

Box Hill Athletic Club Winter News 20

UPCOMING EVENTS

Saturday, September 1 National Cross Country Championships, Perth
Sunday, September 9 Burnley Half-Marathon
Saturday, September 22 Tan Relays
Saturday, October 6 TRIVIA NIGHT!
Saturday October 20 Summer Track and Field season commences: Round 1 Shield Competition

ONLY TWO MORE EVENTS IN THE AV WINTER SEASON

There are only two more events in the AV winter season.

The Burnley half marathon will be run on the morning of Sunday, September 9 (there are no junior events on this day) and the tan relays on the morning of Saturday, September 22 (all age groups.)

BURNLEY HALF-MARATHON

We are hoping to have a good number of athletes competing this day in order to consolidate our position in the top 3 in both men's division 1 and division 3 and try to get our women's team up the ladder from 5th place. Some teams fall away in this event and it is our chance to move up the ladder if we can field strong teams.

TAN RELAYS

The last event for the 2007 winter series will be the tan relays. This will be the biggest event for the winter and we aim to field as many teams as possible. Every registered athlete is invited to take part in this event that involves running just one lap of the tan (3.8km).

If you are not registered for this season, do so now so that you can compete at the tan on September 22 (remember that your registration flows through for the track season). Those who are unable to run are invited to come into the tan on this day and support our teams and help us celebrate our winter season successes.

RESULTS FROM THE YARRA BEND CROSS COUNTRY

The Victorian Men's 8 k. cross country championship was held on Saturday 18th August in excellent conditions at the Yarra Bend reserve, a course reasonably well known to most of the athletes participating.

Box Hill was well represented in the senior men's division, with a team in the women's competition and other competitors in the underage divisions.

The men's race saw a large group of Box Hill athletes start out with five of our athletes in the first 10 places after 800 metres, namely Andrew White, Steve Dineen, Daniel Clarke, Bouchaib Chefnaoui and Otmane Tirhazouine. Unfortunately this great starting position slowly slipped away as the race progressed, although several of our athletes excelled with high placings and we are getting closer and closer towards the winner's position.

As the race progressed Lee Troop (Geel.) and Richard Jeremiah (Geel.) broke clear with Liam Adams striving to hold on. Andrew White challenged them briefly in the early stages of the second lap by taking the lead but paid the price in the later stages of the race for this exuberance. Andrew remained at the front of the field in touch with the leaders. Adams ran away from Clint Perrett (Mentone) after trailing him for much of the early stages to take the bronze medal. David Ruschena

(GH) overtook Andrew White in the concluding stage. Both Daniel Clarke and Steve Dinneen ran very impressively, both steadying and then lifting their position in the latter stages of the race. Bouchaib Chefnaoui finished solidly in 26th position and then three

Box Hill athletes finished very close to each other, headed by Paul Boxshall, 34th, who improved his position significantly during the race, Otmane Tirhazouine, 35th, and Barry Lynch, 37th. Adrian Vincent, 42nd was the second scoring member of our winning Division 3 team, with Graeme Olden, 92nd, Chris O'Connor, 96th and Anthony Van Eeton, 133rd filling the remaining places. Bill Dyer, Barry Whittle and David Stevens also completed the course. Our Section 1 result was pleasing with Glenhuntly eclipsing us by the slender margin of 2 points for second position.

Geelong fielded a very strong team and deserved their win in Section 1.

Our Junior Men's (Under 20) competitors both performed well on the two lap 4 k. course, with Chris Hamer and Matt Coloe both being in contention at the conclusion of the first lap. After the major rise in the second lap, Chris was holding a clear second place and Matt was a little further back in fourth position. Chris continued in this place until the conclusion of the race winning the silver medal in a strong field, with Matt holding fourth position in the Under20 race, also a very creditable performance. Unfortunately we didn't field an Under 20 team, but our close rivals, Knox, didn't benefit as they only fielded two Under 20 athletes as well. Cameron Nagle managed to finish in 24th position in the Under 18 race.

