

**Box Hill Athletic Club Winter Bulletin 2010 No. 17**  
**Wednesday 11 August 2010**

## **UPCOMING EVENTS**

Saturday, August 21, National Cross Country Champs, Brisbane  
Saturday, August 28, Road Relays, Sandown  
Sunday, September 5, Half Marathon championships, Burnley  
Saturday, September 18, Tan relays

### **SANDOWN RELAYS ON Saturday, August 28**

The next event on the AV calendar are the Sandown Road Relays on, Saturday, August 28. This has been an up and down year for our cross country team, with some great results and some disappointing team performances, but we are planning to make Sandown Relays a big day for Box Hill. We hope to enter the following teams:

Men division 1 (6 runners)  
Men Division 2 (6 runners)  
Men Division 4 (4 runners)  
Men 40+ (3 runners)  
Men Under 20 (3 runners)  
Men Under 18 (3 runners)  
Men Under 16 (3 runners)  
Women division 1 (4 runners)  
Women Division 2 (4 runners)  
Women Division 4 (3 runners)  
Women 40+ (3 runners)  
Women Under 20 (3 runners)  
Women Under 18 (3 runners)  
Women Under 16 (3 runners)

This means that we need all our distance runners and all our part time distance runners(!) and all our would-be distance runners available to compete. It is only 6.2km for open and 3.1km for junior teams. Mark this event in your calendar now! It is just more than 3 weeks away and please let us know well in advance of your availability for this day.

### **WORKING BEE**

Thanks to all members who helped out at the working bee at the track on Sunday, your help is greatly appreciated.

### **CITY TO SURF**

Box Hill had a number of members make the trip to Sydney to compete in the City to Surf fun run. In a very strong field of over 80,000 entrants, that included 4 runners chosen for the upcoming Commonwealth Games and a number of past national representatives, Steve Kelly finished in 7th place over the hilly 14km course.

Other results:

7. Steve Kelly 43:17  
18. Barry Lynch 44:39  
29. Daniel Clark 45:48  
46. Kyle Martin-Alcaide 47:14 (2nd in age category)  
67. John Meagher 48:17 (4th in age category)  
125. Mitchell Milnes 50:15 (10th in age category)  
Apologies to any members whose results we have missed.

### **VICTORIAN ROAD WALK CHAMPIONSHIPS**

Congratulations to new club member Nathan Brill who won the under 16 Victorian 5km road walk championship at Albert Park last Sunday and to Simon Evans who picked up a bronze medal in the open 30km race.

Nathan has now been selected in the Victorian team for the national road walking championships.

## **BRIMBANK PARK CROSS COUNTRY RESULTS July 31:**

### **Men's 16 K Cross Country**

4	Steve Kelly	55:14
40	David Jimenez	61:00
64	Steve Griffin	63:42
74	Bert Pelgrim	64:14
120	Chris O'Connor	68:08
134	Graeme Olden	69:44
182	Marcus Hanley	74:18
209	Peter Stefanos	76:12
262	Andrew Tunne	90:38

### **Division 1 Team Placings**

1.	Geelong	150
2.	Glenhuntly	185
3.	Collingwood	233
4.	Knox	278
5.	Keilor St Bernards	378
6.	Essendon	401
7.	Box Hill	436

### **Men's under 20 6 K Championship**

5	Daniel Balassone	21:27
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### **Women's 6 K Championship**

5.	Brook Condon	23:47
9.	Rachel Johnson	24:49
15.	Julie Norney	25:04
27.	June Petrie	26:02
55.	Hannah Deal	28:04
58.	Kristine Hopkins	28:27
103.	Rebecca Law	32:14

### **Division 1 Women's placings**

1.	Box Hill	56
2.	Glenhuntly	56
3.	Essendon	59

### **Under 20 4 K Championship**

2.	Amy Carrig	16:12
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### **Under 18 6 K Championship**

5.	Natalie Ambrose	25:57
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It was great to see our women's open team take out their event on a countback, with our final division 1 runner finishing before the final Glenhuntly runner.

Box Hill is now in third place in the Men's Division 1 season ladder behind Geelong and Glenhuntly, and our Division 1 Women's team is in second place behind Glenhuntly.

### **WINTER SEASON - XCR'10 - CALENDAR**

There are just 3 events left in the Athletics Victoria XCR'10 season.

We are hoping to finish off the season with a bang, by entering strong teams in the remaining events.

28-Aug-10 Saturday Road Relays Sandown

5-Sep-10 Sunday Road Race Burnley

18-Sep-10 Saturday Relay The Tan

Contact a member of the winter competition committee if you have any questions.

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