

Box Hill Athletic Club Winter Bulletin 2012 No. 15
Tuesday 24 July 2012

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

UPCOMING EVENTS

August 11, Saturday, XCR'12 Round 8, Road Relays, Geelong (12:00pm start)

August 25, Saturday, National Cross country Championships, Adelaide

September 2, Sunday, XCR'12 Round 9, Half Marathon, Burnley (8:00am start)

September 8, Saturday, TRIVIA NIGHT

September 15, Saturday, XCR'12 Round 10, Tan Relays (9:00am start)

ROAD RELAY CHAMPIONSHIPS ON SATURDAY, AUGUST 11

The next event on the XCR'12 calendar will be the state road relay championships on Saturday, August 11. This event is traditionally held at Sandown racecourse, but it has been moved for this year to the purpose built road cycling course in Geelong. Please let us know of your availability as soon as possible so that teams can be planned and entered.

TRIVIA NIGHT SATURDAY SEPTEMBER 8

After some confusion about availability of the venue and a change of dates, the Box Hill Athletics Club's annual Trivia and Auction Night has finally been confirmed and will take place at Chatham Primary School on Saturday night, September 8. Apologies for any confusion about the dates. This is the biggest social and fundraising event of the year and we hope that all members and friends can attend. Organise a table or let us know you plan to attend and we can organise a table for you. Also let us know if you can donate anything for the silent auction on the night.

HARRY SUMMERS SELECTED IN WORLD HALF MARATHON TEAM

Congratulations to Harry Summers, who has been selected to represent Australia in the World Half-Marathon Championship in Bulgaria in October.

CHRIS HAMER RETURNS TO RACING WITH A SILVER

Chris Hamer has returned from injury to win a silver medal in the state 12km cross country championships on Saturday. Chris pushed Liam Adams of Essendon all the way and looks poised for a good performance in the national championships next month.

In a big day of cross country, many Box Hill juniors performed well in the All Schools cross country championships in the morning, while the open age athletes raced in the afternoon.

Unfortunately team results are not yet available.

Since juniors were competing for their school, we may have missed some results, please let us know if this is the case.

See below for Ian Sloane's report.

Results:

Men Open 12km Cross Country

Division 1

2. Chris Hamer 38:30

9. Steve Dinneen 39:42

25. Daniel Balassone 41:47

31. Matthew Coloe 42:33

33. John Meagher 42:38

37. Sam Dipnall 42:53

Division 2

40. Michael Dowel 43:18

43. Will Potter 43:27

56. Sam Mackie 44:29

71. Charlie Blanch 45:41

95. David Jimenez 46:29

105. Steve Griffin	46:53
Division 5	
132. Bert Pelgrim	48:01
169. Andrew Eggington	49:51
178. Andrew Hester	50:33
189. Trent Collins	51:14
Division 7	
240. Chris O'Connor	53:11
241. Graeme Olden	53:13
264. Bill Dyer	54:51
278. Peter Stefanos	56:05
352. Andrew Tunne	64:55

Men's Under 20 8km Cross Country

14. Ben Noske	29:23
18. Peter Green	30:07
33. Hanson Wong	31:16

Men's Under 18 6km Cross Country

9. Harry Noske	20:45
23. Yohan Philip	22:23
30. James O'Connell	23:01

Men Under 17 6km Cross Country

2. Mitchell Dyer	20:26
36. Laughlin Norney	24:20

Men Under 16 4km Cross Country

5. Matt O'Donnell	13:22
12. Nick Paidoussis	13:45

Open Women's 8km Cross Country

Division 1

16. Julie Norney	32:34
21. June Petrie	34:03
35. Amy Carrig	34:45
40. Hannah Deal	35:21

Division 2

53. Rachel Johnson	36:20
67. Amanda Harper	37:15
90. Pia Hunter	39:06
137. Caitlin Harrison	44:46

Women's Under 20 6km Cross Country

7. Natalia Ambrose	24:10
26. Brigitte Wolhuter	27:54
28. Katherine Foley	28:29

Women's Under 18 4km Cross Country

23. Amelia Savige	18:07
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Women's Under 17 4km Cross Country

19. Rebecca Philip	17:10
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Women's Under 16 4km Cross Country

9. Emily Goessler	16:05
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Bundoora Park Victorian Cross Country Championships 21 July 2012

Chris Hamer runs brilliantly to collect the silver medal in 12 k Victorian Cross Country Championship Great weather conditions greeted athletes running the Under 20 and Open races at Bundoora Park on Saturday 21 July. This year's course was reminiscent of the courses of old, touch muddy and

challenging. The course was laid out in a 4 k loop, and the championship races were preceded by the All Schools races where there were some good performances recorded by Box Hill members. The Under 20 women's race was run over two laps and Box Hill was represented by Natalie Ambrose and Brigitte Wolhuter running in their school's colours and Katherine Foley. All three ran well with Natalie placing 5th.

