

Great Performance from Box Hill Division 1 team at Bundoora in 12 k Cross Country

Box Hill Regains Momentum at the Top of the Ladder

Outstanding Men's Team Results

Box Hill's Division 1 team performed meritoriously at the testing Bundoora course in the 12 K Cross Country. The 12 K Cross Country is the selection race for the National CC Championship (to be held this year at Nowra) and is traditionally the most important event of the Winter season. We had a very good representation on the course at all levels in the senior men's race. Led by Chris Hamer and Andrew White, Box Hill was very impressive at the top end of the field with 6 finishers in the first 30.

The course winds its way around Bundoora Park, in a long ascent, after the start, to the top of Mt Cooper, which is the highest point in metropolitan Melbourne, in a four lap race, with each lap being three kilometres. After the race started, five Box Hill athletes were at the very front end of the field. Mixed in the bunch were Andrew White and Chris Hamer, running in the top 5, with Liam Adams (Essendon), Duer Yoa and Kane Wille (Knox). Matt Coloe, Daniel Clark, and Steve Kelly were running together about nine seconds further back, just ahead of Sam Ellis (Eureka), Toby Rayner (Glenhuntly and Allan Faila (Doncaster) were also near the second group, behind the three Box Hill runners. Not too far behind, were Stuart Watson and John Meagher running together. It is very pleasing to see how well Stuart is running in his transition to senior ranks, after recovering from injury. Chris Papadakis and Chris Bradford were in close proximity around 70th or maybe a little further back. Then there was a raft of runners wearing the white horse: Navin Arunasalam, Josh Di Stefanis, David Jimenez, Bert Pelgrim, Steve Griffin and Chris O'Connor all ran through the first lap within 48 seconds of each other. Next through was Stuart Downs a little further back. Other athletes competing for Box Hill were Marcus Hanley, recently joined, evergreen Dave Ayers, Bill Dyer, Andrew Nagle, Dave Stevens and Andrew Tunne.

The leading group maintained its advantage in the second and third laps. Chris Hamer, 4th and Andrew White, 5th, at the end of the second lap, were still in contention, with Chris moving into 3rd position at the end of the third circuit. Andrew White was running behind Kan Wille who was running as well as he has ever done with one lap to go. Steve Kelly had moved away from Daniel Clarke and Matt Coloe and was making an impression on athletes in front of him. Daniel was starting to edge ahead of Matt Coloe, and there was a gap of 17 seconds at the end of the third lap between them. John Meagher had opened up a gap of 21 seconds over Stuart Watson, completing the Division 1 team. Chris Papadakis had moved slightly ahead of Chris Bradford with a lap to go, a position that Chris Bradford reversed in the last lap, regaining the lead over his team mate. Navin Arunasalam, Josh Di Stefanis, Bert Pelgrim, Steve Griffin, David Jimenez, and Chris O'Connor were still close together, with less than a minute separating them. David Jimenez put in a great last lap to reach the front of all of his club mates in this group, with the rest of them streaming over the finishing line.

Meanwhile, Liam Adams broke clear of Duer, Yoa and Chris Hamer ran a really solid last leg to maintain his position and win the bronze medal for himself and for Box Hill. Andrew White, maintaining his excellent form for the season, held onto 5th place and Steve Kelly roared home to claim 6th position, in a very impressive performance. Daniel Clark maintained his position and placed 17th, with Matt Coloe, not much further behind in 21st position. Our ageless John Meagher won the 40+ Championship and placed 30th – a tremendous effort.

As a consequence of these fine performances, Box Hill won Division 1 by a huge margin. The Division 2 team, anchored by Stuart Watson, who ran brilliantly to place 36th was second, behind Eureka. Our Division 5 and Division 7 teams walloped the opposition and

won their respective races, a magnificent effort. So three wins and a second place was the outcome of the efforts of our athletes at Bundoora - a result to savour.

The women's race saw eight Box Hill women start, along with a newly joined athlete running by invitation. Rachel Johnson ran an excellent race passing many athletes in the three lap course, finally placing 11th in 30:22, which was due reward for an excellent season to date. At the front of the field, Fiona Nash was running in third or fourth position early, with a tall Knox athlete speeding to a 15 metre lead. As the race progressed, Fiona Nash passed each of her rivals and opened up a winning break. Susie Michelsson (Collingwood) was close up early and consolidated her position to win the silver medal and Lee Furst (Knox) ran through the field in the concluding stages to take the bronze medal. Rachel ran very steadily throughout the race and looked to be in great form again, passing a rival or two in the latter stages. June Petrie, recently returned from the Gold Coast, where she competed in the half-Marathon ran strongly to record 27th position. It was tremendous to hear that June has been selected in the Australian Mountain running team on Saturday. Congratulations, June!

