

Box Hill Athletic Club Summer News 22

BOX HILL WINS THREE REGION PREMIERSHIPS!

In atrocious conditions, Box Hill won three region premierships at Nunawading on Saturday. Box Hill had many athletes brave the wet and windy conditions to win premierships in the men's division 1, women's division 1 and the women's under 20 competition. These three teams have now qualified for the Association Finals to be held at Olympic Park next Saturday.

DIVISION 1 MEN

Box Hill	268
St Kevins	219
Diamond Valley	177
Ringwood	105

A great win by our number 1 men's team. The team should be strengthened by the return of Adam Rabone in the jumps next week, so hopefully we can win another premiership!

Event	NAME	Ranking	Points		
100	Medford, Rhett	11.16	1	13	
100	Ross, Joshua	11.79	3	10	
100	Sherry, Cameron	12.16	5	8	
1500	Dinneen, Stephen	4:08.6	1	13	
1500	Chefnaoui, Bouchaib	4:12.5	2	11	
1500	Boxshall, Paul	4:21.8	5	8	
200	Medford, Rhett	22.41	1	13	
200	Wilcox, Andrew	24.19	3	10	
200	Ross, Joshua	33.00	8	5	
3000	White, Andrew	8:45.4	1	13	
3000	Lynch, Barry	8:52.4	2	11	
3000	Craigie, Alan	9:00.0	3	10	
400Relay		3:25.6	1	17	
800	Clark, Daniel	1:57.3	2	11	
800	Tirhazouine, Otmane	1:58.5	3	10	
800	Renowden, Tim	1:59.9	4	9	
400H	Featherston, David	59.1	2	10	
400H	Zeed, Mohamad	1:02.8	3	9	
HJ	Peavey, John	1.85	2	10	
HJ	Lima, Paul	1.60	5	6	
DT	Rutty, Christopher	33.56	3	9	
DT	Scherma, Sam	22.6	7	3	
JT	Featherston, David	43.69	4	7	
JT	Baker, Cameron	5.60	7	3	
LJ	Featherston, David	6.10	2	10	
TJ	Featherston, David	11.51	3	9	
3000Walk	Evans, Simon	14:45.1	1	13	
3000Walk	Olden, Graeme	17:00.9	4	7	

MEN UNDER 20

Diamond Valley	115
Box Hill	106

This was a close competition all day. Unfortunately we were short of athletes in the field events and just missed out on winning the premiership.

Event	NAME	Ranking	Points
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100	Nagle, Andrew	12.55	3	6	
1500	Coloe, Matthew	4:23.4	1	10	
1500	Kelly, Stephen	4:24.3	2	7	
200	Pulop (Levey), Moses	24.68	3	6	
200	Zeed, Imran	25.16	4	4	
400H	Zeed, Imran	59.3	1	10	
3000	Coloe, Matthew	8:50.3	1	10	
3000	Kelly, Stephen	8:51.9	2	7	
400Relay		3:33.0		1	13
800	Arunasalam, Navin	2:35.0	1	10	
800	Coloe, Matthew	2:35.3	2	7	
JT	Pulop (Levey), Moses	37.35	2	9	
TJ	Haddow, Andrew	9.45	2	7	

WOMEN DIVISION 1

Box Hill Athletic	233
St Stephens	185
Collingwood Harriers	126
Ringwood	45

A clear cut victory to our division 1 women's team helped by terrific multi event efforts by most of the team, in particular Amy Zagato who ran the 800m, 1500m and 4x400m relay and Theodora Spathis and Sarah Hewitt who covered most of the field events.

