

Tan Relay Meeting Report, 19 September 2009
Division 1 Men win Tan Relays and Winter Championship for second consecutive year
Division 1 Women's team place second in Championship – Best ever result
Excellent Men's under 20 win

The last event on the 2009 Winter Calendar was held on Saturday, September 19 at "The Tan" (The King's Domain). We have won this event in Men's Division 1 twice previously and placed second in the other two years that it has been held.

A number of our leading performers were unavailable or injured so two of our junior athletes were given the opportunity to compete with other well-accomplished senior athletes in the Division 1 team. Chris Hamer had been unable to compete in 2008, with an ankle injury, fortunately now in the past and he was selected to run the crucial first leg. He ran a great first lap, to hold an extremely close third position at the changeover, two seconds behind the leader in a furious sprint to the line. This meant that we were in close contention. Seven team's first runners were under 12 minutes so the race was very open at this early stage. Brenton Rowe, Geelong, who has been in great form this year, led the charge running the fast time of 11:12, with Craig Huffer, Glenhantly, just marginally behind, credited with the same time.

Daniel Clark set off and ran a fine leg, taking Box Hill past the two teams which had headed us in the first lap. He ran significantly faster than he had in the previous year. He came in with a lead of two seconds over Geelong which was performing well at this early stage. Anthony Aloisio had been promoted in to the Division 1 team and was given a tough assignment. He kept his composure and ran close to his Geelong rival, Scott Rantall, who gained a slender lead of approximately two seconds at the changeover.

Matt Coloe was the next to toe the line and he surged off chasing down Geelong athlete Brett Coleman, with Luke Hennessy Glenhantly trying to catch the two leading teams. Matt ran brilliantly, getting away from both Geelong and Glenhantly and recording one of the fastest times of the day. He had opened up a gap of 37 seconds over the field. This would have to be one of Matt's best performances of the season. Ben Toomey, Knox, ran an unnoticed fast lap as well to put their club just behind third place and in striking distance of second. Kyle Martin-Alcaide, one of our juniors, who could have run Under 16, was elevated to the Division 1 team and he ran a very sound leg which was the fifth fastest of all the fifth leg runners in Division 1. In a shock performance, Sam Crowther, Knox, passed all other athletes in this leg to assume the lead. Crowther ran the fastest time of the day, to that point, 11:11 which gave Knox a five second lead over Box Hill, so Kyle's performance in hanging on was very praiseworthy. Glenhantly were a further eight seconds back with a 78 second gap between Glenhantly and Essendon, fourth, with Geelong having slipped from contention in fifth position.

Andrew White was our final athlete. Andrew has been in excellent form, repeatedly being a top ten finisher and medallist this year. Andrew set off in a very determined fashion and before half the lap was finished had gained a thirty metre lead over Knox. Andrew had to contend with Toby Rayner, Glenhantly and noted top performer trying to chase him down. Not only did Andrew run the fastest time of the day, he took 14 seconds out of Rayner to lead the Division 1 teams in, and ran 54 seconds faster than the last runner for Knox, which finished third. This was a brilliant effort, under intense pressure, by Andrew White, and secured a win for Box Hill following an excellent team effort in the final race of the 2009 Winter season. Full results can be found below.

Our Division 2 team kept improving its position in the latter legs of the race, ensuring Box Hill finished second behind Eureka, which has proved to be nearly unbeatable all year in the Division 2 Winter Championship. Eureka has won eight of the ten races on the program. Other Division 2 teams, apart from Eureka, seemed to put their strongest runner in the first leg, meaning that we were back in the field. Team members David Jimenez, Navin Arunasalam, Chris Papadakis, Adrian Vincent, Steve Griffin and Luke Yeatman acquitted themselves well to place fifth, with the last three runners moving the team forward on each leg, after we were in 9th place or lower in the earlier legs. Luke's time, in particular was up to Division 1 standard, and Navin Arunasalam, passed a number of competing clubs in his leg as well.

Our Division 5 team ran well to finish second, 30 seconds behind Bendigo to secure second place behind Bendigo for the overall Winter premiership. Our Division 7 team placed fourth, so we finished equal on points with Bendigo for the season. This was a strong effort with such consistent and high placings throughout the whole season.

