

Box Hill Athletic Club Winter Bulletin 2010 No. 14
Wednesday 21 July 2010

UPCOMING EVENTS

Saturday, July 31, Cross Country, Brimbank Park
Saturday, August 21, National Cross Country Champs, Brisbane
Saturday, August 28, Road Relays, Sandown

BRIMBANK PARK CROSS COUNTRY ON Saturday WEEK

The next event on the Athletics Victoria XCR'10 winter calendar, is the cross country event at Brimbank Park on Saturday, July 31. This is a return to the venue that has not been used for a number of years. The men compete over 16km, the women race 6km and the juniors run various distances between 4km and 8km.

Online entries close this Monday, July 26.

This is the last cross country event for the season, before we return to the road races, so don't miss out!

BUNDOORA CROSS COUNTRY CHAMPIONSHIPS

Men 12km championship

Congratulations to Steve Kelly who won the state 12km cross country championship at Bundoora on the weekend.

The first runner across the line, Liam Adams of Essendon, was disqualified for not wearing a timing chip. Steve led the field early before dropping back to 3rd, but he finished strongly to be second across the line and take a surprise gold medal.

Daniel Clark and Matt Coloe also ran well in the cold and windy conditions to finish in 8th and 13th places respectively.

Our Division 1 team of Kelly, Clark, Coloe, John Meagher, David Jiminez and Steve Griffin, finished 2nd.

Results

1. Steve Kelly 37:38
8. Daniel Clark 39:02
13. Matt Coloe 39:16
28. John Meagher 40:48
57. David Jiminez 43:00
67. Steve Griffin 43:26
100. Ruben Arunasalam 45:14 (inv)
114. Bert Pelgrim 45:47
128. Chris O'Connor 46:31
166. Graeme Olden 48:45
- Marcus Hanley
196. David Ayers 50:25
262. David Stevens 55:41
293. Andrew Tunne 58:52

Women 8km championship

Rachel Johnson was our best performed woman on the day finishing in 12th place.

Our Division 1 women's team of Rachel Johnson, Julie Norney, June Petrie and Rebecca Law finished 3rd.

12. Rachel Johnson 31:16
20. Julie Norney 31:50
36. June Petrie 33:01
63. Rebecca Law 35:42
70. Megan Sloane 36:10

Junior championships

The Under 20 AV results are still not available, but Amy Carrig ran a great race to finish 4th in the women's event and Daniel Balassone had a top 10 finish in the men's event.

All Schools

Box Hill had a number of runners representing their schools at this event.

Some of the most outstanding performances include a gold medal winning performance by Kyle Martin-Alcaide in the under 17 men's 6km race. Grace Brown was 4th and Laura Constable 6th in the women's

under 20 event, Michael Dowel 5th in the men's under 20 race, and Mitchell Milnes 11th. James Clements was 4th in the under 15s and Nick Paidoussis 8th in the under 14s. Natalie Ambrose finished 5th in the women's under 17 race and Emily Goessler was 12th in the girls under 14 race.

Thanks to our volunteers

A special thanks to those who volunteered to act as officials for the club.

Thanks to Michelle and Steve Eeles, Bill Dyer, Gary Dowel and Marilyn Griffin who put up with the unpleasant conditions to do a duty for the club.

LAUNCESTON 10

Congratulations to Nikki Chapple who has successfully come back from injury, winning the prestigious Launceston 10k in wet windy conditions in a course record time of 32:33. Brook Condon also had a good run finishing 7th in a strong field in the time of 35:35.

WINTER SEASON - XCR'10 - CALENDAR

The Athletic Victoria winter season calendar is shown below. To take part you must be registered for the new 2010/2011 season. You must then enter online at the AV website, by either purchasing a season's ticket or paying for each individual event.

AV Winter Season Program:

31-Jul-10 Saturday Cross Country Brimbank Park

28-Aug-10 Saturday Road Relays Sandown

5-Sep-10 Sunday Road Race Burnley

18-Sep-10 Saturday Relay The Tan

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

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