

Box Hill Athletic Club Winter Bulletin 2011 No. 19
Monday 29 August 2011

UPCOMING EVENTS

Sunday September 4, Burnley Half-marathon (8:00am start)
Saturday, September 17, Tan Relays (9:00am start)

BURNLEY HALF MARATHON ON THIS SUNDAY SEPTEMBER 4 - Entries close today!

The penultimate event of the XCR'11 season will be the AV half marathon championships (open and masters age groups only) at Burnley on Sunday morning, September 4 starting at 8:00am. Entries for this event close today! So if you do not have a season's entry or if you are a junior who wishes to run in this race make sure you enter online today.

TAN RELAYS ON Saturday, September 17

The last event for the winter season will be the Tan Relays on Saturday morning, September 17. We are hoping to make this the biggest team event for the year, so we encourage all members in all age groups to take part, even if you have not competed in any of the other winter events. Please reply via email to let us know of your availability for this event. Each runner completes one lap of the Tan, approximately 3.8km.

It is also a chance to celebrate the winter season, so even if you cannot run please come along and help out with time keeping, or just support our teams.

HARCOURT TO BENDIGO EKIDEN (COLIBAN) RELAY, SATURDAY, AUGUST 27

Box Hill had a good day in the Harcourt to Bendigo "Coliban" Ekiden relay on Saturday. Our men's Division 1 team of Michael Dowel, Will Potter, Steve Kelly, Steve Dinneen, Daniel Clark and Daniel Balassone finished with a silver medal. Box Hill finished 3rd in divisions 5 and 7 and 4th in division 2 and women's 1.

See Ian Sloane's report below.

DIVISION 1 (Team placed 2nd)

5.5k Michael Dowel 19:23
6.0k Will Potter 20:29
8.4k Steve Kelly 26:36
10.0k Steve Dinneen 31:49
7.6k Daniel Clark 22:33
5.7k Daniel Balassone 18:20

DIVISION 2 (Team placed 4th)

5.5k Steve Griffin 20:52
6.0k Nick Baggott 22:29
8.4k David Jiminez 30:06
10.0k Sam Dipnall ???
7.6k Sam Mackie ???
5.7k Hanson Wong 19:44

DIVISION 5 (Team placed 3rd)

5.5k Kieren Shah 24:50
6.0k David Ayers 25:24
8.4k Andrew Hester 31:00
7.6k Chris O'Connor 27:53
5.7k Graeme Olden 21:24

DIVISION 7 (Team placed 3rd)

5.5k Ian Schaeffer 22:54
6.0k Randy Owen 25:40

8.4k Peter Stefanos 35:14
7.6k Andrew Tunne 31:59
5.7k Ian Schaeffer (again) 22:16

WOMEN DIVISION 1 (Team placed 4th)

5.5k Lisselle Atkin 24:22
6.0k Amanda Harper 25:41
8.4k Julie Norney 33:01
7.6k Grace Brown 28:07
5.7k Talitha Crawford 24:10

WOMEN DIVISION 2 (Team placed 9th)

5.5k Charmaine McNally 30:56
6.0k Kate Ackland 29:01
8.4k Rebecca Law 36:40
7.6k Megan Sloane ???
5.7k Hannah Deal ???

Coliban Relay Meeting 27 August 2011

A good day for Box Hill, with a Men's Division 1 Silver Medal.

In remarkably good sunny conditions, particularly in relation to last year's atrocious weather, the Coliban relay races commenced at 12.30 for Men's Division 2 and Women's Division 3 and 4 races, with the remainder of the teams commencing ten minutes later. Box Hill was represented with four men's teams and two women's teams. Our Division 1 team performed very well and secured the silver medal. Two of our teams (Men's Division 5 and Division 7) finished third. Our Men's Division 2 and Women's Division 1 teams both finished fourth. The Women's Division 2 team placed ninth.

