



## **Bundoora Park Cross Country Championships Saturday 17 July 2010**

The early benign conditions experienced on arrival changed during the afternoon and became cold and unpleasant. A number of Box Hill members had made their way out to the course early to act as officials and we would like to thank you all for your endeavours.

The Junior women's race provided a good result for Box Hill through Amy Carrig who ran well all the way and recorded fourth place, Grace Brown, fifth, and Laura Constable, sixth. Placings were a little difficult to determine because the school's championship race was combined with the Athletics Victoria race. Amy, Grace and Laura all performed well enough to be selected in the Victorian Cross Country team to contest the national championships on August 21. They also won the gold medal for the teams' race, an added bonus, and a tremendous achievement.

The Junior men's race was a hard run race and the leading athletes ran very strongly, attacking each other with surges. Kane Grimster (Fra) won the race from Ryan Geard (Ess), with an invitation runner, Rhys Jones, third. Officially third was Andrew Buchanan from Bendigo. Daniel Balassone crossed the line in 10<sup>th</sup> place (9<sup>th</sup> officially), just over 90 seconds behind the first placegetter, and he was followed shortly after by Michael Dowel in 12<sup>th</sup> place (officially 11<sup>th</sup>), a further eight seconds behind. We had a third representative, Mitchell Milnes who acquitted himself well, placing 17<sup>th</sup> (officially 16<sup>th</sup>). It was very pleasing to see three Box Hill Juniors at the front end of the field, and congratulations to all of them. James Shaw completed the course in 29<sup>th</sup> position as well. The leading three runners received a Bronze medal for their efforts.

The women's race was dominated by Anna Thompson (GH) who gave a solid exhibition of front-running, exposing her rivals' inability to match her fitness level over the demanding Bundoora course. Ellie O'Kane (Border) and Abigail Bayley (APS), a lesser known athlete, were also clear of the field, slightly in advance of Sarah Klein (Fra) and Kate Seibold-Crosbie (Knox). Kathryn Ewels (Tra) and Isabella de Castella (APS) were also well placed. Rachel Johnson was in around 35<sup>th</sup> position early, but was clearly moving forward, as was Julie Norney, our second placed runner. A little further back was June Petrie, around 45<sup>th</sup>, but also moving past faster starters who came back to the field. Rebecca Law and Megan Sloane were also running positively and making progress.

Thompson kept extending her lead over the field, and finished 54 seconds clear of second place, with Bayley getting the upper hand over O'Kane, third. Rachel Johnson continued to make strong progress advancing to 16<sup>th</sup> at the start of the third lap, picking up another four places in the final lap to come 12<sup>th</sup>. Julie Norney ran similarly well to finish close behind Rachel in 17<sup>th</sup> position. June Petrie completed the course in 35<sup>th</sup> position, and Rebecca Law was 64<sup>th</sup>, with Megan Sloane in 69<sup>th</sup> position.

Our age category senior athletes all performed well. Julie Norney was fourth in her age bracket. June Petrie placed fourth in her category and Megan Sloane won the gold medal in her age category. In combination, these three Box Hill athletes won the team award for the 40+ team.

The senior Men's race was started in deteriorating and colder conditions and a group of four athletes broke clear of the field. Liam Adams (Ess) has been in very good form in 2010 and he immediately ran to the head of the field together with Kane Willie (Knox), Steve Kelly (BH), and Luke Hennessy (GH). A short gap separated the leaders from a larger group which included Daniel Clarke (running in around 16<sup>th</sup> place, Matt Coloe, just behind Daniel, Tyson Popplestone (Eur), Nick Wightman (Geel), Brady Threlfall (Ben), Dane Verwey (Fra), David Carver (Geel), Brett Colman (Geel), Toby Rayner (GH) and Sam Crowther, at the back of this group. There were other athletes who had started too quickly and paid for it by the commencement of the second of the four circuits. Adams was putting pressure on Kelly and Willie and by the fourth lap it was clear that he was going to win the race. Willie had broken away with a five plus second gap over Kelly and it looked like he would win the silver medal. However, Kelly ran doggedly, not giving in, and was rewarded when Willie started to

come back, and eventually was overtaken. Adams appeared to come back a bit, with the forward momentum that Steve Kelly was demonstrating in pursuing him. Adams steadied and held on to win the race from Kelly by 26 seconds with Willie a further 31 seconds behind, with Hennessy fourth over the line another seven seconds back.

