

## **Box Hill Athletic Club Summer News 14**

### **YOUTH AND UNDER 23 CHAMPIONSHIPS AND OPEN RELAY CHAMPIONSHIPS THIS WEEKEND AT DONCASTER**

This weekend, February 3 and 4, the under 14, under 16, under 18 and under 23 state championships will be held in conjunction with the state open relay championships at Doncaster. The next round of shield competition will be held at Nunawading on Saturday, February 10.

### **UPCOMING EVENTS**

Tuesday, January 30 Milers Club Olympic Park  
(including state 1 mile and 100 yards championships)

Saturday, February 3 Vic Youth & U23 Champs Doncaster  
Saturday, February 3 Open & U20 Relay Champs Doncaster  
Sunday, February 4 Vic Youth & U23 Champs Doncaster  
Sunday, February 4 Open & U20 Relay Champs Doncaster

February 9 - 11 Aust U20 & U23 Champs Hobart  
Saturday, February 10 Shield Round 10 Nunawading  
Sunday, February 11 Aust Club Championships Hobart

Friday, February 16 Shield round 10/ Premier League Olympic Park  
Saturday, February 17 New Clubrooms Opening!

February 23-25 Victorian Open & U20 Champs Olympic Park  
February 24-25 U18, U16, U14 relay Champs Olympic Park

### **RELAY CHAMPIONSHIPS**

Note the state open relay championships will be held in conjunction with the youth and under 23 individual championships at Doncaster this weekend, February 3 and 4. Please let Cathy Tilley, Rob Falkenberg or Chris O'Connor know if you are available for the relay championships.

### **NATIONAL CLUB CHAMPIONSHIPS, HOBART**

Box Hill has a proud tradition in the national club championships. Our men's team were national champions in Canberra in 2005 and finished second last year in Adelaide. This year we aim to win back the title and hope that our women's team can also be competitive. If you will be in Hobart for the national U20/U23 championships or if you are able to travel to Hobart to compete on Sunday, February 11 please let us know as soon as possible. Contact Chris O'Connor, Cameron Baker or Leana Tilley.

### **OPENING OF NEW CLUBROOMS**

Finally the upstairs section of the clubrooms is to be officially opened!

The Box Hill Athletic Club invites you to attend the official opening of our new club rooms on Saturday, 17th February 2007. Following the official ceremony, please join with our Life Members and invited guests for drinks and nibbles to celebrate finally gaining full access to use the upstairs facilities.

WHERE: Hagenauer's Reserve, Box Hill

WHEN: Saturday, 17th February 2007

TIME: 5:30 pm till late

## RESULTS FROM TELSTRA A MEET IN CANBERRA

Several Box Hill athletes took part in the national Telstra A series meet in Canberra last Saturday. In the women's pole vault competition Rosie Ditton finished 3rd with a height of 4.20m, while Jacinta Lynn finishing 5th and Simone Carre 7th both clearing 3.90m. Daniel Clark continues his good form with 5th place in the men's 1500m (3:52.6)

## HOOKER SETS NATIONAL RECORD IN BOSTON

Congratulations to our Commonwealth Games Champion Steve Hooker, who set a national indoor record of 5.81m. in winning the pole vault in the Reebok Indoor Games in Boston.

## RESULTS FROM MILERS CLUB, JANUARY 18

There were some good performances by Box Hill athletes at the last milers club meet held at Box Hill on January 18

800m Women Kate Wall 2:16.6 PB

800m Men Navin Arunasalam 1:52.1 PB  
Steve Dineen 1:52.9  
Andrew White 1:54.5  
Lachlan Aspinall 1:54.6  
Kevin Craigie 1:56.8  
Paul Boxshall 2:01.1  
Mark Poli 2:06.4  
Danny Krause 2:12.4 PB

3000m Women Claire Fritze 11:01.6

3000m Men Daniel Clark 8:32.3  
Barry Lynch 8:36.2 PB  
Alan Craigie 8:36.9  
David Jiminez 9:16.8

## WORLD CROSS COUNTRY SELECTION TRAILS, CANBERRA

Congratulations to all our athletes who took part in the world cross country selection trials in Canberra recently. Let's hope that the selectors see fit to select full teams to send to Kenya for this event. Chris Hamer finished 2nd, Matt Coloe finished 5th and Steve Kelly 6th in the Junior men's event, while Sarah Graeme finished in 8th place in the women's junior race.

