

## **Box Hill Athletic Club Winter Bulletin 2011 No. 03**

**Monday 9 May 2011**

### **UPCOMING EVENTS**

Saturday, May 21, Cross Country, Balnarring Racecourse

Sunday, May 29, Movie night, Balwyn Cinema

Sunday, June 5, Road Race, Flemington

Saturday, June 18, Road Race, Ballarat

#### **BALNARRING CROSS COUNTRY ON Saturday WEEK: Enter Now!**

The next event on the XCR'11 calendar is at Balnarring racecourse on Saturday, May 21 (8km for open men, 4km for open women, 2, 3 or 4km for juniors). To compete in this event you must enter online by THIS FRIDAY, May 13! AV should have sent you a username and password that you can use to enter events via the Athsvic website. We encourage all runners to buy a season's entry ticket. If you are not yet registered, you must register this week, so that you can enter this event.

Remember that Box Hill will pay the entry for the relay events, but you must pay your entry for the other events. Please contact Chris O'Connor if you have any problems with your entries. We need strong teams for all 10 events if we are to win the premiership this year. Please find below the pricing guide for XCR'11 individual event entries and season tickets.

Age	Season Ticket	Individual Event
Open	\$85 (6 races)	\$25
U20	\$65 (5 races)	\$20
U18	\$50 (4 races)	\$20
U16	\$40 (4 races)	\$15
U14	\$40 (4 races)	\$15

**Timing Chips will be used for all individual events, you must wear a timing chip or your result will not be recorded. If you competed last year, use the same chip this year, if not one will be sent to you (or to the club) when you enter for an event.**

#### **JELLS PARK CROSS COUNTRY RELAYS: 2 GOLD, 2 SILVER, 1 BRONZE**

Box Hill had a great start to the winter season with 48 athletes competing in 13 different teams at the Jells Park cross country relays on Saturday. If we keep up this level of participation we are sure to be involved in the premiership race in a number of age groups and divisions at the end of the season.

Despite not being at full strength our men's and women's Division 1 teams finished 3rd and 6th respectively against very strong opposition. Besides a bronze medal in the men's division 1 race, Box Hill's over 40 women's team and under 20 women's team both won gold medals and our over 40 men and under 18 boys both took silver. All other teams placed well also, considering there were 12-14 teams in most divisions and up to 21 teams in some events. See the end of this bulletin for full results and Ian Sloane's full report.

Special thanks to Marilyn Griffin, Michael Dowel and Cristina who acted as officials and to Ian Sloane, Rob Falkenberg, Paul Logan and June Petrie who helped with timekeeping.

#### **Men Division 1 (Team Result: 3rd)**

Fastest Time: Steve Kelly 17:57

#### **Men Division 2 (Team Result: 4th)**

Fastest Time: Daniel Balassone 19:49

#### **Men Division 5 (Team Result: 6th)**

Fastest Time: Nick Baggott 22:06

#### **Men 40+ (Team Result: 2nd)**

Fastest Time: John Meagher 19:48

**Men 50+ (Team Result: 4th)**

Fastest Time: Chris O'Connor 21:56

**Men Under 20 (Team Result: 5th)**

Fastest Time: Tyler Agius 20:46

**Men U18 (Team Result: 2nd)**

Fastest Time: James Norney 10:17

**Women Division 1 (Team Result 6th)**

Fastest Time: Brooke Condon 22:24

**Women Division 2 (Team Result: 10th)**

Fastest Time: Sarah Cant 25:43

**Women Division 4 (Team Result: 12th)**

Fastest Time: Kate Ackland 26:42

**Women 40+ (Team Result: 1st)**

Fastest Time: June Petrie 24:37

**Women Under 20 (Team Result: 1st)**

Fastest Time: Grace Brown 11:11

**Women Under 18 (Team Result: 5th)**

Fastest Time: Natalie Ambrose 11:28

**WELCOME**

Mention should be made of Box Hill's new members who competed on Saturday. A very warm welcome to Andrew Hester, Kieren Shah, Tyler Agius, Helen O'Hagan, and Neetha Pai who competed for the club for the first time. And welcome back to a number of runners who returned to competition after not running last year, or in some cases for many years! Stuart Watson, Chris Hamer, Adrian Vincent, Penny Townshend, Jocelyn Keage, Kynan Dawes and Sarah Cant.

**JUST FOR THE JUNIORS** (Thanks to June Petrie for this contribution)

\*\*\* NEW FOR WINTER 2011 \*\*\*

We are pleased to announce that thanks to the generous support of Saucony, a "Saucony Junior Prize Pack" will be awarded to one lucky Box Hill Junior Athlete at each winter event on the Athletics Victoria XCR'11 Calendar. A total of 8 prize packs will be on offer at the Individual events and Relay events.

All registered female and male Junior athletes - U20, U18, U16, U14 - who compete for Box Hill are entered into the lucky draw which takes place on the day. It does not matter where you place, or what time you do, all you have to do to be eligible is "TO RUN".

