

Box Hill Athletic Club Winter Bulletin 2012 No. 13
Tuesday 10 July 2012

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

UPCOMING EVENTS

July 21, Saturday, XCR'12 Round 7, Cross Country Champs, Bundoora (incl. All Schools)
August 11, Saturday, XCR'12 Round 8, Road Relays, Geelong
(August 12, Sunday, City to Surf, Sydney)
August 18, Saturday, TRIVIA NIGHT
August 25, Saturday, National Cross country Championships, Adelaide

BUNDOORA CROSS COUNTRY CHAMPIONSHIPS ON SATURDAY WEEK

The next event on the XCR'12 calendar will be the cross country championships and national selection trials at Bundoora Park on Saturday, July 21. This will incorporate the Victorian All Schools Championships in the morning and open and under 20 interclub competition in the afternoon. After 6 rounds of the XCR'12 season Box Hill is now 2nd in men's division 1, just one point behind Knox. Our men's division 2 team is on top of the ladder and our division 5 team is 2nd. Our women's division 1 team is 4th and our women's over 40 team is on top of the ladder. It is essential that we have a good performance by all our athletes to stay in the premiership fight in all these divisions.

Box Hill entries for this event are listed below. If you have not yet entered please do so online (let us know if you have any trouble with the online entry). Entries close on Monday, July 16.

Men Open 12km cross country

Tyler Agius
Daniel Balassone
Charlie Blanch
Russell Clowes
Trent Collins
Stephen Dinneen
Michael Dowel
William Dyer
Steven Griffin
Andrew Hester
Jack Hill
David Jimenez
Samuel Mackie
John Meagher
Chris O'Connor
Graeme Olden
Bert Pelgrim
Peter Stefanos
James Tennant
Andrew Tunne

Men Under 20 8km cross country

Peter Green

Women Open 8km cross country

Grace Brown
Amy Carrig
Hannah Deal
Amanda Harper
Caitlin Harrison
Pia Hunter

Rachel Johnson
Julie Norney
June Petrie
Megan Sloane
Women Under 20 6km cross country
Katherine Foley

VOLUNTEERS

Box Hill will need volunteers to help at the cross country championships and All Schools events at Bundoora on July 21. Please let us know as soon as possible if you can help.

TRIVIA NIGHT SATURDAY AUGUST 18 - BOOK NOW!

Box Hill Athletics Club's biggest social and fundraising event of the year, the annual Trivia and Auction Night will be held at Chatham Primary School in Surrey Hills on Saturday, August 18. Start organising your tables now! also let us know if you can donate anything for the silent auction on the night.

THREE BRONZE MEDALS AT HARCOURT TO BENDIGO RELAY

Box Hill had 5 teams competing at the Harcourt to Bendigo Ekiden Relay and finished the day with three 3rd placings, a 4th place and a 7th place. Our women's division 1 team won the bronze medal after Hannah Deal moved the team up from 4th place at the last change over. On the men's side, Matt Coloe just failed to put the team in a medal a position with a strong run to the finish. Full report below.

Men Division 1: Team Place: 4th

1. Kyle Martin-Alcaide 19:24
2. John Meagher 20:50
3. Steve Dinneen 26:26
4. Daniel Balassone 35:45
5. Sam Mackie 24:06
6. Matt Coloe 17:29

Men Division 2: Team Place: 3rd

1. Bert Pelgrim 22:08
2. Andrew Hester 23:08
3. Steve Griffin 29:26
4. Charlie Blanch 38:01
5. Ben Noske 25:34
6. Harry Noske 19:13

Men Division 5: Team Place: 3rd

1. Graeme Olden 23:28
2. Laughlin Norney 24:02
3. Trent Collins 31:45
4. Peter Stefanos 30:29
5. Chris O'Connor 21:53

Women Division 1: Team Place: 3rd

1. June Petrie 24:06
2. Amy Carrig 25:40
3. Julie Norney 31:50
4. Rachel Johnson 29:48
5. Hannah Deal 22:45

Women Division 2: Team Place: 7th

1. Talitha Crawford 26:30
2. Pia Hunter 27:56
3. Louise Rait 37:59
4. Amanda Harper 32:04
5. Megan Sloane 25:13

Coliban Relay Meeting 7 July 2012:

