

Box Hill Athletic Club Summer News 25

THURSDAY, MARCH 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.

As these races are now part of the All Comer’s Meet, there is a \$2 entry fee on the night (\$5 for non-AV members).

Note also that there is a school sports at the track which may not finish until about 6:30pm, so people training may not get full access to the track before 6:30 or after 7:30pm.

SATURDAY, MARCH 4

All Comer’s Meet number 6 will be held at Box Hill, Coburg and Ringwood on this Saturday, March 4. This is the last of the All Comer’s Meets for the year and great opportunity to prepare for the Association Finals at Knox the following week.

ASSISTANCE NEEDED!

We require some volunteers to help out on Saturday with collecting money and coordinating entries, so if anyone is available your help will be very much appreciated. Please speak to Graeme Olden or Chris O’Connor if you can help out, or reply via email.

Note that there are some changes to the program that was listed in the Summer Competition Handbook.

Box Hill Program:

TRACK

1:00pm	5000m walk
1:30pm	2000m walk
1:50pm	1500m women
2:10pm	1500m men
2:45pm	3000m/2000m steeplechase (high steeples)
3:00pm	3000m/2000m steeplechase (low steeples)
3:20pm	5000m
3:45pm	3000m

FIELD

12:00pm	Hammer senior men
12:30pm	Hammer senior women
12:45pm	Hammer juniors
1:00pm	Pole vault (3.80+ women)
1:30pm	Pole vault (4.80+ men)
2:30pm	Pole vault (3.00+)
3:30pm	Pole vault (1.80+)

COBURG will hold the 400m, 800m, 400mH, High Jump, Triple Jump and Javelin

RINGWOOD will host the 100m, 200m, sprint hurdles, Long Jump, Shot Put and Discus

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.

THURSDAY, MARCH 16

The final Milers Club event for the season will be held at Box Hill on Thursday, March 16. 800m events start at 7:00 and 1500m events at 7:20pm.

Note qualifying times of 2:00 for men and 2:20 for women apply for the 800m events.

Contact victorianmilersclub@hotmail.com for more details

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 THE VICTORIAN CHAMPIONSHIPS AT THE MCG

With between 80 and 90 Box Hill club members competing at the MCG on February 17, 18, 19 we might have missed some results, but congratulations to all those who competed and especially to our medal winners.

Men's 100m

Tim Williams	10.74		
Josh Ross	10.92	11.33	
Nico Deoki	11.27PB	11.66	
Adam Rabone	11.35	11.44	
Andrew Haddow	11.40		
Moses Levey	11.52		
Col Pocklington	11.71		
Brendan Booth	11.86		
Rahul Barmaray	11.87		

Men's 200m

Rhett Medford	21.40	21.58	21.40 Silver Medal
Josh Ross	22.74	22.75	
Andrew Haddow	22.85	23.34	

Rahul Barmaray	23.81
Col Pocklington	25.02
Peter Van Miltenberg	26.74

Men's 400m

Corwin Pusch	50.24	48.78	48.07PB	Silver Medal
Leigh Miller	53.03			
Trent Hartshorne	51.25			
John Gray	53.22			
Jack Farmer	53.25			
Brendan Booth	55.47			
David Cross	57.19			

Men's 800m

Navin Arunasalam	1:52.84PB	1:55.67		
Steve Dineen	1:56.46			
Tim Heron	1:59.00			
Trent Hartshorne	2:00.04			
Tim Renowden	2:00.15			
Alex De Greenlaw	1:58.93	1:58.06		
Pat Kelly	2:00.60	2:02.75		
Chris Wall	2:00.66	1:59.51		
Chris Kiddle	2:02.07			
Chris Papdakis	2:02.17			
Alex Dioretis	2:05.23			
David Ayers	2:05.24			
Matthew Taylor	2:06.12			
Patrick Oughtred	2:07.14			

Men's 1500m

Daniel Clark	3:55.53
Matt Coloe	3:58.23
Barry Lynch	3:59.24
Paul Chiodo	4:14.27
Warren Brooks	4:50.41