Saucony Junior Prize Pack no. 1 - Cross Country Relays

Winner: Laughlin Norney M16

\*\*\* BACK FOR WINTER COMPETITION \*\*\*

Last season we introduced special commemorative results certificates for our Juniors and we will be continuing this for XCR'11. All female and male Junior athletes U20, U18, U16, U14 who compete for Box Hill during the XCR'11 season can look forward to receiving one at the end of the year whether they take part in an individual event or a relay event, one event or all eight events.

**\*\*\* NEXT WINTER EVENT - CROSS COUNTRY CHAMPIONSHIPS, 21 MAY \*\*\***

Let's hope that we can continue the strong team spirit at the next event. Within the individual events there is also a team event (minimum of 3 required) so it would be great to see at least 3 runners in each of the Junior events.

Distances are:

4km M20; M18

3km M16; M14; W20; W18; W16

2km W14

Entries need to be in by Friday 13 May, and a XCR'11 Season Ticket entry is recommended if you plan on doing more than one individual event.

**WALK RESULTS: Albert Park, April 30: GOLD TO BOX HILL!**

The Box Hill team made up of junior Nathan Brill and Veterans, Simon Evans and Bill Dyer took the gold medal in the Victorian 5km teams Championship at Albert Park on April 30. Nathan won the event with Simon finishing 4th and Bill 10th. This is a great result for the club's walkers.

**FUNDRAISING MOVIE NIGHT**

Paris McCathrion and Brodie Cross have been selected to represent Australia in the World Youth Championships in France later this year, but they must raise a portion of the costs of travelling to France themselves. To help raise funds a movie night has been organised. We urge all members to come along and enjoy the movie and help Paris and Brodie get to the world championships.

**Movie:** The Hangover 2

**Date:** Sunday, May 29

**Time:** 6:00pm for supper to be followed by the movie.

**Cost:** \$20 for supper and movie

**Location:** Palace Balwyn Cinema

**Tickets:** Buy tickets from any of the pole vaulters

**REGISTRATIONS ARE NOW DUE**

Registration fees are due on April 1 every year. You should have received an invoice, but if not you can download the new forms from the Box Hill website. Your fees will cover Athletics Victoria fees, plus the club fees and the club facilities maintenance fee. This fee will cover you for this winter season and next track season. These fees also cover you for insurance when training and help in the upkeep of our training facilities, so please pay as promptly as is practical.

If you have any questions regarding registration fees, do not hesitate to ask.

**BOX HILL STARTS 2011 WINTER SEASON STRONGLY AT JELLS PARK IN CROSS COUNTRY RELAYS**

Box Hill entered three senior men's teams, a men's 40+ team, a men's 50+ team, an Under 20 men's team, an Under 18 men's team, three senior women's teams, a 40+ team, an Under 20 women's team and an Under 18 women's team. We had some very good results and this was a solid start to the winter season. The Under 20 Women's team and the 40 + Women's teams both won their divisions, an excellent result. We won two silver medals in the Men's Under 18 race and the Men's 40 + team. The senior Men's team had fine start to the season in winning the bronze medal and we also recorded two fourth places and a fifth place.

Last year, Box Hill placed third in the Men's Division 1 race, and the year before we won the silver medal. This year we certainly hoped that we would be in medal contention, although we

recognized that Geelong, Glenhuntly, Knox and Essendon would field strong teams, and that we would need all our runners to do their best, which they did.

Michael Dowel was selected to run the first leg, which is usually the most competitive, being head to head. He acquitted himself well and was in 6<sup>th</sup> position after the first of his two laps. Completing his leg in 7<sup>th</sup> place, he handed over to Steve Kelly. Woolhouse (Geel.) led the field in from Verwey (Frank.) second, and Ballarat YCW in 3<sup>rd</sup> position. These teams were followed by Glenhuntly, 4<sup>th</sup>, Collingwood, 5<sup>th</sup> and Waverley, 6<sup>th</sup>. Woolhouse ran 18 m. 04, one of the day's fastest times. Steve Kelly roared into action in the second leg, and had moved Box Hill up two positions after his first lap, which he ran in the sizzling time of 8:56, one of the fastest laps of the day. By the time he had finished his leg, he had brought Box Hill into 2<sup>nd</sup> position, a mere 31 seconds behind Geelong, five seconds clear of Ballarat YCW, third, and Glenhuntly, fourth, a further 20 seconds down, with Frankston fifth coming in on the same time and APS a further four seconds behind. Eventual silver medal winners, Knox, were not on the radar at this stage of the race. So it was a very tight race and Steve ran an outstanding leg to put Box Hill into contention, and all but guarantee Box Hill a medal if all subsequent runners ran to the best of their ability.

Daniel Clark has run well on this course previously and in better conditions last year, he recorded the very smart time of 18:15. This year, in much heavier conditions, he ran a really intelligent race, running all but identical times for each of his laps and brought Box Hill to within eight seconds of Geelong, which was still leading. This meant he had dragged 23 seconds out of his opponent, a fine effort. He had also opened up a sizeable gap or around 15 seconds to third place, held by Frankston, with a further 30 seconds or so to Glenhuntly. Knox suddenly burst onto the scene in this leg with their runner bringing them from nowhere into fifth position.

