

Box Hill Athletic Club Winter Bulletin 2011 No. 16

Monday 8 August 2011

UPCOMING EVENTS

Saturday, August 13, TRIVIA NIGHT!

Saturday, August 20, National Cross Country Champs, Canberra

Saturday, August 27, Coliban Relays

Sunday September 4, Burnley Half-marathon

Saturday, September 17, Tan Relays (9:00am start)

TRIVIA NIGHT - ON THIS SATURDAY!

The club's biggest social and fundraising event of the year, the annual Box Hill Athletic Club Trivia and Auction Night is on this Saturday, August 13.

DATE: Saturday, August 13

TIME: 7:00pm (first question at 7:30pm)

VENUE: Chatham Primary School Hall, cnr Banool Rd. and Weybridge St., Surrey Hills

COST: \$20 per person.

Everyone is welcome. If you have not already booked, please do so today!

Book a table of 6 to 10 people, or come on your own and we will place you on a table.

We are still looking for items to be donated for the silent auction. If you can donate something, or have contacts for possible donations of goods or services to be auctioned, please let us know!

Contact Chris O'Connor on 0410490630 or via return email to book a table or donate auction items

SANDOWN RELAYS, A GREAT DAY FOR BOX HILL

Box Hill dominated the Sandown road relays, with an exciting win in the men's division 1 race and overall winning 4 gold medals, 3 silver medals and a bronze.

Congratulations to Matt Coloe, Daniel Clark, Chris Hamer, Steve Kelly, Steve Dinneen and Kyle Martin-Alcaide who teamed together to win the Division 1 race in a fast time in less than ideal conditions.

Congratulations also to Natalie Ambrose, Katherine Foley and Zoe Schwerkolt who won the women's Under 18 relay, Will Potter, Tyler Agius and Michael Dowel, who won the men's under 20 race and to Julie Norney, June Petrie and Amanda Harper who took gold in the women's over 40 competition.

Silver medals went to Amy Carrig, Liselle Atkin and Grace Brown in the women's under 20 race, to Mitchell Dyer, Nick Paidoussis and James Whelan in the boys under 16 event and also to our men's over 50 team of Bill Dyer, Bert Pelgrim and Chris O'Connor.

Box Hill's second under 20 men's team of Sam Mackie, Mitch Milnes and Jack Hill won a bronze, behind our gold medal winning trio.

Despite the wet conditions, it was great to see so many runners taking part in this event.

Our Under 20 men's and women's teams now both look set to win the winter premiership as do our over 40 women's team, who are dominating their division. The prestigious men's division 1 competition is very close, with Box Hill now on top of the ladder just 1 point clear of the Geelong Region team.

Special thanks to David Stevens, Hannah Deal and Marilyn Griffin who volunteered to help as officials and to all the parents, friends and supporters who helped with time keeping on the day.

See below for times and Ian Sloane's report.

HARCOURT TO BENDIGO EKIDEN (COLIBAN) RELAY, SATURDAY, AUGUST 27

The next event on the XCR'11 calendar will be the Harcourt to Bendigo relay. This is an open age event only, but juniors are welcome to run in the senior teams if they wish. Please let us know if you are available for this event as teams must be entered next week.

Box Hill Triumphs in Sandown Road Relay Victories for Men's Division 1 Men's Under 20, Women's 40 + and Women's Under 18.

Saturday 6th of August will be long remembered by Box Hill athletes and supporters who were at the Sandown Race Course. Box Hill's male Division 1 team triumphed in a brilliant display of team running where every athlete did their best and pulled their weight. There was a long hiatus between Box Hill victories at Sandown from the 1970s, until we broke through for a win in 2008, and it was tremendous to see this victory repeated this year. Along with the 12 K Cross Country, the Road Relay Championship is seen by winter athletes as a time-tested challenge and the most prestigious race for a club to win. Long time life members Chris O'Connor, Graeme Olden, Rob Falkenberg, and Ian Sloane were on the course again this year to see this excellent outcome and savour the enjoyment that comes from such a fine performance. An additional bonus was the fact that this victory enabled Box Hill to take the lead in the Winter Championship for the first time this year. Geelong, which had been leading the competition, could manage only third place, so we have taken the Championship lead by a one point margin. Essendon, which had emerged as a real threat for the premiership this year, went from leading the race to fading to fourth, when one of the designated team members did not arrive. As they had to win all the remaining races this season to win, this has put an end to their season's aspirations.

