

Box Hill Athletic Club Winter Bulletin 2012 No. 02
Tuesday 24 April 2012

BOX HILL ATHLETIC CLUB est. 1932 - Celebrating 80 years in 2012!

UPCOMING EVENTS

May 5, Saturday, XCR'12 Round 2, Cross Country, Balnarring
May 19, Saturday, Club 5km Handicap, Gardiners Creek Reserve
May 25, Friday, Presentation night
May 26, Saturday, XCR'12, Round 3, Road Race, Flemington
May 27, Sunday, Movie Night!

ROUND 2 OF XCR'12 AT BALNARRING ON SATURDAY WEEK

The second event of the winter season will be held at Balnarring Racecourse on Saturday, May 5. We are hoping to have a big turn out of athletes to continue the momentum of the club's great performance at Jells Park in round 1 (see reports below). To run in this event you must enter online. The online entry system should be up on the AV website in the next day or two. If you have any questions please let us know, but we hope to see all our distance runners at Balnarring on the 5th!

MOVIE NIGHT

To raise money to help send our champion junior pole vaulters, Paris McCathrion and Brodie Cross to the world junior championships in Barcelona in July, there will be a movie night at the Balwyn Cinema on Sunday, May 27, so keep this date free. More details to come!

BOX HILL TRIUMPH AT JELLS PARK RELAYS

Box Hill had a great day at the opening race of the XCR'12 season winning 4 gold medals and a silver. We had 57 athletes running in 15 teams to be the most successful club on the day. See Ian Sloane's report below.

Men Division 1 (Team finished 1st)

Chris Hamer ran a stunning last leg to take Box Hill's men's Division 1 team to victory in the hotly contested 6x6km cross country relay championships at Jells Park on the weekend. Chris caught, passed and then ran away from Knox's Olympian Jeff Riseley on the last leg to record a time of 17:39 for the hilly 6km course, a time only surpassed on the day by Geelong's Craig Mottram. Although the opposition teams were confident, Box Hill's depth proved the telling factor, with our team near the lead from the start.

1. Steve Kelly 17:58
2. Daniel Clark 18:56
3. Kyle Martin-Alcaide 18:51
4. Steve Dinneen 18:23
5. Barry Lynch 19:08
6. Chris Hamer 17:39

Men Division 2 (Team finished 1st)

On a great day for the Box Hill men's teams, we also won the Division 2 race. With 5 of our 6 runners under 21 years of age, this was a terrific performance against more experienced opposition.

1. Will Potter 19:29
2. Daniel Balassone 19:24
3. Sam Mackie 20:34
4. Tyler Agius 21:21
5. David Jiminez 22:00
6. Michael Dowel 19:10

Men Division 5 (Team finished 2nd)

It was good to see the return of Navin Arunasalam and the first run for the club by new member Charlie Blanch. The team performed well to finish just 40 seconds behind the combined Ballarat Region team and 10 minutes clear of 3rd place.

1. Navin Arunasalam 22:20
2. Charlie Blanch 22:04
3. Steve Griffin 21:20
4. Andrew Hester 22:13

Men Division 7 (Team finished 3rd)

Welcome to Trent Collins and also to Cameron Martin, who was running his first winter event for the club. Another good result with the team just 30 seconds out of 2nd place.

1. Trent Collins 24:54
2. Cameron Martin 24:04
3. Jack Hill 24:34
4. James Tennant 26:49

Men Over 40 (Team finished 1st)

Featuring an outstanding first leg by John Meagher, the team had a great win and it is hopefully the start of a successful season.

1. John Meagher 19:40
 2. Graeme Olden 23:03
 3. Kynan Dawes 20:58
- Peter Stefanos 24:28

Men Over 50 (Team finished 6th)

1. Bill Dyer 24:29
2. Bert Pelgrim 22:01
3. Andrew Tunne 27:01

Men Under 20 (Team finished 1st)

Most of our team who won the U20 premiership last season have moved up to the open divisions this year, so it is very encouraging to see a new group of U20 runners competing so well on Saturday. An even team effort led to a convincing win. Let's hope we can fill an U20 team in all rounds this year and win another premiership!

1. Ben Noske 20:56
2. Hanson Wong 20:49
3. Peter Green 20:54

Men Under 18 (Teams finished 5th and 7th)

Despite very strong opposition in this age group, it was great to see 7 under 18 boys lining up on Saturday.

Welcome to new member Harry Noske.

1. Mitch Dyer 9:48
2. Yohan Philip 10:24
3. Harry Noske 10:06

1. Zac Hunter 10:57
 2. Laughlin Norney 10:10
 3. Tom Snibson 11:09
- Jacob Parlevliet 13:49

Men Under 16 (Team finished 7th)

Again this was a very strong age group, with just 50 seconds separating 3rd and 7th, despite finishing 7th our boys were not that far away from the medals.

1. Ned Snibson 11:05
2. Matt O'Donnell 10:08
3. Nick Paidoussis 10:41

Women Division 1 (Team finished 4th)

An exciting race with our team just missing the medals by 3 seconds. Great to see Brooke Condon returning from injury and competing for the club again.

1. Brooke Condon 23:00
2. Julie Norney 22:43
3. Grace Brown 22:46
4. Amy Carrig 24:24

Women Division 2 (Team finished 8th)

Welcome to Pia Hunter who had her first race for the club on Saturday.

1. Hannah Deal 25:23
2. Helen McRae 25:51

3. Rachel Johnson 24:28
4. Pia Hunter 28:35

Women Over 40 (Team finished 2nd)

A great performance by our 40+ women to win a silver medal in another close race.

1. June Petrie 24:18
2. Taltiha Crawford 27:35
3. Megan Sloane 27:34

Women Under 20 (Team finished 5th)

1. Louise Rait 12:23
2. Katherine Foley 12:27
3. Rebecca Philip 13:00

Women Under 16 (Team finished 7th)

Welcome to Penelope Kladhouhos who put in a great run in her first race with the club.

1. Zoe Schwerkolt 13:04
2. Penelope Kladhouhos 13:07
3. Emily Goessler 12:05

NATIONAL CHAMPIONSHIPS RESULTS

Unfortunately we missed reporting several results from the national championships last week. Congratulations to Julie Norney who finished 6th in the 3000m steeplechase in a time of 11:21.24, Tom Robertson ran 56.25 to rank 14th in the 400m hurdles and Daniel White-Alikakos 50.65 for 28th in the 400m

KEEP THIS DATE FREE FRIDAY 25TH MAY

The 2011/12 Box Hill Athletic Club Presentation Night will be held at the Club Rooms from 7.30pm (including the club's AGM). Guest speaker, photo presentation and a great night assured.

Includes hot finger food, supper, soft drinks, and tea/coffee.

BYO alcoholic drinks.

Cost: \$10.00 per head

Pay on the night.

ANNUAL BOX HILL ATHLETIC CLUB 5K HANDICAP

Traditionally this event marks the start of our new athletic year however it has had to be put back to May 19 this year as the calendar was just too full! First we had Easter, then the Australian T&F Championships followed by the first Winter race.

We look forward to a good turn out from all of our athletes at this popular club event which is followed by a Club provided BBQ. Stay tuned for more details.

JELLS PARK REPORT

We had strong representation at the Cross Country relays, the opening event of the Winter season on Saturday April 21.. Now held regularly at Jells Park, there were a number of standout performances with particularly brilliant efforts from Steve Kelly, Steve Dinneen, Chris Hamer and Michael Dowel (in Division 2). Weather conditions were nearly perfect, and, if anything, perhaps a little warm.

Over the last three years, in the Men's Division 1 competition, Box Hill has won a silver medal in 2009 and bronze medals in 2010 and 2011. This year we knew it would be difficult to beat three other clubs, Geelong, which was ascendant in 2011, Knox, with the return of a number of their better runners and Essendon, which all have some fine winter athletes.

When the starter fired the gun to get the field on its way, there were 113 Men's Open, Under 20 and seniors' teams running, along with 72 Open Women's, seniors' and Under 20 women's teams, so there was a very big field of competitors running the course.

