

## **Box Hill Athletic Club Summer News 20**

### NO NEWS YET ON ASSOCIATION FINALS

As yet the club has not been informed as to when, or if, the Association Finals that were cancelled on Australia Day, will be held.

Will we inform people as soon as possible.

### UPCOMING EVENTS

#### THURSDAY, FEBRUARY 2

There will be two 3000m/5000m races held at Box Hill this Thursday evening.

The “slow” race will start at 7:30pm and the “fast” race at 8:00pm.

These will be combined 3000m/5000m races with runners being given a 3000m time and then those who wish to continue will be timed for the full 5000m.

\$5 entry fee on the night will be used for prize money.

#### SATURDAY, FEBRUARY 4

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

Knox (Knox Athletic Track, Scoresby): 100m, 200m, sprint hurdles, long jump, shot put, discus, pole vault. Events start at 6:00pm

Glenhuntly (Duncan Mackinnon Reserve, Murumbeena): 400m, 800m, long hurdles, walk, long jump, pole vault, hammer. Events start at 1:30pm

Williamstown (Newport Park Athletics Facility): 1500m, 3000m, 5000m steeplechase, high jump, triple jump, javelin. Events start at 1:00pm

#### 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 11

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

#### FRIDAY, FEBRUARY 17 – SUNDAY, FEBRUARY 19

Victorian open age championships at the MCG from February 17 to February 19

#### SATURDAY, FEBRUARY 25

All Comer’s Meet number 5 will be held at Llanberris Reserve, Ballarat on Saturday, February 25

#### SATURDAY, MARCH 4

All Comer’s Meet number 6 will be held at Box Hill, Coburg and Ringwood on Saturday, March 4. This is the last of the All Comer’s Meets for the year.

## GREAT RESULTS BY BOX HILL ATHLETES IN TELSTRA A-SERIES

There were some great results by Box Hill athletes in the first of the Telstra A-Series meets in Canberra last weekend.

Jacinta Lynn jumped the same height as the 3<sup>rd</sup> placegetter to record a PB and her second Commonwealth Games B-qualifier with a height of 4.20m in the pole vault. Rosie Ditton cleared 4:00m in the same competition.

Tim Williams made the final of the strongest 100m race seen in Australia for many years, running 10.40 in the heat and 10.50 into a strong headwind in the final. Lane Harrison ran a fast 10.55 to just miss the final.

Mohamad Zeed ran 14.45 in the 110m hurdles.

Steve Hooker jumped the same height as the winner in the pole vault (5.35m) while James Filshie finished 4<sup>th</sup> with 5.05m

## CONGRATULATIONS

Congratulations to 17 year old Chris Hamer who ran a great third in the Australia Day fun run at Docklands. It is good to see Chris running well after missing most of the track season with injury.