



Cross Country Championships Balnarring Racecourse Saturday 21 May 2011

On Saturday 21 May, Box Hill was strongly represented with a large number of senior and junior athletes competing in Victorian men's 8 K Cross Country Championship, the women's 4 K Cross Country and underage events. We were blessed with excellent weather on the day, and we had some excellent results.



Zoe Schwerkolt ran really well in the women's Under 14 race and improved her position throughout the race. Entering the long straight to the finish she was in the bronze medal position, but she managed to overhaul the second placegetter within twenty-five metres of the finish to claim the silver medal with a big finish. Congratulations to Zoe on her fine effort.

The Under 18 and Under 20 men ran in a combined race, so it was difficult to identify the real placings in each race. Michael Dowel got out quickly and settled in 5th place, with William Potter, 11th, Tyler Agius 16th and Mitchell Milnes, 22nd. Michael passed one of his opponents to move into third place in the latter part of the race, with the second placegetter being Under 18, so this meant he claimed the silver medal in the 4 K race. He was well supported with William Potter maintaining 10th overall, Tyler Agius picking up several places to place 13th, and Mitchell Milnes holding 22nd place.





The Box Hill Under 20 women dominated their race, with Grace Brown running impressively to win the Gold medal while Amy Carrig and Liselle Atkin were not far behind to enable the team to convincingly win the teams event.



Last year, Steve Kelly ran second behind Toby Rayner (GH) so he was looking to do better than that this year. At the starter's gun, Steve Dinneen decided he had better make an impression and pushed through to the lead. Steve missed the 2010 season with a debilitating injury, and has slowly returned to form. Steve Kelly settled into 7th position after about 1500 metres, content to watch the other runners and sense how fit they were. The leading group changed positions a number of times with Steve Dinneen dropping to third, then fifth near the conclusion of the first lap. Others to take a position in the front group, after one lap included Simon Field (APS), who was vying for the lead, Cameron Page (Knox), Luke Hennessy (GH) and Adrian McGregor (Melb Uni). Daniel Clark was also prominent in the second group in 9th or 10th position. Then there was quite a gap to Daniel Balassone and John Meagher, 43rd and 44th respectively at the conclusion of the first lap. Stuart Watson held 46th position, with Adrian Vincent 59th, David Jimenez 78th and Dale Bickham 85th.



Into the second lap and Steve Kelly charged to the lead opening up a twenty metre or more break from Page, with Hennessy Field and Steve Dinneen, seeking the bronze medal position. Steve Dinneen dropped back a little and then Field fell away, passed by Dinneen to hold fourth. Kelly held his nerve and extended his lead a little over Page, and when they next came into sight it was Kelly leading from Page with Dinneen in third. Laim Adams had put in a huge second lap, and took fourth position from Hennessy, who was slowing, with Field further back. Steve Kelly strode confidently and powerfully to the line to win the Victorian 8 K Cross Country Championship, in an excellent opener to the individual season. Page was second. Adams's surge was so powerful that he caught and passed Steve Dinneen for the bronze medal, and Hennessy finished next. Daniel Clark ran a workmanlike race to place 12th, and our Division 1 team was composed of Daniel Balassone, 45th, John Meagher, 46th and Adrian Vincent, 53rd. Other Box Hill runners to finish in the top 100 were David Jimenez, 64th, Stuart Watson, 65th and Dale Bickham, 85th. At the time of writing team placings had not been published but our calculations show that Knox won from Geelong with Box Hill third. Bert Pelgrim's return to individual AV events was also worth commenting on as he continues to recuperate from a serious accident which stopped his training completely. We hope that he is back to his competitive best in the overage races in the near future.



The women's race, which started after the men's race, was dominated by Kaila McKnight (Knox) who again demonstrated that she was in outstanding form leading the race from the start, with Anna Thompson (GH), of Victoria Mitchell (Eureka), third. Kate Seibold-Crosbie (Knox), fourth, Erica Fountain (GH) and Melissa Duncan rounded out the first half dozen placings. Our first athlete, Joc Keage, ran as well as I have seen her run in a senior event and finished in 17th position. She passed other athletes throughout the whole race, and ran home very strongly. Julie Norney also ran extremely well and placed 19th. Hayley Tomlinson, 34th and Amanda Harper made up the Division 1 team. We believe that our Division 1 team was placed 6th in the team's race, a reasonable result with several athletes were not competing. It was excellent to see Rachel Johnson return to competition, crossing the line in 96th position.

Placings and times

Under 20 Men 4K Result

1.	Jordan Williamsz (Knox)	12:46
2	Michael Dowel	13:08
(10)	William Potter	13:48
(13)	Tyler Agius	14:07
(22)	Mitchell Milnes	15:10

Under 20/Under 18/Under 16 Women 3K Result

(4)	Grace Brown	12:10
(15)	Liselle Atkin	12:57
(40)	Penny Townsend	14:27
(44)	Katherine Foley	14:36
(49)	Amelia Savige	14:52

Open Men 8K Results	Time	
1	Steve Kelly	25:20
2	Cameron Page (Knox)	25:34
3	Liam Adams (Ess)	25:42
4	Steve Dinneen	25:56
5	Luke Hennessy (GH)	26:07
6	Simon Field (APS)	26:13
12	Daniel Clark	26:49
45	Daniel Balassone	28:23
46	John Meagher	28:27
53	Adrian Vincent	28:48
64	David Jimenez	29:12
65	Stuart Watson	29:15
85	Dale Bickham	29:57
123	Chris O'Connor	31:10
132	Andrew Hester	31:24
135	Andrew White	31:31
145	Nick Baggott	31:49
168	Graeme Olden	32:33
171	Bert Pelgrim	32:44
254	Kieren Shah	35:13
267	Peter Stefanos	35:37
310	Andrew Tunne	38:49
321	Dave Stevens	39:27

332	James Tennant	40:31
357	Scott Jackson	44:01

Open Women 4K Cross Country Results

1	Kayla McKnight (Knox)	13:42
2	Anna Thompson (GH)	13:53
3	Victoria Mitchell (Eur)	14:02
17	Joc Keage	15:43
19	Julie Norney	15:47
34	Hayley Tomlinson	16:21
54	Amanda Harper	17:09
67	June Petrie	17:29
76	Hannah Deal	17:46
77	Sarah Cant	17:47
78	Rebecca Law	17:48
96	Rachel Johnson	18:15
?	Megan Sloane	18:30
111	Kate Ackland	18:45
137	Charmaine McNally	19:59
150	Neetha Pai	20:38

Team Positions

Men

Division 1 Unofficial

1	Knox	102
2	Geelong	129
3	Box Hill	161
4	Frankston	267
5	Glenhuntly	280
6	Athletics Essendon	291

Women

Division 1 Unofficial

1	Knox	20
2	Glenhuntly	41
3	Essendon	102
4	Geelong	105

5	Melbourne Uni	122
6	Box Hill	124

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