

Box Hill Athletic Club Summer News 23
Tuesday 10 March 2009

UPCOMING EVENTS

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
March 28-29 Victorian Masters Championships	Box Hill
April 3-5 Australian U20 & U23 Champs	Adelaide
Sunday, April 5 National Club Championships	Adelaide

STATE MULTI-EVENT CHAMPIONSHIPS

Last week among all the state championships results we missed out several Box Hill athletes who performed well in the multi-event championships. Dora Spathis successfully defended her open Heptathlon title, while Russell Clowes finished 7th in his first decathlon and Jesse Spry picked up a bronze medal in the under 20 decathlon championships.

DID YOU LOSE AN IPOD?

An ipod was found at the track 2 weeks ago, let us know if it is yours!

POLE VAULTERS IN TOP FORM

Congratulations to Blake Lucas who broke Steve Hooker's Victorian under 20 pole vault record at Melbourne university last week with a jump of 5.40m. Joel Pocklington also achieved a PB with a clearance at 5.30m. Rebecca Marchant cleared 3.70m to break the state under 16 record and Paris McCathrion broke her own under 14 state record with a height of 3.41m. At the other end of the age scale, Rob Barclay vaulted over 2.81m to set an Australian record for athletes over 70 years. Other results: Cam Sherry 4.60m, Brodie Cross 4.20m, Tim Papas 4.20m, Melanie Adams 3.70m, Breanne Cross 3.21m

OTHER RESULTS

In other results, Steve Dinneen ran a PB 14:12.6 in the 5000m at the Melbourne Grand Prix event at Olympic Park last week. At the Peter Norman Classic at Aberfeldie, Cam Sherry finished 4th in the state 100 yards championships (10.45) and then ran 22.94 in the 200m. Mo Zeed won the hurdles in 14.85 into a headwind while Rebecca Marchant jumped 12.12m in the triple jump to finish 2nd and Chelsea Dyer was third in the javelin with a throw of 40.75m

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.

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.

