

# *Box Hill Athletic Club Winter Bulletin 2010 No. 13*

*Monday 12 July 2010*

## **UPCOMING EVENTS**

Wednesday, July 14, BHAC Annual General Meeting  
Saturday, July 17, Cross Country Champs, Bundoora  
Saturday, July 31, Cross Country, Brimbank Park

### **BUNDOORA CROSS COUNTRY CHAMPIONSHIPS THIS SATURDAY**

The next event on the winter calendar will be the cross country championships at Bundoora Park this Saturday, July 17th. This event is combined with the all school championships.

Junior athletes will be competing for their schools, while under 20s who have left school and open age athletes will compete in the regular AV events.

This race is also the selection trial for the national cross country championships to be held in Brisbane in August.

If you have not entered the race, you must enter online TODAY!

Box Hill has the following entries:

#### **Open Men:**

Chris Bradford  
Daniel Clark  
Matt Coloe  
Steve Griffin  
David Jiminez  
Steve Kelly  
John Meagher  
Andrew Nagle  
Chris O'Connor  
Graeme Olden  
Bert Pelgrim  
Andrew Tunne  
John Vaitkunas  
Luke Yeatman

#### **Men Under 20:**

Daniel Balassone

#### **Open Women:**

Brooke Condon  
Hannah Deal  
Rachel Johnson  
Penny Koster  
Rebecca Law  
Charmaine McNally  
Julie Norney  
June Petrie  
Megan Sloane

### **VOLUNTEERS NEEDED**

Like all clubs, Box Hill must supply officials at some of the winter events. The main event for Box Hill in terms of officials is the Bundoora cross country this weekend. We need 6 volunteers to help with the running of the event (usually 3 for the morning and 3 for the afternoon). If you can help the club in this way please let us know as soon as possible. Your help will be much appreciated.

### **COLIBAN RELAY**

Cold, wet and windy conditions greeted our runners who fronted up for the Harcourt to Bendigo "Coliban" relays on Saturday.

Our athletes all deserve congratulations for a great effort under very adverse conditions. Unfortunately we had many of our best runners unavailable for this event, but in the Box Hill spirit many younger runners stepped up to replace them.

The highlight of the day was a silver medal winning performance by our women's division 1 team. This team consisted of June Petrie, Rachel Johnson and 3 junior girls, Amy Carrig, Laura Constable and Natalie Ambrose. A great effort!

Thanks to Marilyn Griffin who acted as an official and too all the parents and friends who helped as drivers.

See Ian Sloane's report below for more details.

### **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.  
All members are invited to attend.

### **CONGRATULATIONS JULIE!**

Congratulations to Julie Norney, who ran a PB of 3:01:17 in the Gold Coast marathon last week. Julie was the 26th woman across the line and finished 4th in her age group.

### **FACEBOOK**

Check out Box Hill's new facebook page!  
Add Box Hill AC as a friend!

### **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:

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](mailto:golden@sprint.net.au)  
Ian and Megan Sloane ph. 9459 4486 email: [iansloane@optusnet.com.au](mailto:iansloane@optusnet.com.au)  
Chris O'Connor ph: 9808 5914 or 0410 490 630 email: [coconnor@swin.edu.au](mailto:coconnor@swin.edu.au)

### **Coliban Relays 10 July 2010**

Atrocious conditions were the order of the day in the Coliban relay meeting (Harcourt to Bendigo) held on July 10 commencing at the Harcourt swimming pool. This is a difficult race to manage, follow and watch and, being in an isolated country area without good transport access. Unfortunately, many of our top runners were not available, particularly in the men's teams. Consequently, were able to start only two men's teams and two women's teams. The women's teams performed better than the men in terms of placings, and the women's Division 1 team went home with the silver medal, although the official results showed that they placed third. Apart from the women's Division 1 team, we left the finish at Latrobe University with no idea where we had finished. Most of our team members were picking up runners from earlier legs or taking them to where their transport or clothes were. Hence, we did not have a recorder or manager present at the finish to enable calculation of our finishing order.

The results from the AV web site are reproduced below, but we do not have individual leg times. Thanks to Mrs Griffin for offering to act as an official and parents and supporters who assisted and ensured that our runners arrived in time at the various changeover points. We did have a few close shaves. We are looking forward to a better turnout at Bundoora next week in the Victorian Cross Country Championships, and if you are a Box Hill supporter, we would welcome your presence on the course encouraging our team members to do their best.

### **Men**

#### **Division 1**

1	Glenhuntly	2:17:50
2	Geelong Region	2:18:02
3	Knox Athletics	2:19:20
4	Athletics Essendon	2:24:54

5	Bendigo Region	2:27:44
<b>6</b>	<b>Box Hill</b>	<b>2:29:45</b>
7	Ballarat YCW Harriers	2:29:51
8	APS United	2:31:29
9	Eureka	2:34:17
10	Collingwood Harriers	2:34:37
11	Keilor St Bernards	2:35:52

### Division 2

1	Frankston	2:26:10
2	Melbourne University	2:28:50
3	Glenhuntly	2:29:30
4	Athletics Waverley	2:33:00
5	Western Athletics	2:40:25
6	Richmond Harriers	2:41:03
7	Mornington Peninsula	2:43:35
8	Mentone	2:44:50
<b>9</b>	<b>Box Hill</b>	<b>2:47:41</b>
10	Traralgon Harriers	2:48:48
11	Athletics Nunawading	2:49:29
12	Collingwood Harriers	2:54:40

### Women

#### Division 1

1	Glenhuntly	2:10:59
2	Keilor St Bernards?	2:14:00?
<b>3</b>	<b>Box Hill</b>	<b>2:17:02</b>
4	Melbourne University	2:20:33
5	Knox Athletics	2:21:35
6	Athletics Essendon	2:22:01
7	Geelong Region	2:23:26
8	Traralgon Harriers	2:26:47
9	Bendigo Region	2:42:32
10	Collingwood Harriers	2:42:32

#### Division 2

1	Western Athletics	2:28:24
2	Glenhuntly	2:30:39
3	Melbourne University	2:31:27
4	Ballarat Harriers	2:31:30
<b>5</b>	<b>Box Hill</b>	<b>2:32:47</b>
6	Diamond Valley	2:33:43
7	Malvern Harriers	2:34:34
8	Athletics Waverley	2:34:56
9	St Stephens Harriers	2:35:10
10	Ballarat YCW Harriers	2:46:03