

**Box Hill Athletic Club Winter News 21**  
**Monday 11<sup>th</sup> August 2008**

## **UPCOMING EVENTS**

Saturday, Aug 23      National Cross Country Geelong  
Sunday, Sept 7      Half-Marathon      Burnley  
Saturday, Sept 20      Tan Relays

## **BOX HILL TRIUMPHS AT SANDOWN**

For the first time in nearly 30 years, Box Hill won the men's Division 1 Sandown road relay championships.

In a great consistent display, Barry Lynch, Matt Coloe, Bouchaib Chefnaoui, Chris Hamer, Andrew White and Steve Dinneen all ran fast times in the windy conditions to win the race by over 2 minutes.

It was also gratifying to see 10 Box Hill teams competing on the day, with the men's Division 3 team also victorious, the under 20 men winning a silver medal and the under 18 girls a bronze.

See below for Ian Sloane's comprehensive report and go to [www.athsvic.org.au](http://www.athsvic.org.au) for youtube coverage including interviews with Ian Sloane and Steve Dinneen.

## **NATIONAL CROSS COUNTRY**

Congratulations to Chris Hamer, Andrew White and Steve Dinneen who have been selected in the Victorian team to compete in the National cross country championships at Geelong on Saturday, August 23. It shows the dominance of the Box Hill men's team to have members in the 6 member Victorian open men's team.

Good luck to these three and to all other club members competing in the nationals on Saturday week.

Contact a member of the winter competition committee if you have any enquiries

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Ian and Megan Sloane ph. 9459 4486 email: [iansloane@optusnet.com.au](mailto:iansloane@optusnet.com.au)

Chris O'Connor ph: 9808 5914 or 0410 490 630      email: [coconnor@swin.edu.au](mailto:coconnor@swin.edu.au)

## **SPONSORS**

Along with Back in Motion Physiotherapy, Box Hill now has a new sponsor, Melbourne Foot Clinic.

Melbourne Foot Clinic is situated on the corner of Mont Albert Rd and Lorne Parade in Mont Albert and is now offering a 10% discount on consultation fees to Box Hill Athletic Club members.

## **TRACK BOOKINGS**

One of the clubs main sources of income are booking fees from schools and other groups that use the track. Please be considerate of others who pay to use the track at this very busy time of the year.

Monday 11 August 2008 Carey Grammar Training 3.30-4.45

Monday 11 August 2008 Fintona Girls School Training 4.00-5.15

Tuesday 12 August 2008 Koonung Secondary College Sports Day - Rain out  
day 8.30-2.30

Tuesday 12 August 2008 Siena College Training 4.00-5.00

Tuesday 12 August 2008 Camberwell Grammar Training 3.30-5.00

Wednesday 13 August 2008 Fintona Girls School Training 7.00-8.00

Wednesday 13 August 2008 Carey Grammar Training 3.30-4.45

Thursday 14 August 2008 Doncaster Primary School Sports Day 8.30-3.00

Thursday 14 August 2008 Carey Grammar Training 3.30-4.45

Thursday 14 August 2008 Siena College Training 4.00-5.00

Friday 15 August 2008 Strathcona Girls Training 7.00-8.00

Friday 15 August 2008 Chatham Primary School Sports day 9.30-3.00

Friday 15 August 2008 Camberwell Girls Training 4.00-5.30

Friday 15 August 2008 Fintona Girls School Training 4.00-5.15

Saturday 16 August 2008 Camberwell Grammar Training 9.00-11.30

Saturday 16 August 2008 St Kevins College Training 11.30-1.30

Monday 18 August 2008 Siena College Training - Relays only 1.30-3.00

Monday 18 August 2008 Carey Grammar Training 3.30-4.45

Monday 18 August 2008 Fintona Girls School Training 4.00-5.15

Tuesday 19 August 2008 Our Lady of Good Council Sports day -RAIN OUT  
DAY 8.00-2.30

Tuesday 19 August 2008 Camberwell Grammar Training 3.30-5.00

Wednesday 20 August 2008 Fintona Girls School Training 7.00-8.00

Wednesday 20 August 2008 Camberwell Boys Junior School Sports  
11.00-3.00

Wednesday 20 August 2008 Carey Grammar Training 3.30-4.45

Thursday 21 August 2008 Wattle Park Primary & Box Hill North Primary  
Sports Day 10.00-2.30

Thursday 21 August 2008 Carey Grammar Training 3.30-4.45

Thursday 21 August 2008 Siena College Training 4.00-5.00

Friday 22 August 2008 Kew East Primary School Sports day 7.30-3.00

Saturday 23 August 2008 Associated Public Schools school competition  
8.30-12.30

