

Box Hill Athletic Club Winter Bulletin 2012 No. 10
Tuesday 19 June 2012

BOX HILL ATHLETIC CLUB est. 1932 - Celebrating 80 years in 2012!

UPCOMING EVENTS

June 23, Saturday, XCR'12, Round 5, Cross Country, Brimbank Park

July 7, Saturday, XCR'12, Round 6, Harcourt-Bendigo, Coliban Relay

July 21, Saturday, XCR'12, Round 7, Cross Country Champs, Bundoora

BRIMBANK PARK CROSS COUNTRY ON THIS SATURDAY

The next event of the XCR'12 season will be the Brimbank Park Cross Country on this Saturday, June 23. We encourage all distance runners to take part in this challenging race around Brimbank Park in Keilor.

If you have not entered for this event, but wish to run, please let us know as soon as possible as it may be possible for us to put in a late entry.

As can be seen from the ladders below, this event may be crucial to our premiership chances in a number of divisions.

Program:

12:00pm: 4km cross country (Women U20)

12:20pm: 6km cross country (Women U16/18, Men U16/20)

12:50pm: 6km cross country (Women Open)

1:35pm: 8km cross country (Men U18)

2:05pm: 16km cross country (Men Open)

NATIONAL 10KM ROAD CHAMPIONSHIP

Congratulations to Harry Summers who won the bronze medal in the national 10km road championships in Launceston on the weekend. Steve Dinneen finished in 8th while Steve Griffin and Laughlin Norney also put in great performances.

Julie Norney ran a PB to finish an outstanding 13th in the women's field.

Men

3. Harry Summers

8. Stephen Dinneen 30.02

46. Steve Griffin 34.50

92. Laughlin Norney 37.21 PB

Women

13. Julie Norney 37.26 PB

LAKE WENDOUREE ROAD RACE: TEAM RESULTS

Box Hill had some good team results in the 15km road race at Ballarat on June 9. Despite having many of our best runners unavailable, Steve Dinneen, Barry Lynch, Michael Dowel, John Meagher, Daniel Balassone and Will Potter combined to finish 3rd in the men's division 1 competition and secure our place on the top of the ladder. We again won the men's division 2 competition, thanks to good performances by Sam Mackie, Charlie Blanch, Steve Griffin, Andrew Hester, Bert Pelgrim and Trent Collins. Our division 2 team of Chris O'Connor, Russell Clowes, Peter Stefanos and Andrew Tunne finished 2nd. Our Women's over 40 team of Julie Norney, June Petrie and Amanda Harper won their division

Men Open 15km Road Race

Division 1: 3rd

Division 2: 1st

Division 5: 2nd

Over 50: 7th

Women Open 15km Road Race

Division 1: 5th

Over 40: 1st

XCR'12 LADDERS AFTER 4 ROUNDS

Men Division 1

1. Box Hill 46
2. Knox 41
3. Geelong 36
4. Ballarat 36
5. Frankston 29
6. Glenhuntly 27
7. Collingwood 25
8. MUAC 22
9. South Melb. 22
10. Essendon 14
11. APS United 12
12. Waverley 5

Men Division 2

1. Box Hill 46
2. Glenhuntly 39
3. Richmond 34
4. MUAC 29

Men Division 5

1. Ballarat 52
2. Box Hill 33
3. Nunawading 30
4. Glenhuntly 26

Men Division 7

1. Ballarat 39
2. Glenhuntly 23
3. Ballarat (2) 22
4. Box Hill 20

Men 40+

6. Box Hill

Men 50+

6. Box Hill

Men Under 20

3. Box Hill

Men Under 18

5. Box Hill

Men Under 16

10. Box Hill

Women Division 1

1. Glenhuntly 46
2. Knox 43
3. MUAC 40
4. Geelong 32
5. Box Hill 30
6. APS United 28
7. South Melb. 27
8. Keilor St.B. 20
9. Diamond Valley 19
10. Malvern 18
11. Essendon 5
12. Traralgon 4

Women Division 2

11. Box Hill

Women 40+

1. Box Hill 42
1. Collingwood 42
3. Glenhuntly 35
4. South Melb. 33

Women Under 20

5. Box Hill

Women Under 16

8. Box Hill