



Bundoora Cross Country Championships Saturday 23 July 2011

One Gold Medal and Two Bronze Medals in Individual Championships

Excellent weather conditions for the Under 20 and open races set the scene for some very good performances from Box Hill athletes on Saturday 23 July at Bundoora Park. This year's course was reminiscent of the courses of old, touch muddy and challenging. The course was laid out in a 4 k loop, and the championship races were preceded by the All Schools races where there were some good performances recorded by Box Hill members.

The Under 20 women's race was held over two laps and Box Hill was represented by Grace Brown, Amy Carrig and Liselle Atkin. All of them ran well, particularly Grace Brown, who improved from her fifth place the previous year, finishing third in the race, but winning the Victorian Under 20 Championship, in a splendid performance. Amy ran solidly to cross the line in the combined All Schools/AV race in 11th position, with Liselle Atkin also performing well to place 14th. Grace has continued to improve as she has gained the benefit of improving her fitness. Tess Craig (Hail.) won the race, but was competing in the schools section.

The Under 20 men's race was a hard race, over a tough muddy course with two laps to be run. Box Hill was well represented. Anthony Aloisio (St Kevins), Jordan Nelson (Knox) and Ryan Geard (Ess) showed they were contenders early. Michael Dowel held fifth position half way through the first lap. Later Michael apparently collided with a post and withdrew from the race. Other Box Hill runners were up the front end of the field, including William Potter, who has been running really well this season and improving each week. He ran exceptionally well to cross the line in eighth place and came fifth in the Under 20 race and was officially fourth as one of the runners ahead of him was running by invitation. He continued to improve his position in the field the further the race went. In addition to William, Tyler Agius also ran really well, crossing the line 15th, and finished eighth in the Victorian Under 20 championship. Sam Mackie and Mitchell Milnes also did well, running over the line 31st and 33rd respectively, and they placed 13th and 15th in the Victorian Under 20 Championship. Jack Hill also ran in the school's race. It was very pleasing to see these Box Hill juniors at the front end of the field, and congratulations to all of them. Although team results were not available, it appears that our team will win a medal.

The women's race was dominated by Anna Thompson (GH) who gave a capable exhibition of front-running, exposing her rivals' inability to match her fitness level over the demanding and muddy Bundoora course. Amanda Paulin (Ess) and Sophie Barker (Melb Uni) fought out the silver and bronze medal positions with Katie Duncan (Knox), Bev Thomas (Ess) and Ellie O'Kane (Geel.) trading places at various stages during the race. Thompson ran away from the field in the second lap, and finished 54 seconds clear of second place. Brooke Condon was the best placed Box Hill athlete crossing the line in eighth place. Brooke passed several athletes in the second half of the race. Julie Norney has been running very well and she performed at her best to take 15th place (14th according to the official results, which excluded a Diamond Valley runner who crossed the line in 9th position), which was an excellent effort. She strode past at least five rivals and had been placed in the low twenties in the first lap. June Petrie and ran very determinedly to cross the line in 24th place (officially 21st). It is likely that both Julie and June won a medal in their respective age categories, but these results were not available at the time of writing. Rachel Johnson completed Box Hill's Division 1 team, also picking up a number of places in the concluding stages of the race, placing 36th (officially 32nd). The discrepancy between the runners' actual positions and their official places will be attributable to malfunctions of the timing and recording system and the possibility that some competitors might have failed to wear the chip that they were required to.

The senior Men's race commenced with excellent weather conditions but the course was at its worse having been chopped up by the previous competitors and a group of around nine or ten athletes separated themselves from the field. Unfortunately, Chris Hamer had hurt his ankle the previous Sunday up at Ferny Creek, and was not a starter. Steve Kelly, Liam Adams (Ess), Luke Hennessy (GH), Nathan Hartigan (Ball Harriers), Wondwosen Geleta (Sth Mel), Steve Dinneen, Nick Wightman (Geel), Steve Moneghetti (BYCW) and Brady Threlfall ((Geel) were the leading group half way through the first lap. Matt Coloe was not far off the pace in around 12th or 13th. And then there was a break to Daniel Clark, Adrian Vincent and John Meagher. These athletes were between 38th and 50th at that stage of the race. Daniel Balassone started off conservatively and was probably in around 75th place or so. Other higher placed runners included Tyson Popplestone (Eur), Adrian McGregor (Melb Uni), Dane Verwey (Fra), Brett Colman (Geel), Andy Blicavs (Ess), Adam Byles (GH), Craig Semple (GH) and Sam Crowther (Knox), at the back of this group. Adams slowly wound up the pressure and gained a break over Steve Kelly, Brown and Hartigan. Hennessy slipped back a little with Geleta close by. The part of the course near the water tower on Mt Cooper was very hard going and the athletes had to run up the steep hill to get there and then down a very steep descent to the bottom of the course near the creek and then retrace their steps and run back up. This was hard going and they had three laps of it, with it being very slippery under foot.

