

Box Hill Athletic Club Summer News 29

BOX HILL SECOND IN NATIONAL CLUB CHAMPS!

With a slightly depleted team, Box Hill men still managed to finish second in the national club championships in Adelaide last weekend.

At the end of a long season punctuated by the Commonwealth Games and at the end of a big weekend of competition for many of our athletes a number of stirring performances brought box Hill to within a few points of victory.

Special mention to Andrew White who after winning the 5000m on Friday night and the 1500m on Sunday morning, easily won the 3000m club event.

Congratulations to Andrew Haddow, Mohamad Zeed, Chris Wall, Andrew White, Thoe Oostveen, Adam Rabone, David Featherston, Navin Arunasalam, John Peavey, Chris Ruddy, Ruben Arunasalam, Grant Hodges and Amila Perera who represented the club with distinction.

Unfortunately we were not able to field a full women's team with just eight athletes available.

Thanks to the girls, Natalia Kremenchutska, Kristine Hopkins, Kate Wall, Harriet Hodgkinson, Leana Tilley, Vivienne Lee, Veronica Kirby, Jennifer Chan who put in some great performances doubling up and tripling up to try to fill all the events.

Thanks also to Cameron Baker, Graeme Olden, Julie Milner and Cath Tilley for organising and supporting the teams.

NATIONAL UNDER 20 AND UNDER 23 CHAMPIONSHIPS.

Several Box Hill athletes won medals at the national under 20 and under 23 championships in Adelaide.

Andrew White won Gold in both the 5000m and 1500m (under 23), Joel Pocklington won the under 23 pole vault gold, Adam Rabone won silver in the triple jump, Amila Perera silver in the javelin and Mohamad Zeed silver in the 110m hurdles. Jacqui Williams won a bronze medal in the women's under 20 pole vault.

Men 5000 Metres Under 23

Andrew White, 14:37.20

Men 110 Metres Hurdles Under 23

Mohamad Zeed 14.67

Men Pole Vault Under 23

Joel Pocklington, 4.80m.

Men Triple Jump Under 23

Adam Rabone, 14.47m

Men 800 Metres Under 20

Navin Arunasalam, 1:54.89.

Men 110 Metres Hurdles Under 20

Theo Oostveen, 15.28.

Men Javelin Throw Under 23

Amila Perera, 53.91m.

Men 400 Metres Under 23

Corwin Pusch, 48.34.

Men 1500 Metres Under 23

Andrew White, 4:00.65.

Men 400 Metres Hurdles Under 23
Mohamad Zeed, 56.56.

Men 200 Metres Under 20
Joshua Ross, 22.17

Women Pole Vault Under 20
Jacqui Williams, 3.45m.

Women High Jump Under 20
Veronica Kirby, 1.76m

Women Triple Jump Under 20
Natalia Kremenchutskaya, 11.42m

Women 400m Hurdles
Vivienne Lee, 69.85

SUNDAY, APRIL 9: "RUN FOR THE KIDS" WINTER SEASON OPENS!
The winter season opens this Sunday with the Run for the Kids event.
Details will be sent out tomorrow in the Winter Bulletin!

SATURDAY, APRIL 22: CLUB 5K HANDICAP
The annual club 5k handicap will be held on Saturday, April 22.
All welcome to compete.

WINTER SEASON BULLETIN

This is the final club summer bulletin for the season.

If you do not receive the winter email bulletin this week and would like to keep in touch with the winter cross country and road race competition please reply by return email and you will be added to the winter competition email list.