

Box Hill Athletic Club Summer News 17

STATE CHAMPIONSHIPS AT OLYMPIC PARK THIS WEEKEND

The state open and under 20 championships along with the state under 18 relay championships will be held at Olympic Park this weekend. Good luck to all those who are competing.

MAKE SURE THAT YOU ARE QUALIFIED FOR THE FINALS!

The next (and final) round of shield competition will be held at Box Hill on Tuesday, March 6, followed by the finals on March 24 and 31. To compete in the finals you need to have competed in at least 3 rounds of shield competition this season. Also to compete in a particular event in the finals you need to have done that event at least once through out the season. So it is important that we get a good turn out of athletes to the last round of shield competition. We have several athletes who must compete on this day in order to be a part of the finals action.

UPCOMING EVENTS

February 23-25	Victorian Open & U20 Champs	Olympic Park
February 24-25	U18, U16, U14 relay Champs	Olympic Park
Tuesday, March 6	Shield Round 12	Box Hill
March 9-11	National Championships	Brisbane
Saturday, March 17	All Comer's Meet	Doncaster
Saturday, March 24	Shield Region Final	Nunawading
Saturday, March 31	Shield Final	Olympic Park

OPENING OF NEW CLUBROOMS

Despite the heat wave conditions, a good cross section of members and former members of the club were present at the official opening of the upstairs section of the clubrooms. This area, has been named the Graeme Olden Room as a fitting tribute to the work done by Graeme as president of the club for more than 10 years. Anyone who was there to hear the saga of the clubrooms development would appreciate the amount of work Graeme has done for the benefit of the club.

CHRIS HAMER SELECTED TO REPRESENT AUSTRALIA

Congratulations to Chris Hamer who has been selected to run in the junior team at the world cross country championships in Kenya in next month. Chris ran a brave race to finish 2nd in hot conditions in the selection trial in Canberra in January and we wish him all the best in Mombassa on March 24.

RESULTS FROM THE NATIONAL CLUB CHAMPIONSHIPS

Women Triple Jump Div A: 4, Lauren Burns, 10.52m.
Women Triple Jump Div B: 1, Jacinta Lynn, 11.12m.

Women Discus Throw Div A: 1, Lauren Burns, 42.07m.
Women Discus Throw Div B: 1, Sarah Hewitt, 33.82m.

Men Pole Vault Div A: 2, James Filshie, 4.85m.
Men Pole Vault Div B: Cameron Sherry, NH.

Men 4x100 Metres Relay: 3, Box Hill (Mohamad Zeed , David Featherston, James Filshie , Cameron Sherry), 43.28.

Women 4x100 Metres Relay: 5, Box Hill (Vivienne Lee , Kate Ackland , Theodora Spathis , Jacinta Lynn), 50.73

Men 800 Metres Div A: 3 Lachlan Aspinall, 1:55.62

Men 800 Metres Div B: 2, Alistair McLean, 1:57.89

Men Shot Put Div A: 7, Chris Rutty, 11.39m.

Men Shot Put Div B: 5, David Featherston, 9.95m.

Women 800 Metres Div A: 5, Katherine Wall, 2:22.74

Women 800 Metres Div B: 4, Kristine Hopkins, 2:27.93

Men 100 Metres Div A: (w: -0.4) 4, Mohamad Zeed, 11.24

Men 100 Metres Div B: (w: 0.2) 4, Cameron Sherry, 11.41

Women 200 Metres Div A: (w: -1.5) 5, Kate Ackland, 26.13

Women 200 Metres Div B: (w: -1.4) 5, Jacinta Lynn, 28.10

Men 3000 Metres Div A: 5, Lachlan Aspinall, 9:09.82

Men 3000 Metres Div B: 7, Chris O'Connor, 9:58.37

Women 3000 Metres Div A: 4, Marguerite Conley, 11:18.88

Women 3000 Metres Div B: 4, Katherine Wall, 11:50.70

Men Long Jump Div A: 8, Cameron Baker, 5.35m

Men Long Jump Div B: 2, Mohamad Zeed, 6.27m

Women High Jump Div A: 2, Veronica Kirby, 1.68m.

Women High Jump Div B: 1, Theodora Spathis, 1.68m.

Men Javelin Throw Div A: 8, David Featherston, 39.33m.

Men Javelin Throw Div B: 5, Cameron Baker, 41.06m.

