of the XCR'10 winter distance running season, Box Hill are poised in second place on the ladder in women's Division 1 competition and a close 3rd in the men's competition. Let's hope for some good results in the next round at Ballarat to keep us in contention for the premiership. Top 4 placings after 3 rounds:

MEN Division 1

1. Glenhuntly 34
2. Geelong 33
3. Box Hill 31
4. Knox 29

WOMEN Division 1

1. Glenhuntly 37
2. Box Hill 30
3. Knox 27
4. Bendigo 25

LAKE WENDOUREE ROAD RACE

The next event on the winter calendar is the 15km road race (5km for juniors) around Lake Wendouree in Ballarat, on Saturday, June 19. Online entries are now open.

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:

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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Sandown 10 K Road Race Report 29.5.10 Brilliant run from Steve Kelly Strong team effort from Senior Men Excellent run from Brooke Condon

The Victorian 10 K road Championship was held at Sandown race course on Saturday 29 May. In benign conditions, with only moderate wind and temperate conditions, which is about as good as it gets. Box Hill fielded two men's and two women's teams, although it appeared that we would start an extra team in each competition before the race commenced.

The men's and women's races are run over three laps of the 3.1 k. circuit plus the length of the straight

Both men's and women's races started simultaneously from separate starts and combined about 500 metres up the tarmac. A large group of runners started at a tremendous pace, and quickly coalesced at the head of the field. This group included Mark Tucker (Geel), Liam Adams (Ess), a South Australian invitee (Chris Hartley), Steve Moneghetti (Ballarat YCW) Andrew White, Steve Kelly, Daniel Clark and Matt Coloe.

At the end of the second lap, this group was fragmented and there were five runners contending for the victory: Adams, Kelly, Hartley, Hennessy and Tucker. With a kilometre to go Adams surged and there was contact between Tucker and him. Tucker broke clear and Steve Kelly and the SA invitee fought out second place, with the South Australian prevailing for second place by a very narrow margin and both athletes were credited with the same time. Willie (Knox), Rayner (GH) and Moneghetti (BYCW) finished in quick succession and then Barry Lynch ran across the line in 9th place, surely his best ever Winter effort. Andrew White was next over the line in 10th place and Matt Coloe, recovered from a recent injury finished 12th, also an impressive effort. Daniel Clark was in 19th position, having faded slightly in the final lap. John Meagher placed 28th, also a mighty performance. John was the runner up in his age division to Steve Moneghetti.

Our Division 1 team appears to have won the Teams' race, a big improvement on the 8 K team result at Lardner Park where we placed fifth.

In the Under 20 race, Will Potter and Daniel Balassone both ran exceptionally well to place 7th and 8th respectively. Michael Dowel got a stitch when in a medal position and pulled out.

The women's race did not seem to have the depth of the previous year, but Cassie Fien (Wellington) smashed the field winning by 2 minutes 23 seconds in the respectable time of 32 m. 37. Brooke Condon ran extremely well to place 5th with Rachel Johnson also running particularly well to gain a top ten placing. Julie Norney ran a big PB and the Division team was completed by Jess Eels who crossed the line in 34th position. This appears to have placed the Division 1 team in 2nd position.

Our under 20 women's team also performed very creditably Amy Carrig 4th (also winning the AV Bronze medallion, officially 3rd), Grace Brown 5th and Emily De Luca 11th, combining to win the Gold medal, defeating Glenhuntly which placed second, with SSH unofficially third

10km Results:

Men Division 1 (Team Place: 1st)

- 3. Steve Kelly 30:18 (2nd Victorian)
- 9. Barry Lynch 30:39
- 10. Andrew White 31:09
- 12. Matt Coloe 31:14
- 19. Daniel Clark 31:37
- 38. John Meagher 32:13 (2nd 45-49)

Men Division 2 (Team Place: 8th)

- 85. Steve Griffin 34:17
- 86. Chris Bradford 34:22
- 107. Adrian Vincent 35:01 (invitation)
- 122. Chris Kiddle 35:24 (invitation)
- 124. Bert Pelgrim 35:25 (3rd, 50-54)
- 200. Chris O'Connor 37:16 (18th, 45-49)
- 243. John Vaitkunas 38:14 (25th, 40-44)
- 259. Graeme Olden 38:39 (29th, 45-49)

Men Division 4

- 283. David Ayers 39:31 (36th, 45-49)
- 295. Andrew Nagle 39:55
- 339. Peter Stefanos 41:21 (46th, 45-49)
- 399. Andrew Tunne 43:58 (31st, 50-54)

Men 40-49 (Team Place: 4th)

- 2. John Meagher
- 37. Chris O'Connor
- 52. John Vaitkunas

Men Under 20

- 8. Will Potter 33:49
- 9. Daniel Balassone 34:06

Men Under 18

- 17. Jonathan Tree 39:19

Women Division 1 (Team Place: 2nd)

- 5. Brooke Condon 35:32
- 10. Rachel Johnson 36:41
- 18. Julie Norney 37:45 (3rd, 40-44)
- 34. Jessica Eeles 39:48

Women Division 2 (Team Place: 4th)

- 66. June Petrie 42:09 (4th, 45-49)
- 84. Hannah Deal 43:30
- 88. Rebecca Law 43:39
- 106. Megan Sloane 45:02 (3rd, 50+)

Women Division 4

- 107. Harriet Hodgkinson 45:17
- 112. Charmaine McNally 45:26

Women 40+ (Team Place: 3rd)

- 3. Julie Norney
- 14. June Petrie
- 23. Megan Sloane

3km Results

Men Under 16

15. Jack Harris 10:05

34. Lachlan Brown 11:07

Women Under 20 (Team Place: 1st)

3. Amy Carrig 11:08

4. Grace Brown 11:09

10. Emily De Luca 12:12

Women Under 18

11. Brigitte Wolhuter 11:35

Women Under 16

23. Amelia Savige 12:08