Excellent team results in the 16 K and 6 K Cross Country Races

Brilliant individual performance at Geelong

The longest event on the men's racing calendar usually draws the smallest number of competitors and just over 300 starters toed the line at Eastern Park on Saturday August 1. It is a demanding course with two long uphill sections which result in oxygen debt for those who over-extend themselves in the four lap course. At first glance, it appeared that the more accomplished runners, not including our team had decided not to compete, but then, when the field assembled ready to start, there were a number of extremely well-credentialled runners ready to compete. Box Hill was missing Daniel Clarke, John Meagher and Barry Lynch, and a number of other athletes we were expecting didn't show up either. Nevertheless, we had three full teams, providing all athletes completed the course.

The race commenced and a group of six athletes headed the field. This group was comprised of Jason Woolhouse (Geelong), who took the lead, Liam Adams (Essendon), Duer Yoa (Eureka), Kane Wile (Knox), Steve Kelly (Box Hill), and Nathan Hartigan (Ballarat Harriers). At the completion of the first lap, Woolhouse led the others in the group, with Steve Kelly a close up fifth, running on level terms, with a gap between the leading group of five and Nathan Hartigan three seconds further back. Andrew White was just under thirty seconds behind Hartigan, holding 11th position, with Chris Hamer, 22nd, a further 13 seconds down. Matt Coloe started conservatively, and held 58th position, a minute behind Chris Hamer, and Adrian Vincent 72nd and Bert Pelgrim about 78th who were twenty and twenty-five seconds behind Matt Coloe respectively, were in the Division 1 team at this stage. Steve Griffin was very close to these two runners, with Stewart Downs and Luke Yeatman both within 13 seconds of Griffin. Graeme Olden, David Ayers and Marcus Hanley were a little further back in the field with Bill Dyer, Dave Stevens, Chris O'Connor, running with an injury, and Andrew Tunne rounding out Box Hill's contingent.

The second lap saw the maintenance of four of the leading runners with Steve Kelly very prominent, and Kane Wille dropping off by eight seconds. Andrew White, suffering from a heavy nose bleed crossed the line holding 12th position, and Chris Hamer was one second behind him in 13th position. Shortly after, Andrew stopped to clean himself up, wash his face and rejoin the field having surrendered perhaps twenty places. Matt Coloe had pushed through to be in 37th position, with Bert Pelgrim 76th, Steve Griffin 80th and Adrian Vincent 83rd. Luke Yeatman was in 94th position, Stewart Downs was 124th, Graeme Olden was 164th. All other Box Hill runners seemed to be holding their ground, with Chris O'Connor making a forward move.

At the conclusion of the third lap, it was apparent that Jason Woolhouse had retired and Liam Adams was surging with Duer Yoa just hanging on. Adams surged through the finish are and Steve Kelly was unable to respond to this change of pace. Kane Wille had held his relative position ahead of Nathan Hartigan. Chris Hamer had moved up to 9th position and Andrew White, running around 22nd, was passing less able athletes in his move towards the front of the field. Matt Coloe was picking up others as well and was a little over a minute down on Andrew going into the fourth and final lap. Bert Pelgrim and Steve Griffin were both still picking up and passing rivals. Adrian Vincent and Luke Yeatman were not too far back and Luke looked like he had more momentum than those around him.

At the conclusion of the race, Liam Adams had Duer Yoa's measure and won by about seven seconds. Steve Kelly ran a brilliant race and picked up the Bronze medal a very impressive achievement. This was Steve's first senior placing and should herald many more as he consolidates on his improved fitness and confidence. Steve was 24 seconds behind the silver medallist. In the last lap he extended his lead over the fourth placed Nathan Hartigan to over a minute, so that showed that he put in an inspired effort in the concluding stages of the race. Kane Wille was next to finish six seconds behind Hartigan. Chris Hamer, recovering from recent illness picked up another place in the final lap to place eighth and Andrew White steadied, picking up a large number of competitors in the last lap and crossed the finish line in 13th position. Matt Coloe, running conservatively, picked up eight to ten places in the last lap and crossed the line in 26th position. The Division 1 team, which won, was completed when Bert Pelgrim and Steve Griffin finished in close succession in 68th and 70th places respectively. Final places for all athletes can be found below.

In the Under 18 Men's race over 6 k., Michael Dowel was in the leading group. As the race progressed, the three first placegetters forged a lead over Michael, with Ryan Geard (Essendon), Jordan Nelson (Knox) and Sam Quirk (South Coast) breaking clear. Nelson improved his position during the second lap and Michael made up a lot of ground on Quirk to finish an impressive fourth.

In an earlier race, Mitchell Dyer raced to fourth position in the Under 14 4 K which was a combined race.

The women's race saw Jess Gilfillan (Invitation) rush to the lead in this two lap race over 6 kilometres, with a group of three athletes thirty metres behind, including Hanny Allston (Box Hill). Rachel Johnson was lying 20th and further

back, perhaps 26th, was Mai Tagami. June Petrie was the next Box Hill athlete in the Division 1 team. Jess Gilfillan paid the price for this early impetuosity, and after the completion of one lap, Hanny Allston had opened up a gap of thirty-five metres over Gilfillan. Fiona Nash (Doncaster) moved into third position, followed by Susan Michelsson (Collingwood) and Junior Samantha Prime (Knox). Kathryn Ewels (Traralgon) was next. Rachel Johnson had passed a number of runners to be 16th, with Mai Tagami 22nd, June Petrie 45th and Julie Norney 56th. Rebecca Law and Megan Sloane were further back. Junior and senior runners were in the same race so it was quite difficult to calculate the exact scoring positions of Box Hill runners in respect of the Division 1 and Division 3 team scoring.

