

Box Hill Athletic Club Summer News 24
Monday 16 March 2009

UPCOMING EVENTS

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

SPECIALIST MEETS

Last Thursday there was competition at Olympic Park, with the Victorian miler's Club, the AV throwers and the High Velocity Club all organising events, while the Rare Air Club held their competition at Box Hill on Saturday. The highlights were another Victorian under 14 and under 15 record by Paris McCathrion, who cleared 3.50m in the pole vault and an under 16 club record of 1:58.39 by Andrew Coghlin in the 800m. It was also good to see Sarah Hewitt returned from overseas and competing in the discus.

Results:

Discus:	Sarah Hewitt	33.77m
400m H:	Imran Zeed	57.96
100m:	Bronwyn Sudholz	12.1(h) 12.85(f)
100m:	Natalia Kremenchutskaya	13.1
100m:	Tom Cornelius	11.56
100m:	Cameron Baker	11.86
100m:	Andrew Haddow	
Triple Jump:	Natalia Kremenchutskaya	11.03m
Long Jump:	Tom Cornelius	5.81m
800m:	Andrew Coghlin	1:58.39
800m:	Andrew Nagle	2:00.15
800m:	William Potter	2:02.22
800m:	Russell Clowes	2:04.17
800m:	Olivia Turnbull	2:16.71
800m:	Coreena Cleland	2:21.72
800m:	Bouchaib Chefnaoui	1:54.56
1500m:	Steve Dinneen	3:51.07
1500m:	Matt Coloe	3:51.75
1500m:	Mitchell Dyer	4:44.51
1500m:	Amy Carrig	4:47.28

DID YOU LOSE AN IPOD?

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

POSITION VACANT - NEWSLETTER EDITOR

Are there any budding journalists out there? The club is seeking a newsletter editor to produce our newsletter to assist in communicating with members. No experience is necessary and we can teach you any skills required including the publishing to our web site (great skills to include on the resume!) Please contact Colin Organ (colin.organ@aanet.com.au) if you are interested in helping out.

CHOCOLATES

If you still have money from the chocolate drive please return it to the club via any committee member asap.

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. Our teams are shaping up well and we are hoping for some good results in Adelaide.

CROSS COUNTRY IS COMING!

The cross country season will commence with the cross country relays at Jells Park on April 18. This will be followed by the club 5k handicap and BBQ on Saturday, May 2. Keep these dates in mind. If you wish to run at Jells Park you must be registered for the 2009-2010 season on or before the day of the competition.

GOOD LUCK IN THE NATIONALS!

Good luck to all the athletes who are competing in the national championships in Brisbane this weekend. Let's hope that Box Hill can come home with some medals and some PB performances.