

Box Hill Athletic Club Summer News 23

FRIDAY, FEBRUARY 17 – SUNDAY, FEBRUARY 19

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

Good luck to all athletes competing at the MCG this weekend. For those not competing it is an opportunity to see some great athletics at the in the world famous stadium before the Commonwealth Games.

The Championships will include the Athletics Australia Invitational Meet on Saturday night.

Friday - Session 1: 12.30pm-5.50pm; Session 2: 7.00pm - 11.00pm

Saturday - Session 1: 10.30am-4.00pm

Sunday - Session 1: 10.30am-5.30pm

Athletics Australia Invitational

Saturday: 6.30pm- 10.00pm

Ticket Prices - Tickets available at Gate 2

Friday & Sunday - Adult \$10, Child \$5 (Under 16)

Saturday - Adult \$15, Child \$5

Three Day Pass \$20

Children under six free

MCC members admitted free with their members' ticket.

Athletics Victoria registered coaches wishing to attend this weekend's Championships at the MCG can pick up a complimentary ticket from the 'Check In Tent' at Olympic Park from Friday 17 February onwards. Check In is the white marquee at the end of the 100m straight at Olympic Park.

Athletes can confirm their entry at the Olympic Park Check In Tent at any time from Friday onwards and collect their pass for MCG entry.

Your entry pass will be valid for every day of competition you must hang onto it as it is a 3 day pass.

Note that there will be no lists at the MCG gates.

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.

SATURDAY, MARCH 11

Association Finals at Knox.

We need every available athlete competing at Knox. If you have not already done so, please contact your team manager (or by return email) about your availability for this day.

Box Hill has teams in men's division 1, division 2 and under 18 and in women's division 1 and under 16.

Note that this will be the Labour Day long weekend.

SUNDAY MARCH 19 - SATURDAY, MARCH 25

Track and field at the Commonwealth Games

FRIDAY, MARCH 31 – SUNDAY, APRIL 2

Australian U20 and U23 Championships, Mile End, South Australia

SUNDAY, APRIL 2

Australian club championships, Mile End, South Australia

Although very late in the season, we are hoping to have a strong team traveling to Adelaide to help us defend our national club championship.

SUNDAY, APRIL 9: “RUN FOR THE KIDS” WINTER SEASON OPENS!

The winter season starts early this year, with the Herald-Sun/City Link “Run for the Kids” being incorporated into the winter season calendar, replacing the 15k race usually held at Albert Park..

This is a run of 14.7km travels over the Bolte bridge, through the Burnley tunnel and up through the city to finish at royal Park.

There is a shorter event for junior athletes.

RESULTS FROM ALL COMER’S MEET 4

There were many Box Hill athletes competing at Olympic Park last Saturday. Navin Arunasalam was again outstanding running a PB in the 800m. Corwin Pusch looked strong in winning the 400m, Veronica Kirby again jumped well in the high jump and Barry Lynch ran a great last lap in his first serious !1500m after a major injury last year.

Women 100 Meter Sprint

Tulloch, Jane	13.14
Caruso, Chloe	13.56
Tilley, Leana	13.70
Carabourniotis, Panayiot	14.34

Women 400 Meter Sprint

Tulloch, Jane	60.32
De Luca, Emily	63.30

Women 800 Meter Run

Connell, Georgina	2:15.82
Wall, Katherine	2:22.73
Conley, Margie	2:36.75
Putt, Kerry	2:46.81

Women 1500 Meter Run

Hodgkinson, Harriet	5:10.97
Harper, Amanda	5:18.63

Women 3000 Meter Run <11:00

Johnson, Rachael	10:35.95
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Women 100 Meter Hurdles 84.0cm

Tilley, Leana	16.85
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Women High Jump

Kirby, Veronica 1.76m

Carabourniotis, Panayiot 1.40m

Women Pole Vault

Hartigan, Dawn 3.30m

Adams, Melanie 3.30m

Women Triple Jump 9.00m+

Turnball, Hannah 10.11m

Women Javelin Throw

Carabourniotis, Panayiot 21.65m

Men 100 Meter Sprint

Ross, Joshua 11.51

Haddow, Andrew 11.53

Deoki, Nico 11.75

Booth, Brendan 12.02

Pocklington, Colin 12.31

Kafrouni, Elvis 12.48

Brock, Christopher 13.55

Nagle, Cameron 13.63

Men 400 Meter Sprint

Pusch, Corwin 48.52

Hartshorne, Trent 50.77

Booth, Brendan 53.69

Kafrouni, Elvis 53.71

Dahia, Mishan 55.88

Nagle, Cameron 62.82

Men 800 Meter Run

Arunasalam, Navin 1:52.93

Coloe, Matthew 1:56.20

Clark, Daniel 1:56.22

Wall, Chris 1:57.40

Arunasalam, Ruben 2:00.76

Chiodo, Paul 2:02.11

Aspinall, Lachlan 2:03.52

Ayers, David 2:04.00

Diorettes, Alex 2:05.62

Oughtred, Patrick 2:08.02

Nuske, Brett 2:20.20

Gardner, Neville 2:52.56

Men 1500 Meter Run

Lynch, Barry 3:57.02

Men 3000 Meter Run

Craigie, Alan 8:42.04

Boxshall, Paul 8:54.25

O'Connor, Chris 9:38.40

Rancie, Richard 12:08.29

Men 100 Meter Hurdles 84.0cm

Brock, Christopher 17.49

Men 110 Meter Hurdles 99.1cm

Oostveen, Theo 16.13

Men 110 Meter Hurdles 106.7cm

Zeed, Mohamad 15.01

Men 400 Meter Hurdles 91.0cm

Featherston, David 56.47

Men Long Jump 5.40m+

Nuske, Brett 6.56m

Hodges, Grant 6.39m

Men Triple Jump

Brock, Christopher 10.38m

Men Hammer Throw 7.26k

Scherma, Sam 42.21m

Men Javelin Throw 800g

Featherston, David 44.55m

Nuske, Brett 41.79m

Mixed 5000 Meter Race Walk

Evans, Simon 25.36