



## **Box Hill Athletic Club 5 km Handicap – 31 April 2011**

This was the 21<sup>st</sup> running of the club's first winter event and Graeme Olden and Chris O'Connor prepared the course and, for the first time, breakfast at the Bennetswood course. Those present were most appreciative of their efforts.

Thirty-four competitors started at 10 a.m. , after there were six late withdrawals. Weather conditions were magnificent – it was a perfect day, perhaps a little warm for a longer distance, but hard to fault.

James Tennant who returned to competition after a lengthy break, ran well inside the time which he had predicted. James will find this sort of performance difficult to repeat when the handicapper considers his 2011 judgement in future years. Nevertheless, he took the opportunity and crossed the line over a minute clear of the rest of the field.

The next three runners over the line ran excellent races, eclipsing the level of fitness which had been anticipated. Stuart Watson ran the fastest time of the day and looks to be ready for an excellent winter season, after a layoff in 2010. June Petrie ran very close to her track season's best, a fine effort. Joc Keage also performed really well, and the club selectors hope that she is able to compete as much as possible in the winter. She recorded the fastest female time and looks certain to go well this year. Julie Norney, fifth and Laughlin Norney, along with Michael Dowel, were having an easier hit out as they were running the Puffing Billy race in the Dandenongs the following day.

The distance runners were delighted to welcome a number of Pole Vaulters, particularly Brodie Cross , selected recently in the World Youth Championships and Rebecca Marchant who distinguished herself by winning the silver medal in the recent Australian Championships. They received a very warm round of applause when their recent achievements were announced after the race was finished.

June Petrie and Bert Pelgrim donated a large number of prizes which were presented at the conclusion of the event and some items for junior participants and are thanked for their thoughtful generosity.

Next week, Saturday 7 May, sees the opening of the 2011 XCR season with the Cross Country Relays to be held at Jells Park. We want to have a great start to our campaign to win the Men's and Women's Division 1 Championships, after our close effort in the women's team event in 2010 and our wins in the men's team event in 2008 and 2009. We look to have a very strong group of male and female athletes available this year, and we need everyone on deck for the entire season, if we are to do our best. Athletes need to be registered by Wednesday 4 May, so if you have not yet registered, please do so urgently, so that you are eligible to compete in each event.

### Finishing order 5 K Handicap race

Place	Name	Elapsed time	Handicap	Actual time
1	James Tennant	25:22	3:00	22:22
2	Stuart Watson	26:23	10:00	16:23
3	June Petrie	26:38	6:00	20:38
4	Joc Keage	27:31	8:30	19:01
5	Julie Norney	27:33	5:00	22:33
6	Bec Marchant	27:39	1:40	25:59
7	Dave Stevens	27:52	5:45	22:07
8	Cristina	27:52	2:00	25:52
9	Graeme Olden	27:56	9:10	18:46
10	Andrew Hester	28:05	10:15	17:50
11	Peter Stefanos	28:11	8:30	19:41
12	Grace Brown	28:19	8:50	19:29
13	David Jimenez	28:19	11:20	16:59
14	Mark Stewart	28:23	2:00	26:23
15	Neetha Pai	28:36	3:00	25:36
16	Nat Ambrose	28:37	8:40	19:57
17	Dave Ayers	28:38	9:10	19:28
18	Abbie Freestone	28:54	1:40	27:14
19	Bert Pelgrim	29:00	9:00	20:00
20	Kieren Shah	29:01	9:25	19:36
21	Laughlin Norney	29:03	8:00	21:03
22	Kerry Putt	29:06	5:45	23:21
23	Amelia Savige	29:07	6:00	21:07
24	Hannah Deal	29:12	8:00	21:12
25	Jack Hill	29:20	9:10	20:10
26	Katherine Foley	29:36	5:00	24:36
27	Rebecca Law	29:37	7:50	21:47
28	Andrew Tunne	29:58	6:55	23:03
29	Sarah Burke	30:01	5:00	25:01
30	Louise Rait	30:27	7:40	22:47
31	Penny Townshend	30:39	7:50	22:49
32	Michael Dowel	32:45	11:40	21:05
33	David Mitchell	33:03	6:55	26:08

Fastest time: Stuart Watson 16:23

Fastest woman: Joc Keage 19:01