

Summer News 02

A GREAT START TO THE SEASON

It was a warm and windy day at Box Hill for the start of the 2005/06 track season last Saturday. We had a big crowd of athletes and some outstanding performances.

Dave Featherston competed in 6 events for the day!

100m, 11.3
400m, 52.7
Shot Put, 10.17m
Discus, 33.47
Hammer, 32.34m
Triple Jump, 11.07

Some of the other best performances are listed below.

MEN

Rhett Medford	100m	10.4
Tim Williams	400m	48.8
Tim Cherry	400m	50.0
Mohamad Zeed	100m H	14.4
Daniel Clark	1500m	4:04.1
Simon Watson	3000 Steeple	10:03.7
Brett Nuske	Triple Jump	13.85m

UNDER 18

Joshua Ross	100m	10.8
Chris Hamer	1500m	4:03.7
Andrew Hogan	100m	11.5
	400m	50.5
	High Jump	1.85m

UNDER 16

Brendan Booth	100m	11.6
Tim Maginn	Triple Jump	11.16m

WOMEN

B. Egan	100m	12.4
Simone Carre	100m	12.6
Rachel Johnson	1500m	5:09.6
Rosie Ditton	Pole Vault	3.85m

UNDER 18

Morgan Deane	100m	12.6
Sarah Cant	400m	60.9
Hayley Tomlinson	1500m	4:38.8
Coreena Cleland	1500m	5:14.6
Mel Adams	Shot Put	9.29m
	Pole Vault	3.50m

UNDER 16

Natalia Kremenchutskaya	100m	13.0
	Triple Jump	10.59m
	High Jump	1.55m
	Shot Put	8.43m

Yiota Carabourniotas	100m	13.9
	Shot Put	6.54m
	Discus	17.32m

CONGRATULATIONS

Congratulations to club member Andrew Letherby who recently ran 8th in the prestigious Berlin marathon in a personal best time of 2:11:42. This performance should see Andrew selected in the Commonwealth Games and give him a chance to repeat his medal winning performance from the last Games.

Congratulations also to John Meagher, despite some bike trouble, finished 2nd in his age group in the world duathlon championships, held recently in Newcastle.

Also performing well has been Marty Duke who travelled to Singapore and won the Singapore championships over both the 200m and 400m distances.

Box Hill also had some good performances at the Uni Games notably James Filshie who won the pole vault with a leap of 4.80m and new club member Stephane Shepherd who produced a PB of 13.26m in the shot put.

VICTORIAN MILER'S CLUB

The Victorian Miler's Club has been formed to promote middle distance running in this state. Their first event will be held at Box Hill on Thursday, October 27th .

This will consist of a large number of 1500 metres races catering for men and women of all ages and levels of performance, but you must enter by October 24. Look out for more details, coming soon or email: victorianmilersclub@hotmail.com

ALL COMER'S MEETS

In January and February there will be number of "All Comers" meets at various venues. The club could win prizes valued at \$7000 and our chance of winning depends on the number of athletes that compete. So mark these events down in your diary! More details will be available soon, or check the Athletics Victoria website.

UPCOMING EVENTS

Next weekend there will not be any competition at Box Hill due to the state All Schools Championships to be held at Olympic Park. Good Luck to all our members who will be competing at the all schools.

Shield competition continues at Box Hill on the following Saturday, October 15.

SETTING UP

Before competition at Box Hill there is a lot of setting to be done, tables, chairs and equipment to be moved. The same applies after competition is complete. Please help out if you can, by arriving a bit early or staying around after the completion of the program. It is not a difficult job if we get enough members to help!