

Box Hill Athletic Club Summer News 17

SUCCESS FOR BOX HILL AT THE REGION FINALS

Box Hill had a successful day at the Eastern Region Shield finals last Saturday, winning three region premierships.

Box Hill were premiers in the Men's Division 1 and the Men's Division 2 and also in the Women's Division 1.

We also finished a close second in the Men's Under 18s and the Women's Under 16s.

All five of these teams no progress to the Association finals at Doncaster on Australia Day, Thursday, January 26.

THURSDAY, JANUARY 19

This Thursday is the date for the second All Comer's meet.

The events have been split between 3 venues:

Reischiek's Reserve, Doncaster: 60m, 100m, 200m, sprint hurdles, long jump, shot put, discus.

Moonee Valley Athletics Centre, Aberfeldie: 1500m, 3000/5000m, steeple, walk, pole vault, hammer.

Ballam Park, Frankston: 400m, 800m, long hurdles, medley relay, high jump, triple jump, javelin.

See pages 85-87 of the summer handbook for more details.

FRIDAY, JANUARY 20 – SUNDAY, JANUARY 22

The state under age championships will be held at Olympic Park this weekend.

Best of luck to all athletes competing this weekend.

THURSDAY, JANUARY 26

The Association Finals will be held at Reischiek's Reserve, Doncaster on Australia Day. Let's hope that we have full strength teams available to compete on this day. If you are not competing come along and support our teams.

The program is on page 56 of the summer handbook.

TUESDAY, JANUARY 31

Entries close for the Victorian open age championships on Tuesday, January 31st. This is a once in a lifetime opportunity to compete at the MCG on the Commonwealth Games track and all eligible athletes are encouraged to enter.

The Championships will be held on February 17-19.

FRIDAY, FEBRUARY 3 – SUNDAY, FEBRUARY 5

Good luck to all athletes who will be competing at the Commonwealth Games trials in Sydney on February 3, 4 and 5. Hopefully the club will have a number of athletes in the Commonwealth Games team.

SATURDAY, FEBRUARY 4

All Comer's Meet number 3 will be held at Glenhuntly, Williamstown and Knox on Saturday, February 4.

SATURDAY, FEBRUARY 11

All Comer's Meet number 4 will be held at Olympic Park on Saturday, February 11

CONGRATULATIONS

Congratulations to Steve Hooker who cleared a sensational 5.80m in the pole vault at Box Hill last Saturday. This height is just 7cm below his state record and 15cm above the “A” qualifying height for the Commonwealth Games.

Congratulations also to our female pole vaulters, Jacinta Lynn and Rosie Ditton both cleared 4.10m which is a “B” qualifying height for the Commonwealth Games.

REGION FINALS RESULTS

| Event | Division | Fullname | Performance |
|-------|----------|---------------------------|-------------|
| F100 | F14 | Mahoney, Charlotte | 15.3 |
| F1500 | F14 | Mahoney, Charlotte | 6:11.5 |
| F400 | F14 | Mahoney, Charlotte | 73.4 |
| F100 | F16 | Chan, Jennifer | 13.4 |
| F100 | F16 | De Luca, Emily | 14.3 |
| F100 | F16 | Craven, Emma | 14.4 |
| F100 | F16 | Light, Bianca | 14.5 |
| F1500 | F16 | Hodgkinson, Harriet | 5:06.9 |
| F400 | F16 | De Luca, Emily | 65.2 |
| F400 | F16 | Hodgkinson, Harriet | 66.7 |
| F400 | F16 | Craven, Emma | 72.8 |
| FDT | F16 | Kremenchutskaya, Natalia | 24.68 |
| FDT | F16 | Carabourniotis, Panayiota | 21.01 |
| FHJ | F16 | Kremenchutskaya, Natalia | 1.50 |
| FHJ | F16 | Carabourniotis, Panayiota | 1.35 |
| FJT | F16 | Carabourniotis, Panayiota | 22.61 |
| FPV | F16 | Chan, Jennifer | 3.30 |
| FSP | F16 | Kremenchutskaya, Natalia | 8.44 |
| FSP | F16 | Carabourniotis, Panayiota | 6.52 |
| FTJ | F16 | Kremenchutskaya, Natalia | 10.86 |
| F100 | F18 | Paterson, Lucy | 15.2 |
| F1500 | F18 | Paterson, Lucy | 6:12.1 |
| F1500 | F18 | Tomlinson, Hayley | 4:51.5 |
| F1500 | F18 | Wall, Katherine | 5:07.1 |
| FHJ | F18 | Kirby, Veronica | 1.70 |
| FSP | F18 | Adams, Melanie | 8.80 |
| F100 | FOP1 | Carre, Simone | 12.4 |
| F100 | FOP1 | Lynn, Jacinta | 13 |
| F100 | FOP1 | Buchanan, Fiona | 13.4 |
| F100H | FOP1 | Lee, Vivienne | 17.4 |
| F100R | FOP1 | Relay | 54.3 |
| F1500 | FOP1 | Riordan, Heidi | 4:49.1 |
| F1500 | FOP1 | Johnson, Rachael | 5:00.9 |
| F400 | FOP1 | Lee, Vivienne | 62.9 |
| F400 | FOP1 | Hopkins, Kristine | 63.1 |
| FDT | FOP1 | Burns, Lauren | 39.30 |
| FDT | FOP1 | Hewitt, Sarah | 32.76 |
| FHJ | FOP1 | Carre, Simone | 1.65 |
| FHJ | FOP1 | Burns, Lauren | 1.45 |
| FJT | FOP1 | Burns, Lauren | 34.6 |
| FJT | FOP1 | Hartigan, Dawn | 33.02 |
| FPV | FOP1 | Ditton, Rosanna | 4.10 |
| FPV | FOP1 | Lynn, Jacinta | 4.10 |
| FSP | FOP1 | Hewitt, Sarah | 9.42 |
| FSP | FOP1 | Burns, Lauren | 9.35 |
| FTJ | FOP1 | Burns, Lauren | 11.15 |

