

**Box Hill Athletic Club Winter Bulletin 2011 No. 08**  
**Tuesday 14 June 2011**

## **UPCOMING EVENTS**

Saturday, June 18, Road Race, Ballarat

Saturday, July 9, Cross Country, Brimbank Park

Wednesday, July 20, Box Hill Athletic Club Annual General Meeting

Saturday, July 23, Cross Country, Bundoora

### **LAKE WENDOUREE ROAD RACE ON THIS SATURDAY, JUNE 18**

The next event on the Athletics Victoria XCR'11 calendar is the Lake Wendouree Road Race in Ballarat on this Saturday afternoon, June 18. Open men and women race over 15km (start time 1:30pm), while the juniors race 5km (starting at 1:00pm). Our teams are looking strong for this event, so we hope that all available athletes will be competing. Entries have closed for this event, but we are allowed to make substitutions up until midday Thursday, so if you have not entered but wish to run, please let us know as soon as possible.

### **OPEN RESULTS FROM FLEMINGTON ROAD RACE**

#### **Men Open 10k**

##### **Division 1 (Team place: 3rd)**

3	Stephen Dinneen	30:20.1
5	Stephen Kelly	30:45.8
6	Chris Hamer	30:47.7
10	Daniel Clark	31:16.1
72	David Jimenez	34:19.6
82	Dale Bickham	34:29.2

##### **Division 2 (Team place: 6th)**

85	Andrew White	34:30.6
108	Stuart Watson	35:22.7
112	Steven Griffin	35:32.3
161	Chris O'Connor	36:47.7 (4th 50-54 years)
185	Bert Pelgrim	37:27.3 (9th 50-54 years)
229	Graeme Olden	38:44.1

##### **Division 5 (Team place: 6th)**

304	Peter Stefanos	40:33.8
334	William Dyer	41:39.5
379	Andrew Tunne	44:15.1
406	James Tennant	45:22.8
414	David Stevens	45:49.9

#### **Women Open 10k**

##### **Division 1 (Team place: 5th)**

3	Brooke Condon	35:58.8
24	Julie Norney	38:56.1 (2nd 40-44 years)
48	June Petrie	40:55.0 (3rd 45-49 years)
55	Jocelyn Keage	41:22.7

##### **Division 2 (Team place: 6th)**

64	Rachel Johnson	41:55.7
69	Amanda Harper	42:03.4
72	Rebecca Law	42:24.9
106	Talitha Crawford	44:55.6

#### **Division 4 (Team place: 4th)**

110 Hannah Deal	45:13.0
112 Megan Sloane	45:17.9 (4th 55+ years)
117 Kate Ackland	45:29.7
146 Neetha Pai	48:33.0
171 Sarah Burke	51:57.2

Welcome to Sarah Burke, who ran her first race for the club in this event.

#### **JUST FOR THE JUNIORS**

Congratulations to all of our Junior Athletes who raced in the State 3.2km and 10km Road Race Championships at Flemington last Sunday. Congratulations to Michael Dowel (U20 10km) and Grace Brown (U20 3.2km) who won silver medals and Zoe Schwerkolt (U14 3.2km) and Amy Carrig (U20 3.2km) who won bronze medals.

A special welcome is extended to Louise Rait (U18) who had her first run for Box Hill.

#### **Junior Results from Flemington Road Race**

##### **U14 Women 3.2km**

3 Zoe Schwerkolt 11.55.00

##### **U18 Women 3.2km (Team Result: 2nd)**

4 Nat Ambrose 11.44.00

13 Amelia Savage 13.12.00

16 Louise Rait 13.41.00

19 Katherine Foley 14.09.00

##### **U20 Women 3.2km**

2 Grace Brown 11.26.00

3 Amy Carrig 11.42.00

##### **U18 Men 10km**

9 Dylan Eeles 37.37.85

##### **U20 Men 10km (Team Result: 1st)**

2 Michael Dowel 32.59.65

9 Will Potter 34.22.55

14 Mitch Milnes 38.12.00

We were not able to field an U20 Women's Team this week with Liselle injured, and Penny not available for a Sunday race. We look forward to welcoming them back for the next event at Ballarat as our U20 Womens team are still strong contenders for the Team Premiership. If there are any U14 women athletes out there we would love to have you come and join Zoe to make up a U14 Team either in the individual races or the relays. For the upcoming relays you can compete for Box Hill as long as you are a registered athlete (the Club pays the relay team entry fee).

Sat 07-Aug Sandown Racecourse 3x3.1km Road Relays

Sat 17-Sep Tan Relays 3x3.8km

The next event on the AV calendar is at Lake Wendouree Ballarat on Saturday 18-June. All Junior age groups will compete in the 5km Road Championships, and we look forward to a strong turnout for our Box Hill Juniors. Please let us know if you have transport issues as we will try to help out!

Remember that all registered Junior athletes who compete at Ballarat are eligible to win the Saucony Junior Prize Pack

Our Winners so far are: Laughlin Norney, Liselle Atkin and Grace Brown.

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 of each event. It does not matter where you place, or what time you do, all you have to do to be eligible is to run!