At the finish, Hanny Allston maintained her ascendancy and was a clear victor, ahead of Junior, Samantha Prime, who had overtaken her senior rivals to be second across the line in an impressive exhibition of cross country running. Michelsson overtook Nash to place second with the latter athlete finishing third in the senior race, ahead of Ewels and Isabella de Castella (APS), sixth. Rachel John ran an excellent second lap to place 11th overall and 9th in the senior race, with Mai Tagami also improving her position significantly to finish 17th in the senior race. June Petrie completed the Division one team with 43rd position, adjusting to 32nd place. This meant that the Division 1 team were second overall just behind APS. Julie Norney made up ground in the last lap and ran 48th, which was 36th place in the senior race. Rebecca Law, 61st in the senior race and Megan Sloane, 64th in the senior race, completed the Division 3 team, which won their division. Megan Sloane won the Bronze medal in her age division.

In the Under 16 division Amelia Savige finished 13th in the combined race.

Men's races

Under 14 4 K CC

4	**Mitchell Dyer**	**Box Hill**	**14:48**

Under 18 6 K CC

1	Ryan Geard	Essendon	26:47
2	Jordan Nelson	Knox	26:55
3	Sam Quirk	South Coast	26:57
4	**Michael Dowel**	**Box Hill**	**28:05**

Under 20 6 K CC

14	**Chaai Kathirasan**	**Box Hill**	**22:35**

Open Men's 16 K CC

Pos'n	Name	Club	1st lap	2nd lap	3rd lap	Final time
1	Liam Adams	Essendon	12:25	25:03	37:50	50:22
2	Duer Yoa	Eureka	12:25	25:03	37:51	50:29
3	**Steve Kelly**	**Box Hill**	**12:25**	**25:03**	**37:52**	**50:53**
4	Nathan Hartigan	Ballarat Harriers	12:28	25:42	38:28?	51:55
5	Kane Wille	Knox	12:25	25:11	38:15?	52:01
6	Ashley Watson	Wendouree		25:44	38:57	52:10
7	Toby Raynor	Glenhuntly				52:36
8	**Chris Hamer**	**Box Hill**	**13: 06**	**26:22**	**39:38**	**52:48**
9	Sean Stevens	Keilor St Bernards				53:06
10	Craig Huffer	Glenhuntly				53:11
13	**Andrew White**	**Box Hill**	**12:53**	**26:22**	**40:33**	**53:42**
26	**Matt Coloe**	**Box Hill**	**14:08**	**27:52**	**41:44**	**55:10**
66	**Bert Pelgrim**	**Box Hill**	**14:30**	**29:25**	**44:39**	**59:47**
68	**Steven Griffin**	**Box Hill**	**14:42**	**29:38**	**44:49**	**59:53**
82	**Luke Yeatman**	**Box Hill**	**14:55**	**30:07**	**45:42**	**1:00:57**
104	**Adrian Vincent**	**Box Hill**	**14:25**	**29:42**	**45:17**	**1:02:01**
123	**Stewart Downs**	**Box Hill**	**14:52**	**30:42**	**46:49**	**1:03:08**
161	**Graeme Olden**	**Box Hill**	**15:37**	**31:45**	**48:16**	**1:05:34**
173	**David Ayers**	**Box Hill**	**16:09**	**32:39**	**49:33**	**1:06:30**
178	**Marcus Hanley**	**Box Hill**	**16:10**	**32:47**	**49:43**	**1:06:45**
232	**Chris O'Connor**	**Box Hill**	**18:18**	**36:47**		**1:12:15**
240	**William Dyer**	**Box Hill**	**16:11**	**33:31**		**1:13:02**
266	**David Stevens**	**Box Hill**	**18:03**			**1:16:34**
291	**Andrew Tunne**	**Box Hill**	**19:28**			**1:26:27**

Teams Race

Division 1

1. Box Hill	**184**
2. Essendon	204
3. Geelong	263
4. Glenhuntly	289
5. Knox	292
6. Collingwood	298

Division 2

1.	Keilor St Bernards	389
2.	Eureka	443
3.	Western Athletics	658
4.	Mornington	723
5.	Nunawading	732
6.	Waverley	756
7.	Malvern	795
8.	Collingwood	798
9.	**Box Hill**	**809**

Division 5

1.	Bendigo	677
2.	Melbourne University	719
3.	Waverley	783
4.	Ballarat Harriers	795
5.	South Coast	805
6.	Eureka	934
7.	**Box Hill**	**1010**

Under 16 Women's 6K CC

13 Amelia Savige Box Hill 27:08

Women's 6 K Race

Race Pos	Adjusted Pos	Name	Club	First lap	Final time
1	**1**	**Hanny Allston**	**Box Hill**	**10:22**	**21:05**
3	2	Susan Michelsson	Collingwood	10:40	21:19
4	3	Fiona Nash	Doncaster	10:30	21:31
5	4	Jess Gilfillan	Inv	10:29	21:45
6	5	Kathryn Ewels	Traralgon		22:00
11	**9**	**Rachel Johnson**	**Box Hill**	**10:42?**	**22:22**
21	**17**	**Mai Tagami**	**Box Hill**		**22:58**
43	**32**	**June Petrie**	**Box Hill**		**24:27**
48	**36**	**Julie Norney**	**Box Hill**		**24:40**
80	**61**	**Rebecca Law**	**Box Hill**	**13:10**	**26:32**
85	**64**	**Megan Sloane**	**Box Hill**	**13:35**	**26:49**

Team Placings

Division 1

1	APS	53
2	**Box Hill**	**57**
3	Melb Uni	107

Division 3

1.	**Box Hill**	**107**
2.	Eureka	110
3.	Traralgon	251