

**Box Hill Athletic Club Summer News 19**  
**Monday 18 February 2008**

## **UPCOMING EVENTS**

Tuesday, February 19	Miler's Club	Nunawading
Thursday, February 21	Melbourne A-series	Olympic Park
February 23, 24	Victorian Under Age Champs	Olympic Park
February 23, 24	Open & Under 20 Relay Champs	Olympic Park
February 28, 29, March 1	National Championships	Brisbane
Friday, April 18	Presentation Night	Box Hill

## **TWO MORE PREMIERSHIPS TO BOX HILL!**

Congratulations to our men's open division 1 team and our men's under 16 team that both won Association Shield premierships on the weekend.

In a great team effort our division 1 team won by 69 points, while the under 16 boys were equally dominant, winning their competition by 68 points. The men's division 2 team missed out by just 22 points, finishing in second place.

The women's division 1 team suffered several set backs with runners being injured or unavailable and despite heroic efforts by Dora Spathis (competing in 5 events) and Angela Phillips (4 events) and several other athletes, the team could only finish in 6th position.

The under 18 girls were competing in the most closely contested division with just 45 points between the first 4 teams, they ended up in 4th place, while the under 14 girls finished 6th.

Congratulations to all athletes who competed so well on Saturday and throughout the entire season.

A special thanks to Cathy Tilley, Elissa Ward, Rob Falkenberg and Dave Boyd who acted as team managers. Thanks also to all helpers who have acted as officials throughout the season.

See below for results.

## **STATE UNDER AGE CHAMPIONSHIPS AND OPEN RELAY CHAMPIONSHIPS**

Good luck to all club members competing in the state under age championships at Olympic Park this weekend. These championships will incorporate the open state relay championships. The relay teams are being finalised early this week. If you have any questions about relay teams contact Chris O'Connor or Cathy Tilley.

## **SYDNEY GRAND PRIX**

Rosie Ditton and Melanie Adams competed well in the pole vault at the Sydney Grand Prix competition last weekend. Rosie finished 2nd and cleared 4.20m (just 10cm below the Olympic B qualifying height), while Mel was 4th in the competition with a height of 3.90m

## **XCR08**

With the track and field season soon drawing to a close, members are reminded that the cross country and road racing season for 2008 starts soon, with the club 5k handicap race on Saturday, April 15.

## **RESULTS FROM SHIELD FINALS**

### **MEN DIVISION 1**

Box Hill Athletic Club	404.5
Athletics Essendon	335.5
Glenhuntly Athletic Club	260.0
Melbourne University	215.0

St Kevins	208.5
Athletics Waverley	168.5

#### MEN DIVISION 2

St Stephens Hawthorn	451.0
Box Hill Athletic Club	429.0
Western Athletics	344.0
Bendigo YMCA Harriers	246.0
Glenhuntly Athletic Club	160.5
Athletics Waverley	151.5
Brunswick Athletic Club	147.0

#### MEN UNDER 16

Box Hill Athletic Club	411.7
Knox Athletic Club	343.7
Diamond Valley	289.5
Glenhuntly Athletic Club	264.7
Eureka Athletic Club	234.5
Williamstown	225.0
Western Athletics	198.0

#### WOMEN DIVISION 1

Athletics Essendon	382.0
Eureka Athletic Club	366.0
Melbourne University	333.5
St Stephens Hawthorn	292.0
Glenhuntly Athletic Club	285.5
Box Hill Athletic Club	251.0
Athletics Waverley	50.0

#### WOMEN UNDER 18

Athletics Waverley	303.5
Keilor St Bernards	276.5
Western Athletics	266.5
Box Hill Athletic Club	258.5
Diamond Valley	159.0
Knox Athletic Club	134.0

#### WOMEN UNDER 14

Keilor St Bernards	297.5
Brunswick Athletic Club	225.0
Glenhuntly Athletic Club	139.0
Athletics Nunawading	108.5
Knox Athletic Club	98.0
Box Hill Athletic Club	48.0