On commencement of the race, a group of five Division 1 runners detached themselves from the field to lead the charge. Positioned prominently was Steve Kelly, and by the time the field came into view near the kiosk, Mitch Brown from Essendon had a very marginal lead with Nick Wightman (Geelong) close at hand along with Steve Kelly watching carefully, followed by Wondwosen Geleta (South Melbourne), Luke Hennessy (GH) and Christopher Discombe (Knox). Tyson Popplestone (Ballarat) seemed to be having an

off day and he was well back in the field. Steve Kelly ran brilliantly in 2011 (recording the very fast time of 17:57, and he was clearly aiming to get close to that time this year.

Mitch Brown and Steve Kelly traded the lead during this lap and were not able to break Nick Wightman's resolve. In the concluding stages of the first leg, Steve Kelly fought his way to the lead but he could not break the determination of Brown and Wightman both of whom fought on tenaciously. With two hundred metres to go, Kelly surged again and got to the lead, only to see a desperate finish from Brown propel Essendon to the lead by the merest margin, recording the time of 17 min 57. Steve Kelly ran through in 17 min 58 with Wightman a further second behind, dangerously close in 17:59. Only elite athletes get under the 18 minute barrier, and this was the second consecutive year that Steve Kelly achieved this excellent accomplishment.

Daniel Clark took over, matched against Mark Blicavs from Essendon. Daniel caught and passed Blicavs in the first lap, leading his opponent at the conclusion of his first lap by seven seconds, with Geelong a further 27 seconds behind. Blicavs ran a smart leg, and after completing his first lap he slowly built momentum, passing Daniel and stretching a lead out to 21 seconds. Meanwhile, Ballarat, third and 50 seconds in arrears of Box Hill, and Knox, fourth, two seconds behind, had both overtaken Geelong which completed the second leg in fifth position a further second back. Glenhuntly and Collingwood were further back.

Walid A Kurtu (Ess) took over from Blicavs and Kyle Martin Alcaide-Martin who took over from Daniel Clark, were running the third leg for their respective clubs. Kyle ran a very strong first lap to draw level with A Kurtu and at the end of the leg he had moved to give Box Hill a four second lead over Essendon. Knox were third three seconds ahead of Geelong, with Ballarat 27 seconds behind them in fifth place and Glenhuntly in sixth spot. Kyle's fine performance put us in with a big chance and with Steve Dinneen in good form, things were looking very positive for Box Hill. Steve recently won the Bronze medal in the Australian 5000 metre championship.

Steve put the pedal flat to the floor and extended Box Hill's lead over Ryan Geard (Ess) to 14 seconds, with Knox only a further nine seconds down, and Sam Crowther looking in good form. The ageless Steve Moneghetti was running for Ballarat Region and in the second lap passed Brett Colman (Geelong) to move his team into fourth position. Meanwhile, in Steve Dinneen's second leg, he cleared out from Essendon, with Crother also overtaking Geard as well. thetheSteve led the the race, with a margin of 25 seconds over Knox.

Barry Lynch was our next competitor and his opponents were Kane Wille (Knox), Craig Mottram (Geel.) and Shane Nankervis (Ball.). Essendon had run out of their top runners with Ryan Jackson and Liam Adams having travelled to America after the Australian Championships. Everyone knows what a tremendous competitor Craig Mottram is and also that he recently qualified for the Olympics in the 5000 m so he is in great form at present. Kane Wille is returning from injury, but looked really fit and he passed Barry in the first lap. He held a 10 second advantage over Barry Lynch after the completion of the first lap, with Mottram making huge inroads in to these to runner's leads only 50 seconds behind Barry Lynch. Nankervis was also running a fast leg and he was moving up as well. At the conclusion of this lap, which Wille recorded a smart time of 18 min 08 s, Knox was ahead but only by 27 seconds thanks to a monumental effort from Craig Mottram who recorded 17 minute 28 s for his leg, a wonderful performance of the highest order. Barry got to the line just marginally ahead of Nankervis, just in third place.