Kate Ackland also ran very well and finished 40th, in one of her most competitive races over the Cross Country, with Emma Steer also finishing nearby in 43rd position. Running by invitation was Rebecca Law, a recently joined member, and she managed 49th place, ahead of another recent recruit, Samantha Cook who placed 63rd. Megan Sloane ran steadily, for 78th place and Margie Conley and Kerry Putt crossed the line close together in 93rd and 94th positions respectively, meaning that we finished a Division 3 team which placed second to add to the fourth place recorded by our Division 1 team.

Thanks to all the Box Hill supporters who acted as officials on the course on a cold day.

Final results

Open Men

Place	Name	Club	Lap 1	Lap 2	Lap 3	Final Time
1	Liam Adams	Ess	9:06	18:23	27:39	36:45
2	Duer Yoa	Eur	9:06	18:23	27:43?	36:52
3	Chris Hamer	BH	9:07	18:26	27:48	36:58
4	Kane Wille	Knox	9:06		27:52?	37:22
5	Andrew White	BH	9:07	18:27	27:56	37:30
6	Steve Kelly	BH	9:16	18:44	28:30	37:52
7	Sam Ellis	Eur				37:57
8	Toby Rayner	GH				38:24
9	Allan Faila	Don				38:34
10	Sean Stevens	KSB				38:38
17	Daniel Clark	BH	9:16	19:00	29:08	39:02
21	Matt Coloe	BH	9:16	19:01	29:25	39:26
30	John Meagher	BH	9:40	19:42	29:53	40:10
36	Stuart Watson	BH	9:40	19:50	30:14	40:41
62	Chris Bradford	BH	9:56	21:15	31:06	41:38
64	Chris Papadakis	BH	9:56	20:25	31:03	41:46
103	David Jimenez	BH	10:29	21:42	32:52	43:53
105	Navin Arunasalam	BH	10:05	21:03	32:22	43:57
108	Josh Di Stefanis	BH	10:08	21:02	32:40	44:01
109	Chris O'Connor	BH	10:53	21:55	32:02	44:05
113	Steve Griffin	BH	10:46	21:56?	32:04	44:10
117	Bert Pelgrim	BH	10:36	21:46	32:01	44:17
143	Stuart Downs	BH	11:03	22:26	34:00	45:29
221	Marcus Hanley	BH	12:00	24:14	36:28	48:28
225	Dave Ayers	BH	11:46	24:08	36:38	48:40
246	Bill Dyer	BH	11:53	24:14		49:40
266	Andrew Nagle	BH	12:47	25:16	38:15?	51:01
339	Dave Stevens	BH	13:31	25:55		56:51
360	Andrew Tunne	BH	13:58	29:02		60:41

Team Placings

Division 1

1. Box Hill	81	
2. Geelong	205	
3. Glenhuntly		235
4. Essendon	277	
5. Collingwood	309	
6. Knox	354	
7. Ballarat YCW	377	
8. APS		380

Division 2

1. Eureka	348	
2. Box Hill	459	
3. Keilor St Bernards	585	

Division 5

1. Box Hill	465	
2. Bendigo	813	
3. South Coast		816
4. Traralgon	819	
5. Eureka	823	

Division 7

1.	Box Hill	929
2.	South Coast	1282

Over 40

1.	APS	55
2.	Box Hill	58
3.	Traralgon	62

Open Women

Division 1

Place	Name	Club	Time
1	Fiona Nash	Doncaster	28:36
2	Susie Michelsson	Collingwood	28:49
3	Lee Furst	Knox	29:26
4	Michelle Bleakley	APS	29:48
5	Isabella De Castella	APS	29:51
6	Tracey Austin	Malvern	29:54
7	Kelli Baird	BYCW	29:59
8	Tarli Bird	GH	30:14
9	Lauren Crowe	DV	30:15
10	Sandra Prosenica	Essendon	30:17

11	Rachel Johnson	BH	30:22
27	June Petrie	BH	32:16
40	Kate Ackland	BH	33:34
43	Emma Steer	BH	33:57
49	Rebecca Law	Inv	34:37
63	Samantha Cook	BH	35:33
78	Megan Sloane	BH	36:13
93	Margie Conley	BH	37:13
94	Kerry Putt	BH	37:16

Team Placings

Division 1

1. APS 56
2. Knox 64
3. Glenhuntly 108
- 4. Box Hill 114**

Division 3

1. Eureka 141
- 2. Box Hill 221**
3. Glenhuntly 236