The pursuing pack had fragmented during one of the surges and Daniel Clark took advantage of the excellent position he was in to propel himself to ninth across the line, in what was almost certainly his best Cross Country performance to date, and Matt Coloe also distinguished himself by improving his position in the last lap as well to cross the line in 13<sup>th</sup> position. John Meagher was 27<sup>th</sup> (and won his age division as well) and our Division 1 team was completed by David Jimenez, 63<sup>rd</sup> and Steve Griffin, 73<sup>rd</sup>. A little later, Steve Kelly discovered that he had won the Victorian Championship title because Liam Adams had not worn his electronic chip and as a consequence had been disqualified.

This was Steve's first Victorian Open 12 K title and he is sure to remember it for a long time.

## Results

### Men's 12 K Cross Country Championship

(1)	Liam Adams	Ess	37:11	NB Disqualified
<b>1.</b>	<b>Steve Kelly</b>	<b>BH</b>	<b>37:38</b>	
2.	Kane Willie	Knox	38:09	
3.	Luke Hennessy	GH	38:16	
4.	Tyson Popplestone	Eur	38:28	
5.	Toby Rayner	GH	38:55	
6.	Mick Wightman	Geel	38:58	
7	Brady Threlfall	Ben	38:59	
<b>8</b>	<b>Daniel Clark</b>	<b>BH</b>	<b>39:02</b>	
<b>12</b>	<b>Matthew Coloe</b>	<b>BH</b>	<b>39:16</b>	
<b>27</b>	<b>John Meagher</b>	<b>BH</b>	<b>40:48</b>	
<b>63</b>	<b>David Jimenez</b>	<b>BH</b>	<b>43:00</b>	
<b>73</b>	<b>Steven Griffin</b>	<b>BH</b>	<b>43:26</b>	
<b>122</b>	<b>Bert Pelgrim</b>	<b>BH</b>	<b>45:47</b>	
<b>136</b>	<b>Chris O'Connor</b>	<b>BH</b>	<b>46:31</b>	
<b>178</b>	<b>Graeme Olden</b>	<b>BH</b>	<b>48:45</b>	
<b>187</b>	<b>Marcus Hanley</b>	<b>BH</b>	<b>49:25</b>	
<b>210</b>	<b>David Ayers</b>	<b>BH</b>	<b>50:25</b>	
<b>280</b>	<b>David Stevens</b>	<b>BH</b>	<b>55:41</b>	
<b>312</b>	<b>Andrew Tunne</b>	<b>BH</b>	<b>58:52</b>	

### Team results

#### Division 1

1	Glenhuntly	132
<b>2</b>	<b>Box Hill</b>	<b>175</b>
3	Geelong	235

#### Division 2

<b>12</b>	<b>Box Hill</b>	<b>1072</b>
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### Men's 45 - 49 12000 m Cross Country

<b>1</b>	<b>John Meagher</b>	<b>BH</b>
<b>9</b>	<b>Chris O'Connor</b>	<b>BH</b>
<b>19</b>	<b>Graeme Olden</b>	<b>BH</b>
<b>26</b>	<b>David Ayers</b>	<b>BH</b>
<b>40</b>	<b>David Stevens</b>	<b>BH</b>