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|--------|------|-----------------------|---------|
| M100 | M18 | Hogan, Andrew | 11.3 |
| M100 | M18 | Haddow, Andrew | 11.4 |
| M100 | M18 | Arunasalam, Navin | 11.6 |
| M100R | M18 | Relay | 44.5 |
| M110H | M18 | Pocklington, Dion | 16.1 |
| M1500 | M18 | Coloe, Matthew | 04:04.1 |
| M1500 | M18 | Kelly, Stephen | 04:06.2 |
| M1500 | M18 | Arunasalam, Ruben | 04:23.3 |
| M400 | M18 | Arunasalam, Navin | 50.2 |
| M400 | M18 | Hogan, Andrew | 51.8 |
| M400 | M18 | Arunasalam, Ruben | 52.4 |
| MDT | M18 | Pocklington, Dion | 23.44 |
| MHJ | M18 | Hogan, Andrew | 1.75 |
| MHJ | M18 | Goodwin, Mitchell | 1.7 |
| MJT | M18 | Barmanray, Rahul | 19.74 |
| MJT | M18 | Pocklington, Dion | 36.49 |
| MPV | M18 | Pocklington, Dion | 3.9 |
| MTJ | M18 | Barmanray, Rahul | NJ |
| MTJ | M18 | Pocklington, Dion | 11.19 |
| | | | |
| M100 | MOP1 | Medford, Rhett | 10.6 |
| M100 | MOP1 | Featherston, David | 11.3 |
| M100 | MOP1 | Sherry, Cameron | 11.3 |
| M100R | MOP1 | Relay | 42.6 |
| M110H | MOP1 | Pocklington, Joel | 17.0 |
| M1500 | MOP1 | White, Andrew | 3:56.4 |
| M1500 | MOP1 | Clark, Daniel | 3:58.2 |
| M1500 | MOP1 | Craigie, Kevin | 4:03.3 |
| M3000S | MOP1 | White, Andrew | 9:46.3 |
| M3000S | MOP1 | Olden, Graeme | 10:29.5 |
| M3000W | MOP1 | Evans, Simon | 14:19.7 |
| M400 | MOP1 | Medford, Rhett | 49.0 |
| M400 | MOP1 | Featherston, David | 52.3 |
| M400 | MOP1 | Wilcox, Andrew | 53.8 |
| MDT | MOP1 | Shepherd, Stephan | 38.35 |
| MDT | MOP1 | Rutty, Christopher | 34.75 |
| MHJ | MOP1 | Peavey, John | 1.90 |
| MHJ | MOP1 | Oostveen, Theodorus | 1.80 |
| MJT | MOP1 | Watson, Simon | 37.08 |
| MJT | MOP1 | Perera, Amila | 60.61 |
| MPV | MOP1 | Hooker, Steven | 5.80 |
| MPV | MOP1 | Pocklington, Joel | 5.10 |
| MSP | MOP1 | Shepherd, Stephan | 13.26 |
| MSP | MOP1 | Rutty, Christopher | 11.72 |
| MTJ | MOP1 | Hodges, Grant | 12.45 |
| MTJ | MOP1 | Nuske, Brett | 12.42 |
| | | | |
| M100 | MOP2 | Nuske, Brett | 11.4 |
| M100 | MOP2 | Zeed, Imran | 11.5 |
| M100 | MOP2 | Oostveen, Theodorus | 11.7 |
| M100R | MOP2 | Relay | 47.8 |
| M110H | MOP2 | Oostveen, Theodorus | 15.8 |
| M110H | MOP2 | Zeed, Imran | 17.0 |
| M1500 | MOP2 | Ayers, David | 4:18.8 |
| M1500 | MOP2 | Jimenez, David | 4:20.9 |
| M1500 | MOP2 | O'connor, Christopher | 4:27.2 |
| M3000S | MOP2 | Pepper, Adam | 12:04.3 |
| M3000W | MOP2 | Summers, Harry | 19:26.0 |
| M3000W | MOP2 | Olden, Graeme | 16:50.1 |

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|------|------|------------------------|-------|
| M400 | MOP2 | Gray, John | 52.5 |
| M400 | MOP2 | Miller, Leigh | 52.8 |
| M400 | MOP2 | Farmer, Jack | 53.2 |
| MDT | MOP2 | Nuske, Brett | 24.87 |
| MDT | MOP2 | Watson, Simon | 30.97 |
| MHJ | MOP2 | Goodwin, David | 1.60 |
| MHJ | MOP2 | Nuske, Brett | 1.60 |
| MJT | MOP2 | Baker, Cameron | 38.69 |
| MJT | MOP2 | Nuske, Brett | 33.80 |
| MSP | MOP2 | De Greenlaw, Alexander | 8.80 |
| MTJ | MOP2 | Featherston, David | 11.86 |