



## **Sandown Road Relays Saturday 28 August 2010**

### **THREE SILVER AND A BRONZE MEDAL AT SANDOWN**

Despite the absence of a number of runners, Box Hill picked up 3 silver medals and a bronze medal at the road relay championships at Sandown race course on Saturday 28<sup>th</sup> August.

#### **Division 1**

The Box Hill division 1 women's team of Rachel Johnson, Julie Norney, Grace Brown and Amy Carrig won the silver medal in the Sandown relays on Saturday. Rachel put the team into the lead on the first leg of the relay. Julie fell back to third place at the end of her first lap, but fought back to put the team into 2nd place. Juniors Grace Brown and Amy Carrig running in the open team for the first time, both ran well to consolidate 2nd place for the team.

1. Rachel Johnson 22:04
2. Julie Norney 23:21
3. Grace Brown 24:13
4. Amy Carrig 23:56

Our men's team was weakened by a number of withdrawals and, like the women's team, depended on a couple of our junior athletes stepping up into division 1. Daniel Clark ran Box Hill's fastest time of the day, to bring the team into a close 4th place on the first leg. The rest of the team held on well to finally finish in 5th place, just 90 seconds outside third place.

1. Daniel Clark 18:47
2. Steve Griffin 20:58
3. Michael Dowel 20:00
4. Daniel Balassone 20:53
5. Barry Lynch 19:44
6. David Jiminez 20:16

#### **Division 2**

Unfortunately our women's team had only 2 runners due to some late withdrawals, while our men's division 2 team was under strength and finished towards the back of the field.

1. Hannah Deal 26:50
2. Kris Hopkins 27:14
1. Chris Bradford 21:20
2. David Featherston 23:13
3. Andrew Nagle 22:21
4. Nick Baggott 23:14
5. David Ayers 23:53
6. Graeme Olden 23:21

#### **Men Over 40**

With two of our 40+ athletes running in division 2, it was a great effort for our over 40 men's team to finish in third place to take out the bronze medal.

1. Bill Dyer 25:37
2. David Stevens 26:34
3. Andrew Tunne 26:58

### **Men Under 20**

With our 2 top under 20 runners competing in division 1, we ran one under 20 and two under 18s in this team. They all performed well to win a silver medal.

1. Jack Hill 24:41
2. Hanson Wong 22:11
3. Jonathon Tree 23:49

### **Women under 18 (3x3.1km)**

In a very strong field our team of Liselle Atkin, Brigitte Wolhuter and Natalie Ambrose won the silver medal in a race that saw 2nd, 3rd and 4th placed teams locked together most of the way. Natalie ran a strong last leg to pull away from the other teams and finish comfortable ahead of 3rd place.

1. Liselle Atkin 12:04
2. Brigitte Wolhuter 12:40
3. Natalie Ambrose 11:31

Special thanks to Ian Sloane, Megan Sloane, Gary Dowel, Andrew White and Rob Falkenberg, who helped with time keeping.