The Division 1 Men's team was placed 6th after the opening leg, with Michael Dowel running a serviceable race finished at the end of a very challenging incline. Will Potter ran an extremely good leg bringing the team up to fourth place, and recording the third fastest Division 1 time for this leg. This put the team in with a chance of claiming a medal. Our third runner, Steve Kelly, brought the team into third place and ran the second fastest time on the day for this leg. Steve Dinneen ran a very strong fourth leg, running the fastest time for the fourth leg of the day, moving Box Hill into the silver medal position and putting a big gap between Box Hill and Knox and Essendon. He pegged back the leaders, Geelong, by 11 seconds, and the team was 77 seconds down on first place at the conclusion of this leg. Daniel Clark was next off and ran the fifth leg. He maintained the silver medal position, but was unable to reduce the gap to the leaders. Importantly however, when he passed the sash to Daniel Balassone, our sixth runner, we had a big enough gap, we believed to hold off the form runner in Australia, Liam Adams (Ess.), and Cameron Page (Knox) who were pursuing. Daniel ran really solidly and was able to hold off Liam Adams by nine seconds to maintain our silver medal position, a fine effort. Liam Adams ran a magnificent last lap and propelled Essendon to the bronze medal position. His time was over a minute faster than any other athlete recorded on the last leg, a phenomenal effort. Daniel ran the equal third fastest leg for the day in leg 6 so he performed meritoriously as well. Unfortunately, our team result moved us from first to second on the season's premiership ladder, one point behind Geelong. With two events remaining, the half Marathon Championship next week and the Tan Relays on September 17th, we are still capable of winning the Men's Division 1 premiership. We will need every athlete competing and supporting our teams in these two concluding events.

Our Division 1 women's team performed as well as they have for the 2011 Winter season in placing fourth. Glenhantly have been very strong all season, and they won the race by eight minutes gap. Box Hill were 6th after the first lap with a game run from Lisselle Atkins, finishing up a very tough grinding long steep hill. Amanda Harper maintained the position but kept us within striking distance of other clubs just in front of us. Then Julie Norney improved the team position to fifth and Grace Brown, picked up another place, moving into fourth place and Talitha Crawford picked up Knox, after being passed by the Melbourne University runner, so we completed the course in fourth position.

Other team results can be found below.

Place	Club	Runner 1	Total	Leg time	Runner 2	Total	Leg time
1	Geelong	Julian Spence	18:16	18:16	Nicholas Wightman	0:38:21	0:20:05
2	Box Hill	Michael Dowel	19:23	19:23	William Potter	0:39:52	0:20:29
3	Essendon	Michael Beeck	20:12	20:12	Ryan Geard	0:40:05	0:19:53
4	Knox	Jordan Williamsz	18:09	18:09	Luke Percy	0:38:54	0:20:45
5	Ballarat Ycw	Richard Gleisner	18:57	18:57	Ben Huggett	0:40:27	0:21:30
6	Glenhuntly	David Eadie	19:00	19:00	Greg Nichols	0:40:12	0:21:12
7	Collingwood	Jai Edmonds	19:48	19:48	Justin Murphy	0:41:03	0:21:15
8	Frankston	Nathan Barry	19:37	19:37	Cameron Smith	0:40:09	0:20:32
9	Aps	Robert Schwerkolt	19:26	19:26	Justin Wilson	0:42:15	0:22:49
10	Waverley	Nicholas Thomas	22:08	22:08	Patrick Ziguras	0:45:02	0:22:54
11	Eureka	Stewart Mcsweyn	19:20	19:20	Laiton Sullivan	0:41:34	0:22:14
12	Keilor St Bernards	Brendan O'loughlin	21:16	21:16	Paul Hayes	0:43:57	0:22:41