Event	NAME	Ranking	Points	
100	Ackland, Kathryn	13.42 2	11	
100	Lynn, Jacinta	13.78 3	10	
100	Phillips, Angela	14.07 6	7	
1500	Conley, Marguerite	5:15.5 1	13	
1500	Zagato, Amy	5:33.0 3	10	
1500	Harper, Amanda	5:39.2 6	7	
200	Ackland, Kathryn	27.41 1	13	
200	Phillips, Angela	29.19 4	9	
200	Stewart, Sarah	29.24 5	8	
3000	Conley, Marguerite	11:24.7	2	11
3000	Harper, Amanda	11:30.0	3	10
400Relay		4:24.3	2	13
800	Zagato, Amy	2:27.8 3	10	
800	Hopkins, Kristine	2:28.5 4	9	
800	Andrews, Suzanne	2:35.3 6	7	
HJ	Stewart, Sarah	1.35 0	0	
HJ	Spathis, Theodora	1.50 1	13	
HJ	Hewitt, Sarah	1.35 3	9	
DT	Hewitt, Sarah	32.92 2	10	
DT	Lynn, Jacinta	19.34 4	7	
JT	Hewitt, Sarah	19.01 0	0	
JT	Spathis, Theodora	29.66 1	13	
JT	Phillips, Angela	29.41 2	10	
LJ	Spathis, Theodora	5.33 1	13	
LJ	Lynn, Jacinta	5.25 2	10	

WOMEN UNDER 20

Box Hill	90
Diamond Valley	46

A great victory for our small under 20 women's team. A special congratulations to Kate Wall and Priscilla Barrington who ran the 800m, 1500m, 3000m treble!

Event	NAME	Ranking	Points
100	Deane, Morgan	13.41 1	10
100	Anderson, Laura	14.85 2	8
1500	Wall, Katherine	5:27.7 1	10
1500	Barrington, Priscilla	5:42.1 2	8
400H	Anderson, Laura	1:25.3 1	10
HJ	Kirby, Veronica	1.60 1	10
3000	Wall, Katherine	12:27.3	1 10
3000	Barrington, Priscilla	12:33.8	2 7
800	Wall, Katherine	2:35.6 1	10
800	Barrington, Priscilla	2:43.7 2	7

WOMEN UNDER 18

Diamond Valley	146
Box Hill	144.5
Doncaster	121.5

The closest competition of the day. Initially we were told that we had won, but after the scores had been checked it turned out that our team had been beaten by just 1.5 points! Everyone in the team completed multiple events with a special mention Harriet Hodgkinson ran the 800m, 1500m and 3000m.

Event	NAME	Ranking	Points
100	Kremenchutskaya, Natalia	13.83 4	9
100	Turnbull, Hannah	13.98 6	6.5
100	Whittle, Stacey	15.31 9	4
1500	Hodgkinson, Harriet	5:17.2 2	11
200	Turnbull, Hannah	30.06 5	8
200	Carabourniotis, Panayiota	31.18 7	6
200	Whittle, Stacey	32.64 8	5
3000	Hodgkinson, Harriet	12:23.9	3 10
800	Hodgkinson, Harriet	2:30.9 1	13
DT	Kremenchutskaya, Natalia	19.90 2	10
DT	Carabourniotis, Panayiota	15.63 4	7
JT	Carabourniotis, Panayiota	15.55 3	9
LJ	Turnbull, Hannah	4.79 1	13
LJ	Kremenchutskaya, Natalia	4.70 2	10
TJ	Kremenchutskaya, Natalia	10.3 1	13
TJ	Turnbull, Hannah	10.22 2	10

WOMEN UNDER 16

Diamond Valley	195.5
Nunawading	165
Box Hill	159.5
Doncaster	146

We went into this competition with high hopes, but the under 16 girls turned out to be the strongest and most closely fought competition of the day, with four strong teams all vying for the lead at different times. Anna Carrig competed in 6 events and ran a stirring final leg in the 4x400m relay, while Grace Cotton, Chelsea Dyer and Charlotte Mahoney stepped up from the under 14s, with Charlotte running a PB in the 800m and close to another PB in the 1500m despite the wind and rain.

