



Ballarat Road Racing Championships Saturday 18 June 2011

The 15 K road championship was held in Ballarat again this year, and in markedly improved conditions compared with 2010. Box Hill had a fair-sized contingent of athletes in junior grades, races contested over 5 K and in the senior races. The men's and women's races were held at the same time for each separate distance.

The race course started and finished at a different location in comparison with previous years, but the weather was about as good as one could expect in winter in Ballarat. It was cold with the occasional shower, but not as icy or wet as 2009 and 2010. The 15 K race started with an out and back loop, followed by two complete laps of Lake Wendouree, finishing on the western side of the lake. Lake Wendouree is just a little over 6 K around one circuit. Results reported were posted on Athletics Victoria's web site and appeared to be free from the radio-magnetic interference of the previous year, which could have been one of the reasons why the starting and finishing point was altered this year.

The combined junior race started before the senior race and Box Hill had a number of excellent performances. Michael Dowel performed very well indeed, to take the Bronze medal in the under 20 5 K. He was in the leading bunch early, and stayed there, holding third place in his division at the end. William Potter, who has made noticeable improvements this year, is now knocking on the door of a podium finish. He also performed extremely creditably to place fifth, just 16 seconds after Michael. This was a fine effort. Sam Mackie ran by invitation and placed 11th in the under 18 race, 33 seconds after William. Dylan Eeles also ran very creditably to record 13th placing in the under 18 race, running the smart time of 18:04.



William Potter



Dylan Eeles

Grace Brown has been enjoying really good form this year and she ran right up to her best in winning the under 20 5k. Not long after Grace ran across the line in first place in her age division, came Amy Carrig who was fourth in the same under 20 race. Natalie Ambrose finished just ahead of Amy, to record fourth place in the under 18 5 K race. Natalie has also been running very well in this age group during the winter season. Katherine Foley, 14th and Amelia Savige also ran and completed the course in the under 18 race.



Amy Carrig and Natalie Ambrose



Zoe Schwerkolt

The senior races followed the junior races with the weather deteriorating slightly, and several showers or rain fell on competitors. The fields were quite large, with 378 male finishers and 156 female finishers.

The men's race was a tightly contested race, in the early stages with a group of 12 or more elite runners. Box Hill was well represented up the front end of the field, with Steve Kelly, Mitchel Brown (Ess), Simon Field (APS), Steve Moneghetti (BYCW), Steve Dinneen, Chris Hamer, Rowan Walker (Geel), Brady Threlfall (Geel) and Ryan Christian (Geel) all being part of the action. Others were not far behind, including Matt Coloe, who started with a race plan to work his way through the field, an excellent strategy as the race unfolded. David Jimenez and Adrian Vincent were towards the front of the field and running well. Stuart Watson also started well, as did Sam Dipnall and Dale Bickham who were all in the first 70.

Brooke Condon was running second in the women's race, behind Sophie Barker (Melb Uni) not far ahead of Susie Michelsson. Julie Norney was in around 12th position and moving as well as she has in any road race. Our next most highly placed competitors were June Petrie, Rachel Johnson and Amanda Harper. Rebecca Law missed the turnoff, arrived late, but decided to start anyhow, and it was due to this act of determination that Box Hill were able to finish a Division 2 team. Neetha Pai and Megan Sloane were also competing.

After the first full lap of the lake had been run, with about 6 K left to go, it was clear that Box Hill was really well placed and had five athletes in the top 22, and four in the top 10. Steve Dinneen was leading closely attended by Steve Kelly, with Brown, third, and Walker, Moneghetti and Daniel Clark all close together. Clark was in fifth position, with Chris Hamer not far away in seventh position.. Matt Coloe had picked up 20 or more places and was in 22nd position. Further back, David Jimenez was having a good day and was in 46th position, followed by Dale Bickham 56th, Sam Dipnall, 59th, Stuart Watson, 63rd, Adrian Vincent in 65th, Bert Pelgrim, 122nd, Chris O'Connor, 153rd and Mitchell Milne in 156th.

Brook Condon was clearly in contention for a medal and had some tough competition for the silver medal in Michelsson. Julie Norney had consolidated her position and looked likely to have a top 10 placing.

Now to the finish. The men's race was won by Steve Kelly, winner of his second title in his own right, who had just managed to take some of the sting out of Steve Dinneen, leading him in by seven seconds, or perhaps 35 metres. Third was Mitchel Brown, a further 16 seconds in arrears. Walker was fourth officially, followed by the apparently ageless Steve Moneghetti, fifth. A South Melbourne athlete crossed the line in fourth position, but did not appear in the results, possibly because of not wearing a timing chip.



Steve Kelly winning the Open Men's 15 km Race

Daniel Clark, in his best ever performance on the road placed 6th, a magnificent effort, and one he will no doubt remember for a long time. Chris Hamer was next over the line, seventh, in a really solid performance. Chris is bound to improve as he gets fitter. Like Steve Kelly, Steve Dinneen and Daniel Clark, he is showing enormous promise and will eventually get back to the very top level that he is capable of. Then, a little unexpectedly, Matt Coloe sprinted into view – in 11th position!! He had run a sensational third lap overtaking at least 10 athletes. If Steve Kelly hadn't won the gold medal, Steve Dinneen, the silver and Daniel Clarke in his best road performance I could remember seeing, Matt's run would have counted as the run of the day. So we had 5 in the top 11. About two and a half minutes passed, when suddenly Dave Jimenez appeared, in 40th position, completing the Division 1 team, a Division 1 team winning effort. Not long after Adrian Vincent finished, in 53rd position, with Stuart Watson, 56th, Dale Bickham, 64th, Sam Dipnall, 85th, Bert Pelgrim, 118th and Chris O'Connor 140th completing the Division 2 team.



