

## **Box Hill Athletic Club Winter Bulletin 2011 No. 05**

**Monday 23 May 2011**

### **UPCOMING EVENTS**

Sunday, May 29, Movie night, Balwyn Cinema

Sunday, June 5, Road Race, Flemington

Saturday, June 18, Road Race, Ballarat

### **FUNDRAISING MOVIE NIGHT THIS Sunday!**

Paris McCathrion and Brodie Cross have been selected to represent Australia in the World Youth Championships in France later this year, but they must raise a portion of the costs of travelling to France themselves. To help raise funds a movie night has been organised. We urge all members to come along and enjoy the movie and help Paris and Brodie get to the world championships.

**Movie:** The Hangover 2

**Date:** Sunday, May 29

**Time:** 6:00pm for supper to be followed by the movie.

**Cost:** \$20 for supper and movie

**Location:** Palace Balwyn Cinema

**Tickets:** Buy tickets from any of the pole vaulters

### **"SKINS" BIG V 10, Sunday, June 5**

The next event on the Athletics Victoria XCR'11 calendar is the "Skins" Big V 10km road race at Flemington on Sunday morning June 5. This event is also the state 10km road championship for open men and women as well as men under 20 and men under 18. Other junior age groups will compete over 3km. **If you do not have a season's entry ticket, then you must enter this event online by 5pm. this Friday, May 27.** We are hoping to have our strongest team yet at this event.

This is a fast, predominately flat course that should produce fast times.

Races start at 10:00am (3km) and 10:30am (10km).

### **STEVE KELLY WINS AT BALNARRING**

Steve Kelly won the 8km cross country event at Balnarring on Saturday. Steve broke away at the end of the first of 2 laps to record a strong victory. Steve Dinneen also performed strongly in his come back race finishing in 4th place. Other highlights included Grace Brown winning the gold medal in the U20 women's 3km event and silver medals to Michael Dowel (men U20 4km) and Zoe Schwerkolt (women U14 2km).

Unfortunately full age group and team results are not yet available but there were a number of other outstanding performances. See below for Ian Sloane's full report.

Welcome to Zoe Schwerkolt who ran her first race for Box Hill and welcome back to Scott Jackson who ran his first race for the club in many years.

Special thanks to Gary Dowel, Don Savige, Steve Foley, Chris Hamer, Laughlin and James Norney who were all willing to help as officials on Saturday.

### **JUST FOR THE JUNIORS**

Congratulations to Liselle Atkin who won the Saucony Junior Prize Pack this week.

A "Saucony Junior Prize Pack" will be awarded to one lucky Box Hill Junior Athlete at each winter event on the Athletics Victoria XCR'11 Calendar. All registered female and male Junior athletes - U20, U18, U16, U14 - who compete for Box Hill are entered into the lucky draw which takes place on the day of each event. It does not matter where you place, or what time you do, all you have to do to be eligible is to run!

### **CONGRATULATIONS KYLE**

Congratulations to Kyle Martin-Alcaide who has been selected to represent Australia at the Commonwealth Youth Games at the Isle of Man this September. Despite some injury

problems over the summer, Kyle ran several outstanding 1500m races and thoroughly deserves this honour.

### **WINTER CAPTAINS NAMED**

Congratulations to June Petrie and Steve Dinneen who have been named Box Hill Athletic Club winter club captains for 2011. June and Steve are both great club members whose enthusiasm and support for the club helps to motivate all those around them. They will no doubt continue to set a great example for the rest of the club this winter season.

### **REGISTRATIONS ARE NOW DUE**

Registration fees are due on April 1 every year. You should have received an invoice, but if not, you can download the new forms from the Box Hill website. Your fees will cover Athletics Victoria fees, plus the club fees and the club facilities maintenance fee. This fee will cover you for this winter season and next track season. These fees also cover you for insurance when training and help in the upkeep of our training facilities, so please pay as promptly as is practical.

If you have any questions regarding registration fees, do not hesitate to ask.

### **BALNARRING RACECOURSE RESULTS 2011**

On Saturday 21 May, Box Hill was extremely strongly represented with a large number of senior and junior athletes competing in Victorian men's 8 K Cross Country Championship, the women's 4 K Cross Country and underage events. We were blessed with excellent weather on the day, and we had some excellent results.