### INDIVIDUAL RESULTS

#### MEN DIVISION 1

##### Male 100m Sprint - Mop1

1	Medford, Rhett	10.6
2	Zeed, Mohamad	10.9
3	Sherry, Cameron	11.1

##### Male 110m Hurdles - Mop1

1	Zeed, Mohamad	14.59
5	Pocklington, Joel	17.51

Male 3000m Run - Mop1

2	Hamer, Christopher	8:52.9
7	Kelly, Stephen	9:18.6
11	Vincent, Adrian	9:42.3

Mens 3000m Steeplechase - Mop1

1	Boxshall, Paul	10:08.7
2	Olden, Graeme	10:48.4

Male 400m Sprint - Mop1

7	Tirhazouine, Otmane	50.8
12	Nagle, Andrew	52.94
15	Zeed, Imran	54.90

Male 800m Run - Mop1

1	Tirhazouine, Otmane	1:53.2
2	Dinneen, Stephen	1:53.7
3	Chefnaoui, Bouchaib	1:54.5

Male High Jump - Mop1

2	Peavey, John	1.95
9	Featherston, David	1.65

Male Hammer Throw – Mop1

1	Scherma, Sam	50.40
2	Rutty, Christopher	47.04

Male Javelin - Mop1

3	Scherma, Sam	43.52
8	Morris, Cameron	38.02

Male Pole Vault - Mop1

1	Pocklington, Joel	5.25
2	Filshie, James	5.10

Male Shot Put - Mop1

4	Rutty, Christopher	10.98
9	Featherston, David	9.25

Male Triple Jump - Mop1

6	Zeed, Mohamad	12.10
8	Featherston, David	11.70

MEN DIVISION 2

Male 100m Sprint - Mop2

5	Filshie, James	11.83
7	Baker, Cameron	11.91
9	Nagle, Andrew	12.33

Male 110m Hurdles - Mop2

1	Featherston, David	17.50
2	Baker, Cameron	22.31

Male 3000m Run - Mop2

5	Griffin, Steven	10:01.2
6	O'Connor, Chris	10:15.8
12	Olden, Graeme	10:42.8

Male 400m Sprint - Mop2

6	Zeed, Mohamad	51.66
9	Featherston, David	53.90
10	Baker, Cameron	54.08

Male 800m Run - Mop2

1	Clark, Daniel	1:54.1
2	Coloe, Matthew	1:54.4
5	Beath, Andrew	1:58.0

Male High Jump - Mop2

5	Rutty, Christopher	1.55
7	Pocklington, Joel	1.45

Male Hammer Throw - Mop2

4	Featherston, David	22.44
5	Morris, Cameron	21.78

Male Javelin - Mop2

5	Baker, Cameron	42.55
7	Featherston, David	40.29

Male Pole Vault - Mop2

1	Sherry, Cameron	4.20
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Male Shot Put - Mop2

6	Scherma, Sam	9.73
12	Nagle, Andrew	6.46

Male Triple Jump - Mop2

3	Nagle, Andrew	11.03
5	Baker, Cameron	10.54

MEN UNDER 16

Male 100m Sprint - M16

6	Mcmillan, Lachlan	11.82
7	Nourish, Simon	11.99
10	Nourish, Simon	12.32

Male 100m Hurdles - M16

2	Mcmillan, Lachlan	13.94
6	Nourish, Simon	19.98

Male 2000m Steeplechase - M16

3	Milnes, Mitchell	7:15.4
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Male 3000m Run - M16

3	Dowel, Michael	9:23.1
8	Dyer, Jackson	10:23.6
13	Hill, Jack	13:08.7

Male 400m Sprint - M16

5	Johnson, Marcus	54.25
8	Dare, Timothy	56.07
9	Snibson, James	56.18

Male 800m Run - M16

4	Schneider, Danny	2:07.1
5	Potter, William	2:07.4
7	Baggott, Nicholas	2:13.7

Male High Jump - M16		
5	Dare, Timothy	1.45
6	Nourish, Simon	1.40

Male Javelin - M16		
3	Potter, William	34.42
5	Schneider, Danny	30.84

Male Pole Vault - M16		
1	Cross, Brodie	3.75
2	Papas, Tim	3.45

Male Shot Put - M16		
2	Wu, Kevin	11.97
5	Schneider, Danny	10.56

Male Triple Jump - M16		
5	Potter, William	11.00
9	Cross, Brodie	9.75

#### WOMEN OPEN DIVISION 1

Female 100m Sprint - Fop1		
9	Spathis, Theodora	13.23
11	Phillips, Angela	13.54
12	Ackland, Kathryn	13.63

Female 100m Hurdles - Fop1		
3	Spathis, Theodora	15.95
5	Anderson, Laura	18.05

Female 3000m Run - Fop1		
2	Johnson, Rachel	10:38.5

Female 400m Sprint - Fop1		
8	Crawford, Talitha	1:00.80
13	Lee, Vivienne	1:02.90
16	Ackland, Kathryn	1:03.9

Female 800m Run - Fop1		
6	Crawford, Talitha	2:21.7
17	Andrews, Suzanne	2:42.5

Female High Jump - Fop1		
4	Spathis, Theodora	1.55

Female Javelin - Fop1		
2	Spathis, Theodora	36.13
3	Phillips, Angela	34.14

Female Shot Put - Fop1		
1	Phillips, Angela	12.00
3	Spathis, Theodora	10.96

#### WOMEN UNDER 18

Female 100m Sprint - F18		
8	Freestone, Abbie	13.33
13	George, Ryleigh	13.65
15	Brock, Catherine	13.99

Female Junior 3000m Run – F18

2	Mcrae, Helen	11:49.1
4	Hodgkinson, Harriet	12:23.1

Female 400m Sprint - F18

4	Poon Hornett, Kimberlie	1:02.43
5	Turnbull, Olivia	1:02.53
12	Cross, Breanne	1:07.56

Female 800m Run - F18

1	Turnbull, Olivia	2:22.7
5	De Luca, Emily	2:30.4
8	Mcrae, Helen	2:33.0

Female High Jump - F18

1	Kremenchutskaya, Natalia	1.60
3	Carabourniotis, Panayiota	1.50

Female Pole Vault - F18

1	Freestone, Abbie	3.00
2	Cross, