



## **Box Hill Athletic Club Jells Park Cross Country Relays Saturday 7 May 2011**

Box Hill entered three senior men's teams, a men's 40+ team, a men's 50+ team, an Under 20 men's team, an Under 18 men's team, three senior women's teams, a 40+ team, an Under 20 women's team and an Under 18 women's team. We had some very good results and this was a solid start to the winter season. The Under 20 Women's team and the 40 + Women's teams both won their divisions, an excellent result. We won two silver medals in the Men's Under 18 race and the Men's 40 + team. The senior Men's team had fine start to the season in winning the bronze medal and we also recorded two fourth places and a fifth place.

Last year, Box Hill placed third in the Men's Division 1 race, and the year before we won the silver medal. This year we certainly hoped that we would be in medal contention, although we recognized that Geelong, Glenhuntly, Knox and Essendon would field strong teams, and that we would need all our runners to do their best, which they did.

Michael Dowel was selected to run the first leg, which is usually the most competitive, being head to head. He acquitted himself well and was in 6<sup>th</sup> position after the first of his two laps. Completing his leg in 7<sup>th</sup> place, he handed over to Steve Kelly. Woolhouse (Geel.) led the field in from Verwey (Frank.) second, and Ballarat YCW in 3<sup>rd</sup> position. These teams were followed by Glenhuntly, 4<sup>th</sup>, Collingwood, 5<sup>th</sup> and Waverley, 6<sup>th</sup>. Woolhouse ran 18 m. 04, one of the day's fastest times. Steve Kelly roared into action in the second leg, and had moved Box Hill up two positions after his first lap, which he ran in the sizzling time of 8:56, one of the fastest laps of the day. By the time he had finished his leg, he had brought Box Hill into 2<sup>nd</sup> position, a mere 31 seconds behind Geelong, five seconds clear of Ballarat YCW, third, and Glenhuntly, fourth, a further 20 seconds down, with Frankston fifth coming in on the same time and APS a further four seconds behind. Eventual silver medal winners, Knox, were not on the radar at this stage of the race. So it was a very tight race and Steve ran an outstanding leg to put Box Hill into contention, and all but guarantee Box Hill a medal if all subsequent runners ran to the best of their ability.

Daniel Clark has run well on this course previously and in better conditions last year, he recorded the very smart time of 18:15. This year, in much heavier conditions, he ran a really intelligent race, running all but identical times for each of his laps and brought Box Hill to within eight seconds of Geelong, which was still leading. This meant he had dragged 23 seconds out of his opponent, a fine effort. He had also opened up a sizeable gap or around 15 seconds to third place, held by Frankston, with a further 30 seconds or so to Glenhuntly. Knox suddenly burst onto the scene in this leg with their runner bringing them from nowhere into fifth position.

Andrew White then took off and pegged the gap to Geelong back to two seconds at the conclusion of his first lap. Unfortunately, the exertion of making up the deficit told a little in the concluding stages of his second leg and Geelong were 19 seconds in from of Box Hill after the fourth leg. However, Andrew had extended the gap over all the other teams. Cameron Page, a NSW runner competing for Knox, recorded the fastest time of the day in this leg (17:51) in bringing Knox through to the bronze

medal position. An outstanding leg of 18:37 from veteran Steve Moneghetti advanced Ballarat YCW into fourth position, followed by Glenhuntly and Frankston.

Geelong continued to make the running in the fifth leg, with Stuart Watson, a welcome returnee to Box Hill's team, recording a time of 19 m 43. Ben Toomey, Knox, overtook Stuart late in the second lap and moved Knox into the silver medal position, four seconds ahead of us. Geelong's team was over a minute clear, and Glenhuntly threatened for a medal, seventeen seconds further back.

Another welcome returnee after a prolonged injury break was Chris Hamer, and he was our final runner. Chris ran a fine leg, running his second lap four seconds faster than the first, after a nervous pre-race mishap when he rolled his ankle. Geelong, through Brenton Rowe, held steady in the concluding stages of the race to record a victory, with Knox cementing second place with a strong leg (18:13) from Sam Crowther, with Box Hill maintaining the bronze medal position. Essendon picked up two teams in the last two legs, claiming fourth spot right on the line, pushing Glenhuntly back to fifth. Ballarat YCW placed sixth.



Open Men's Division 1 Team

Box Hill's Division 2 team ran soundly and finished in 4<sup>th</sup> position. Strong legs were recorded by Daniel Balassone (19:49), David Jimenez (20:26) and Dale Bickham (20:29), who has recently returned to the club.

