

Box Hill Athletic Club Summer News 23

BOX HILL WINS DIVISION 1 PREMIERSHIP!

Box Hill won the men's division 1 Athletics Victoria Association Premiership at Olympic Park on Saturday.

In a strong display, Box Hill was far too good for the opposition and won by a huge margin. Congratulations to all the athletes that represented the club and performed so well. Best performances of the day included a great effort by Rhett Medford who dominated the sprints, a win by Daniel Clark over a strong field in the 800m and the usual point scoring efforts of Dave Featherston who completed four events for the day. But it was the consistent team effort that was the main highlight to another division 1 premiership for Box Hill.



A special mention also to Rob Falkenberg who has yet again done a great job as men's team manager this year. Thanks also to David Burke, Julie Milner, David Boyd, Viv Lee, Neville Gardner and to anyone else who helped out as an official on Saturday. Your help is much appreciated.



RESULTS

MEN DIVISION 1

BOX HILL	317.5
MELBOURNE UNI.	207.5
WAVERLEY	196.0

Male 100m Sprint - MOP1

1 Medford, Rhett	10.94
2 Ross, Joshua	11.43
4 Sherry, Cameron	11.75

Male 200m Sprint - MOP1

1 Medford, Rhett	21.61
2 Ross, Joshua	22.50
3 Zeed, Mohamad	22.75



Male 800m Run - MOP1

1	Clark, Daniel	1:52.89
3	Aspinall, Lachlan	1:56.22
4	Tirhazouine, Otmane	1:57.11

Male 1500m Run - MOP1

1	Dinneen, Stephen	3:56.86
2	Chefnaoui, Bouchaib	3:59.57
3	White, Andrew	4:03.57

Male 3000m Run - MOP1

2	Craigie, Alan	8:44.41
4	Boxshall, Paul	9:03.75
7	Olden, Graeme	9:39.13

Male 400m Hurdles - MOP1

1	Featherston, David	57.13
2	Zeed, Mohamad	1:00.48

Male 4x400m Relay - MOP1

1	Box Hill	3:25.81
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Walk - MOP1

2	Evans, Simon	14:39.69
3	Olden, Graeme	16:09.98

Male Discus - MOP1

3	Rutty, Chris	33.30m
4	Scherma, Sam	29.85m

Male High Jump - MOP1

1	Peavey, John	1.85m
4	Lima, Paul	1.55m

Male Javelin - MOP1

3	Featherston, David	45.45m
4	Baker, Cameron	36.55m

Male Long Jump - MOP1

2	Featherston, David	
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Male Shot Put - MOP1

3	Rutty, Chris	11.27m
4	Scherma, Sam	8.82m

Male Triple Jump - MOP1

1	Rabone, Adam	14.26m
3	Featherston, David	11.84m

MEN UNDER 20

Unfortunately our men's under 20 team was not at full strength with several athletes unavailable due to illness or injury, but the team still put up a good fight to finish 2nd. Thanks to Dave Boyd who has helped with the junior team managing duties this season.

KNOX	97.0
BOX HILL	84.0
DIAMOND VALLEY	57.0

Male 100m Sprint - M20

1 Pulo (Levey), Moses	11.81
3 Nagle, Andrew	12.30

Male 200m Sprint - M20

2 Pulo (Levey), Moses	23.61
3 Zeed, Imran	24.07

Male 800m Run - M20

1 Coloe, Matthew	1:53.67
2 Arunasalam, Navin	

Male 1500m Run - M20

1 Coloe, Matthew	3:54.01
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Male 4x400m Relay - M20

1 Box Hill	3:27.89
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Male 400m Hurdles - M20

1 Zeed, Imran	58.46
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Male Shot Put - M20

3 Nagle, Andrew	7.39m
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WOMEN DIVISION 1

For most of the day the women's division 1 final was a very close battle, but in the end our team fell short and finished in 3rd position. There were however some promising signs and with a number of good under 20 athletes moving up into open next season, there is a good chance that we can finally win another women's division 1 premiership. Congratulations to all the athletes who took part on Saturday, with most of them doing multiple events. Thanks also to Cathy Tilley who has again done a wonderful job this year as women's team manager.

