

Box Hill Athletic Club Winter Bulletin 2011 No. 12

Tuesday 12 July 2011

UPCOMING EVENTS

Wednesday, July 20, Box Hill Athletic Club Annual General Meeting
Saturday, July 23, Cross Country, Bundoora
Saturday, August 6, Road Relays, Sandown
Saturday, August 13, TRIVIA NIGHT!

TRIVIA NIGHT!

The annual Box Hill Athletic Club trivia night will be held at Chatham Primary School hall on Saturday, August 13, starting at 7:00pm. Cost \$20 per person. This is the club's biggest fund raising and social event for the year so we are hoping that all members can attend. Bring your family, bring your friends, book your table of 6 to 10 people now or we can place you on a table. Please reply to let us know if you will be attending. **WE URGENTLY NEED ITEMS TO BE DONATED FOR THE SILENT AUCTION! IF YOU CAN DONATE SOMETHING, OR HAVE CONTACTS FOR POSSIBLE DONATIONS OF GOODS OR SERVICED TO BE AUCTIONED PLEASE LET US KNOW!**

BUNDOORA CROSS COUNTRY

The next event on the Athletics Victoria XCR'11 calendar are the state cross country championships at Bundoora Park, on Saturday, July 23. This is the state open and U20 championships and is combined with the Victorian All Schools Championships. Entries close online this Friday! So if you do not have a season's entry (or if you are a junior entering for the all schools championships) make sure you get your entry in this week.

BOX HILL ATHLETIC CLUB ANNUAL GENERAL MEETING

The club's AGM will be held at the clubrooms on Wednesday night, July 20 commencing at 7:30pm. All members are encouraged to attend. Also if you are interested in being a part of the club committee for 2011/2012, please let us know before this date.

CONGRATULATIONS TO PARIS AND BRODIE

Congratulations to the club's young pole vault stars, Paris McCathrion and Brodie Cross, who both represented their country with distinction at the world Youth championships in Lille, France on the weekend. Both of them easily qualified for their finals with Paris finishing 9th in the final with a clearance of 3.90m. while Brodie finished 9th in the boys competition with 4.80m.

BRIMBANK PARK CROSS COUNTRY

Box Hill had some good results at the cross country event at Brimbank Park on Saturday, with Steve Kelly winning the Bronze medal and Chris Hamer and Steve Dinneen also finishing in the top 6. Official results are not available but it appears that Box Hill finished 2nd in Division 1 behind Essendon, but defeated ladder leaders Geelong to put us just one win away from the top of the ladder. It appears that our men's U20 team won their division, but we will have more details when the full results are available. See below for Ian Sloane's detailed report.

RESULTS:

MEN 16km: Div. 1

3 Stephen Kelly 52:45.90
5 Chris Hamer 52:51.36
6 Stephen Dinneen 53:14.57
20 Matthew Coloe 55:53.69
26 Adrian Vincent 57:03.18
29 Daniel Clark 57:36.56

Div. 2

32 John Meagher 57:57.80
89 Bert Pelgrim 1:02:12.13
119 Dale Bickham 1:04:42.26
121 Andrew Hester 1:05:11.02
132 Daniel Balassone 1:05:58.42
161 Chris O'Connor 1:08:19.97

Div. 5

252 Peter Stefanos 1:14:42.35

James Tennant

290 David Stevens 1:22:01.66

293 Andrew Tunne 1:23:37.77

WOMEN: 6km: Div. 1

23 Julie Norney 24:46.19

27 June Petrie 24:56.86

46 Rachel Johnson 26:16.90

50 Amanda Harper 26:38.01

Div. 2

59 Hannah Deal 26:55.70

79 Rebecca Law 28:00.06

110 Megan Sloane 29:45.09

130 Neetha Pai 31:23.09

135 Charmaine McNally 31:46.26

MEN U20: 6km

5 Michael Dowel 20:27.08

7 William Potter 20:40.64

16 Tyler Agius 21:47.15

25 Samuel Mackie 22:17.64

43 Mitchell Milnes 23:46.50

WOMEN U18: 6km

Brigitte Wolhunter 29:56.22

Amelia Savige 32:13.70

WOMEN U14:4km

Zoe Schwerkolt 16:50.90

WOMEN U20: 4km

Penny Townshend 18:00.82

MEN U18:8km

Dylan Eeles

Brimbank Park 16 K Cross Country 9 July 2011

This the oldest Cross Country race on the calendar dating back over 110 years (formerly the 10 mile Cross Country). For the second year running, the course traversed the very tough Brimbank Park the most challenging hills in Victorian cross country races. The seniormen have to negotiate this hill twice running two 6 K circuits with a shorter 4K loop completing the course.