Chris Hamer

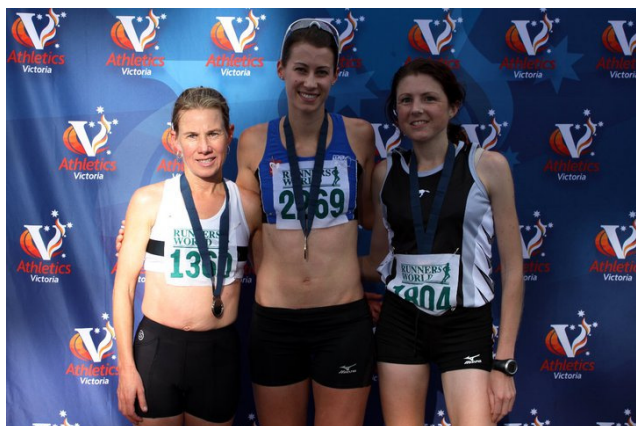


Dale Bickham



Steve Dinneen (Silver) and Steve Kelly (Gold)

Sophie Barker won the women's race by 48 seconds. In a desperate sprint to the line, Susie Michelsson, just eclipsed Brooke Condon by a second to win the silver medal. However, Brooke had the satisfaction of taking home the bronze medal, and excellent effort. Julie Norney ran brilliantly, probably her best road effort, as well, to place 9th. Julie seems to keep improving each week. June Petrie also performed extremely creditably in running over the line in 27th position, with Rachel Johnson coming 35th. Amanda Harper crossed the line two places further back in 37th position



Brooke Condon (Bronze)

At the conclusion of the race, our Division 1 team placed first – a mighty effort, and keeping us in contention for the premiership. Our women's Division 1 team also did really well and placed second. Full results can be found below.

Men's Results

Athlete	Club	Place	Finish
Steve Kelly	Ess	1	46:29
Steve Dinneen	BH	2	46:36
Mitchell Brown	Ess	3	46:52
Rowan Walker	Geel	4	47:04
Steve Moneghetti	BYCW	5	47:12
Daniel Clark	BH	6	47:19
Chris Hamer	BH	7	47:22
Matt Coloe	BH	11	49:05
David Jimenez	BH	40	51:52
Adrian Vincent	BH	53	52:42
Stuart Watson	BH	56	53:01
Dale Bickham	BH	64	53:18
Sam Dipnall	BH	85	54:28
Bert Pelgrim	BH	118	56:15
Chris O'Connor	BH	140	57:19
Andrew Hester	BH	150	58:01
Mitchell Milnes	BH	156	58:27
Peter Stefanos	BH	243	62:53
Bill Dyer	BH	246	63:07
Andrew Tunne	BH	305	68:37
Dave Stevens	BH	335	72:12

Women's results

Athlete	Club	Place	Finish
Sophie Barker	Melb Uni	1	54:35
Susie Michelsson	Coll	2	55:23
Brook Condon	BH	3	55:24
Julie Norney	BH	9	59:04
June Petrie	BH	27	62:37
Rachel Johnson	BH	35	63:20
Amanda Harper	BH	37	63:28
Megan Sloane	BH	103	73:29
Neetha Pai	BH	114	75:44
Rebecca Law	BH	125	77:08

Junior Results 5K Road Championship

Athlete	Club	Place	Time
Michael Dowel	BH	3 (U20)	16:09
William Potter	BH	6 (U20)	16:25
Sam Mackie (Inv)	BH	11 (U18)	17:08
Dylan Eeles	BH	13 (U 18)	18:04
Grace Brown	BH	1 (U20 F)	18:37
Amy Carrig	BH	4 (U 20 F)	19:18
Natalie Ambrose	BH	4 (U18 F)	19:16
Katherine Foley	BH	14 (U18 F)	22:00
Amelia Savige	BH	15 (U18 F)	22:25

Team Placings

Division 1 Men

1.	Box Hill	71
2.	Geelong	110
3.	APS	207
4.	Frankston	232
5.	Knox	279
6.	Collingwood	284
7.	Glenhuntly	311

Division 2 Men

1.	Melbourne University	237
2.	South Melbourne	440
3.	Box Hill	520

Division 5 Men

1.	APS	821
2.	South Melbourne	976
3.	Melbourne University	1009
4.	Box Hill	1112

Division 1 Women

1.	Glenhuntly	41
2.	Box Hill	72
3.	Geelong	89

Division 2 Women

1.	Collingwood	145
2.	Glenhuntly	169
3.	Frankston	209
4.	Ballarat YCW	217
5.	Western Athletics	239
6.	South Melbourne	250
7.	Wendouree	278
8.	Coburg	338
9.	Box Hill	358

Under 18 Women

Division 1 Women

1.	Western Athletics	6
2.	Box Hill	33
3.	Collingwood	60