Box Hill Division 1 Women win the Bronze medal

Box Hill Division 1 Men place fourth

For the second year in a row, there were excellent, sunny weather conditions for the Coliban relay races which run from Harcourt to Bendigo. This is not a spectator friendly course and many clubs dislike the dangers involved for their athletes, the difficulty of transporting runners around to the changeover points and the difficulty of knowing where each club's teams are placed because of the graduated start, with the various divisions being dispatched over a thirty minute period. Runners are required to wear an Ekiden sash handing it over at the conclusion of their leg to the next runner. This always causes a number of teams difficulties as runners often forget to take the sash, expecting it will be like a normal road relay with a touch of hands being the usual changeover technique. Competition commenced at 12.30 for Men's Division 2 and Women's Division 3 and 4 races, with the Men's Division 1 and Women's Division 2 teams commencing ten minutes later. The ten minutes after that the Men's Division 5 and Women's Division 1 teams were sent on their way. Box Hill was represented by three men's teams and two women's teams. The Division 1 Women's team went one better than the fourth place from 2011, and unexpectedly won the Bronze medal, with Hannah Deal building on the earlier contributions of the other team members to overtake the last Knox runner, about a kilometre from the finish. Our Division Men's 1 team placed fourth, after a huge effort from Matt Coloe to try to overhaul the five teams in front of him at the final changeover. Our Men's Division 2 team finished third and the Division 5 team also finished 3rd. The Women's Division 2 team placed seventh.

The Division 1 Men's team was placed 7th at the conclusion of the opening leg, with Kyle Martin-Alcaide running this very tough leg finishing after an extremely long grinding hill. Kyle tried his best right through to the changeover trying to catch his Frankston opponent right until handing over in a gritty effort. South Melbourne (subsequently disqualified), Glenhuntly, Ballarat, Geelong and Knox ended this leg in that order, followed by Frankston and Box Hill. John Meagher has put absolutely everything into every race he has run this year for Box Hill and he did so again in the second leg, running the fourth fastest Division 1 leg, and picking up one place. This put the team in with a chance of claiming a medal, because some of the other clubs had run their best runners in the first two legs. Our third runner, Steve Dinneen, brought the team into third place and ran the second fastest time on the day for this leg. This mighty effort saw Box Hill overtake Glenhuntly, Ballarat and South Melbourne. Steve is running in very good form at the moment and should run well at Bundoora. Daniel Balassone ran next, on a tough leg with a nasty hill. There were also some very accomplished athletes from other clubs running this leg including the in-form Kane Wille. Daniel strove to do his best and handed over in fifth position, with Glenhuntly and Frankston overtaking Box Hill, and Essendon just behind our team, thanks to a scorching leg from Mitch Brown.

Sam Mackie was next away and ran a very solid leg, holding sixth place at the changeover. Walid A-Kurtu (Essendon) passed Sam, but Sam was in touch with A-Kurtu by the changeover, meaning that our sixth runner, Matt Coloe, could see the Essendon and Glenhuntly the runners a little way off in the distance. Matt has recently returned from the USA where he has been studying and hadn't raced seriously since running in a Victorian Milers Club last summer. What a sensational effort Matt put in. He first passed Daniel White (Ess.), then Jamie Cook (Glenhuntly), and went careering after the last runner for Frankston who was tantalisingly close. He made up over seventy seconds on his Frankston opponent and arrived about ten seconds behind the Frankston runner at the track where the last athletes had to run 250 metres. He made up six of those seconds with an enormous surge, and failed by a very small margin to catch his opponent. It certainly was a fantastic

effort to get so close, and it is great to have Matt back running for Box Hill, especially with such spirit and determination.

