

Box Hill Athletic Club Summer News 27

SUCCESS IN THE FINALS!

Congratulations to all those who took part in the Association Finals at Knox last Saturday. Box Hill won two premierships, with an overwhelming victory in the men's division 1 competition and an exciting close fought win by the under 16 girls.

We finished second to the strong Melbourne University team in the women's division 1, fourth in men's division 2 and sixth in the under 18s.

Thanks also to our team managers, Rob Falkenberg, Colin Goodwin, Cathy Tilley and Elissa Ward for their work through out the season.

Women Under 16

Box Hill Athletic Club	245.7
Athletics Waverley	226.4
Keilor St Bernards	221.0
Knox Athletic Club	185.0
Diamond Valley	0.0

Women Division 1

Melbourne University	346.0
Box Hill Athletic Club	265.0
Athletics Essendon	176.5
Knox Athletic Club	164.5
Glenhuntly Athletic Club	109.0
Eureka Athletic Club	0.0

Men Under 18

Knox Athletic Club	348.5
Doncaster	271.0
Athletics Waverley	222.5
Keilor St Bernards	191.0
Western Athletics	89.0
Box Hill Athletic Club	88.0

Men Division 1

Box Hill Athletic Club	392.0
Knox Athletic Club	180.0
Ringwood	163.0
Melbourne University	150.0
Athletics Essendon	116.0
Eureka Athletic Club	37.0

Men Division 2

Preston Athletic Club	413.2
St Kevins Athletic Club	384.6
Geelong Guild	312.0
Box Hill Athletic Club	309.6
Athletics Waverley	291.5
Coburg Harriers	128.0
Glenhuntly Athletic Club	83.0

INDIVIDUAL RESULTS

Womens 100 metres - F16

Chan, Jennifer	13.37
George, Ryleigh	13.46
Hyde, Alexandra	13.88

Womens 1500 Metres - F16

Hodgkinson, Harriet 5:06.9

Womens 1500 Metres Walk - F16

Raselli, Cassandra 7:19.0

Womens 400 Metres - F16

De Luca, Emily	62.41
Hodgkinson, Harriet	64.77

Womens 90 Metres Hurdles - F16

Chan, Jennifer	15.34
George, Ryleigh	16.03

Womens Discus - F16

Kremenchutskaya, Natalia	25.03
Carabourniotis, Panayiota	22.17

Womens High Jump - F16

Kremenchutskaya, Natalia	1.50
Carabourniotis, Panayiota	1.45

Womens Javelin - F16

Carabourniotis, Panayiota	21.96
Chan, Jennifer	18.95

Womens Pole Vault - F16

Chan, Jennifer 3.00

Womens Shot Put - F16

Kremenchutskaya, Natalia	8.30
Carabourniotis, Panayiota	7.01

Womens Triple Jump - F16

Kremenchutskaya, Natalia 11.22

Womens 100 Metres - Fop1

Deane, Morgan	13.01
Carre, Simone	13.18
Tilley, Leana	13.93

Womens 100 Metres Hurdles - Fop1

Tilley, Leana	17.460
Lee, Vivienne	17.525

Womens 1500 Metres - Fop1

Johnson, Rachael 4:52.7

Womens 400 Metres - Fop1
Hopkins, Kristine 62.39

Womens Discus - Fop1
Burns, Lauren 39.55
Hewitt, Sarah 32.31

Womens High Jump - Fop1
Burns, Lauren 1.45
Tilley, Leana 1.45

Womens Javelin - Fop1
Burns, Lauren 35.83
Hartigan, Dawn 31.10

Womens Pole Vault - Fop1
Ditton, Rosanna 4.05
Hartigan, Dawn 3.45

Womens Shot Put - Fop1
Hewitt, Sarah 9.85
Burns, Lauren 9.15

Womens Triple Jump - Fop1
Burns, Lauren 10.73

Mens 100 Metres - M18
Haddow, Andrew 11.47

Mens 1500 Metres - M18
Arunasalam, Ruben 4:18.4

Mens Discus - M18
Pocklington, Dion 27.84

Mens Javelin - M18
Pocklington, Dion 38.74

Mens Pole Vault - M18
Pocklington, Dion 3.00

Mens Triple Jump - M18
Pocklington, Dion 11.36

Mens 100 Metres - Mop1
Medford, Rhett 10.7
Zeed, Mohamad 11.4

Mens 100 Metres - Mop2
Featherston, David 11.57
Nicoll, Chris 11.67
Pulop (Levey), Moses 11.78