## RESULTS FROM ROUND 9 AT DONCASTER

Event	Division	Full Name	Performance	Wind	Spec
F100H	F18	Oakes, Georgina	16.33 -1.1	76cm	
F100H	FOP1	Spathis, Theodora	16.71 -1.9	84cm	
F1500	F14	Anderson, Jayde	5:00.5		
F1500	FOP1	Conley, Marguerite	5:02.0		
F1500	F18	Mccrae, Helen	5:02.9		
F1500	FOP1	Andrews, Suzanne	5:17.6		
F1500	FOP1	Harper, Amanda	5:19.3		
F1500	FOP2	Hopkins, Kristine	5:21.6		
F1500	FOP2	Zagato, Amy	5:24.3		
F1500	F20	Dobson, Liz	5:26.2		
F1500	F18	Cleland, Coreena	5:28.1		
F1500	F18	Hodgkinson, Harriet	5:36.4		

F200	FOP	Dean, Morgan	26.41	-0.3	
F200	FOP	Deane, Morgan	26.68	-0.8	
F200	FOP1	Ackland, Kathryn	26.72	-0.3	
F200	FOP1	Spathis, Theodora	26.94	-0.6	
F200	FOP1	Phillips, Angela	28.32	-0.3	
F200	FOP2	Stewart, Sarah	28.58	-0.8	
F200	F16	Craven, Emma	28.99	-1.2	
F200	F16	Freestone, Abbie	29.00	-1.2	
F200	FOP2	Zagato, Amy	29.21	0.4	
F200	F16	Carrig, Anna	29.38	-0.5	
F200	FOP2	Lee, Vivienne	29.48	0.4	
F200	F16	Turnbull, Olivia	29.50	-0.5	
F200	FOP	Hopkins, Kristine	29.62	-0.6	
F200	F16	Cross, Breanne	29.82	-0.5	
F200	F16	De Luca, Emily	29.92	-1.2	
F200	F18	Whittle, Stacey	30.19	-1.1	
F200	F14	Pocklington, Alexandra	30.34	-2.5	
F200	F18	Carabourniotis, Panayiota	30.47	-0.5	
F200	F14	Mahoney, Charlotte	30.96	-1.2	
F200	FOP	Ward, Elissa	32.50	-2.5	
F400	FOP1	Ackland, Kathryn	59.1		
F400	F16	Turnbull, Olivia	1:02.3		
F400	FOP1	Lee, Vivienne	1:05.0		
F400	F16	Carrig, Anna	1:05.1		
F400	F16	De Luca, Emily	1:05.2		
F400	F18	Fernandez, Lavinia	1:09.9		
F400	FOP1	Ward, Elissa	1:10.9		
F400	F14	Mahoney, Charlotte	1:11.4		
F400	F14	Pocklington, Alexandra	1:11.5		
F400	F18	Carabourniotis, Panayiota	1:11.8		
F400	F18	Whittle, Stacey	1:13.6		
FDT	FOP1	Hewitt, Sarah	33.91		1kg
FDT	FOP1	Burns, Lauren	39.04		1kg
FHT	FOP1	Hewitt, Sarah	30.92		4kg
FLJ	FOP2	Hewitt, Sarah	3.88		
FLJ	F16	Carrig, Anna	4.16		
FLJ	FOP1	Turnbull, Hannah	4.45		
FLJ	F18	Kremenchutskaya, Natalia	4.78		
FLJ	FOP1	Spathis, Theodora	5.81		
FPV	FOP2	Hartigan, Dawn	3.15		
FPV	FOP1	Buchanan, Fiona	3.60		
FPV	FOP1	Lynn, Jacinta	3.90		
FSP	F14	Dyer, Chelsea	9.25		3kg
FWalk	F14	Raselli, Cassandra	10:26.6		2km
FWalk	F14	Dyer, Chelsea	10:41.2		2km