Box Hill had a reasonably strong team on paper, and when other clubs including Geelong, Knox and Glenhuntly assembled on the starting line without a full complement of Division 1 athletes, we felt confident of a top three finish. Andrew White has not been competing this season, with an Achilles injury, and he is recuperating. However, with Matt Coloe back for the time being, plus Adrian Vincent and John Meagher both ready to race, we had a very good team on paper. Steve Kelly, Daniel Clark, Steve Dinneen and Chris Hamer also reported in so this meant our team at the top end was nearly as strong as it could be.

Once the starting gun was fired by Brendan Ferrari, a group of about ten athletes pulled clear, including two Box Hill runners, Steve Kelly and Chris Hamer. Our athletes immediately headed to the front of the field.

Others in this group included Nathan Hartigan (Ball Harr), who took the early lead. Luke Hennessy, Mitchell Brown (Ess), Sean Stevens (KSB) Tyson Popplestone (Eur), Liam Adams (Ess), Dane Verwey (Fra), with David Carver

(Geel) not far away from the leaders, Sam Crowther (Knox) was well back, which was a surprise.

Steve Dinneen started conservatively with Daniel Clark, Matt Coloe and John Meagher, probably in around 35th to 38th positions. And not far behind them was Adrian Vincent.

Dale Bickham was in the top ninety or so. Bert Pelgrim was in about 100th position, ahead of Andrew Hester, also running well, Daniel Balassone, returning from injury, and Chris O'Connor. Peter Stefanos, Andrew Tunne, Dave Stevens and James Tennant were our other competitors.

After one lap, the leading group had thinned a bit down to five, including Steve Kelly and Chris Hamer. Steve Dinneen was moving through the field and was in roughly 22nd position. Matt Cole was also progressing forward and in the top 30, with Daniel Clark and John Meagher close by. Adrian Vincent looked very strong, as well. At the top of the first hill, the top five runners had cleared away from Nathan Hartigan, and Liam Adams, Mitchel Brown, Steve Kelly and Luke Hennessy were slightly ahead of Chris Hamer, and then there was a clear break to the rest of the field. Tyson Popplestone (Eur) was also coming back to the field.

The teams' race was extremely interesting. Geelong were very depleted, with only three athletes in the top 60. Essendon were clearly ahead, with their sixth athlete in about 25th position, and Box Hill looked to be in the silver medal position, from Glenhuntly. Collingwood looked to be in fourth position, with Frankston and Waverley pretty close together with Geelong. Knox was out of contention. Into the last lap and Liam Adams moved into the lead from Steve Kelly, with Mitchel Brown, close up. Hennessy had dropped back a bit, probably 100 metres, and Chris Hamer, who was running fifth, was making ground on him. Steve Dinneen had picked up fifteen or so places and was in sixth position, some distance behind Chris Hamer. Hartigan and Verwey had settled into seventh and eighth positions respectively, from Stevens and deLuca (APS). Liam Adams extended his lead over the field to record a victory, with Brown passing Kelly after the top of the hill, and holding second place until the line. Luke Hennessy got going again to hold off Chris Hamer, with Steve Dinneen placing 6th. Matt Coloe pushed forward to run 21st, picking up four places in the last lap. Adrian Vincent performed at his very best to record 27th position. This was probably his best ever run in an AV championship. Daniel Clark placed 33rd and John Meagher was a further 11 seconds back in 33rd position. Bert Pelgrim ran home in 90th position, which shows he is nearly recovered from the nasty injuries that he sustained in an accident earlier in the year. Dale Bickham completed the course in 121st position and found the second half of the course tough. Andrew Hester placed 124th, with Daniel Balassone 134th and Chris O'Connor in 162nd position, completing the Division 2 team. Peter Stefanos was around 254th, whilst Dave Stevens placed around 290th and Andrew Tunne came about 293rd. James Tennant also completed the course but there was a malfunction of the electronic recording device, and he did not appear on the finishing list. Our Under 20 men performed very well in the combined junior race with Michael Dowel coming 5th, Will Potter, 6th, Tyler Agius, 15th, Samuel Mackie, 24th and Mitchell Milnes 41st. Team results have not been published yet, but it does appear highly likely that the U/20 Box Hill team may have won the team's section.