Total Leg time Runner 4 Total Leg time

Runner 3

Jason Antonelli	1:05:00	0:26:39	Rowan Walker	1:37:00	0:32:00
Stephen Kelly	1:06:28	0:26:36	Stephen Dinneen	1:38:17	0:31:49
Ryan Jackson	1:07:45	0:27:40	Walid A-Kurtu	1:40:30	0:32:45
Jordan Nelson	1:05:48	0:26:54	Jay Phillpotts	1:39:42	0:33:54
Nicholas Van Raaphorst	1:08:03	0:27:36	Stephen Moneghetti	1:40:22	0:32:19
Daniel Hornery	1:06:45	0:26:33	Rhydian Cowley	1:42:03	0:35:18
Liam Delany	1:09:50	0:28:47	Patrick O'keefe	1:42:39	0:32:49
Scott Vance	1:09:41	0:29:32	John Dutton	1:42:59	0:33:18
Gerard Robb	1:10:43	0:28:28	Andrew Scott	1:46:29	0:35:46
Andrew Coles	1:12:59	0:27:57	Stephen Paine	1:46:03	0:33:04
Matthew Griffin	1:12:11	0:30:37	Tyson Popplestone	1:46:38	0:34:27
Andrew Comley	1:14:30	0:30:33	David Ireland	1:49:37	0:35:07

Runner 5 Total Leg time Runner 6 Total Leg time

Brady Threlfall	1:59:08	0:22:08	Brett Coleman	2:17:33	0:18:25
Daniel Clark	2:00:50	0:22:33	Daniel Balassone	2:19:10	0:18:20
Mitchel Brown	2:02:54	0:22:24	Liam Adams	2:19:19	0:16:25
Sam Crowther	2:02:12	0:22:30	Cameron Page	2:19:45	0:17:33
Shane Nankervis	2:02:36	0:22:14	David Grigg	2:22:00	0:19:24
Adam Byles	2:03:16	0:21:13	Darren Henstridge	2:23:44	0:20:28
Andrew Patten	2:06:07	0:23:28	Paul Munro	2:24:42	0:18:35
Dane Verwey	2:05:53	0:22:54	Nathan Buschkuehl	2:25:14	0:19:21
Chris Macdonald	2:09:51	0:23:22	Andrew Edwards	2:30:31	0:20:40
James Atkinson	2:08:01	0:21:58	Nicholas Paine	2:30:43	0:22:42
Joel Birmingham	2:12:47	0:26:09	Jesse Fullerton	2:32:31	0:19:44
Robert Trott	2:14:41	0:25:04	Michael Butler	2:36:23	0:21:42

Division 2

1	Melbourne University	2:24:52
2	Collingwood	2:33:08
3	Bendigo	2:33:49
4	Box Hill	2:33:55

Team Place

Leg 1	Steve Griffin	20:52	7
Leg 2	Nick Baggott	22:29	4
Leg 3	David Jimenez	30:06	4
Leg 4	Sam Dipnall	39:30?	7
Leg 5	Sam Mackie	21:14?	4
Leg 6	Hanson Wong	19:44	4

Division 5

1	Melbourne University	2:06:37
2	Eureka	2:08:09

3	Box Hill	2:10:31
4	Diamond Valley	2:20:22

Team Place

Leg 1	Kieren Shah	24:50	3
Leg 2	David Ayers	25:24	3
Leg 3	Andrew Hester	31:00	3
Leg 4	Chris O'Connor	27:53	3
Leg 5	Graeme Olden	21:24	3

Division 7

1	Bendigo
2	Ballarat Harriers
3	Box Hill

Team Place

Leg 1	Ian Schaeffer	22:54	3
Leg 2	Randall Owen	25:40	3
Leg 3	Peter Stefanos	35:14	3
Leg 4	Andrew Tunne	31:59	3
Leg 5	Ian Schaeffer	22:16	3

Women

Division 1

1	Glenhuntly
2	Essendon
3	Melbourne University
4	Box Hill
5	Knox

Team Place

Leg 1	Liselle Atkin	24:22	6
Leg 2	Amanda Harper	25:41	6
Leg 3	Julie Norney	33:01	5
Leg 4	Grace Brown	28:07	4
Leg 5	Talitha Crawford	24:10	4

Division 2

Box Hill 9th

Team Place

Leg 1	Charmaine McNally	30:56	10
Leg 2	Kate Ackland	29:01	9
Leg 3	Rebecca Law	36:60	9

Leg 4	Megan Sloane	NTT	9
Leg 5	Hannah Deal	NTT	9