M100H	M16	Brock, Christopher	16.87	-1.3	84cm
M100H	M16	Mcmillan, Lachlan	16.95	-1.3	84cm
M1500	MOP1	Dinneen, Stephen	3:55.8		
M1500	MOP1	Chefnaoui, Bouchaib	3:57.5		
M1500	MOP1	Craigie, Kevin	4:02.2		
M1500	M20	Mclean, Alistair	4:02.6		
M1500	MOP2	Aspinall, Lachlan	4:03.4		
M1500	MOP2	Olden, Graeme	4:31.5		
M1500	M16	Krause, Danny	4:46.5		
M1500	MOP2	Robinson, Andrew	4:47.3		
M1500	MOP3	Whittle, Barry	5:11.8		
M1500	MOP3	Dyer, William	5:15.2		
M1500	M16	Dyer, Jackson	5:16.0		
M1500	MOP3	Gardner, Neville	6:20.2		
M200	MOP1	Medford, Rhett	21.78	-2.7	
M200	M18	Ross, Joshua	22.76		
M200	M18	Burke, David	23.43	-1.6	
M200	MOP1	Wilcox, Andrew	23.67	-2.7	
M200	MOP1	Jacotine, Darren	24.18	-0.2	
M200	M18	Di Rienzo, Aaron	24.52	-1.2	
M200	MOP2	Baker, Cameron	24.62	-1.6	
M200	M18	Barmarney, Rahul	24.67	-1.2	
M200	M18	Entwistle, David	24.87	-0.7	
M200	MOP2	Tirhazouine, Otmane	25.29	-0.7	
M200	M20	Nagle, Andrew	25.35	-1.3	
M200	MOP2	Pocklington, Colin	25.46	-1.7	
M200	M16	Mcmillan, Lachlan	25.81	-1.8	
M200	MOP3	Cross, David	26.91	-1.8	
M200	M16	Nagle, Cameron	27.05	-0.2	
M200	M16	Brock, Christopher	27.67	-0.7	
M200	M16	Cross, Brodie	30.40	-1	
M200	MOP3	Gardner, Neville	36.41	-0.5	
M400	M18	Burke, David	51.0		
M400	MOP1	Renowden, Tim	53.2		
M400	MOP1	Craigie, Kevin	53.9		
M400	M20	Nagle, Andrew	54.7		
M400	MOP1	Chefnaoui, Bouchaib	54.8		
M400	M16	Nagle, Cameron	58.7		
M400	MOP2	Gardner, Neville	1:15.8		
M5000	MOP1	White, Andrew	14:38.1		
M5000	MOP1	Craigie, Alan	15:14.1		
M5000	MOP1	Jimenez, David	16:18.9		
M5000	MOP2	Olden, Graeme	17:18.0		
M5000	MOP2	Evans, Simon	20:53.7		
MDT	MOP2	Gardner, Neville	23.66		1.5kg
MDT	M16	Wu, Kevin	26.21		1kg
MDT	MOP1	Scherma, Sam	27.25		2kg
MDT	MOP1	Featherston, David	32.26		2kg
MDT	M16	Wu, Kevin	33.34		1kg

MHT	MOP2	Featherston, David	23.46	7.26kg	
MHT	MOP1	Rutty, Christopher	46.49	7.26kg	
MHT	MOP1	Scherma, Sam	48.47	7.26kg	
MLJ	MOP1	Nuske, Brett	2.41		
MLJ	M18	Barmanray, Rahul	5.90		
MLJ	MOP1	Rabone, Adam	6.63		
MLJ	MOP	Rabone, Adam	6.84		
MPV	MOP1	Filshie, James	4.90		
MSP	MOP	Gardner, Neville	6.91	5kg	
MSP	M18	Pocklington, Ben	7.20	5kg	
MSP	MOP3	Baker, Cameron	7.83	7.26kg	
MSP	M16	Wu, Kevin	8.16	3kg	
MSP	MOP3	Cross, David	8.52	5kg	
MSP	MOP2	Scherma, Sam	8.61	7.26kg	
MSP	MOP2	Nuske, Brett	9.50	7.26kg	
MSP	MOP1	Featherston, David	9.80	7.26kg	
MSP	M18	Entwistle, David	9.81	5kg	
MSP	MOP1	Rutty, Christopher	11.35	7.26kg	
MWalk	M16	Dyer, Jackson	12:44.6	2km	
MWalk	MOP1	Summers, Harry	13:31.0	2km	
MWalk	MOP1	Dyer, William	28:01.8	5km	

## QUESTIONS?

If you have any enquiries about shield competition, please contact: Rob Falkenberg - [Robert.Falkenberg@se1.bp.com](mailto:Robert.Falkenberg@se1.bp.com)  
or Chris O'Connor - [coconnor@swin.edu.au](mailto:coconnor@swin.edu.au)

## MODERN ATHLETE AND COACH

Former club member Rob Ward has collected almost every issue of the authoritative track and field magazine, Modern Athlete and Coach, from 1975 to 2002. He is willing to part with his entire collection for just \$50. If you are interested contact Rob on 0419 584 323 or Elissa on 0414 376 660

## EMAIL LISTS

We have recently updated our email lists, but sometimes mistakes can occur. If you have received this email in error, or if you know of anyone who wishes to be added to the email list, please let us know. Education is only the beginning. Let's get on with it.