Our last runner, Chris Hamer was waiting on the line whilst Jeff Risely (Olympic representative) set off for Knox, followed by Brady Threlfall (Geel). Then, Chris Hamer took off, level with the Ballarat runner. By the end of his first lap, Chris had reeled in Threlfall, having gained a 22 second lead over Geelong and he was just 12 seconds down on Risely. In an impeccable demonstration of brilliant cross country running, in the second lap he overtook and shattered Risely to put a gap of 72 seconds between Box Hill and Knox. His time on the completion of his second lap was an astonishing 17 m 39, easily the second fastest time of the day, only surpassed by the great Mottram. His outstanding individual effort was applauded by all his club mates, and will live in memory for many years. Risely just held on to second place getting to the finish just four seconds ahead of the surging Threlfall who brought Geelong into the Bronze medal position. Ballarat Region finished fourth, Essendon fifth, and Collingwood overtook Glenhuntly for sixth place, leaving the Hunters seventh, probably one of their worst performances in recent years. It's worth noting that this year's winning time is significantly faster than those recorded in previous years and is our best effort for many years.

There has not been a better race in recent Cross Country relay history, and our Division 1 team was outstanding in their resolve and determination. The changes in the lead, changing positions and relativities further back were intriguing and exciting. Our Division 1 team fully deserved their victory and were justifiably proud of their efforts.

Box Hill's Division 2 team ran magnificently, as well, and there were three standout legs with Will Potter, Daniel Balassone and Michael Dowel all smashing the 20 minute barrier, with all three runners recording their best time on this relay course. Michael ran a stunningly good last leg to wrest the lead from Knox and he roared home in the notable time of 19 minutes 10 sec., with very strong support on the course from his

teammates and Box Hill supporters. This was one of his best ever winter performances, if not his best, and he seems sure to have a great season in 2012. The same appears likely for Will Potter and Daniel Balassone, both of whom are in very good form.

The Division 5 team placed second and the Division 7 team placed fourth, also creditable efforts by our runners.

The Men's 40 + team was highly competitive and Box Hill finished up winning the gold medal. John Meagher ran an exceptional leg of 19 minutes 40 sec. and was well backed up by Kynan Dawes and Graeme Olden. They ran right away from their opponents and won by over two minutes.

The 50 + team placed 6th with a very fast leg from Bert Pelgrim of 22 min 01.

The Under 20 Men's team won the Gold medal in their age group, in an excellent beginning to the season. Congratulations to Ben Noske, Hanson Wong and Peter Green who ran times almost identical to each other.

The Under 16 teams finished sixth and seventh respectively.

We had two open age Women's teams and our Division 1 team was unlucky not to win a Bronze medal, with our final runner being overtaken not far from the finish line by APS's last competitor. Julie Norney and Grace Brown were our standout performers. The Division 2 team placed eighth, and it was pleasing to see Rachel Johnson back in club uniform competing hard.

Our Under 20 Women's team ran well and placed 5th. Our Under 16 Women's team placed 7th.

Well done also to June Petrie, Talitha Crawford and Megan Sloane who combined to win the Silver medal in the 40 +teams division for Box Hill, another fine effort.

Thanks to club members and supporters who assisted with officiating and managing teams as well as providing afternoon tea.

Cross Country Relay Team Results 2012 from Jells Park

Division 1	1 st Leg	2 nd Leg	Total	Leader's Time	B.H. Time	Position
Steve Kelly	8:51	9:07	17:58	17:57 (Ess)	17:58	2 nd
Daniel Clark	9:11	9:45	18:56	36:35 (Ess)	36:54	2 nd
Kyle Martin-Alcaide	9:16	9:35	18:51	55:45 (BH)	55:45	1 st
Steve Dinneen	9:14	9:09	18:23	74:08 (BH)	74:08	1 st
Barry Lynch	9:25	9:43	19:08	92:41 (Knox)	93:16	3 rd
Chris Hamer	8:44	8:55	17:39	110:33 (BH)	110:33	1st

Division 1 Team Results

1. Box Hill	110:53
2. Knox	111:45
3. Geelong	111:49
4. Ballarat Region	114:16
5. Athletics Essendon	115:40
6. Collingwood	117:46
7. Glenhuntly	119:10