

Box Hill Athletic Club Summer News 21
Monday 23 February 2009

UPCOMING EVENTS

Feb 27-Mar 1, Victorian Youth Champs	Olympic Park
Feb 27-Mar 1, Open and U20 Relay Champs	Olympic Park
Monday, March 2, A night with Steve Hooker (see below)	
Thursday, March 5, Melbourne Grand Prix	Olympic Park
Saturday, March 7, Peter Norman Classic	Aberfeldie
Saturday, March 7, Rare Air Club	Melbourne Uni
Thursday, March 12, Milers Club	Olympic Park
Thursday, March 12, AV Throwers	Olympic Park
Thursday, March 12, High Velocity Club	Olympic Park
Saturday, March 14, Rare Air Club	Box Hill
March 19-22 Australian Championships	Brisbane
April 3-5 Australian U20 & U23 Champs	Adelaide
Sunday, April 5 National Club Championships	Adelaide

A NIGHT WITH THE HOOKER ...(Steve),

Monday the 2nd of March 2009 at the Box Hill clubrooms Olympic Gold Medalist, Steve Hooker will be coming back to his old club to talk about his triumph in Beijing and his plans for the future. The evening will include: video presentation (Steve at the Olympics, as well as the early days at Box Hill), an interview with Steve, silent auction and raffle, drinks at bar prices & finger food provided.

Proceeds will go towards the purchase of new Pole Vault covers at Box Hill Track and the Athletics Club would like to thank Steve for donating his time.

For more information please contact either:

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or reply to this email.

Please book in advance to ensure seats: \$25 for Adults and \$10 for U18. Everybody welcome.

MASTERS GAMES

Congratulations to Talitha Crawford and David Ayers who both performed well at the Australian Masters Games at Geelong. Talitha won the 800m in a PB 2:16.64 in the 35-39 age group and Dave was third in the 800m in the time of 2:05.00 in the 45-49 age group.

RELAY TEAMS

The state open and under 20 relay championships will be held this weekend in conjunction with the state under age championships. Likely teams are listed below. Please confirm your availability to run.

Men Open

4x 100

Medford, Sherry, Haddow, Filshie

(Baker, J. Pocklington, I. Zeed)

4x 200:

Medford, Sherry, Haddow, Baker

(Filshie, J. Pocklington, I. Zeed)

4x 400:

Tirhazouine, Nagle, I. Zeed, Arunasalam

(M. Johnson, D. Featherston)

4x 800:

Tirhazouine, Chefnaoui, Nagle, Arunasalam

4x 1500:
Chefnaoui, White, Dinneen, S. Kelly

Women Open

4x 100
Bronwyn Sudholz, Holly Baxter, Dora Spathis?, Viv Lee?, Mel Adams?

4x 200:
Bronwyn Sudholz, Holly Baxter, Dora Spathis?, Kate Ackland? Viv Lee? Mel Adams?

4x 800:
Kate Ackland, Talitha Crawford, Coreena Cleland, Ollie Turnbull

4x 1500:
Kate Ackland, Talitha Crawford, Coreena Cleland, Rachel Johnson

Women Under 20

4x 100: from
Ryliegh George, Kim Poon Hornett, Bridget Aughton, Katherine Brock, Katherine Houston

4x 200: from:
Ryleigh George, Ollie Turnbull, Kim Poon Hornett, Bridget Aughton, Brianne Cross

4x 400:
Ollie Turnbull, Emily De Luca, Bridget Aughton, Brianne Cross

Program:

Friday, Feb 27

7:30pm 4x100m Open Women Heats

7:40pm 4x100m Open Men Heats

7:50pm 4x1500m Open Women

8:10pm 4x1500m Open Men

9:35pm 4x400m Open Men Heats

Saturday, Feb 28

11:15am 4x100m U20 Women

11:20am 4x100m Open Women

11:30am 4x100 Open Men

4:35pm 4x400m U20 Women

4:53pm 4x400m Open Men

Sunday, March 1

10:45am 4x200m Open Men

1:40pm 4x800m Open Women

2:00pm 4x800m Open Men

3:45pm 4x200 U20 Women

3:51pm 4x200m Open Women

4:03pm 4x200m Open Men

NATIONAL CLUB CHAMPIONSHIPS

Box Hill will be sending a men's team and a women's team to the national club championships in Adelaide, to be held on Sunday, April 5, following the national under 20 and under 23 championships. We are hoping that as many members as possible will make themselves available for this event. Please let us know of your availability.

VICTOPIAN CHAMPIONSHIPS

Box Hill athletes had a successful weekend at the state championships winning eight state championships and numerous other medals and a host of PBs and outstanding performances. Our junior relay teams also performed well and were unlucky not to win a medal.