Our 40 plus team finished in eighth place in their division.

Our Under 20 men did well winning their race by 26 seconds from rivals, Glenhuntly. This is always an encouraging sign for the future, so congratulations to our three team members who did their best on the day for a fine result.

We fielded one male Under 18 team which 5th and our boys performed well, finishing close to fourth and not far away from the medals.

Our women's teams performed soundly. Our Division 1 team placed 4th with Rachel Johnson recording the fastest time for our team. The Division 1 team secured overall 2nd position in the Winter Championship, our best effort ever, and we although we fell a little short in this race, having led the competition by one point going into this race, our women deserve to be extremely proud of their great efforts. In particular, Rachel Johnson has had her best ever season and Nikki Chapple has reached international class. Hanny Allston has also added a new dimension running strongly at a number of events and Mai Tagami, mixing up AV events with Marathons, has also been a keen team member. Knox won the relay and are to be congratulated on their win for the season. The Box Hill Division 3 team placed fifth. This team tied for first place in the Championship, and might have won the Division on count back. Whatever the result, they will be promoted back to Division 2 in 2010.

Our Division 4 team won for the fourth time this Winter, but were eclipsed by Bendigo in the season's result, with the margin being 2 points, and this team should also be promoted to Division 3 next year.

Our Under 18 Women finished third, winning the bronze medal, a pleasing finale to the season.

Chris O'Connor and Graeme Olden have once again been tremendous supporters of the club, and there is no doubt that our fantastic success in 2009 reflects their excellent planning and organisation and management skills. Many other clubs do not have leadership behind the scenes like we do. We are very fortunate and we should acknowledge this as a key part of our success.

2009 Men's Team Performances: The Tan Relays

Division 1 Performance Running Sheet (Running watch)

Leg 1		Leg 2		Leg 3		Leg 4		Leg 5		Leg 6	
Geel	11:12	BH	22:46	Geel	34:40	BH	45:58	Knox	57:58	BH	69:13
GH	11:13	Geel	22:48	BH	34:42	GH	46:35	BH	58:03	GH	69:34
BH	11:14	GH	22:50	GH	35:06	Geel	46:38	GH	58:11	Knox	70:02
Don	11:20	Don	23:28	Knox	35:29	Knox	46:47	Ess	59:29	Ess	71:22
Knox	11:30	Knox	23:37	Ess	35:31	Ess	47:23	Geel	59:45	Geel	71:51
Bend	11:37	Bend	23:58	APS	36:12	APS	48:10	APS	60:12	APS	72:09
Ess	11:46	Ess	23:59	Don	36:23	BYCW	49:30	Sand	61:59	Sand	74:18
Ball YCW	11:48	Sand	24:03	B YCW	36:28	Bend	48:38	Bend	62:03	Bend	74:22

Division 1 Placings

Men's Division 1 Overall Results

1 Box Hill	1:09:13
2 Glenhuntly	1:09:34
3 Knox	1:10:02
4 Essendon	1:11:22
5 Geelong	1:11:51
6 APS	1:12:09
7 Sandringham	1:14:18
8 Bendigo	1:14:22



Box Hill Division 1 Individual Performances

Leg	Runner	Lap time	Race Position	Leader's time	BH time
1	Chris Hamer	11:14	3	11:12	11:14
2	Daniel Clark	11:32	1	22:46	22:46
3	Anthony Aloisio	11:56	2	34:40	34:42
4	Matt Coloe	11:16	1	45:48	45:48
5	Kyle Martin-Alcaide	12:05	2	57:58	58:03
6	Andrew White	11:10	1	69:13	69:13

Leading Times (Open)

Andrew White	Box Hill	11:10
Sam Crowther	Knox	11:11
Brenton Rowe	Geelong	11:12
Craig Huffer	Glenhuntly	11:12
Duer Yoa	Eureka	11:13
Chris Hamer	Box Hill	11.14
Matt Coloe	Box Hill	11.16
Ben Toomey	Knox	11:18
Matthew Johnsen	Doncaster	11:20
Tyson Popplestone	Eureka	11:20
Toby Rayner	Glenhuntly	11:24
Mitch Frey	Frankston	11:26
Luke Hennesy	Glenhuntly	11:29
Jordan Williamsz	Knox	11:30
Daniel Clark	Box Hill	11.32
Mark Bliklavs	Essendon	11:32