So to the races. Conditions were overcast and dark, and eventually, it started to rain and continued raining intermittently in most legs. Conditions were also cold, but, mercifully, there was almost no wind.

Matt Coloe, running in his last event before returning to the USA to resume his studies, ran the opening leg for Box Hill. He was well placed as he ran through the first of his two laps, in a bunch with four others, including Tyson Popplestone (Eur), Jordan Nelson (Knox), Walid A-Kurtu (Ess) and Nick Wightman (Geel). Matt finished third in this leg breaking 19 minutes and Daniel Clark took over for us. Eureka was first, Essendon second, Box Hill third, Knox, fourth, Geelong fifth and Glenhuntly, a fair way back, was sixth. Once Eureka dropped back, it was the remaining five teams which were in contention for a medal.

Daniel Clark has had a bad recent run of health, but he felt as if he was on the road to recovery, so made himself available for selection. He ran a sound leg and moved Box Hill into second position 13 seconds behind Knox, when Chris Hamer took over as our third runner. We had a lead of three seconds over third placed Essendon. Chris forged ahead and took the lead at the end of his first lap. However, chasing him was the much improved Essendon athlete, Mitchel Brown, and he was making inroads into Chris's lead. Brown caught and passed Chris in the back strait, but Chris did not flinch and continued running strongly. At the conclusion of this leg, Essendon led Box Hill by 14 seconds, and Knox slipped from first to third, with Philpotts (Knox) having run a leg of 19:44, compared to Mitchel Brown's 18:16 and Chris Hamer's 18:33.

Steve Kelly, our form athlete was next quickly getting to the lead and consolidated the lead. Running the fast leg for Box Hill for the day, he established a lead of 68 seconds over Essendon, which was to be critical in our victory, because Liam Adams was next up for Essendon. Knox held third position, 20 seconds behind Essendon, with Geelong fourth, 44 seconds behind third and Glenhuntly, fifth, five seconds behind Geelong.

Liam Adams (Ess) set a scorching pace in his endeavour to overhaul Steve Dinneen. Adams ran laps of 8:48 and 8:49 in running the fastest time of the day, but Steve Dinneen did not crack and ran a critical leg, recording a negative split for his second lap (9:20 and 9:09). This tremendous effort saw Box Hill lead off in the last leg with a lead of 26 seconds. Essendon's expected sixth runner was unable to get to the course so their substitute set off in pursuit of our

runner, Kyle Martin-Alcaide, knowing he would not catch Kyle, and hoping that he could defend second place. Kyle ran a sensible and even leg recording laps of 9:32 and 9:35. This was a tremendous effort for a 17 year old and shows what great future Kyle has as a distance runner. When he appeared at the end of his first lap holding a lead of 91 seconds over Essendon, team members and the manager were very confident that we could hold onto first place, and so it was.

DivisionDivisionDivisionDivisionDivisionDivisionDivisionDivisionDivisionDivisionDivisionDivisionDivisionDivisionDivision Kyle led in the field after five previous excellent efforts from our other Division 1 athletes and can be very proud of the way that he performed. In the second lap of the final leg, first Knox and then Geelong got past Essendon to claim the silver and bronze medals respectively, with Essendon just holding off a barnstorming Glenhuntly by a four second margin to claim fourth position.

This year's winning time of 112:39 was even better than the time we recorded to win in 2008 when we recorded 113:16. In fact, it was probably the fastest overall elapsed time we have recorded at Sandown. It was a tremendous effort from every runner in the team.

Our Division 2 team also went well, to place fourth behind Melbourne University, South Melbourne and Glenhuntly. The fastest legs were recorded by Daniel Balassone (20:16), now getting back into training after injury and Sam Dipnall, making a welcome return to winter races (20:28).