The Under 20 men's race was a hard race, over a tough muddy course with two laps to be run. Box Hill was well represented with Ben Noske 14th, Peter Green, who ran very well to finish 16th and Hansen Wong 33rd in the combined AV/School's' race.

The women's race was dominated by Victoria Mitchell who cleared out from the field after two kilometres on this tough, demanding and muddy Bundoora course. She maintained her advantage until the end being a large distance in front of second and third place. Amanda Paulin (Ess) pulled out early with a cramp in the hamstring. Sophie Barker (Melb Uni) and Melissa Duncan (Knox) held second and third positions respectively during the first lap. They fought out the silver and bronze medal positions with a late surge seeing Melissa Duncan gaining the upper hand not far from the finish. Julie Norney ran solidly the whole way, gradually improving her position to secure 16th position, in a result similar to her previous year's performance. June Petrie ran well to finish in a very respectable 27th position. Amy Carrig crossed the line in 35th place, followed by Hannah Deal in 40th position to complete the Division 1 team. Rachel Johnson 53rd, Amanda Harper, 67th, Pia Hunter, 90th and Caitlin Harrison made up the Division 2 team

The senior Men's race commenced in sunshine but the course was quite muddy. Last year, Chris Hamer had hurt his ankle before the race and did not start. This year, however, he was a starter and keen to do well. In addition, Liam Adams (Ess), Mitch Brown (Ess), Kane Willie (Knox), Sam Crowther (Knox), Wondwosen Geleta (Sth Mel), Steve Dinneen, Nick Wightman (Geel) and Matthew McDonough (Geel) were all in the leading bunch from the start along with a few other athletes who ran out too hard and paid the price. Other Box Hill athletes to be in the first 50 included Daniel Balassone about 28th, John Meagher, Matt Coloe, Michael Dowel and Sam Dipnall. Will Potter was also in touch with these runners.

In the final lap, Chris Hamer asked the question of Liam Adams and for a good part of the lap, it seemed that he had the upper hand, with Mitch Brown slipping off the surging pace. However, Adams gradually caught Chris Hamer, but was not able to open up a decisive break until quite late in this third lap. From there he held a five second margin over Chris until they both crossed the line, first and second respectively, with Mitch Brown crossing the finish, third, 31 seconds later. Sam Crowther, fourth, got away from Nick Wightman, who would have been pleased with his performance Kane Wille crossed the line sixth, after showing strength earlier, followed by McDonough who ran an strong final lap. Geleta, eighth, broke clear from the ever-dependable Steve Dinneen, ninth, in the third lap. Steve is a perennial top ten performer and medallist and her ran a very solid, commendable race. Daniel Balassone ran particularly well to record 25th place. He has improved greatly this year and can look forward to even better performances in the future. Matt Coloe ran across the line in 31st position, just ahead of John Meagher, 33rd. John clearly won his age category and he would be well-satisfied with his performance. Sam Dipnall went really well to record 37th. Michael Dowel crossed the line 40th, with Will Potter 43rd nine seconds further back. Sam Mackie came in 56th place. Charlie Blanch came 72nd, followed by David Jimenez, 94th, Steve Griffin 104th, and Bert Pelgrim, who won his age category gold medal, to make up the Division 2 team. Box Hill also finished a Division 5 team, but the team results are not available at the time of writing.

Chris Hamer's effort should not go unrecognised, for it was an outstanding achievement. He has missed most of the winter races with injury, so he has had no build up prior to this race and to do so well is a notable and praiseworthy effort. He is sure to excel in the remaining races which he runs. Thanks to club members who acted as officials on the course.

Results

Men's 12 K Cross Country Championship

1.	Liam Adams	Ess	38:26
2.	Chris Hamer	BH	38:30
3.	Mitchel Brown	Ess	39:02
4.	Sam Crowther	Knox	39:14
5.	Nick Wightman	Geel	39:23
6.	Kane Wille	Knox	39:32

7.	Matthew Macdonough		Geel	39:37
8.	Wondwosen Gelete Sth Melb		39:38	
9.	Steve Dinneen	BH	39:42	
10.	Rhys Jones	Inv	40:04	

Unofficial Division 1 Team results

Division 1

1	Knox
2	Geelong
3	Box Hill

Open Women's 8000 m Cross Country

1	Victoria Mitchell	Ballarat	29:10
2	Melissa Duncan	Ess	29:55
3	Sophie Barker	Melb Uni	30:06
4	Lauren Crowe	DV	30:27
5	Abigail Bailey	APS	30:38
6	Karina Fyfe	GH	30:39