### **PREMIERSHIP LADDERS**

Box Hill is in the top 6 in all divisions in which we have fielded teams so far this year. This is a great result as there are over 20 teams in some divisions. After 3 of the 10 rounds (8 rounds for juniors and 9 for overage divisions) Box Hill is on top of the ladder in the women's over 40 competition and in the men's and women's under 20 competition and 2nd or 3rd with a chance of a premiership in several other divisions including men's Division 1.

#### **Men Division 1**

1 Geelong Region	<b>37</b>
2 Knox Athletics	<b>35</b>
3 Box Hill	<b>30</b>
4 Athletics Essendon	<b>27</b>
5 Glenhuntly	<b>22</b>
6 APS United	<b>20</b>

#### **Women Division 1**

1 Knox Athletics	<b>35</b>
1 Glenhuntly	<b>35</b>
3 Geelong Region	<b>29</b>
4 Melbourne Uni	<b>24</b>
5 Keilor St Bernards	<b>23</b>
6 Box Hill	<b>21</b>

#### **Men Division 2**

1 Melbourne Uni	<b>39</b>
2 South Melbourne	<b>31</b>
3 Glenhuntly	<b>28</b>
4 Box Hill	<b>27</b>
5 Western Athletics	<b>22</b>
6 Richmond Harriers	<b>21</b>

#### **Women Division 2**

1 Glenhuntly	<b>46</b>
2 Frankston	<b>40</b>
3 South Melbourne	<b>32</b>
4 APS United	<b>30</b>
5 Collingwood	<b>29</b>
6 St Stephens	<b>26</b>
6 Box Hill	<b>26</b>

#### **Women Division 4**

1 Glenhuntly	<b>36</b>
2 Geelong Region	<b>33</b>
3 Glenhuntly	<b>27</b>
4 Glenhuntly	<b>20</b>
4 Box Hill	<b>20</b>
6 Geelong Region	<b>19</b>

#### **Men Division 5**

1 Melbourne Uni	<b>51</b>
2 APS United	<b>46</b>
3 Box Hill	<b>45</b>
3 Athletics Waverley	<b>45</b>

5 Collingwood		<b>43</b>
6 Athletics Essendon	<b>40</b>	

**Men Division 7**

1 APS United	<b>24</b>	
2 Melbourne Uni	<b>21</b>	
2 Glenhuntly	<b>21</b>	
4 APS United	<b>19</b>	
5 Nunawading	<b>15</b>	
6 Box Hill	<b>13</b>	

**Men Over 40**

1 APS United	<b>32</b>	
2 Athletics Waverley	<b>30</b>	
3 Geelong	<b>28</b>	
4 Glenhuntly	<b>24</b>	
5 Collingwood		<b>23</b>
6 Box Hill	<b>16</b>	

**Women Over 40**

1 Box Hill	<b>37</b>	
2 Glenhuntly	<b>31</b>	
3 Collingwood		<b>23</b>
4 Bendigo Region	<b>19</b>	
5 Athletics Waverley	<b>15</b>	
6 Keilor St Bernards	<b>14</b>	

**Men Over 50**

1 Keilor St Bernards	<b>39</b>	
2 Diamond Valley	<b>32</b>	
3 Collingwood		<b>30</b>
4 Box Hill	<b>27</b>	
5 Glenhuntly	<b>18</b>	
6 Nunawading	<b>17</b>	

**Men Under 18**

1 Eureka	<b>39</b>	
2 Diamond Valley	<b>28</b>	
3 Keilor St Barnards	<b>19</b>	
4 Box Hill	<b>11</b>	
5 Mornington Peninsula	<b>10</b>	
6 Athletics Essendon	<b>9</b>	

**Women Under 18**

1 Western Athletics	<b>37</b>	
2 Box Hill	<b>29</b>	
3 Keilor St Bernards	<b>26</b>	
4 Glenhuntly	<b>22</b>	
5 Collingwood		<b>13</b>
6 Athletics Essendon	<b>11</b>	

**Men Under 20**

1 Box Hill	<b>34</b>	
2 Keilor St Bernards	<b>29</b>	
3 Knox		<b>24</b>

4 Doncaster	<b>21</b>
5 Ballarat YCW	<b>11</b>

**Women Under 20**

1 Box Hill	<b>26</b>
2 Athletics Waverley	<b>23</b>
3 Diamond Valley	<b>18</b>
4 Ballarat YCW	<b>11</b>
5 St Stephens	<b>9</b>
6 Keilor St Bernards	<b>8</b>

**INDIVIDUAL LADDERS**

There are also individual ladders where runners score points in each race (not relays) in which they place in the top ten, that decide the individual champion in each age group.

**Box Hill Athletes in the top ten after 2 rounds:**

Open Men: Steve Kelly (3rd), Steve Dinneen (4th), Chris Hamer (7th)

Open Women: Brooke Condon (5th)

Men Under 20: Michael Dowel (1st), Will Potter (10th)

Women Under 20: Grace Brown (1st), Amy Carrig (2nd), Liselle Atkin (8th)

Women Under 18: Natalie Ambrose (2nd)

Women Under 14: Zoe Schwerkolt (2nd)

Women 40-44: Julie Norney (2nd), Amanda Harper (8th)

Men 45-49: John Meagher (5th)

Women 45-49: June Petrie (3rd)

Men 50-54: Chris O'Connor (4th), Bert Pelgrim (9th)

Women 55+: Megan Sloane (2nd)

**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.