Event	NAME		Ranking		Points
100	Carrig, Anna	14.22	6	7	
100	Freestone, Abbie		14.23	7	6
100	Poon Hornett, Kimberlie		14.53	9	4
1500	McRae, Helen	5:20.6	2	11	
1500	Carrig, Amy	5:36.4	4	9	
1500	Mahoney, Charlotte	5:38.5	6	7	
200H	Cotton, Grace	34.96	2	10	
16HJ	Cotton, Grace	1.40	3	9	
16HJ	Freestone, Abbie		1.35	4	6.5
200	Carrig, Anna	29.39	7	6	
200	Poon Hornett, Kimberlie		29.69	9	4
200	Freestone, Abbie		30.03	10	3
400Relay			4:27.6	2	13
800	McRae, Helen	2:32.5	2	11	
800	Mahoney, Charlotte	2:34.5	4	9	
800	De Luca, Emily		2:35.2	5	8
DT	Dyer, Chelsea	22.20	4	7	
DT	Carrig, Anna	16.59	5	6	
LJ	Carrig, Anna	4.58	6	4	
LJ	Cotton, Grace	4.41	7	2	
TJ	Carrig, Anna	9.27	5	5	
TJ	Craven, Emma	8.56	7	3	
Walk	Dyer, Chelsea	8:04.6	3	9	

WOMEN UNDER 14

Diamond Valley	143
Collingwood	59
Box Hill	51
Doncaster	48

With just a small team the under 14 girls did well, competing in some under 14 events as well as in the under 16s.

Event	NAME		Ranking		Points
100	Mahoney, Charlotte	15.35	4	9	
100	Pocklington, Alexandra		15.54	6	7
200	Pocklington, Alexandra		31.41	4	9
JT	Dyer, Chelsea	32.68	1	13	
LJ	Dyer, Chelsea	4.30	1	13	

STATE ASSOCIATION FINALS AT OLYMPIC PARK NEXT SATURDAY

Our division 1 teams (men's and women's) and our women's under 20 team will be competing in the Association Finals at Olympic Park this Saturday, March 31. It is a day long program starting at 9:25am with the 1500m, the walks, hurdles and various field games in the morning and other events in the afternoon. The full timetable (slightly different to the one in the Summer Competition handbook) is available on the Athletics Victoria website but will be emailed out later in the week.

UNIFORMS

For the finals the officials can be very strict about athletes wearing the correct club uniforms (black shorts, without lines or stripes) with registration numbers worn on both the back and front. So make sure you have your numbers and you wear the correct uniform.

UPCOMING EVENTS

Saturday, March 31	Shield Final	Olympic Park
Sunday, April 1	Run for the Kids	
Saturday, April 21	Club 5k handicap	Bennetswood Bowls Club
Friday, April 27	Presentation night	Club Rooms
Saturday, April 28	Cross Country Relays	Jells Park
Saturday, June 30	75th Anniversary Dinner	Box Hill Town Hall

WORLD CROSS COUNTRY CHAMPIONSHIPS

We were concerned to hear that Chris Hamer collapsed in the heat during the world cross country championships in Kenya last Saturday and was taken to hospital. Reports are that Chris is fine but the hot humid conditions took their toll on many runners in both the junior and senior races, including multiple world champion Kenenisa Bekele who also failed to complete the course. Chris had finished the 1st of 4 laps in 79th position out of 126 starters. He was 68th at half way and although he does not remember finishing the third lap, he had moved up to 59th position after 3 laps and looked set for a good result.

RUN FOR THE KIDS

Although the run for the kids is not a part of the winter premiership season this year all those wearing club uniform will be given a priority start. Athletics Victoria have asked if we can give them a list of our club members who are taking part in this run. So far we have: Steve Kelly, John Meagher, Andrew White, Daniel Clark, Barry Lynch, Chris Hamer, Navin Arunasalam, David Jiminez, Jocelyn Keage, Priscilla Barrington, Kristine Hopkins If any other club members are taking part in this run please let us know as soon as possible.

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