Zoe Schwerkolt ran really well and improved her position throughout the race. Entering the long straight to the finish she was in the bronze medal position, but she managed to overhaul the second placegetter within twenty-five metres of the finish to claim the silver medal with a big finish. Congratulations to Zoe on her fine effort.

The Under 18 and Under 20 men ran in a combined race, so it was difficult to identify the real placings in each race. Michael Dowel got out quickly and settled in 5<sup>th</sup> place, with William Potter, 11<sup>th</sup>, Tyler Agius 16<sup>th</sup> and Mitchell Milnes, 22<sup>nd</sup>. Michael passed one of his opponents to move into third place in the latter part of the race, with the second placegetter being Under 18, so this meant he claimed the silver medal in the 4 K race. He was well supported with William Potter maintaining 10<sup>th</sup> overall, Tyler Agius picking up several places to place 13<sup>th</sup>, and Mitchell Milnes holding 22<sup>nd</sup> place

Last year, Steve Kelly ran second behind Toby Rayner (GH) so he was looking to do better than that this year. At the starter's gun, Steve Dinneen decided he had better make an impression and pushed through to the lead. Steve missed the 2010 season with a debilitating injury, and has slowly returned to form. Steve Kelly settled into 7<sup>th</sup> position after about 1500 metres, content to watch the other runners and sense how fit they were. The leading group changed positions a number of times with Steve Dinneen dropping to third, then fifth near the conclusion of the first lap. Others to take a position in the front group, after one lap included Simon Field (APS), who was vying for the lead, Cameron Page (Knox), Luke Hennessy (GH) and Adrian McGregor (Melb Uni). Daniel Clark was also prominent in the second group in 9<sup>th</sup> or 10<sup>th</sup> position. Then there was quite a gap to Daniel Balassone and John Meagher, 43<sup>rd</sup> and 44<sup>th</sup> respectively at the conclusion of the first lap. Stuart Watson held 46<sup>th</sup> position, with Adrian Vincent 59<sup>th</sup>, David Jimenez 78<sup>th</sup> and Dale Bickham 85<sup>th</sup>.

Into the second lap and Steve Kelly charged to the lead opening up a twenty metre or more break from Page, with Hennessy Field and Steve Dinneen, seeking the bronze medal position. Steve Dinneen dropped back a little and then Field fell away, passed by Dinneen to hold fourth. Kelly held his nerve and extended his lead a little over Page, and when they next came into sight it was Kelly leading from Page with Dinneen in third. Laim Adams had put in a huge second lap, and took fourth position from Hennessy, who was slowing, with Field further back. Steve Kelly strode confidently and powerfully to the line to win the Victorian 8 K Cross

Country Championship, in an excellent opener to the individual season. Page was second. Adams's surge was so powerful that he caught and passed Steve Dinneen for the bronze medal, and Hennessy finished next. Daniel Clark ran a workmanlike race to place 12<sup>th</sup>, and our Division 1 team was composed of Daniel Balassone, 45<sup>th</sup>, John Meagher, 46<sup>th</sup> and Adrian Vincent, 53<sup>rd</sup>. Other Box Hill runners to finish in the top 100 were David Jimenez, 64<sup>th</sup>, Stuart Watson, 65<sup>th</sup> and Dale Bickham, 85<sup>th</sup>. At the time of writing team placings had not been published but our calculations show that Knox won from Geelong with Box Hill third. Bert Pelgrim's return to individual AV events was also worth commenting on as he continues to recuperate from a serious accident which stopped his training completely. We hope that he is back to his competitive best in the overage races in the near future.

The women's race, which started after the men's race, was dominated by Kaila McKnight (Knox) who again demonstrated that she was in outstanding form leading the race from the start, with Anna Thompson (GH), of Victoria Mitchell (Eureka), third. Kate Seibold-Crosbie (Knox), fourth, Erica Fountain (GH) and Melissa Duncan rounded out the first half dozen placings. Our first athlete, Joc Keage, ran as well as I have seen her run in a senior event and finished in 17<sup>th</sup> position. She passed other athletes throughout the whole race, and ran home very strongly. Julie Norney also ran extremely well and placed 19<sup>th</sup>. Hayley Tomlinson, 34<sup>th</sup> and Amanda Harper made up the Division 1 team. We believe that our Division 1 team was placed 6<sup>th</sup> in the team's race, a reasonable result with several athletes were not competing. It was excellent to see Rachel Johnson return to competition, crossing the line in 96<sup>th</sup> position.