The women's race was a one-sided affair, with Kaila McKnight getting away from the field early in the race and exposing the lack of depth in the field. She is clearly in good form and was selected to be a team member

of the World Athletic Championships national team recently. Tessa Craig was the runner-up, with Amanda Paulin placing third. Box Hill fielded two teams, and the Division one team members acquitted themselves well, with Julie Norney running 23rd, June Petrie, 27th, Rachel Johnson, 46th and Amanda Harper, 50th. Their race was held over one 6 kilometre lap.

The Division 1 women's team finished sixth. Other Box Hill female athletes to finish were Hannah Deal, who ran strongly to place 58th, Rebecca Law, 79th, Megan Sloane, 110th, Neetha Pai, 130th, and Charmaine McNally, 135th.

We had a number of competitors in Junior Women's races, including Zoe Schwerkolt, Amelia Savige, Penny Townshend and Brigitte Wolhunter.

Box Hill is in second place in the Men's Division 1 season ladder behind Geelong and our Division 1 Women's team is in fifth place behind Glenhuntly. Placings Men's 16 K Cross Country (unofficial)

1.	Liam Adams	Ess	51:31
2.	Mitchel Brown	Ess	52:21
3.	Steve Kelly	BH	52:46
4.	Luke Hennessy	GH	52:51
5.	Chris Hamer	BH	53:15
6.	Steve Dinneen	BH	54:05
7.	Nathan Hartigan	Ball Harr	54:21
8.	Dane Verwey	Frank	54:24
9.	Sean Stevens	KSB	54:38
10.	Mark de Luca	APS	54:47
21.	Mat Coloe	BH	56:12
27.	Adrian Vincent	BH	57:16
30.	Daniel Clark	BH	57:50
33.	John Meagher	BH	58:01
90.	Bert Pelgrim	BH	62:13
121.	Dale Bickham	BH	64:44
124.	Andrew Hester	BH	65:13
134.	Daniel Balassone	BH	65:57

162.	ChrisO'Connor	BH	68:23
252?	PeterStefanos	BH	74:42
290?	DaveStevens	BH	82:01
293?	AndrewTunne	BH	83:37
	JamesTennant	BH	

Division 1 Team Placings(Unofficial)

1.	Essendon	69
2.	BoxHill	82
3.	Glenhuntly	140
4.	Collingwood	248
5.	Geelong	292
6.	Frankston	294
7.	Waverley	294

Men's under 20/Under18/Under 16 6 K Championship

1.	KaneGrimster	Fra	19:38
2.	AnthonyAloisio	APS	19:40
3.	JordanNelson	Knox	19:52
4.	RyanGeard	Ess	20:21
5.	MichaelDowel	BH	20:27
6.	WilliamPotter	BH	20:40
15.	TylerAgius	BH	21:47
24.	SamuelMackie	BH	22:17

41. Women's 6 K Championship

1.	Kaila McKnight	Knox	
21:30			
2.	Tessa Craig	Inv	21:55
3.	Amanda Paulin	Inv	22:31
4.	Melissa Duncan	Knox	
22:42			
5.	Ellie O'Kane	Geel	22:50
6.	Erica Fountain	GH	22:53
7.	Sophie Barker	MelbUni	
22:59			
8.	Beverley Thomas	Ess	23:17
9.	Kate Seibold-Crosbie	Knox	23:31
10.	Susie Michaelsson	Coll	23:33
23	JulieNorney	BH	24:46
27.	JunePetrie	BH	24:56
46.	RachelJohnson	BH	26:16
50.	AmandaHarper	BH	26:38
59.	HannahDeal	BH	26:55
79.	RebeccaLaw	BH	28:00
110.	MeganSloane	BH	29:45
130.	NeethaPai	BH	31:23
135.	CharmaineMcNally	BH	31:46

Division 1 Women's placings

1.	Knox	38
2.	Essendon	63
3.	Glenhuntly	86
4.	Geelong	96
5.	MelbUni	112
6.	BoxHill	146

Under 20 4 K Championship

PennyTownshend	BH	18:00
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Under 16/Under 18 6 K Championships

27	BrigitteWolhunter	BH	29:56
37	AmeliaSavige	BH	32:13

Under 14 6 K Championship

ZoeSchwerkolt