Men 400 Metres Div A: 4, David Burke, 49.28

Men 400 Metres Div B: 4, Imran Zeed, 52.37

Women Shot Put Div A: 2, Theodora Spathis, 11.73m.

Women Shot Put Div B: 3, Sarah Hewitt, 9.16m.

Women 400 Metres Div A: 4, Kate Ackland, 57.67

Women 400 Metres Div B: 5, Kristine Hopkins, 62.24

Men 200 Metres Hurdles Div A: 2, Mohamad Zeed, 24.51

Men 200 Metres Hurdles Div B: 2, David Featherston, 25.91

Women 200 Metres Hurdles Div A: 2, Vivienne Lee, 32.45

Women 200 Metres Hurdles Div B: 2, 10253 Jacinta Lynn, 30.79

Men 1600 Sprint Medley: Box Hill (Imran Zeed , Cameron Sherry , David Burke , Lachlan Aspinall), DQ.

Women 1600 Sprint Medley Div A: 5, Box Hill (Theodora Spathis ,Vivienne Lee , Kate Ackland ,Kristine Hopkins), 4:25.20

Final Scores:

Women: 1. UTS Northern Suburbs: 322, **2. Box Hill 282**, 3. Hills District 276.5, 4. University of Queensland 275.5, 5. North Launceston 237, 6. North West Athletics 194
 Men: 1. Gold Coast Victory 279, 2. Sydney University 267, 3. UTS Northern Suburbs 264, 4. University of Queensland 261, 5. Box Hill 230, 6. Eastern Suburbs 227, 7. Tea Tree Gully 222, 8. North Launceston 191

UNDERAGE RELAY CHAMPIOSNHIPS

Note the state underage relay championships will be held in conjunction with the state open and under 20 individual championships at Olympic Park this weekend February 24, 25 Please let Cathy Tilley, Leana Tilley or Chris O'Connor know if you are available for the relay championships as some teams are yet to be finalised.

RESULTS FROM ROUND 11 OF SHIELD COMPETITION AT OLYMPIC PARK

Event	Division	Full Name	Performance	Spec
F100	F20	Deane, Morgan	12.75	
F100	FOP1	Ackland, Kathryn	13.04	
F100	F16	Oakes, Georgina	13.17	
F100	FOP1	Phillips, Angela	13.20	
F100	FOP1	Lynn, Jacinta	13.39	
F100	F18	Turnbull, Hannah	13.40	
F100	F16	Carrig, Anna	13.58	
F100	F18	Fernandez, Lavinia	13.68	
F100	F16	Craven, Emma	13.79	
F100	F16	Freestone, Abbie	13.80	
F100	F16	Poon Hornett, Kimberlie	14.03	
F100	F14	Pocklington, Alexandra	14.05	
F100	F16	De Luca, Emily	14.05	
F100	F18	Whittle, Stacey	14.08	
F100	FOP2	Hopkins, Kristine	14.11	
F100	F16	Cross, Breanne	14.17	
F100	FOP2	Lee, Vivienne	14.21	
F100	F14	Cotton, Grace	14.43	
F100	F18	Carabourniotis, Panayiota	14.50	
F100H	FOP1	Spathis, Theodora	16.17	84cm
F100H	F18	Oakes, Georgina	16.47	76cm
F3000	FOP1	Fritze, Claire	11:01.6	
F3000	FOP1	Harper, Amanda	11:17.9	
F400	FOP1	Ackland, Kathryn	58.3	
F400	FOP1	Hopkins, Kristine	1:02.4	
F400	FOP1	Lee, Vivienne	1:03.5	
F400	F18	Carabourniotis, Panayiota	1:10.3	
F800	F18	Hodgkinson, Harriet	2:27.0	
F800	F16	Mccrae, Helen	2:28.0	
F800	F16	Turnbull, Olivia	2:30.9	
F800	F16	Carrig, Amy	2:33.6	

