

Box Hill Athletic Club Winter Bulletin 2012 No. 11

Tuesday 26 June 2012

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

UPCOMING EVENTS

July 7, Saturday, XCR'12 Round 6, Harcourt-Bendigo, Coliban Relay

July 21, Saturday, XCR'12 Round 7, Cross Country Champs, Bundoora (incl. All Schools)

August 11, Saturday, XCR'12 Round 8, Road Relays, Geelong

(August 12, Sunday, City to Surf, Sydney)

August 25, Saturday, National Cross country Championships, Adelaide

HARCOURT TO BENDIGO RELAY ON SATURDAY WEEK

The next event on the XCR'12 calendar is the Harcourt to Bendigo "Coliban" Relay, on Saturday July 7. This is for the open divisions only (no underage or overage teams) but juniors can race in one of the open teams. We plan to enter teams in men's division 1, division 2 and division 5 and in women's division 1 and division 2. Please let us know as soon as possible if you are available for this event so that teams can be organised. We are on top of the ladder in men's division 1 and 2 so it is important that we get our best available teams this event.

BOX HILL HAS 5 GOLD MEDALISTS AT BRIMBANK CROSS COUNTRY!

Harry Summers scored his second win from as many starts with a strong win in the 16km cross country at Brimbank Park on Saturday, but that was not our only gold medal for the day. Julie Norney ran a great race to finish 12th overall and win the gold medal in the women's over 40-44 years division. Not to be outdone, Julie's sister June Petrie won the over 45-49 division. This put pressure on June's husband Bert Pelgrim! But Bert delivered the goods winning the gold medal in the men's over 50-54 race! To top off a great day for Box Hill John Meagher won the men's 45-49 division. There were also several other outstanding performances including a breakthrough run by Sam Mackie. In his first year of open competition Sam placed 28th in a strong field. Junior Ben Noske also put in a great run to help our Division 1 team to 2nd place and keep it on top of the ladder. Peter Green (U20) and Matt O'Donnell (U16) just missed the medals in their age divisions and Julie Norney, June Petrie and Talitha Crawford combined to win the women's 40+ team competition and move the team clear on top of the ladder.

See Ian Sloane's complete report below.

Results Men's 16km cross country

Division 1 (Team place: 2nd)

1	Harry Summers	50:40.7	
11	Stephen Dinneen		54:30.0
18	Daniel Balassone	55:15.7	
26	John Meagher	56:02.4	
28	Samuel Mackie	56:19.7	
51	Ben Noske		59:31.0

Division 2 (Team place: 4th)

59	Charlie Blanch	59:57.4	
67	Steven Griffin	1:00:40.6	
100	Bert Pelgrim	1:02:38.0	
140	Andrew Hester	1:04:57.6	
147	Trent Collins	1:05:21.8	
192	Graeme Olden	1:09:05.2	

Division 5 (Team place: 2nd)

208	Russell Clowes		1:10:29.2
225	Chris O'Connor	1:11:24.4	
232	Peter Stefanos		1:11:49.2
250	David Ayers		1:14:16.7

Division 7

280	James Tennant	1:18:56.3
282	Jack Hill	1:19:16.1
312	Andrew Tunne	1:25:35.5

Results Women's 6km cross country

Division 1 (Team place: 5th)

12	Julie Norney	23:47
23	June Petrie	24:45
39	Rachel Johnson	25:49
40	Amy Carrig	25:49

Division2 (Team place: 6th)

41	Hannah Deal	25:53
82	Talitha Crawford	28:13
86	Pia Hunter	28:30
101	Megan Sloane	29:15
142	Caitlin Harrison	32:27

Junior Results

Under Men's 20 6 K Cross Country

4	Peter Green	22:02
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Under 16 Men's 6 K Cross Country

4	Matthew O'Donnell	21:30
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Under Women's 18 6 K Cross Country

17	Amelia Savige	29:42
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Under 16 Women's 6 K Cross Country

13	Zoe Schwerkolt	28:50
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Under Men's 18 8 K Cross Country

19	Laughlin Norney	30:19
24	Zac Hunter,	31:30

Under Women's 20 4 K Cross Country

14	Katherine Foley	17:29
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Under 14 Women's 4 K Cross Country

22	Caitlin Massarotti	20:07
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TRIVIA NIGHT! COMING SOON

Box Hill Athletics Club's biggest social and fundraising event of the year, the annual Trivia and Auction Night is coming soon. Date and details in next week's bulletin!

NATIONAL 10KM ROAD CHAMPIONSHIP

Among the results we published last week, we missed a PB of 33:34 by Sam Mackie to finish 29th in the race at Launceston.

Brimbank Park Victorian 10 Mile Cross Country Championship

- Another good day for Box Hill Athletes
- Harry Summers wins Championship
- Julie Norney Runs brilliantly
- June Petrie runs an astonishing race
- Daniel Balassone runs his best Cross Country Race to date
- Sam Mackie and Ben Noske run well above themselves to record excellent performances

Box Hill had a numerous great results at Brimbank Park on Saturday 23 June. Conditions were cool and overcast with a very soft running surface. Rain threatened, but as the writer took his umbrella to the Box Hill tent as a precaution, it didn't arrive.