Men 100 metres Open

Zeed, Mohamad 11.68(heat) 11.42(semi)

Filshie, James 11.99

Men 200 metres Open

Haddow, Andrew 23.38

Filshie, James 23.66

Men 400 metres Open

Nagle, Andrew 51.87(heat) 52.14(semi)

Filshie, James 52.92

Clowes, Russell 53.78

Men 800 metres Open

Tirhazouine, Otman 1:57.02

Nagle, Andrew 1:57.77

Men 1500 metres Open

5th Clark, Daniel 3:53.07(heat) 3:48.09(final)

7th Coloe, Matthew 3:54.15(heat) 3:49.38(final)

11th Chefnaoui, Bouchai 3:48.18(heat) 3:58.65(final)

White, Andrew 3:55.23(heat)

Men 5000 metres Open

1st Dinneen, Stephen 14:25.14

5th Kelly, Stephen 14:42.73

Men 110 metres Hurdles Open

1st Zeed, Mohamad 15.08

Men 400 metres Hurdles Open

5th Zeed, Mohamad 56.54

6th Zeed, Imran 56.98

Men 3000 metres Steeple Open

4th Boxshall, Paul 10:12.10

Men Pole Vault Open

1st Pocklington, Joel 5.00m

3rd Lucas, Blake 4.80m

5th Sherry, Cameron 4.60m

9th Baker, Cameron 4.00m

10th Clowes, Russell 3.60m

Men Hammer Throw Open

3rd Scherma, Sam 49.42m

Men Long Jump Open

6th Clowes, Russell 6.27m

Men 200 metres Under 20

Johnson, Marcus 24.29

Men 400 metres Under 20

Johnson, Marcus 54.49

Men 800 metres Under 20

8th Balassone, Daniel 2:01.23(heat) 2:01.48(final)

Men 1500 metres Under 20

Dyer, Jackson 4:29.70

Men 400 metres Hurdles Under 20

6th Brock, Christopher 60.40

Men Long Jump Under 20

8th Cornelius, Tom 6.39m

Men High Jump Under 20

2nd Spry, Jesse 2.00m

Men Pole Vault Under 20

2nd Cross, Brodie 4.30m

Women 100 metres Open

Sudholz, Bronwyn 12.96(heat) 12.97(semi)

Phillips, Angela 13.93

Women 200 metres Open

Sudholz, Bronwyn 25.69

Women 800 metres Open

Ackland, Kathryn 2:14.96

Women 5000 metres Open

6th Johnson, Rachel 17:54.15

Women 100 metres Hurdles Open

3rd Spathis, Theodora 15.97

Women Triple Jump Open

5th Gagovska, Samantha 10.22m

Women Shot Put Open

4th Phillips, Angela 11.62m

6th McCowan, Catherine 8.63m

Women Long Jump Open

6th Spathis, Theodora 5.26m

11th Gagovska, Samantha 4.63m

Women Pole Vault Open

1st Ditton, Rosanna 3.90m

2nd Adams, Melanie 3.70m

Women Discus Throw Open

3rd McCowan, Catherine 38.12m

Women 100 metres Under 20

4th George, Ryleigh 13.27

5th Poon Hornett, Kim 13.77

Women 200 metres Under 20
6th Poon Hornett, Kim 27.61(heat) 28.28(final)
Houston, Katherine 29.50

Women 400 metres Under 20
3rd Turnbull, Olivia 60.38(heat) 59.26(final)

Women 800 metres Under 20
4th Turnbull, Olivia 2:21.13

Women 100 metres Hurdles Under 20
1st Aughton, Bridget 15.19

Women 400 metres Hurdles Under 20
1st Aughton, Bridget 62.35

Women Pole Vault Under 20
1st Pocklington, Alex 3.60m
2nd Marchant, Rebecca 3.60m
3rd Cross, Breanne 3.20m
8th Houston, Katherine 2.60m

Women Triple Jump Under 20
1st Marchant, Rebecca 12.00m
7th Carabourniotis, Yioya 8.97m

Women High Jump Under 20
7th Carabourniotis, Yiota 1.55m

Women Long Jump Under 20
10th Carabourniotis, Yiota 4.54m

MULTI EVENTS

Women Heptathlon Under 16
3rd McCathrion, Paris 3653 points

Women Heptathlon Under 18
5th Pocklington, Alex 3196 points

Men Decathlon Under 18
2nd (1st Vic) Papas, Tim 5465 points

RELAYS

Women 1600 Sprint Medley Under 18
5th BOX HILL 4:28.17 (heat) 4:20.30 (final)
1) Mahony, Charlotte 2) Atkin, Liselle
3) Carrig, Anna 4) Carrig, Amy

Women 4x800 metres Relay Under 18
5th BOX HILL ATHLETIC 10:06.74
1) Atkin, Liselle 2) Mabior, Ajok
3) Dyer, Chelsea 4) Carrig, Amy

Men 4x100 metres Relay Under 18
7th BOX HILL 46.06 (heat) 46.09 (final)
1) Schneider, Danny 2) Potter, William
3) Cross, Braeden 4) Cornelius, Tom

Men 4x200 metres Relay Under 18

4th BOX HILL ATHLETIC 1:35.14 (heat) 1:35.19 (final)

- 1) Schneider, Danny
- 2) Potter, William
- 3) Cross, Braeden
- 4) Cornelius, Tom

Men 4x400 metres Relay Under 18

4th BOX HILL 3:35.59

- 1) Potter, William
- 2) Snibson, James
- 3) Cross, Braeden
- 4) Schneider, Danny

Men 4x800 metres Relay Under 18

4th BOX HILL ATHLETIC 8:23.63

- 1) Schneider, Danny
- 2) Potter, William
- 3) Dowel, Michael
- 4) Martin-Alcaide, Kyle