Monday 25 August 2008 Carey Grammar Tuesday 26 August 2008 Siena  
College Training - Relays only 1.30-3.00

Tuesday 26 August 2008 Camberwell Grammar Training 3.30-5.00

Wednesday 27 August 2008 Boroondara Park Primary School Sports day  
9.30-3.00

Wednesday 27 August 2008 Carey Grammar Training 3.30-4.45

Thursday 28 August 2008 Carey Grammar Training 3.30-4.45

Thursday 28 August 2008 Siena College Training 4.00-5.00

Friday 29 August 2008 Kew East Primary School Sports day - rain out  
day

7.30-3.00

Saturday 30 August 2008 Associated Public Schools school competition  
8.30-12.30

## **SANDOWN RELAYS REPORT**

Huge Success for Box Hill at Sandown Road Relay Meeting Box Hill Wins Coveted Division 1 Title After Nearly 30 years

Division 3 Team Wins Title

The eighth race on the AV winter calendar, the Road Relay Championship, was held at Sandown on Saturday 9 August. Box Hill's Division 1 team was slightly depleted due to a decision by a number of athletes to contest the City To Surf in Sydney. Fortunately, our depth is so great this year that we were able to call on a number of other athletes to cover these absences and still field excellent teams.

What a day we had!! Our Division 1 team performed brilliantly and carried off the title, with an exceptional performance by all our team members. Many of our long term members, including the writer of this report, have waited with varying degrees of patience for a win at Sandown for nearly 30 years. Our patience was rewarded and the back up team of Chris O'Connor, Graeme Olden, Rob Falkenberg, and Ian Sloane were overjoyed with this particular outcome. Along with the 12 km Cross Country, the Road Relay Championship is seen by Winter athletes as a time-tested challenge and the most prestigious race for a club to win.

Box Hill has finally succeeded in its endeavour to win, and what a sweet victory it was. To make the occasion even better, our Division 3 team won decisively as well and our Under 20 Men placed second when not at full strength.

The first leg of the Men's race is always hard as it is effectively a head to head contest. We selected Barry Lynch to tackle the first leg and he performed well. Clint Perrett (Sandringham) took the lead and attacked the course, leaving all in his wake. Matthew McDonagh (Geelong) made a great effort to staying touch, as did Duer Yoa (Ballarat City) and Kane Willie (Knox). Barry Lynch slipped off the early pace, tucked in and ran at an even tempo, recording a PB for Sandown. At the end of the first leg, Box Hill held 5th position in the Division 1 race, although there were several lower division teams ahead of us. Sandringham's pre-eminent position evaporated during this second leg and Ballarat City (Tyson Popplestone) surged forward with Knox (Ben Toomey). Wightman (Geelong) slipped back a bit and Box Hill, represented by Matt Coloe, was starting to move forward, overtaking Sandringham. There was a one second gap as the third runner for Knox and Ballarat City with Ballarat City holding a one second advantage over Knox at the change. Matt Coloe improved Box Hill's standing to fourth, a great platform from which the team could challenge for a win. Knox drew ahead in the third leg, extending a lead over Ballarat City to 44 seconds. Bouchaib Chefnaoui ran a brilliant leg, improving his time from the previous year by nearly a minute (19 m. 47 in 2007; 18 m. 55 in 2008, a PB). More importantly, Bouchaib passed his Geelong opponent.

Behind us, Glenhuntly had overtaken Ballarat YCW, with Liam Adams propelling Essendon into 7th position in running one of the fastest legs of the day. Ballarat City passed Knox in the fourth leg go regain the lead. Chris Hamer ran a scintillating leg, a PB, and reduced the lead to a minute one, compared to what it was when he commenced. In running the fastest Box Hill leg, he also managed to hold off Lee Troop, Geelong's fourth leg runner, who ran 17 m. 57, a fine performance in the cold and windy conditions. Chris reduced the deficit to 13 seconds behind second place and 38 seconds behind the leaders, with Ballarat City having over taken Knox in this leg to regain the lead.

Andrew White then took over and proceeded to lift Box Hill into the lead, running the smart time of 18 m. 37 for the fifth leg, turning a 38 second deficit in to a 62 second lead. Geelong had a good leg through Ryan Christian, who propelled them into second place just ahead of

Knox with Ballarat City slipping to fourth 26 seconds behind Knox. Steve Dinneen has been in excellent form this year and he ran a really solid leg (18 m. 44) his fastest ever time at Sandown. He extended Box Hill's lead over the field to a 2 minute 15 second advantage, and we had claimed the much-desired road relay title. Of the fifteen sub-19 minute legs, four were recorded by Box Hill, a mighty effort.

