

Box Hill Athletic Club Winter Bulletin 2012 No. 23
Tuesday 18 September 2012

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

UPCOMING EVENTS

September 22, Saturday, Working Bee/Equipment Stocktake, 11:00am
October 2, Tuesday, Coaches Meeting, Clubrooms, 7:15pm
October 9, Tuesday, 2012/13 season launch, Clubrooms, 7pm
October 13, Saturday, Shield Competition Round 1, Box Hill

WORKING BEE THIS SATURDAY, 11:00am

A working bee will be held at the track this Saturday from 11:00am. There are several jobs that need to be done to prepare the track for the upcoming season. The main task, however, will be a stocktake of equipment. Often coaches and athletes point out that there is a shortage of certain equipment or implements. Sometimes equipment wears out or is broken or sometimes just misplaced. This is your chance to help us work out exactly what the club has and what needs to be purchased.

All members are urged to come along and help out.

COACHES MEETING

All coaches who use the Box Hill facilities or coach Box Hill athletes are urged to attend a meeting at the clubrooms at 7:15pm on Tuesday, October 2. The aim of the meeting is to discuss how the Club's coaches can work more cooperatively together and also to gain feedback from the coaches about what the club can do to better support them.

SEASON LAUNCH

The 2012/13 track and field Shield season is just over 3 weeks away! To launch the season a function will be held at the clubrooms on Tuesday, October 9, from 7pm (see attached flyer). This is a great opportunity to meet team mates, coaches, team managers, club captains and to ask any questions you might have about the upcoming season. And there will be free pizza available! All members are welcome and encouraged to attend.

ARE YOU REGISTERED?

Club registrations are due on April 1 each year. If you have not paid your fees for this year make sure you do so as soon as possible, or you risk not being able to compete for the club in the first round of track and field competition on October 13.

BOX HILL TRIUMPH AT TAN RELAYS

Box Hill finished off the winter XCR'12 season in triumphant manner, winning 4 gold medals on the day including the coveted men's division 1 crown. Box Hill won the men's division 1, division 5 and under 20 races as well as the women's over 40 event.
(see Ian Sloane's report below).

Special mention to Harry Summers whose sizzling time of 10:37 is the fifth fastest ever around the Tan and the 2nd fastest time by an Australian.

Harry, Chris Hamer, Steve Kelly and Steve Dinneen all ran times that were in the top half dozen on the day.

Special mention also to our over 40 women's team, who triumph at the Tan capped another premierships season. Congratulations to Talitha Crawford, Pia Hunter, Amanda Harper, Julie Norney, June Petrie and Megan Sloane for their efforts throughout the season.

Box Hill have also won the men's Division 2 premierships and finished a brave 2nd in Division 1.

Thanks to David Stevens, David Ayers and Marilyn Griffin who acted as officials and to all those who helped with timekeeping. Your help is much appreciated.

RESULTS:

Men Division 1 (Team place: 1st)

1. Daniel Clark 11:30
2. Steve Dinneen 11:04
3. Daniel Balassone 11:40
4. Harry Summers 10:37
5. Matt Coloe 11:23
6. Chris Hamer 10:58

Men Division 2 (Team place: 2nd)

1. Steve Kelly 11:00
2. Sam Dipnall 11:46
3. Michael Dowel 11:46
4. David Jiminez 12:50
5. Sam Mackie 12:59
6. Will Potter 11:51

Men Division 5 (Team place: 1st)

1. Zak Openstein 12:42
2. Nick Baggott 12:36
3. Steve Griffin 12:56
4. Charlie Blanch 12:58

Men Division 7 (Team place: 2nd)

1. Trent Collins 13:30
2. Chris O'Connor 14:59
3. Cameron Martin 14:00
4. Andrew Hester 13:25

Men Division 7 (Team 2)

1. Jacob Parlevliet 15:52
2. Andrew Tunne 18:12
3. Patrick Green 16:57

Men Over 40

1. John Meagher 11:52
2. Peter Stefanos 14:32
3. Graeme Olden 14:24

Men Under 20 (Team place: 1st)

1. Hanson Wong 12:37
2. Peter Green 11:59
3. Ben Noske 12:22

Men Under 18 (Team place: 4th)

1. Mitchell Dyer 12:10
2. Harry Noske 12:08
3. Tom Snibson 13:25

Men Under 16 (Team place: 8th)

1. Matt O'Donnell 12:34
2. Ned Snibson 13:51
3. Carlos Norman 15:05

Women Division 1 (Team place: 11th)

1. Hannah Deal 15:16
2. Amy Carrig 14:39
3. Helen McRae 14:41
4. Laura Constable 16:08

Women Division 2

1. Caitlin Harrison 18:15
2. Charmaine McNally 17:17
3. Kerry Putt 17:25
4. Megan Sloane 17:05

Women Over 40 (Team place: 1st)

1. Talitha Crawford 15:31
2. Pia Hunter 16:10
3. Amanda Harper 15:29

Women Under 20 (Team place: 4th)

1. Amelia Savige 16:23
2. Louise Rait 15:59
3. Katherine Foley 16:09

Women Under 16 (Team place: 6th)

1. Georgia Hansen 15:02
2. Caitlyn Massarotti 18:45
3. Zoe Schwerkolt 16:15

NIKKI WINS IN ADELAIDE

Congratulations to Nikki Chapple who won the Adelaide City to Bay fun run on the weekend. Nikki ran the 12km in 39:19 to defeat Lara Tamsett by about 12 seconds.