There was a big field on the starting line, and the Box Hill team aggregated on the left of the designated start. The course was composed of a four kilometre loop followed by two six kilometre loops which ascend "Mongrel Hill" as one competitor termed it. This is a very tough course and one effort up the hill would be enough for most human beings. Two journeys up the hill and what lies beyond it takes a mighty effort.

Harry Summers started off in contact with the leading bunch of ten, then breaking clear of the field during the first lap. There were six Knox athletes (Sam Crowther, Ben Toomey, Jordan Nelson, Kane Willie, Craig Appleby, Christopher Discombe and another athlete who pulled out) in the top ten in the first lap, a great display of team distance running and there were a few other Knox athletes in the top 30 as well. Box Hill was well represented by 20 athletes on the starting line. Geelong looked under strength, as did Frankston, whereas Glenhuntly, which has been struggling, seemed to have better depth on the day. Others to show prominently, early in the race, were Mitch Brown (Ess), Ryan Geard (Ess), Kark Kirwan (M Uni), Asheber Germa (Sth Melb), and Nicholas Wightman (Geel).

Harry Summers, who joined our club recently, asserted his authority in the second lap, and there was only one athlete, Sam Crowther who made any impression on him over this unrelenting course, in the third lap. Crowther ran very strongly to break clear of all the athletes who made up the chasing pack, with Mitch Brown also running away from the leading group in the third lap. However, Crowther could only close the gap marginally and Harry Summers won the race by 13 seconds, with Brown a further 31 seconds back. This was Harry's second winter victory and we hope that he will be available to run other races later in the season.

There were many other notable performances in this race as well. Steve Dinneen held back for much of the race as he will be running the Gold Coast half marathon started off easily. He gradually increased the tempo, accompanied by Ben Ashkettle (Doncaster). They flew through the field after the first half of the race, with Steve moving from 40th position up to 11th, surely a sign that a very fast half Marathon awaits him on the Gold Coast. There were also extremely impressive performances from Daniel Balassone who moved from 24th position, after the 4 k lap was completed, through to 18th position. This was one of Daniel's finest efforts and show that he is getting much fitter. John Meagher ran close by Daniel for much of the race and finished in 26th position, and exceptional effort and he finished over a minute-and-a-half ahead of his nearest age group rival. Sam Mackie ran his best winter race ever, finishing well ahead of those he would normally run with, in 28th place. Sam's great individual effort ensured that Box Hill would finish second in Division One, as indeed did the efforts of Ben Noske, who ran a magnificent race, also probably his best effort in a winter race, placing 51st. Our calculations suggest that Knox won the Division 1 teams race, with Box Hill second and APS third. This was a very good result for us with Steve Kelly and Daniel Clark overseas, Matt Coloe about to return from overseas as well, and Chris Hamer and Andrew White not competing at the moment.

Other Box Hill athletes who ran and made up the Division 2 team were Charlie Blanch, 59th, also a very impressive run, Steve Griffin, 67th, who also ran well, Bert Pelgrim, 100th (and first in his age category by a massive margin), Andrew Hester, 140th, Trent Collins, 147th, and Graeme Olden, who completed the team 192nd.

Russell Clowes, Chris O'Connor, Peter Stefanos, David Ayers, James Tennant, Jack Hill and Andrew Tunne and finished this demanding race, so we finished three senior Men's teams.

The women's race saw Anna Thompson (GH) demolish the women's field to win by an enormous margin from Melissa Duncan (Knox) and Sophie Barker (Melb Uni). The women's race was one six kilometre lap, with a journey up that very tough hill. Julie Norney had a dazzling run, finishing a highly creditable 12th. This was equivalent to her best effort, according to the consensus view of her team mates. She also won her age category from Susan Michelsson (Coll). June Petrie finished 23rd, in the preliminary results list, a stellar effort, and she romped home in her age category, as well. She also eclipsed the time she ran the previous year, a really good effort. Rachel Johnson, 39th, Amy Carrig, 40th, and Hannah Deal, 41st, finished in very close proximity with just 0.2 seconds separating Rachel and Amy, with Hannah a mere four seconds behind Amy. Talitha Crawford, 82nd, Pia Hunter, 86th, and Megan Sloane, 101st, completed the Division 2 team. Caitlin Harrison also completed the course.

Knox appear to have won the Women's team race from Glenhuntly.

We also had a number of juniors competing. Laughlin Norney, 19th and Zac Hunter, 24th, performed well in the Under 18 8 K cross country race. Katherine Foley was 14th in the Under 20 4 K cross country. Caitlin Massarotti was 22nd in the Under 14 Women's 4 K cross country.

Peter Green has been running exceptionally well this season and his performance at Brimbank Park was no exception. He placed 4th in the Under 20 6 K cross country, a mere four seconds behind the bronze medal position. Well done Peter on a fine run.

Mathew O'Donnell also starred in the Under 16 6 K cross country, finishing fourth, just five seconds behind the bronze medal winner. Amelia Savage was 17th in the Under 18 Women's 6 K cross country. Zoe Schwerkolt placed 13th in the Under 16 6 K race.