F800	F14	Mahoney, Charlotte	2:36.3		
F800	F16	De Luca, Emily		2:36.7	
F800	F14	Cotton, Grace	2:43.0		
FHJ	F16	Freestone, Abbie		1.35	
FHJ	FOP1	Burns, Lauren	1.35		
FHJ	FOP2	Hewitt, Sarah	1.35		
FHJ	F18	Carabourniotis, Panayiota		1.45	
FHJ	FOP1	Spathis, Theodora		1.65	
FHT	FOP1	Hewitt, Sarah	31.02	4kg	
FJT	FOP2	Phillips, Angela		31.36	600gm
FJT	FOP1	Burns, Lauren	33.14	600gm	
FJT	FOP1	Spathis, Theodora		37.46	600gm
FPV	F16	Freestone, Abbie		2.20	
FPV	F16	Cant, Sophie	2.60		
FPV	F16	Cross, Breanne		2.80	
FPV	INV	Pocklington, Alexandra		2.80	
FPV	FOP2	Hartigan, Dawn		3.20	
FPV	FOP1	Kruger, Gabriela		3.40	
FPV	F18	Williams, Jacqui		3.60	
FPV	FOP1	Lynn, Jacinta	3.80		
FSP	FOP1	Burns, Lauren	8.82	4kg	
FTJ	F18	Carrig, Amy	9.05		
FTJ	F18	Carrig, Anna	9.89		
FTJ	FOP1	Burns, Lauren	10.07		
FTJ	M18	Turnbull, Hannah		10.59	
FTJ	F18	Kremenchutskaya, Natalia		11.10	
M100	MOP1	Sherry, Cameron		11.37	
M100	M20	Pulop (Levey), Moses	11.55		
M100	MOP1	Jacotine, Darren		11.62	
M100	MOP1	Baker, Cameron		11.75	
M100	MOP2	Pocklington, Colin		12.05	
M100	MOP2	Knott, Peter	12.18		
M100	M18	Entwistle, David		12.19	
M100	M20	Nagle, Andrew		12.41	
M100	M16	Brock, Christopher		12.90	
M100	M16	Cross, Brodie	14.73		
M100	MOP2	Gardner, Neville		16.22	
M100	MOP	Cross, David			
M100H	M16	Brock, Christopher		15.67	84cm
M110H	MOP1	Zeed, Mohamad		14.58	106cm
M110H	MOP1	Lima, Paul	20.36	106cm	
M3000		Hamer, Chris		8:32?	
M3000	MOP1	Vaitkunas, John	10:43.3		
M3000	MOP1	Olden, Graeme	10:47.9		
M3000	MOP1	Boxshall, Scott	10:53.5		

M3000	MOP2	O'Connor, Christopher	11:13.2		
M3000	MOP2	Whittle, Barry	11:35.8		
M400	M18	Burke, David	50.6		
M400	M20	Nagle, Andrew	54.4		
M400	MOP1	Cross, David	58.8		
M400	MOP1	Gardner, Neville	1:16.0		
M800	M20	Arunasalam, Navin	1:52.0		
M800	MOP1	Chefnaoui, Bouchaib	1:53.9		
M800	MOP1	Aspinall, Lachlan	1:55.1		
M800	MOP1	Tirhazouine, Otmane	1:55.3		
M800	MOP2	Clark, Daniel	1:56.4		
M800	MOP2	Lynch, Barry	1:59.2		
M800	M18	Diorettes, Alexander	2:02.4		
M800	MOP2	Renowden, Tim	2:05.4		
M800	MOP3	Taylor, Matthew	2:06.8		
M800	MOP3	Kelly, Patrick	2:08.8		
M800	MOP3	Ayers, David	2:09.6		
M800	MOP	Gardner, Neville	2:51.5		
MHJ	MOP1	Lima, Paul	1.60		
MHT	MOP1	Summers, Harry	21.53	5kg	
MHT	MOP1	Scherma, Sam	45.87	7.26kg	
MJT	MOP2	Gardner, Neville	17.18	800gm	
MJT	MOP1	Lima, Paul	31.43	800gm	
MJT	MOP1	Baker, Cameron	41.68	800gm	
MPV	M16	Cross, Brodie	2.80		
MPV	MOP2	Baker, Cameron	3.80		
MPV	MOP1	Sherry, Cameron	4.20		
MPV	MOP1	Filshie, James	4.60		
MPV	MOP	Pocklington, Joel	NH		
MSP	MOP1	Gardner, Neville	6.93	5kg	
MSP	M20	Nagle, Andrew	7.28	6kg	
MSP	MOP1	Lima, Paul	8.91	5kg	
MTJ	M16	Brock, Christopher	10.51		

QUESTIONS?

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