

## **Box Hill Athletic Club Summer News 22**

**Monday 2 March 2009**

### **UPCOMING EVENTS**

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

### **SEE STEVE HOOKER TONIGHT! VERY LIMITED NUMBER OF SEATS AVAILABLE**

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:

Blake Lucas 0405 434 571 / [blake\\_lucas@hotmail.com](mailto:blake_lucas@hotmail.com) or

Adam Pepper 0402 083 469 or reply to this email.

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

Steve had another win when he cleared 5.95m in the Sydney track classic on Saturday. Blake Lucas finished 3rd in that competition with a height of 5.30m PB, which equals Steve Hooker's Victorian and Box Hill under 20 club record. In the women's event Melanie Adams finished 4th with a height of 3.80m

### **MASTERS GAMES**

Box Hill athletes have had more success in the Australian Masters Games in Geelong. Col Pocklington won gold in both the 100m and the 200m in the 50-54 division, Dave Featherston won gold in the pentathlon in the 30-34 age group, Talitha Crawford picked up a second gold medal, this time in the 400m in the 35-39 competition and David Ayers won a second bronze medal in the 45-49 years 1500m and evergreen Robin Barclay easily won the 70-74 years pole vault competition.

### **RELAY TEAMS**

Box Hill had some good results at the state open and under 20 relay championships on the weekend. Congratulations to all athletes who contributed to the clubs 9 state relay medals and other fine results.

Men Open 4x 100

Andrew Haddow, James Filshie, Cameron Sherry, Rhett Medford: 2nd

Men Open 4x 200:

Andrew Haddow, Cameron Baker, Cameron Sherry, Rhett Medford: 2nd

Men Open 4x 400:

Marcus Johnson, Otmane Tirhazouine, Andrew Nagle, Imran Zeed: 5th

Men Open 4x 800:

Andrew Nagle, Otmane Tirhazouine, Matt Coloe, Bouchaib Chefnaoui: 1st

Men Open 4x 1500:

Matt Coloe, Andrew White, Daniel Clark, Steve Dinneen: 1st

Women Open 4x800:

Ollie Turnbull, Kate Ackland, Coreena Cleland, Talitha Crawford: 1st

Women Open 4x 1500:

Talitha Crawford, Coreena Cleland, Rachel Johnson, Kate Ackland: 2nd

Women Under 20 4x 100:

Katherine Brock, Katherine Houston, Breanne Cross, Bridget Aughton: 3rd

Women Under 20 4x 200:

Kim Poon Hornett, Breanne Cross, Ollie Turnbull, Anna Carrig: 2nd

Women Under 20 4x 400:

Breanne Cross, Ollie Turnbull, Emily De Luca, Bridget Aughton: 2nd

## **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.

## **VICTORIAN CHAMPIONSHIPS**

Congratulations to all Box Hill athletes who competed in the state youth championships on the weekend. Special mention to our medalists, Kyle Martin-Alcaide, Rebecca Marchant, Brodie Cross, Tim Papas, Paris McCathrion, Alexandra Pocklington, Tom Cornelius and Amy Carrig

Results:

Men 200 Meter Sprint Under 18

Cornelius, Tom 23.35(h) 23.28(f): Bronze Medal

Men 400 Meter Hurdles Under 18

Cornelius, Tom 58.10(h) 55.74(f) Bronze Medal

Men Long Jump Under 18

Cornelius, Tom 92 6.14m(q) 6.50m(f): Silver Medal

Men Pole Vault Under 18

Papas, Tim 4.20m: Gold Medal

Men 400 Meter Run Under 18

Schneider, Danny 53.63

Coughlin, Andrew 52.69

Men 800 Meter Run Under 18

Snibson, James 2:05.79

Men 3000 Meter Run Under 18

Aloisio, Anthony 9:05.26

Potter, William 9:18.88

Men 2000 Meter Steeplechase Under 18

Potter, William 6:32.71

Men 3000 Meter Run Under 16

Martin-Alcaide, Kyle 8:59.63: Gold Medal

Men 800 Meter Run Under 16

Martin-Alcaide, Kyle 2:03.03: Silver Medal

Men Pole Vault Under 16

Cross, Brodie 3.80m: Gold Medal

Men 1500 Meter Run Under 14

Dyer, Mitchell 4:42.32

Men 1500 Meter Race Walk Under 14

Dyer, Mitchell 8:15.00

Women 200 Meter Sprint Under 18

Carrig, Anna 27.04(h) 27.77(f)

Women 400 Meter Run Under 18

Carrig, Anna 62.84

Women 800 Meter Run Under 18

Carrig, Amy 2:25.04(h) 2:18.06(f): Bronze Medal

Women 1500 Meter Run Under 18

Carrig, Amy 4:52.08

Atkin, Liselle 5:13.52

Women Pole Vault Under 18

Marchant, Rebecca 3.40m: Gold Medal

Pocklington, Alex 3.40m: Silver Medal

Women Triple Jump Under 18

Marchant, Rebecca 12.18m : Silver Medal

Women High Jump Under 18

Budden, Tessa 1.50m

Women Discus Throw Under 18

Dyer, Chelsea 35.13m

Women Javelin Throw Under 18

Dyer, Chelsea 35.91m

Women Shot Put Under 18

Dyer, Chelsea 9.97m

Women Pole Vault Under 16

McCathrion, Paris 95 BOH 3.20m: Gold Medal

Apologies if we missed anybody's results.

## **CROSS COUNTRY IS COMING!**

As the track season is drawing to a close for some and building to a climax for others, it is time to remind all distance runners that the 2009 winter road and cross country season starts on April 18. So if you are not in shape to run those long distances it is time to get out there on the roads! After winning the men's division 1 premiership last year and getting our second team up to division 2 we are aiming

for another successful year, with even bigger numbers and more women and juniors competing this winter. More details of the winter season to come in the following weeks.