In the overage divisions, Box Hill's over 50 combination won the silver medal, and the Over 40 team came 6th.

The Under 20 race saw great success for our runners. Team 1 won the race and Team 2 won the bronze medal. There were some excellent individual legs. Will Potter has been improving steadily all season and he recorded the excellent time of 20:00. He had a great battle with the Doncaster Under 20 athlete running the first leg and was beaten to the changeover by the narrowest of margins, one second. He was followed by Tyler Agius who ran solidly (20:34) and held second though surrendering a couple of hundred metres. This set the scene for Michael Dowel who stepped up to the mark and produced what was required to propel the team into first spot, running the excellent time of 19:34. To get this in perspective, the only Division 1 teams where this time would not have been fast enough to get in the Division 1 team were Box Hill and Glenhuntly. Our second Under 20 team also did well to claim third position. Sam Mackie, in particular, with his leg of 20:39 also ran very well.

The Under 16 Men's team also claimed a silver medal. Mitchell Dyer (9:53), Nicolas Paidoussis (10:34) and James Whelan (9:54) combined to get second place, 29 seconds behind Mornington Peninsula.

The Box Hill women's Division 1 team performed creditably to finish fifth. Brooke Condon led off with the seventh of the day's women's times (21:44) and handed over to Joc Keage in 4th place. Box Hill maintained fifth place from then on in the race. Sarah Cant and Rachel Johnson completed the team and ran steady legs. The Division 2 team placed 10th and the Division 4 team was 9th.

The women's Over 40 team dominated their event winning by five and a half minutes. Julie Norney ran a very fast time of 22:49 to give the team a big lead and June Petrie (25:40) and Amanda Harper (25:16) pulled even further away from the rest of the field.

The Under 20 women's team ran very well to take the silver medal. Amy Carrig (11:24), Liselle Atkin (11:40) and Grace Brown (11:34) ran evenly and finished tantalisingly close to Ruyton, the winner, just seven seconds adrift. Grace Brown tried hard to overhaul the final runner but was not quite able to catch her opponent. Nevertheless, it was a fine team performance.

Box Hill went one step further in the Under 18 women's race where Natalie Ambrose (11:31), Katherine Foley (12:45) and Zoe Schwerkolt (11:51) held off a fast finishing Glenhuntly by a two second margin to win the gold medal. Zoe was running well outside her age group and performed particularly well. Natalie got the team off to a great start, in clear second place. Katherine maintained second place bringing Box Hill to within twenty seconds of the leading

team (Western Athletics) and held a margin of fourteen seconds over third-placed Glenhuntly, with Geelong a further 24 seconds behind. Zoe passed the Western Athletics competitor near the start of the back straight and did not surrender the lead to the third Glenhuntly athlete, who loomed up near the end.

Thanks to the large number of Box Hill supporters who came out to cheer on the club and our athletes and to do team management duties in what were pretty ordinary conditions.

Box Hill Men's Division 1 times

Leg	Runner	Lap 1	Lap 2	Total	Position	Leader's time	BH time
1	Matt Coloe	9:33	9:19	18:52	3	18:38	18:52
2	Daniel Clark	9:24	9:48	19:14	2	37:53	38:06
3	Chris Hamer	9:12	9:21	18:33	2	56:25	56:39
4	Steve Kelly	9:04	9:20	18:24	1	75:03	75:03
5	Steve Dinneen	9:20	9:09	18:29	1	93:32	93:32
6	Kyle Martin-Alcaide	9:32	9:35	19:07	1	112:39	112:39

Placings Division 1

Leg 1		Leg 2		Leg 3		Leg 4		Leg 5		Leg 6	
Eur	18:38	Knox	37:53	Ess	56:25	BH	75:03	BH	93:32	BH	112:39
Ess	18:41	BH	38:06	BH	56:39	Ess	76:11	Ess	93:50	Knox	114:10
BH	18:52	Ess	38:09	Knox	57:34	Knox	76:31	Knox	95:21	Geel	115:22
Knox	18:58	Geel	38:10	GH	57:49	Geel	77:15	Geel	96:12	Ess	115:47
Geel	19:02	GH	38:49	Geel	57:53	GH	77:20	GH	96:39	GH	115:51