Mens 110 Metres Hurdles - Mop1
Zeed, Mohamad 15.92
Pocklington, Joel 19.29

Mens 110 Metres Hurdles - Mop2
Featherston, David 15.67
Oostveen, Theo 16.63

Mens 1500 Metres - Mop1
White, Andrew 3:54.8
Clark, Daniel 4:01.2
De Greenlaw, Alex 4:10.7

Mens 1500 Metres - Mop2
O'connor, Chris 4:24.5
Taylor, Matthew 4:35.8

Mens 3000 Metres Steeplechase - Mop1
White, Andrew 10:06.7
Olden, Graeme 10:38.5

Mens 3000 Metres Walk - Mop1
Evans, Simon 14:17.1

Mens 3000 Metres Walk - Mop2
Olden, Graeme 17:10.4
Summers, Harry 18:34.5

Mens 400 Metres - Mop1
Wall, Chris 51.69
Hartshorne, Trent 51.97
Featherston, David 53.24

Mens 400 Metres - Mop2
Miller, Leigh 53.02
Renowden, Tim 53.03
Ayers, David 56.52

Mens Discus - Mop1
Shepherd, Stephan 35.32
Featherston, David 31.58

Mens Discus - Mop2
Nuske, Brett 27.36
Watson, Simon 26.59

Mens High Jump - Mop1
Oostveen, Theo 1.70
Hodges, Grant 1.65

Mens High Jump - Mop2
Nuske, Brett 1.65
Featherston, David 1.65

Mens Javelin - Mop1
Perera, Amila 58.95
Watson, Simon 35.57

Mens Javelin - Mop2
Baker, Cameron 40.03

Mens Pole Vault - Mop1
Filshie, James 4.60
Pocklington, Joel

Mens Shot Put - Mop1
Shepherd, Stephan 12.28
Rutty, Chris 12.09

Mens Shot Put - Mop2
Nuske, Brett 10.14
De Greenlaw, Alex 8.92

Mens Triple Jump - Mop1
Hodges, Grant 12.73
Nuske, Brett 12.42

Mens Triple Jump - Mop2
Featherston, David 12.24

TUESDAY, MARCH 14

There will be a pole vault competition at Box Hill tonight, starting at 6:30pm.
Contact Mark Stewart (0419 514 521) if you require any details.

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.
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.

A number of athletes have confirmed that they will be available to compete in this competition. If you have not already done so, please contact Chris O'Connor or Graeme Olden (men) or Cathy Tilley (women) if you are able to compete for the club in Adelaide.

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 4.5km event for junior athletes.

All AV members who enter through the club will be given a priority start for what promises to be the biggest fun run in Melbourne for many years.

SATURDAY, APRIL 22: CLUB 5K HANDICAP

The annual club 5k handicap will be held on Saturday, April 22.

More details soon!

ATHLETE OF THE WEEK

Throughout the track season there has been an award for each week of shield competition for the Athlete of the week. Congratulations to all these athletes who have won the award.

	Senior	Junior
Week 1	David Ayers	Emily De Luca
Week 2	Rhett Medford	Brendan Booth
Week 3	Lauren Burns	Cassandra Raselli
Week 4	Heidi Riordan	Alicia Neylan
Week 5	Brett Nuske	Dion Pocklington
Week 6	Sam Sherma	Natalia Kremenchutskaya
Week 7	Elissa Ward	Yiota Carabourniotis
Week 8	Sarah Hewitt	Elvis Kafrouni
Week 9	Tim Williams	Heath Bachli