The women's open 6km race also had a very strong field with Georgie Clarke representing Geelong and Lisa Weightman from Knox establishing a big lead over the rest of the field. The Box Hill runners, Rachel Johnson, Jocelyn Keage and Amanda Harper were running together early in the race well positioned in a big pack of runners in about 40th place. Rachel Johnson showed that she is continuing to return to form after a long lay off due to injury and gradually worked her way forward through the field with Jocelyn following right behind her as they started to pull away from Amanda. Kerry Putt was running steadily further back in the field. All of our runners continued to run strongly on the second lap to record their best placings for the season, with Rachel finishing in 26th place, Jocelyn 27th, Amanda, 36th and Kerry 90th.

Hayley Tomlinson won the silver medal in the Women's Under 20 6 K Cross Country. Hayley improved her position the whole way and closed on the leader until the concluding stages, where her rival, Stephanie Kondogonis (KSB), gradually extended her lead.

In the Under 16 race, Harriet Hodgkinson finished the 3000 m course in 12 minutes 13 seconds, running tenth, a solid performance.

Open Men's 8 k. Cross Country Individual Results

1	Lee Troop	Geelong	24:11
2	Richard Jeremiah	Geelong	24:19
3	Liam Adams	Essendon	24:46
4	Clinton Perrett	Mentone	24:58
5	David Ruschena	GH	25:04
6	Andrew White	BH	25:07
7	Scott Rantall	Geelong	25:23
8	Daniel Clark	BH	25:37
11	Steve Dinneen	BH	25:55
26	Bouchaib Chefnaoui	BH	26:29
34	Paul Boxshall	BH	26:58
35	Otmane Tirhazouine	BH	27:00
37	Barry Lynch	BH	27:01
42	Adrian Vincent	BH	27:24
92	Graeme Olden	BH	28:50
96	Chris O'Connor	BH	29:06

133	Anthony Van Eeton	BH	30:13
200	Bill Dyer	BH	32:02
269	Barry Whittle	BH	34:52
306	David Stevens	BH	37:13

Team Placings

Men's Section 1

Geelong Region	65
Glenhuntly Athletic Club	117
Box Hill Athletic Club	119
APS United	376

Men's Section 3

Box Hill Athletic Club	389
Ringwood	477
Western Athletics	624

Men 40+

1. Keilor St Bernards	9
2. APS United	25
3. Wendouree	44
4. Traralgon Harriers	54
5. Box Hill Athletic Club	61
6. Malvern Harriers	83

Men Under 20 4 k Cross Country

1	Sam Crowther	Knox	12.01
2	Christopher Hamer	BH	12:13
3	Craig Huffer	GH	12:25
4	Matt Coloe	BH	12:40

Men Under 18 4 k Cross Country

24	Cameron Nagel	BH	16:21
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Women's Section 1

Open Women's 6 k. Cross Country

26	Rachel Johnson	BH	23:41
27	Joc Keage	BH	23:37
36	Amanda Harper	BH	24.22
90	Kerry Putt	BH	27:31

Team Results

1. Knox Athletic Club	32
2. APS United	92
3. Glenhuntly Athletic Club	119
4. Geelong Region	126
5. Eureka Athletic Club	166
6. Box Hill Athletic Club	173

Under 20 Women's 4 k. Cross Country

2	Hayley Tomlinson	BH	15:20
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Under 18 Women's 3 k. Cross Country

10	Harriet Hodgkinson	BH	12:13
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TRIVIA NIGHT

The club's annual trivia night is being held at the usual venue (Ashburton Primary School) on Saturday, October 6. Mark this date in your diary and start planning your tables for the night. This event is the main annual social and fundraising event for the club, so we ask everyone to come along and support the event. We also ask if anyone can donate items for silent auction to contact Leana Tilley or Chris O'Connor.

BOX HILL ATHLETIC CLUB DVD FOR SALE

The Box Hill Athletic Club DVD, as featured at the Club's 75th anniversary dinner, can be purchased for just \$15. Stocks are limited, so get in quick. This DVD features film and pictures from about 1970 through to the present of Box Hill athletes competing at interclub, national and international competition and would be enjoyable viewing for all members, past and present.

QUESTIONS?

If you have any questions about the winter season competition, contact a member of the club winter competition committee.

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