

Box Hill Athletic Club Winter Bulletin 2010 No. 20
Wednesday 1 September 2010

UPCOMING EVENTS

Sunday, September 5, Half Marathon Championships, Burnley

Sunday, September 12, MOVIE NIGHT!

Saturday, September 18, Tan relays

Saturday, October 9, Track season opens!

BURNLEY HALF MARATHON ON THIS Sunday MORNING

The state half marathon championships will be held at Burnley this Sunday, September 5, starting at 8:00am.

This is the last individual event for the winter season. Entries have closed, but if you wish to run and have not entered, please contact us as soon as possible as it might be possible to organise a substitution.

It is an excellent course for spectators, so if you are not competing, why not come along and support your Box Hill team mates?

MOVIE NIGHT - GET YOUR TICKETS NOW

The club will be holding a fund raising movie night at the Balwyn Cinemas on the afternoon of Sunday, September 12. The movie, "Salt", will start at approximately 3:30pm. Tickets that include the movie and afternoon tea are selling for \$20 (\$17:50 for students). See Leana for tickets, or email us your intention to attend and we will get tickets to you.

THREE SILVER AND A BRONZE MEDAL AT SANDOWN

Despite the absence of a number of runners, Box Hill picked up 3 silver medals and a bronze medal at the road relay championships at Sandown race course on the weekend.

Division 1

The Box Hill division 1 women's team of Rachel Johnson, Julie Norney, Grace Brown and Amy Carrig won the silver medal in the Sandown relays on Saturday. Rachel put the team into the lead on the first leg of the relay. Julie fell back to third place at the end of her first lap, but fought back to put the team into 2nd place. Juniors Grace Brown and Amy Carrig running in the open team for the first time, both ran well to consolidate 2nd place for the team.

1. Rachel Johnson 22:04
2. Julie Norney 23:21
3. Grace Brown 24:13
4. Amy Carrig 23:56

Our men's team was weakened by a number of withdrawals and, like the women's team, depended on a couple of our junior athletes stepping up into division 1. Daniel Clark ran Box Hill's fastest time of the day, to bring the team into a close 4th place on the first leg. The rest of the team held on well to finally finish in 5th place, just 90 seconds outside third place.

1. Daniel Clark 18:47
2. Steve Griffin 20:58
3. Michael Dowel 20:00
4. Daniel Balassone 20:53
5. Barry Lynch 19:44
6. David Jiminez 20:16

Division 2

Unfortunately our women's team had only 2 runners due to some late withdrawals, while our men's division 2 team was under strength and finished towards the back of the field.

1. Hannah Deal 26:50
2. Kris Hopkins 27:14

1. Chris Bradford 21:20
2. David Featherston 23:13
3. Andrew Nagle 22:21
4. Nick Baggott 23:14
5. David Ayers 23:53
6. Graeme Olden 23:21

Men Over 40

With two of our 40+ athletes running in division 2, it was a great effort for our over 40 men's team to finish in third place to take out the bronze medal.

1. Bill Dyer 25:37
2. David Stevens 26:34
3. Andrew Tunne 26:58

Men Under 20

With our 2 top under 20 runners competing in division 1, we ran one under 20 and two under 18s in this team. They all performed well to win a silver medal.

1. Jack Hill 24:41
2. Hanson Wong 22:11
3. Jonathon Tree 23:49

Women under 18 (3x3.1km)

In a very strong field our team of Liselle Atkin, Brigitte Wolhuter and Natalie Ambrose won the silver medal in a race that saw 2nd, 3rd and 4th placed teams locked together most of the way. Natalie ran a strong last leg to pull away from the other teams and finish comfortable ahead of 3rd place.

1. Liselle Atkin 12:04
2. Brigitte Wolhuter 12:40
3. Natalie Ambrose 11:31

Special thanks to Ian Sloane, Megan Sloane, Gary Dowel, Andrew White and Rob Falkenberg, who helped with time keeping.

TRACK SEASON IS COMING!

The 2010/2011 interclub shield track and field season is just 5 weeks away. Competition starts on Saturday, October 9. Don't miss out on the start of the season. If you are not registered for this season please register as soon as possible. Registration forms can be down loaded from the Box Hill Athletic Club website, or reply to this email and we will send you a form.

WINTER SEASON - XCR'10 - CALENDAR

There are just 3 events left in the Athletics Victoria XCR'10 season.

We are hoping to finish off the season with a bang, by entering strong teams in the remaining events.

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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