

Box Hill Athletic Club Winter Bulletin 2010 No. 10

Monday 21 June 2010

UPCOMING EVENTS

Saturday, July 3, TRIVIA NIGHT!

Saturday, July 10, Coliban Relay, Bendigo

Wednesday, July 14, BHAC Annual General Meeting

Saturday, July 17, Cross Country Champs, Bundoora

TRIVIA NIGHT ON SATURDAY WEEK!

The club's biggest social and fund raising event for the year is less than 2 weeks away! This year the Box Hill Athletic Club trivia night will be held on Saturday evening, July 3 at a new venue. We look forward to seeing you there!

When: Saturday 3rd July 2010

Where: Chatham Primary School, Banool St. Surrey Hills

Time: 7pm (First question 7.30pm)

Cost: \$20 per person or \$35 per couple

BYO drinks & nibbles, Tea and Coffee provided

Organise a table (6-10 people) or just come on your own.

Please contact us via return email or call Leana on 0402 264 503 (note the wrong phone number for Leana was sent out on the flyer last week!) to book.

We also need **auction items** for the night. If you can donate anything (or talk some one else into donating gifts or services) please let us know as soon as possible.

NO LIGHTS?

There is an upgrade to the switchboard at the track happening today (Monday) and tomorrow and there is a chance we will be without power and therefore lights for tonight only. Apologies for any inconvenience.

POLE VAULT AND HIGH JUMP REPAIRS

Repairs to the high jump and the pole vault run up are scheduled for this week, from Monday 21 June to Friday 25 June. These works are subject to suitable weather. At this stage the forecast is favourable.

The high jump and pole vault cannot be used during this time.

ANNUAL GENERAL MEETING

The Annual General Meeting of the Box Hill Athletic Club will be held at the clubrooms on Wednesday, July 14 at 7:30pm.

LAKE WENDOUREE ROAD RACE

Official results are not yet available, but again Steve Kelly and Brooke Condon were the outstanding performers. Brooke won a bronze medal in the women's 15km event, while Steve Kelly finished 5th in the men's race. Rachel Johnson (7th) and Daniel Clark (10th) also put in outstanding performances. More details including junior place getters next week.

See below for Ian Sloane's report

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:

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.

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 ph: 9808 5914 or 0410 490 630 email: coconnor@swin.edu.au

Victorian 15 K Road Championship

Ballarat (Lake Wendouree)

19 June 2010

In vastly improved conditions, compared to 2009, a large field filed took off in cool, overcast conditions, having earlier been sunny during the running of the junior races. There was a cold wind blowing when the sun disappeared, but fortunately no rain.

The race course, the same as for 2010, had a shorter introductory section, an out and back loop, followed by two complete laps of Lake Wendouree. Lake Wendouree is slightly more than 6 K around. Unfortunately, at the time of writing, many athletes' result were unknown because strong underground electro-magnetic radiation interfered with the timing equipment, meaning that many results weren't recorded. So the results below were a mixture of official times and hand held running watch time.

The men's field reduced to a leading bunch of seven by the end of the out and back loop. Steve Kelly was lying seventh in this group which included Liam Adams (Ess), Steve Moneghetti (Ball YCW), Shaun Krawitz (GH), Nathan Hartigan (Ball Harr) and Scott Rantall (Gel). Toby Rayner (GH) was running by himself off the pace. Shortly after another smaller group appeared with Daniel Clark prominent in 13th position. Matt Coloe was running in a third group another 30 seconds behind the second grouping, probably in around 30th position. Box Hill's Division 1 team was completed by David Jimenez, Steve Griffin and Bert Pelgrim.

The women's race was run at the same time as the men's race, and it was a little harder to identify the leading women, because they were a little way back in the field, surrounded by numerous male athletes. However, it was clear that Kathryn Ewels (Tra) was in the lead and that Brook Condon had got off to a great start and appeared to be in a medal position. Bev Thomas (Ess) was also prominent early. Rachel Johnson was also well up, in the top ten, and looked comfortable at the pace she was running. Julie Norney also looked good, completing the loop not long after Rachel had run past the finish. Jess Eels, who later was unable to complete the course was four seconds behind Julie, and June Petrie was our next best-placed female athlete about 20 second in arrears.

The men's race, meanwhile, had become a race between two with a surging duel between Steve Moneghetti and Liam Adams, and these two athletes had broken away from Nathan Hartigan, followed by Shaun Krawitz, who in turn was ahead of Steve Kelly. Daniel Clark was 52 seconds behind Steve Kelly, running in 9th position. Toby Rayner dropped out of contention having been overtaken by Daniel and the group around him. Matt Coloe was slowly making progress with the group he had been running with and was in 25th position going into the final circuit. A bit further back, in 58th position was David Jimenez, with Steve Griffin in 61st position.

Brook Condon cemented her relative position in the women's race, still in medal contention, just ahead of Bert Pelgrim, and then, in 7th position, Rachel Johnson came through, just ahead of Chris O'Connor. Julie Norney was in 15th position and Jess Eels was holding 21st spot. June Petrie kept plugging away, 55 seconds behind Jess.

At the conclusion of the race, Liam Adams opened up a five metre break on Steve Moneghetti, to claim the title with a gap of a little over a second. Nathan Hartigan maintained his position to claim the bronze medal. Shaun Krawitz placed fourth from Steve Kelly, fifth. Daniel Clark placed 10th, Matt Coloe, 22nd, picking up a few more runners in the final lap and Dave Jimenez held it together well in his last lap to record 53rd position. Steve Griffin, running in the best recent form of his time representing Box Hill, crossed the line in 65th position with Bert Pelgrim completing the Box Hill Division 1 team. Our Division 1 team appears to have placed 5th, Behind Geelong, Glenhuntly, Essendon and Ballarat YCW.

Kathryn Ewels maintained her dominance over the field to win the women's section, from Bev Thomas with an excellent performance from Brook Condon who claimed the bronze medal. Rachel Johnson appears to have placed seventh, in another excellent effort. With Julie Norney, 14th and June Petrie, 23rd completing the Box Hill Division 1 team. The women's team appears to have placed second, behind Glenhuntly.

In the underage divisions, the races were held over 5 K. Michael Dowel crossed the line in 6th position, but we are unclear about his race placing as at least one of the runners was competing by invitation.

Michael appeared to dip under the 16 m. barrier record in 15:59 on the running watch. Daniel Balassone also performed very well, being the 9th athlete over the line, although his official placing is yet to be confirmed. He recorded the time of 16 m 26 on the running watch. Dylan Eeles also finished, running 18:04 on the 5 K distance. Our two female competitors were Amy Carrig (19:02) and Natalie Ambrose (19:30).

5. Steve Kelly 46:59
10. Daniel Clark 47:57
22. Matt Coloe 48:15
53. David Jiminez 51:57
65. Steve Griffin 52:37
100. Bert Pelgrim 54:39
Chris O'Connor 56:30
Marcus Hanley 60:42
Peter Stefanos 64:52
Andrew Tunne 68:49

3. Brooke Condon 54:32
7. Rachel Johnson 56:57
14. Julie Norney 59:47
23. June Petrie 61:15
Rebecca Law 67:14
Megan Sloane 67:26
Charmaine McNally 68:59
Hannah Deal 70:26

JUNIORS

Michael Dowel 15:59
Daniel Balassone 16:26
Dylan Eeles 18:04

Amy Carrig 19:02
Natalie Ambrose 19:30