JULIE WINS TEAM GOLD IN SYDNEY

Congratulations to Julie Norney who was the 7th woman across the line and 5th Australian in the national half marathon championships in Sydney. Julie ran a PB of 80:08 on the tough course to be part of the victorious Victorian team.

TRIVIA NIGHT

Thanks again to everyone who contributed to or attended the Trivia Night. The club raised about \$5000 which is a great result.

TAN RELAYS REPORT

Box Hill finishes the 2012 Winter season in a blaze of glory.

Four wins and two second places

Sensational times run by Harry Summers and Chris Hamer

On Saturday 15 September, the final event of the Athletics Victoria Winter Calendar was held at the Tan. Most runners have run around the Tan many times and a number of running groups base their weekly program around courses integrating it in to their training regime. This relay event hasn't been part of the Winter program for an indeterminate period of time – it was introduced in 2005- and is a very popular part of the AV calendar. Box Hill has won medals most years and last won the event in 2009. When we won the relay in 2009, with a strong team, we recorded the time of 69:13. This year's winning time was 67:16, nearly two minutes faster. This is remarkable, and the race description will demonstrate why our team was so successful this year.

This year's race was not only a very competitive race, with positions changing for the medal positions every leg. Steve Kelly declared himself unavailable for the Division 1 team after having to pull out of the half Marathon a fortnight earlier, as he didn't want to let the Division 1 team down with a below average performance. So Daniel Balassone was asked to step up to the Division 1 team, and he rewarded the selectors with a Personal Best time around the Tan and more importantly kept the team in touch with the leaders.

When the starter's gun was fired to send the teams on their way, there were more teams running than have ever been entered before, and several of our teams were not officially entered to enable them to appear on the results sheet.

The pace in the first leg was hot and Duer Yoa, Ballarat, was the first man to complete a circuit. Steve Kelly, running for our Division 2 team was second athlete to appear, followed in by Zak Patterson, Knox, Russell Dessaix-Chin Sydney University, Wondwosen Geleta, South Melbourne, Nick Wightman, Geelong, Alex Rowe, APS, and Scott Vance were all within 20 seconds of Yoa. Daniel Clark crossed the line in 10th place, 32 seconds down. Steve Dinneen was very determined to see Box Hill do well in the final event and he set off chasing hard. He started picking off opponents, one by one. Smithers, Geelong took his team into the lead, and Sydney University's Liddy, was just one

seconds behind, second with Huggett, Ballarat third. These were the only teams that Steve didn't catch. He passed all the rest in an outstanding display of running. Steve ran the fifth fastest Division 1 time of the day (and two of the runners quicker than him were our runners). Steve brought us to within seven seconds of the lead. His leg time, we believe ranks his leg was one of the top 10 times ever run in this event.

Daniel Balassone was our third leg runner. Daniel did particularly well. He ran a Personal Best time around the Tan course, a tremendous effort under pressure and held us in contention, just 20 seconds off the lead. We were only 14 seconds behind third placed Sydney University.

Then out came Harry Summers, who has been running in fine form this season. He absolutely blitzed the field, running past APS, Knox, APS, Ballarat and Geelong. He recorded the fastest time run in this event, 10 minutes 37, faster than the time that Craig Mottram ran last year (10:40). It was so fast, that it will now rank about sixth on the all-time list for one lap of the Tan. This was a sensational effort; it took Box Hill into the lead with a 25 second gap, and established the chance for another win!

Matt Coloe had important work to do, namely to hold the lead, and he accomplished that easily, handing over to Chris Hamer with around a 30 second lead. Matt has excelled himself twice this year – in the Tan relays and running a mighty final leg in the Coliban Relay meeting. When he gets fully fit he is going to be dangerous. Things were looking good for Box Hill, here.

Chris has been in brilliant form this year, when racing, and he ran a scorching final leg. He had increased the lead so much by the top of the Anderson Street hill, he could have stopped at the coffee shop near the Botanical Hotel, had a doughnut and coffee scroll washed down with a cappuccino and still crossed the line 8, in first place. He recorded the brilliant lap time of 10:58, which we think now ranks him equal 5th fastest leg ever run in this race, a mighty feat. Chris finished 55 seconds clear of second placed Knox, with Sydney University third, and Ballarat fourth.

This year's times were a lot faster than previous years' times. All clubs in the top six this year would have been in contention for a medal in previous years, and the time that the first four teams ran would have won the race in many previous years as well. We believe that this year's time was the quickest on record, but we need to double check some earlier race records before confirming this.