In the third and final lap, Adams gradually drew away from his pursuing opponents, and Mitchel Brown surged and opened a small gap over Steve Kelly who was not able to overhaul him and they finished in that order. Hartigan held onto fourth place just withstanding Hennessy's attempts to catch him. Geleta crossed the line sixth, followed by Wightman who ran an excellent third lap, breaking clear from Steve Dinneen, eighth. Threlfall was ninth with the seemingly ageless Steve Moneghetti completing the top 10 places. Not long after that, Matt Coloe crossed the finish in 17th position. Daniel Clark finished 33rd, a little below what he would have been hoping for, with another strong run from Adrian Vincent who recorded 40th place. John Meagher completed Box Hill's Division 1 team, recording 45th position.

Daniel Balassone, now over his injury, placed 66th, and then there was a gap to Bert Pelgrim, 113th and Dale Bickham, 116th. Chris O'Connor, 154th, Peter Stefanos, 242nd and Bill Dyer, 248th constituted the members of the Division 2 team for Box Hill.

Team members and supporters were pleased to see Andrew White and Barry Lynch on the course supporting Box Hill athletes. Both have had injuries which have prevented them from competing during the season and we wish them well with their recovery. Thanks to club members who acted as officials on the course.

Results

Men's 12 K Cross Country Championship

1.	Liam Adams	Ess	38:16
2.	Mitchel Brown	Ess	38:37
3.	Steve Kelly	BH	38:47
4.	Nathan Hartigan	Ball Harr	39:00
5.	Luke Hennessy	GH	39:04
6.	Wondwaosen Geleta	Sth Melb	39:07
7.	Nick Wightman	Geel	39:33
8.	Steve Dinneen	BH	39:39
9.	Brady Threlfall	Geel	40:03
10.	Steve Moneghetti	BYCW	40:11
17	Matthew Coloe	BH	40:55
33	Daniel Clark	BH	41:59
40	Adrian Vincent	BH	42:32
45	John Meagher	BH	42:43
68	Daniel Balassone	BH	44:07
113	Bert Pelgrim	BH	46:36
116	Dale Bickham	BH	46:42

154	Chris O'Connor	BH	48:57
?	David Ayers	BH	53:28
242	Peter Stefanos	BH	54:36
248	Bill Dyer	BH	55:07
284	Andrew Tunne	BH	59:02

Unofficial Division 1 Team results

Division 1

1	Essendon	101
2	Geelong	130
3	Box Hill	148

Men's Under 20 8000 m Cross Country

1.	Anthony Aloisio	St Kev	25:51
2.	Jordan Nelson	Knox	26:37
3.	Ryan Geard	Ess	27:01
4.	Lachlan Rayner	Inv	27:39
5.	William Potter	BH	28:10
6.	Tom Hardham	Geel	28:29
7.	Andrew Reddie	Don	28:40
8.	Tyler Agius	BH	28:50
13.	Samuel Mackie	BH	30:19
15.	Mitchell Milnes	BH	30:36
?	Jack Hill	BH	

Team Result

Open Women's 8000 m Cross Country

1	Anna Thompson	GH	29:09
2	Amanda Paulin	Ess	30:03
3	Sophie Barker	Melb Uni	30:10
4	Melissa Duncan	Knox	30:16
5	Bev Thomas	Ess	30:35
6	Ellie O'Kane	Geel	30:46
8	Brooke Condon	BH	30:57
14	Julie Norney	BH	32:18
21	June Petrie	BH	33:36
32	Rachel Johnson	BH	34:43
42	Amanda Harper	BH	35:26
81	Talitha Crawford	BH	38:52
89	Megan Sloane	BH	39:20
115	Sarah Burke	BH	43:08
116	Neetha Pai	BH	43:09

Under 20 Women's 6000 m Cross Country

1.	Grace Bown	BH	23:25
2.	Annabelle Wilson	Geel	24:21
3.	Bronwyn Humphrys	Sth Melb	24:26
11.	Amy Carrig	BH	
14	Liselle Atkin	BH	