### Team Result

1	Waverley	17
2	Collingwood	44
3	<b>Box Hill</b>	<b>61</b>

### Men's 50 – 54 12000 m Cross Country

6	<b>Bert Pelgrim</b>	<b>BH</b>
31	<b>Andrew Tunne</b>	<b>BH</b>

### Men's Under 20 8000 m Cross Country

1	Kane Grimster	Fra	25:30
2	Ryan Geard	Ess	25:49
3	Rhys Jones	Inv	26:07
4	Andrew Buchanan	Ben	26:09
5	Jordan Nelson	Knox	26:30
6	Anthony Aloisio	APS	26:34
10	<b>Daniel Balassone</b>	<b>BH</b>	<b>27:05</b>
12	<b>Michael Dowel</b>	<b>BH</b>	<b>27:13</b>
17	<b>Mitchell Milnes</b>	<b>BH</b>	<b>28:25</b>
29	<b>James Shaw</b>	<b>BH</b>	<b>36:50</b>

### Team Result

1	Knox	30
2	Essendon	38
3	<b>Box Hill</b>	<b>39</b>

### Open Women's 8000 m Cross Country

1	Anna Thompson	GH	28:42
2	Abigail Bayley	APS	29:36
3	Ellie O'Kane	Border	29:47
4	Sarah Klein	Fra	30:00
5	Kate Seibold-Crosbie	Knox	30:02
6	Kathryn Ewels	Tra	30:08
12	<b>Rachel Johnson</b>	<b>BH</b>	<b>31:16</b>
17	<b>Julie Norney</b>	<b>BH</b>	<b>31:50</b>
35	<b>June Petrie</b>	<b>BH</b>	<b>33:01</b>
64	<b>Rebecca Law</b>	<b>BH</b>	<b>35:39</b>
69	<b>Megan Sloane</b>	<b>BH</b>	<b>36:10</b>

### Team Result

1	APS	36
2	Glenhuntly	76
3	Knox	96
4	<b>Box Hill</b>	<b>118</b>

### 40 – 44 Women's 8000 m Cross Country

4	<b>Julie Norney</b>	<b>BH</b>
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#### **45 – 49 Women 8000 m Cross Country**

<b>4</b>	<b>June Petrie</b>	<b>BH</b>
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#### **50+ Women 8000 m Cross Country**

<b>1</b>	<b>Megan Sloane</b>	<b>BH</b>
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#### **40 + Team Result**

<b>1</b>	<b>Box Hill</b>	<b>25</b>
<b>2</b>	Malvern	49
<b>3</b>	Collingwood	57

#### **Under 20 Women's 6000 m Cross Country**

<b>1.</b>	Jamie Vernon	Ess
<b>2.</b>	Anissa Muthia	Wav
<b>3.</b>	Rebecca Wood	Ball YCW
<b>4.</b>	<b>Ami Carrig</b>	<b>BH</b>
<b>5.</b>	<b>Grace Bown</b>	<b>BH</b>
<b>6.</b>	<b>Laura Constable</b>	<b>BH</b>

#### **Team Result**

<b>1</b>	<b>Box Hill</b>	<b>10</b>
<b>2</b>	<b>SSH</b>	<b>43</b>

#### **All Schools**

Box Hill had a number of runners representing their schools at this event.

Some of the most outstanding performances include a gold medal winning performance by Kyle Martin-Alcaide in the under 17 men's 6km race. Grace Brown was 4th and Laura Constable 6th in the women's under 20 event, Michael Dowel 5th in the men's under 20 race, and Mitchell Milnes 11th. James Clements was 4th in the under 15s and Nick Paidoussis 8th in the under 14s.

Natalie Ambrose finished 5th in the women's under 17 race and Emily Goessler was 12th in the girls under 14 race.

#### **Thanks to our volunteers**

A special thanks to those who volunteered to act as officials for the club.

Thanks to Michelle and Steve Eeles, Bill Dyer, Gary Dowel and Marilyn Griffin who put up with the unpleasant conditions to do a duty for the club.