Having four athletes recording super times augurs well for 2013.

Our Division 2 team was pipped by two seconds after Steve Kelly's extraordinary effort in the first leg. Will Potter gave everything he had in the last leg but ran just short of catching his Knox opponent by the bare margin of two seconds.

Our Division 5 team won their race by over three minutes from Diamond Valley and Ballarat.

Our Division 7 team were second to Doncaster with Monash University in third position.

Our Under 20 men's team had a great day and Hanson Wong, Peter Green and Ben Noske all ran well, especially Peter who broke 12 minutes for his lap, to win the Under 20 event.

Our Under 16 men's team finished eight.

Our Women's Division 1 team came 11th, the Under 20 Women's team were 4th and the Under 16 team was 6th.

Box Hill's other win came from the Over 40 team, with Talitha Crawford, Pia Hunter and Amanda Harper combining to win their division.

Division 1 Leg positions and times (Running watch)

| Leg 1 | | Leg 2 | | Leg 3 | | Leg 4 | | Leg 5 | | Leg 6 | |
|-------------|-------|-----------|--------------|-----------|--------------|-----------|--------------|----------------|--------------|-----------|--------------|
| Ball | 10:58 | Geel | 22:31 | Geel | 33:58 | BH | 44:55 | BH | 56:18 | BH | 67:16 |
| Knox | 11:04 | Syd Uni | 22:32 | Ball | 34:01 | Syd Uni | 45:20 | Ball | 56:51 | Knox | 68:11 |
| Syd Uni | 11:10 | Ball | 22:34 | Syd Uni | 34:04 | Knox | 45:31 | Knox | 56:54 | Syd Uni | 68:18 |
| Sth Melb | 11:11 | BH | 22:38 | APS | 34:10 | Ball | 45:33 | Syd Uni | 57:14 | Ball | 68:50 |
| Geel | 11:12 | Knox | 22:48 | BH | 34:18 | Geel | 45:41 | Geel | 57:51 | Geel | 69:22 |
| APS | 11:13 | APS | 22:54 | Knox | 34:22 | APS | 46:06 | APS | 58:08 | APS | 70:30 |

| | | | | | | | | | | | |
|-----------|--------------|---------|-------|-----|-------|------------|-------|-------|-------|-------|-------|
| Fra | 11:16 | Sth Mel | 22:54 | Fra | 34:59 | Fra | 46:48 | Fra | 58:38 | Fra | 71:10 |
| Ess | 11:21 | M Uni | 23:16 | GH | 35:05 | M Uni | 47:26 | M Uni | 59:43 | M Uni | 72:33 |
| M Uni | 11:31 | Fra | | | | | | | | | |
| BH | 11:34 | GH | | | | | | | | | |

Division 1 Placings

Men's Division 1 Overall Results

| | |
|---------------------------|----------------|
| 1 Box Hill | 1:07:16 |
| 2 Knox | 1:08:11 |
| 3 University of Sydney | 1:08:18 |
| 4 Ballarat | 1:08:50 |
| 5 Geelong | 1:09:22 |
| 6 APS | 1:10:30 |
| 7 Frankston | 1:11:10 |
| 8 University of Melbourne | 1:12:33 |

Box Hill Division 1 Individual Performances

| Leg | Runner | Lap time | Race Position | Leader's time | BH time |
|-----|------------------|----------|---------------|---------------|---------|
| 1 | Daniel Clark | 11:34 | 10 | 10:58 | 11:34 |
| 2 | Steve Dinneen | 11:04 | 4 | 22:31 | 22:38 |
| 3 | Daniel Balassone | 11:40 | 5 | 33:58 | 34:18 |
| 4 | Harry Summers | 10:37 | 1 | 44:55 | 44:55 |
| 5 | Matt Coloe | 11:23 | 1 | 56:18 | 56:18 |
| 6 | Chris Hamer | 10:58 | 1 | 67:16 | 67:16 |

Leading Times (Open)

| | | |
|----------------------|-------------------|--------------|
| Harry Summers | Box Hill | 10:37 |
| Chris Hamer | Box Hill | 10.58 |
| Duer Yoa | Ballarat | 10.58 |
| Steve Kelly | Box Hill | 11:00 |
| James Nipperess | Sydney University | 11:03 |
| Steve Dinneen | Box Hill | 11:04 |
| Zak Patterson | Knox | 11:04 |
| Ben Ashkettle | Doncaster | 11:08 |
| Russell Dessaix-Chin | Sydney University | 11:10 |
| Wondwose Geleta | South Melbourne | 11:11 |
| Nick Wightman | Geelong | 11:12 |
| Alex? Rowe | APS | 11:13 |
| Tim Norton | Ringwood | 11:16 |
| Anthony Aloisio | APS | 11:16 |
| Scott Vance | Frankston | 11:16 |
| Ben Toomey | Knox | 11:18 |
| Tyson Popplestone | Ballarat | 11:18 |

Harry Smithers Geelong
Jack Colveaney Sydney University

11:19
11:19