Unfortunately, our team result (fourth) moved us from first to second on the season's premiership ladder, one point behind Knox. With four events remaining this season, the 12 K Cross Country next Saturday week, the Road Relays and the Tan Relays, we are still capable of winning the Men's Division 1 premiership. We will need every athlete competing and supporting our teams in these concluding events.

Our Division 1 women's team performed better than they have for the whole of the winter season and were rewarded for their efforts with a Bronze medal. All the runners performed meritoriously, starting with June Petrie, who kept the team in touch with other teams, in sixth position. Amy Carrig ran well in her leg to place Box Hill 3rd. Julie Norney ran a really strong leg to get to second place, but was overtaken by Karen Thorp (Knox) just near the changeover point passing South Melbourne. Rachel Johnson also ran well in the fourth leg, with Knox and South Melbourne holding second and third positions respectively. Box Hill's Division 1 team was not far behind and Hannah Deal ran a very strong final leg to overtake her Knox opponent about a kilometre from the finish and place the team third. Box Hill's leg times in the official results need adjustment. Glenhuntly have been the leading women's team this year and they outdistanced all other combinations by a long margin.

Other Box Hill team results were Division 2 Men – 3rd, Division 5 Men 3rd and Division 2 Women 7th.

Division 1 Men

| | |
|-------------------------|---------|
| 1 Knox | 2:16:44 |
| 2 Ballarat Region | 2:21:52 |
| 3 Frankston | 2:23:56 |
| 4 Box Hill | 2:24:00 |
| 5 Glenhuntly | |
| 6 Athletics Essendon | |
| 7 Geelong Region | |
| 8 Collingwood Harriers | |
| 9 Aps United | |
| 10 Melbourne University | |
| 11 Athletics Waverley | |
| Dq South Melbourne | |

Individual leg times:

| | |
|---------------------|-------|
| Kyle Martin-Alcaide | 19:24 |
| John Meagher | 20:50 |
| Steve Dinneen | 26:26 |
| Daniel Balassone | 35:45 |
| Sam Mackie | 24:06 |
| Matt Coloe | 17:29 |

Division 2 Men

| | | |
|---|------------|---------|
| 1 | Knox | 2:32:32 |
| 2 | Glenhuntly | 2:34:31 |
| 3 | Box Hill | 2:37:30 |

| | | |
|-------|----------------|-------|
| Leg 1 | Bert Pelgrim | 22:08 |
| Leg 2 | Andrew Hester | 23:08 |
| Leg 3 | Steve Griffin | 29:26 |
| Leg 4 | Charlie Blanch | 38:01 |
| Leg 5 | Ben Noske | 25:34 |

Leg 6 Harry Noske 19:13

Division 5 Men

1 Ballarat Region 2:02:21
2 Bendigo Region 2:05:04
3 Box Hill 2:11:37

Leg 1 Graeme Olden 23:28
Leg 2 Laughlin Norney 24:02
Leg 3 Trent Collins 31:45
Leg 4 Peter Stefanos 30:29
Leg 5 Chris O'Connor 21:53

**Women
Division 1**

1 Glenhuntly 2:04:45
2 South Melbourne 2:11:52
3 Box Hill 2:14:09
4 Knox 2:15:04

| | | | Team Place |
|--------------|-----------------------|--------------|-------------------|
| Leg 1 | June Petrie | 24:06 | 6 |
| Leg 2 | Amy Carrig | 25:40 | 3 |
| Leg 3 | Julie Norney | 31:50 | 2? |
| Leg 4 | Rachel Johnson | 29:48 | 4 |
| Leg 5 | Hannah Deal | 22:25 | 3 |

Division 2

Box Hill 7th 2:29:42
Leg 1 Talitha Crawford 26:30
Leg 2 Pia Hunter 27:56
Leg 3 Louise Rait 37:59
Leg 4 Amanda Harper 32:04
Leg 5 Megan Sloane 25:13