The Men's 40 + team was extremely competitive and won the silver medal just 10 seconds down on opponents, Old Scotch. John Meagher showed that he will again be a force to be reckoned with, in breaking the 20:00 minute barrier.



The Under 18 Men's team also won the silver medal in their age group, in an excellent beginning to the season.



Under 18 Team of Laughlin Norney, Dylan Eeles and James Norney



Our Under 20 Women's team acquitted themselves brilliantly, to take out the championship. Congratulations to Liselle Atkin (who ran 11:38 for her leg), Penny Townshend (who recorded 12:47) and anchor leg runner, Grace Brown (who ran the very smart time of 11:11).

Congratulations also to June Petrie, Amanda Harper and Megan Sloane who combined to record a victory in the 40 +teams division for Box Hill, another excellent effort.



The victorious women's 40+ Team

We had the pleasure of seeing Kynan Dawes back competing with us and it was also really pleasing to see Luke Yeatman on the course supporting Box Hill, in addition to other runners mentioned above. Thanks to club members and supporters who assisted with officiating and managing teams as well as providing afternoon tea.

## Cross Country Relay Team Results 2011 from Jells Park (unofficial results and times)

Division 1	1 <sup>st</sup> Leg	2 <sup>nd</sup> Leg	Total	Leader's Time	B.H. Time	Position
Michael Dowel	9:34	9:55	<b>19:39</b>	18:04 (Geel)	19:39	7 <sup>th</sup>
Steve Kelly	8:56	9:51	<b>17:57</b>	37:05 (Geel)	37:36	2 <sup>nd</sup>
Daniel Clark	9:18	9:19	<b>18:37</b>	56:05 (Geel)	56:13	2 <sup>nd</sup>
Andrew White	9:02	9:39	<b>18:41</b>	74:35 (Geel)	74:54	2 <sup>nd</sup>
Stuart Watson	9:57	9:46	<b>19:43</b>	93:25 (Geel)	94:37	3 <sup>rd</sup>
Chris Hamer	9:21	9:17	<b>18:38</b>	111:30 (Geel)	113:15	<b>3<sup>rd</sup></b>

### Division 1 Team Results

1. Geelong	111:30
2. Knox	112:46
<b>3. Box Hill</b>	<b>113:15</b>
4. Athletics Essendon	115:39
5. Glenhuntly	115:40
6. Ballarat YCW	117:46

### Division 2

David Jimenez	9:59	10:27	20:26
Adrian Vincent	10:08	10:36	20:44
Steve Griffin	10:20	10:58	21:18
Dale Bickham	10:05	10:14	20:19
Andrew Hester	10:38	11:15	21:53
Daniel Balassone	9:54	9:55	19:49

### Division 2 Team Results

1. Melbourne Uni	115:24
2. South Melbourne	115:51
3. Glenhuntly	118:05
<b>4. Box Hill</b>	<b>119:06</b>

**Men Division 5**

1. Kieren Shah	24:31
2. Nick Baggott	22:06
3. Peter Stefanos	24:56
4. David Stevens	27:04

**Men 40+**

John Meagher	19:48
Graeme Olden	22:32
Kynan Dawes	20:50

1 Old Scotch	63:00
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**2 Box Hill 63:10**

**Men 50+**

1. Bert Pelgrim	24:11?
2. Andrew Tunne	26:49?
3. Chris O'Connor	21:56

**4 Box Hill****Men Under 20**

1. Tyler Agius	20:46
2. Mitch Milnes	22:27
3. Jack Hill	26:49

**Men U18**

1. Dylan Eeles	10:48
2. Laughlin Norney	10:48
3. James Norney	10:17

**2 Box Hill**

**Women Division 1**

1. Jocelyn Keage	23:20
2. Brooke Condon	22:24
3. Amy Carrig	23:38
4. Helen O'Hagan	25:12

**Women Division 2**

1. Hannah Deal	26:31
2. Rebecca Law	26:16
3. Talitha Crawford	26:56
4. Sarah Cant	25:43

**Women Division 4**

1. Kate Ackland	26:42
2. Neetha Pai	32:22
3. Charmaine McNally	28:56

**Women 40+**

1. June Petrie	24:37
2. Amanda Harper	25:13
3. Megan Sloane	27:10

**1 Box Hill****Women Under 20**

1. Liselle Atkin	11:38
2. Penny Townshend	12:47
3. Grace Brown	11:11

**1 Box Hill**

**Women Under 18**

1. Helen Tower	13:14
2. Amelia Savige	12:56
3. Natalie Ambrose	11:28

**5 Box Hill**