MELBOURNE UNI	259.3
EUREKA	224.0
BOX HILL	192.3
WAVERLEY	83.3

Female 100m Sprint - FOP1

3 Ackland, Kathryn	13.41
5 Phillips, Angela	13.46
7 Lynn, Jacinta	13.85

Female 1500m Run - FOP1

6 Conley, Marguerite	5:04.23
8 Harper, Amanda	5:15.55
10 Zagato, Amy	5:19.22

Female 200m Sprint - FOP1

3 Ackland, Kathryn	26.65
7 Phillips, Angela	27.67

8 Stewart, Sarah 27.71

Female 3000m Run - FOP1

6 Fritze, Claire 11:13.57
8 Conley, Marguerite 11:46.86

Female 4x400m Relay - FOP1

3 Box Hill 4:13.27

Female 800m Run - FOP1

3 Hopkins, Kristine 2:26.50
9 Zagato, Amy 2:29.41
10 Andrews, Suzanne 2:33.99

Female Discus - FOP1

1 Hewitt, Sarah 34.19m
5 Lynn, Jacinta 26.29m

Female High Jump - FOP1

2 Spathis, Theodora 1.60m
3 Hewitt, Sarah 1.50m

Female Javelin - FOP1

3 Spathis, Theodora 35.18m
4 Phillips, Angela 31.09m

Female Long Jump - FOP1

2 Spathis, Theodora 5.26m
3 Lynn, Jacinta 5.08m

Female Shot Put - FOP1

1 Spathis, Theodora 10.29m
2 Phillips, Angela 11.51m

UNDER 20 WOMEN

Our under 20 women put up a brave effort to finish 2nd on Saturday. Congratulations to all the girls, especially to Kate Wall who competed in the 800m, 1500m, 3000m and the 4x400m relay! and to Priscilla Barrington who ran two PBs and to Laura Anderson and Morgan Deane who also competed in multiple events.

Women Under 20

KEILOR ST BERNARDS 115.0
BOX HILL 92.0
KNOX 85.0

Female 100m Sprint - F20

1 Deane, Morgan 13.03
5 Anderson, Laura 14.51

Female 200m Sprint - F20

1 Deane, Morgan 25.85
4 Anderson, Laura 29.85

Female 800m Run - F20
2 Wall, Katherine 2:26.42
4 Dobson, Liz 2:39.28

Female 1500m Run - F20
1 Wall, Katherine 5:15.60
3 Barrington, Priscilla 5:19.77

Female 3000m Run - F20
3 Wall, Katherine 11:35.22
4 Barrington, Priscilla 11:50.82

Female 400m Hurdles - F20
1 Anderson, Laura 1:11.62

Female 4x400m Relay - F20
2 Box Hill 4:26.26

Female High Jump - F20
2 Kirby, Veronica 1.60m

RUN FOR THE KIDS

Over 26,000 runners took part in the Run for the Kids around Melbourne on Sunday with Box Hill being well represented. Official results are not yet available, but Daniel Clark, Andrew White and John Meagher all finished in the top 15 in the 15.2km event. A special thanks also to Carole De Greenlaw, Doug Bourne, Kate Wall, Chris Wall, Rachel Johnson, Erryn Barlow and Elise Mosley who got up early and gave up their Sunday morning to act as officials out on the course.

UPCOMING EVENTS

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

WINTER SEASON

With the close to the summer track season the winter cross country and road race season will soon begin. We encourage club members to become a part of the winter season. If you are not a distance runner you might still like to try some of the shorter events or come out and support our runners. We can always do with more officials and timekeepers! The first event for the winter season is the club 5k handicap race. Since this is a handicap event, everyone has a chance of winning! This event will commence at 1:00pm on Saturday, April 21 at the car park of the Bennetswood Bowls club in Station St. Box Hill South. Everyone is welcome to take part and either race, run or jog the 5km course along Gardiner's Creek and then stay around for the BBQ afterwards. If you would like to take part please let a member of the winter competition committee know so that we can allocate you an appropriate handicap.

QUESTIONS?

If you have any questions about the winter season competition, contact a member of the club winter competition committee.

Graeme Olden ph. 9885 0890 email: <mailto:golden@sprint.net.au>

Ian and Megan Sloane ph. 9459 4486 email: <mailto:iansloane@optusnet.com.au>

Chris O'Connor ph. 9882 6108 email: <mailto:coconnor@swin.edu.au>

ARE WE JAMMING UP YOUR INBOX?

We have the addresses of nearly 400 present and past members of the club on our email list. We realise that perhaps not everyone on the list requires weekly updates of teams and results etc. If you would like to be removed from the general list and only receive emails of special importance, then let us know. Alternatively if you know of anyone who has been left off the list who would like to be added please let us know also.