Men's Division 2 Overall Results

1 Eureka	1:13:01
2 Keilor St Bernards	1:14:54
3 Glenhuntly	1:15:45
4 Athletics Waverley	1:16:05
5 Box Hill	1:16:42
6 Western Athletics	1:18:27

Division 2 Box Hill Times

David Jimenez	12:59
Navin Arunasalam	12:29
Chris Papadakis	13:50
Adrian Vincent	12:33
Steve Griffin	12:54
Luke Yeatman	11:57

Men's Division 5 Overall Results

1 Bendigo	51:51
2 Box Hill	52:21
3 Eureka	52:55
4 Fluid Running (Inv)	54:10
5 APS	54:42
6 Waverley	55:59
7 Melbourne University	56:17

Division 5 Box Hill Times

Andrew Nagle	12.43
Josh De Stefanis	13.39
Jonathan Love	12.52
Chris O'Connor	13.07

Men's Division 7 Overall Results

1 Bendigo Region	56:24
2 St Stephen's Harriers	56:43
3 Athletics Essendon	56:49
4 Box Hill	57:10
5 Glenhuntly	57:11
6 Knox	58:14

Division 7 Box Hill Times

Marcus Hanley	13.17
Dean Membrey	15.01
Graeme Olden	13.48
Patrick Oughtred	15.04

40+ Division Placings

1 APS	40:53
2 Bendigo	41:19
3 Wendouree	41:34
4 South Coast	42:01
5 Geelong	42:58
6 Bendigo 'B'	44:30
7 Glenhuntly	45:06
8 Box Hill	45:08

40+ Division Box Hill Men's Times

David Stevens	15.47
Craig Graham	14.32
William Dyer	14.47

Under 20 Men's Team Placings

1 Box Hill	41:20
2 Glenhuntly	41:46
3 Keilor St Bernards	42:28

Under 20 Box Hill Men's Times

Chai	13:50
	13:40
	13:50

Under 18 Men's Team Placings

1 Athletics Essendon	37:48
2 Knox	37:55
3 Frankston	39:03
4 Glenhuntly	40:40
5 Box Hill	40:51
6 Wellington	44:20

Under 18 Box Hill Men's Times

Michael Dowel	12.30
Mitchell Milnes	14.18
Mitchell Dyer	14.03

2009 Women's Team Performances

Division 1 Women's Team Placings

1. Knox	53:56
2. Glenhuntly	56:58
3. Melbourne University	57:37
4. Box Hill	57:44
5 Traralgon Harriers	59:26
6 Keilor St Bernards	1:00:55
7 Richmond Harriers	1:01:56
8 Collingwood Harriers	1:02:50

Division 1 Women's Times

Rachel Johnson	13.34
Julie Norney	14.22
Emma Steer	14.55
Kate Ackland	14:53

Division 3 Women's Team Placings

1 Frankston	43:26
2 Athletics Essendon	44:50
3 Eureka	45:42
4 Fluid Running (Inv)	45:48
5 Box Hill	46:08
6 Knox	46:37

Division 3 Women's Times

Talitha Crawford	15.17
Amanda Harper	15.41
Olivia Turnbull	14.49

Division 4 Women's Team Placings

1. Box Hill	47:00
2 Keilor St Bernards	47:54
3 Bendigo	48:10
4 St Stephen's Harriers	50:57
5 Knox	51:06
6 Melbourne University	52:14
7 Traralgon	52:21
8 Knox 'B'	52:27

Division 4 Women's Times

Rebecca Law	15.48
Megan Sloane	15:54
Prue Healy	15.18

Under 18 Women's Team Placings

1. Ballarat YCW	46:01
2. Mornington Peninsula	48:03
3. Box Hill	51:03

Under 18 Women's Times

Chelsea Dyer	17.12
Ella Mason	17.41
Anna Carrig	16.10