Andrew White then took off and pegged the gap to Geelong back to two seconds at the conclusion of his first lap. Unfortunately, the exertion of making up the deficit told a little in the concluding stages of his second leg and Geelong were 19 seconds in from of Box Hill after the fourth leg. However, Andrew had extended the gap over all the other teams. Cameron Page, a NSW runner competing for Knox, recorded the fastest time of the day in this leg (17:51) in bringing Knox through to the bronze medal position. An outstanding leg of 18:37 from veteran Steve Moneghetti advanced Ballarat YCW into fourth position, followed by Glenhuntly and Frankston.

Geelong continued to make the running in the fifth leg, with Stuart Watson, a welcome returnee to Box Hill's team, recording a time of 19 m 43. Ben Toomey, Knox, overtook Stuart late in the second lap and moved Knox into the silver medal position, four seconds ahead of us. Geelong's team was over a minute clear, and Glenhuntly threatened for a medal, seventeen seconds further back.

Another welcome returnee after a prolonged injury break was Chris Hamer, and he was our final runner. Chris ran a fine leg, running his second lap four seconds faster than the first, after a nervous pre-race mishap when he rolled his ankle. Geelong, through Brenton Rowe, held steady in the concluding stages of the race to record a victory, with Knox cementing second place with a strong leg (18:13) from Sam Crowther, with Box Hill maintaining the bronze medal position. Essendon picked up two teams in the last two legs, claiming fourth spot right on the line, pushing Glenhuntly back to fifth. Ballarat YCW placed sixth.

Box Hill's Division 2 team ran soundly and finished in 4<sup>th</sup> position. Strong legs were recorded by Daniel Balassone (19:49), David Jimenez (20:26) and Dale Bickham (20:29), who has recently returned to the club.

The Men's 40 + team was extremely competitive and won the silver medal just 10 seconds down on opponents, Old Scotch. John Meagher showed that he will again be a force to be reckoned with, in breaking the 20:00 minute barrier. The Under 18 Men's team also won the silver medal in their age group, in an excellent beginning to the season.

Our Under 20 Women's team acquitted themselves brilliantly, to take out the championship. Congratulations to Liselle Atkin (who ran 11:38 for her leg), Penny Townshend (who recorded 12:47) and anchor leg runner, Grace Brown (who ran the very smart time of 11:11).

Congratulations also to June Petrie, Amanda Harper and Megan Sloane who combined to record a victory in the 40 +teams division for Box Hill, another excellent effort.

We had the pleasure of seeing Kynan Dawes back competing with us and it was also really pleasing to see Luke Yeatman on the course supporting Box Hill, in addition to other runners mentioned above. Thanks to club members and supporters who assisted with officiating and managing teams as well as providing afternoon tea.

## **Cross Country Relay Team Results 2011 from Jells Park (unofficial results and times)**

### **Men Division 1 (Team Result: 3rd)**

Michael Dowel	19:39
Steve Kelly	17:57
Daniel Clark	18:37
Andrew White	18:41
Stuart Watson	19:43
Chris Hamer	18:38

### **Men Division 2 (Team Result: 4th)**

David Jimenez	20:26
Adrian Vincent	20:44
Steve Griffin	21:18
Dale Bickham	20:19
Andrew Hester	21:53
Daniel Balassone	19:49

### **Men Division 5 (Team Result: 6th)**

1. Kieren Shah	24:31
2. Nick Baggott	22:06
3. Peter Stefanos	24:56
4. David Stevens	27:04

### **Men 40+ (Team Result: 2nd)**

John Meagher	19:48
Graeme Olden	22:32
Kynan Dawes	20:50

### **Men 50+ (Team Result: 4th)**

1. Bert Pelgrim	24:11?
2. Andrew Tunne	26:49?
3. Chris O'Connor	21:56

### **Men Under 20 (Team Result: 5th)**

1. Tyler Agius	20:46
2. Mitch Milnes	22:27
3. Jack Hill	26:49

### **Men U18 (Team Result: 2nd)**

1. Dylan Eeles	10:48
2. Laughlin Norney	10:48
3. James Norney	10:17

### **Women Division 1 (Team Result 6th)**

1. Jocelyn Keage	23:20
2. Brooke Condon	22:24
3. Amy Carrig	23:38
4. Helen O'Hagan	25:12

### **Women Division 2 (Team Result: 10th)**

1. Hannah Deal 26:31
2. Rebecca Law 26:16
3. Talitha Crawford 26:56
4. Sarah Cant 25:43

**Women Division 4 (Team Result: 12th)**

1. Kate Ackland 26:42
2. Neetha Pai 32:22
3. Charmaine McNally 28:56

**Women 40+ (Team Result: 1st)**

1. June Petrie 24:37
2. Amanda Harper 25:13
3. Megan Sloane 27:10

**Women Under 20 (Team Result: 1st)**

1. Liselle Atkin 11:38
2. Penny Townshend 12:47
3. Grace Brown 11:11

**Women Under 18 (Team Result: 5th)**

1. Helen Tower 13:14
2. Amelia Savige 12:56
3. Natalie Ambrose 11:28