Fastest times

Liam Adams	Ess	17:37
Mitchel Brown	Ess	18:16
Steve Kelly	BH	18:24
Steve Dinneen	BH	18:29
Chris Hamer	BH	18:33
Wonwesen Geleta	Sth Mel	18:33
Tyson Popplestone	Eur	18:38
Walid A-Kurtu	Ess	18:41
Alan Craigie	Knox	18:51
Matt Coloe	BH	18:52
Ben Toomey	Knox	18:55
Ton Fawthorpe	Ring	18:56
Sam Crowther	Knox	18:57
Jordan Nelson	Knox	18:58

Division 2 times

Name	1 st Lap	2 nd Lap	Total time
Daniel Balassone	9:49	10:27	20:16
David Jiminez	10:29	10:35	21:04
Steve Griffin	10:36	10:40	21:24
Andrew Hester	11:20	11:40	22:00

Dale Bickham	11:04	10:58	22:02
Sam Dipnall	10:03	10:25	20:28

Division 2 Team Placing

1. Melbourne University	119:00
2. South Melbourne	123:10
3. Glenhuntly	124:51
4. Box Hill	127:10

Division 5 times

Nick Baggott	21:36
Andrew Tunne	25:44
James Norney	23:10
Randy Owen	25:34

Division 5 Team Placing: Box Hill 5th (Invitation)

40+ Times

Graeme Olden	23:21
David Ayers	23:40
Peter Stefanos	24:28

40 +Team Placing: Box Hill 6th

50+ Times

Bill Dyer	24:36
Bert Pelgrim	22:33
Chris O'Connor	22:34

50+ Team Placing:

1. Diamond Valley	67:49
2. Box Hill	69:37
3. Eureka	69:43

Under 20 Times

Team 1

Will Potter	20:00
Tyler Agius	20:34
Michael Dowel	19:34

Team 2

Sam Mackie	20:39
Mitch Milnes	22:14
Jack Hill	28:25

Under 20 Men's Team Placing

1. Box Hill 1	60:08
2. Doncaster 1	61:15
3. Box Hill 2	71:18

Under 16 Men's times

Mitchell Dyer	9:53
Nicolas Paidoussis	10:34
James Whelan	9:54

Under 16 Men's Team Placing

1. Mornington Peninsula	29:52
2. Box Hill	30:21
3. Eureka	30:32

Division 1 Women's times

Brooke Condon	21:44
Joc Keage	23:40
Sarah Cant	24:49
Rachel Johnson	24:18

Division 1 (women) Team Placing

1. Glenhuntly	87:32
2. Knox	89:16
3. Melbourne University	92:05
4. Essendon	92:35
5. Box Hill	94:17
6. Geelong	94:20

Division 2 Women's Times

Megan Sloane	27:27
Rebecca Law	28:33
Talitha Crawford	26:33
Kate Ackland	27:46

Division 2 Women Team Placing: Box Hill 10th

Division 4 Women Times

Sarah Burke	29:01
Neetha Pai	28:52
Charmaine McNally	28:52

Division 4 Women Team Placing: Box Hill 9th

Over 40 Women's Times

Julie Norney	22:49
June Petrie	25:40
Amanda Harper	25:16

Over 40 Women's Team Placing

1 Box Hill	1:13:45
2 Glenhuntly	1:19:15
3 Collingwood	1:23:35

Under 20 Women's Times

Amy Carrig	11.24
Liselle Atkin	11.40
Grace Brown	11.36

Penny Townshend	13:32
Amelia Savige	12:41

Under 20 Women Team Placing

1. Ruyton	34.43
2. Box Hill	34.50
3. Wellington	37.10

Under 18 Women's Times

Natalie Ambrose	11.31
Katherine Foley	12.45
Zoe Schwerkolt	11.51

Under 18 Women's Team Placing

1 Box Hill	36.07
2 Glenhuntly #1	36.09
3 Geelong Region	36.20