### Placings and times

#### Under 20 Men 4K Result

1.	Jordan Williamsz (Knox)	12:46
<b>2</b>	<b>Michael Dowel</b>	<b>13:08</b>
<b>(10)</b>	<b>William Potter</b>	<b>13:48</b>
<b>(13)</b>	<b>Tyler Agius</b>	<b>14:07</b>
<b>(22)</b>	<b>Mitchell Milnes</b>	<b>15:10</b>

#### Under 20/Under 18/Under 16 Women 3K Result

<b>(4)</b>	<b>Grace Brown</b>	<b>12:10</b>
<b>(15)</b>	<b>Liselle Atkin</b>	<b>12:57</b>
<b>(40)</b>	<b>Penny Townsend</b>	<b>14:27</b>
<b>(44)</b>	<b>Katherine Foley</b>	<b>14:36</b>
<b>(49)</b>	<b>Amelia Savige</b>	<b>14:52</b>

#### Open Men 8K Results

		Time
<b>1</b>	<b>Steve Kelly</b>	<b>25:20</b>
2	Cameron Page (Knox)	25:34
3	Liam Adams (Ess)	25:42
<b>4</b>	<b>Steve Dinneen</b>	<b>25:56</b>
5	Luke Hennessy (GH)	26:07
6	Simon Field (APS)	26:13
<b>12</b>	<b>Daniel Clark</b>	<b>26:49</b>
<b>45</b>	<b>Daniel Balassone</b>	<b>28:23</b>

46	<b>John Meagher</b>	<b>28:27</b>
53	<b>Adrian Vincent</b>	<b>28:48</b>
64	<b>David Jimenez</b>	<b>29:12</b>
65	<b>Stuart Watson</b>	<b>29:15</b>
85	<b>Dale Bickham</b>	<b>29:57</b>
123	<b>Chris O'Connor</b>	<b>31:10</b>
132	<b>Andrew Hester</b>	<b>31:24</b>
135	<b>Andrew White</b>	<b>31:31</b>
145	<b>Nick Baggott</b>	<b>31:49</b>
168	<b>Graeme Olden</b>	<b>32:33</b>
171	<b>Bert Pelgrim</b>	<b>32:44</b>
254	<b>Kieren Shah</b>	<b>35:13</b>
267	<b>Peter Stefanos</b>	<b>35:37</b>
310	<b>Andrew Tunne</b>	<b>38:49</b>
321	<b>Dave Stevens</b>	<b>39:27</b>
332	<b>James Tennant</b>	<b>40:31</b>
357	<b>Scott Jackson</b>	<b>44:01</b>

#### **Open Women 4K Cross Country Results**

1	<b>Kayla McKnight (Knox)</b>	<b>13:42</b>
2	<b>Anna Thompson (GH)</b>	<b>13:53</b>
3	<b>Victoria Mitchell (Eur)</b>	<b>14:02</b>
17	<b>Joc Keage</b>	<b>15:43</b>
19	<b>Julie Norney</b>	<b>15:47</b>
34	<b>Hayley Tomlinson</b>	<b>16:21</b>
54	<b>Amanda Harper</b>	<b>17:09</b>
67	<b>June Petrie</b>	<b>17:29</b>
76	<b>Hannah Deal</b>	<b>17:46</b>
77	<b>Sarah Cant</b>	<b>17:47</b>
78	<b>Rebecca Law</b>	<b>17:48</b>
96	<b>Rachel Johnson</b>	<b>18:15</b>
?	<b>Megan Sloane</b>	<b>18:30</b>
111	<b>Kate Ackland</b>	<b>18:45</b>
137	<b>Charmaine McNally</b>	<b>19:59</b>
150	<b>Neetha Pai</b>	<b>20:38</b>

#### **Team Positions**

**Men**

**Division 1 Unofficial**

1	Knox	102	
2	Geelong	129	
<b>3</b>	<b>Box Hill</b>	<b>161</b>	
4	Frankston	267	
5	Glenhuntly	280	
6	Athletics Essendon		291

**Women**

**Division 1 Unofficial**

1	Knox	20
2	Glenhuntly	41
3	Essendon	102
4	Geelong	105
5	Melbourne Uni	122
<b>6</b>	<b>Box Hill</b>	<b>124</b>