There was a fierce battle taking place for second and third with Ballarat City's Ashley Watson overtaking Geelong's Brett Coleman to bring Ballarat to second right at the finish line. Knox had expended all their top line runners and faded to fourth, 68 seconds behind Geelong. Glenhuntly were a further 38 seconds behind in fifth place.

Box Hill now holds a commanding lead in the Winter Championship, so we are looking for excellent turn out in the remaining two events.

Our Division 3 team got off to an excellent start and was never headed, winning the flag by a massive distance. We placed fourth in the Over 40 competition and ninth in Division 5. Our Under 20 Men excelled themselves taking the silver medal with Daniel Balassone, Stuart Watson and Jonathan Tree holding the lead until late in the final leg. This was an excellent result with Josh de Stefanis and Mark Poli being in Sydney, Daniel stepped up from the under 18s and Jonathan, an under 16 ran well to hold his own against the older runners. Our Under 18 Men placed 12th.

Our women's team finished 7th out of 13 teams in division1 and 10<sup>th</sup> in division 2. The under 20 girls were a close 4th, while the under 18 girls team of Emily De Luca, Jayde Anderson and Penny Townshend came away with a bronze medal.

Special thanks to Ian Sloane and Rob Falkenberg and to the parents of a number of runners who helped out as time keepers.

## Men

### Section 1 Results and times

Leg time	Runner BH time	Time	Position	Leader's
1	Barry Lynch	19:17	5	18:23 19:17
2	Matt Coloe	19:14	4	37:44 38:31
3	Bouchaib Chefnaoui	18:55	3	56:10 57:28
4	Chris Hamer	18:27	3	75:17 75:55
5	Andrew White	18:37	1	94:32 94:32
6	Steve Dinneen	18:44	1	113:16 113:16

### Team Result

1. Box Hill 113:16
2. Ballarat City 115:31
3. Geelong 115:32
4. Knox 116:40
5. Glenhuntly 117:18
6. Ballarat YCW 124:00

### Fastest Times

- Lee Troop Geelong 17:57
- Clint Perrett Sandringham 18:08
- Matthew McDonagh Knox 18:11
- Liam Adams Essendon 18:20

Duer Yoa Ballarat City 18:24  
Kane Willie Knox 18:24  
Toby Rayner Glenhuntly 18:25  
Chris Hamer Box Hill 18:27  
Andrew White Box Hill 18:37  
Nathan Hartigan Ballarat City 18:43  
Steve Dinneen Box Hill 18:44

#### Section 3

1	Paul Boxshall	20:19
2	Dave Featherston	23:06
3	Luke Yeatman	20:08
4	Andrew Nagle	22:34
5	Otmane Tirhazouine	20:16

#### Team Result:

1. Box Hill 106:23
2. Melbourne Uni 111:09
3. Geelong 111:12

#### Division 5

1	Bill Dyer	23:37
2	R Clowes	25:54
3	Andrew Tunne	25:44
4	Dave Stevens	27:30

#### Team Result

1. Bendigo 89:13
2. Oakleigh 89:50
3. Waverley 90:58
9. Box Hill 104:45

#### 40+ Category

1	David Ayers	22:23
2	Graeme Olden	23:17
3	Chris O'Connor	21:21

#### Team Placings

- 1 APS 1:01:34
- 2 Traralgon 1:05:59
- 3 Ballarat City 1:06:29
- 4 Box Hill 1:07:01

#### Under 20 Race

1	Daniel Balassone	22:10
2	Stuart Watson	20:23
3	Jonathan Tree	23:14

#### Team Placings

- 1 Ringwood 1:05:15
- 2 Box Hill 1:05:47
- 3 Western Aths 1:07:04

#### Under 18 Race

1	Cameron Nagle	12:29
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- 2 J Hill 12:33
- 3 Jackson Dyer 11:16

#### Team Placings

1. Knox 29:46
2. Keilor St Bernards 30:53
3. Frankston 31:00
12. Box Hill 36:18

#### Women Division 1

- 1 Glenhuntly
- 2 Knox
- 3 APS
- 7 Box Hill

1. Talitha Crawford 25:44
2. Rachel Johnson 23:38
3. Emma Steer 25:29
4. Amanda Harper 26:19

#### Women Division 2

10 Box Hill

1. Kerry Putt 27:19
2. Megan Sloane 26:53
3. Suzanne Andrews 27:22
4. Kate Ackland 26:42

#### Women Under 20

4 Box Hill

1. Bridget Aughton 12:28
2. Harriet Hodgkinson 12:32
3. Coreena Cleland 12:31

#### Women under 18

3 Box Hill

1. Emily De Luca 12:15
2. Jayde Anderson 11:50
3. Penny Townshend 12:40