Men's 5000m

Andrew White	14:26.32	Bronze Medal
Chris Hamer	14:49.85	
John Meagher	15:08.07	
Steve Kelly	15:35.34	
Ruben Arunasalam	16:12.38	
Chris O'Connor	16:40.32	
Duayne Christou	16:44.97	

Men's 110m Hurdles

Mohamad Zeed	14.19	14.30	Gold Medal
David Featherston	15.79		

Men's 400m Hurdles

David Featherston	56.14
Andrew Hogan	57.42

3000m Steeplechase

Kynan Dawes	9:52.62		Bronze Medal
Paul Boxshall	9:49		
Graeme Olden	10:06.49		

Men's Hammer Throw

Chris Ruddy	46.49m	47.97m	
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Men's Long Jump

Grant Hodges	6.54m
Brett Nuske	6.27m
Aaron Lane	5.38m

Men's Triple Jump

Adam Rabone	14.20m	14.23m	Bronze Medal
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Men's High Jump

John Peavey	1.90m
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Men's Pole Vault

Steve Hooker	5.50m	Gold Medal
James Filshie	5.00m	Silver Medal
Joel Pocklington	5.00m	Bronze Medal
Cameron Sherry	4.20m	
Dion Pocklington	4.00m	
Cameron Baker	3.80m	

Men's 5000m walk

Simon Evans

Women's 100m

Jane Tulloch	12.82
Kate Ackland	13.36
Leana Tilley	13.45
Courtney Booth	13.91

Women's 200m

Morgan Deane	25.98	26.10
Jane Tulloch	26.54	

Women's 800m

Goerge Connell	2:18.53	2:14.25
Kate Wall	2:21.95	

Women's 100m Hurdles

Melanie Adams	15.87PB
Leana Tilley	16.72
Vivienne Lee	18.00

Women's 400m Hurdles

Vivienne Lee	1:11.91
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Women's 5000m

Rachel Johnson	18:42.86
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Jessica De Bruin	19:26.46
Amanda Harper	19:34.32

Women's Discus

Lauren Burns	41.09m
Sarah Hewitt	35.77m

Women's Triple Jump

Natalia Kremencutskaya	11.12m	11.27m
Hanah Turnbull	10.52m	
Lauren Burns	10.45m	

Women's High Jump

Veronica Kirby	1.66m	1.70m	Gold Medal
Melanie Adams	1.66m	1.65m	Bronze Medal

Women's Pole Vault (Finals results unavailable)

Wendy Young	3.80m	4.15m	Gold Medal
Rosie Ditton	3.80m	4.00m	Bronze Medal
Simone Carre	3.80m	4.00m	Bronze Medal
Jacinta Lynn	3.80m		
Fiona Buchanan	3.60m		
Jenna Jeffs	3.60m		
Melanie Adams	3.40m		
Jacqui Williams	3.40m		
Dawn Hartigan	3.20m		
Jennifer Chan	3.20m		

RESULTS FROM ALL COMER'S MEET NO.5 AT BALLARAT

A number of athletes travelled up to Ballarat last weekend to take part in the All Comer's meet. Congratulations to Veronica Kirby who won a prize for her outstanding performance in the high jump, to Steve Hooker who continues his build up to the Commonwealth Games with another 5.75m clearance in the pole vault and to Joel Pocklington who also performed particularly well in the pole vault.

Women High Jump

Kirby, Veronica	1.72m
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Women Pole Vault

Lynn, Jacinta	3.90m
Jeffs, Jenna	3.60m
Williams, Jacqui	3.60m
Buchanan, Fiona	3.60m
Chan, Jennifer	3.30m

Men 100 Meter

Ross, Joshua	11.19
Sherry, Cameron	11.32

Men 200 Meter

Ross, Joshua 22.2h

Men 1500 Meter Run

Nuske, Brett 5:04.15

Men Pole Vault 3.80+

Hooker, Steven 5.75m

Pocklington, Joel 5.20m

Filshie, James 4.70m

Men Shot Put 7.26k

Nuske, Brett 9.52m

Men Discus Throw 2.0k

Nuske, Brett 29.24m

Men Javelin Throw 800g

Perera, Amila 52.01m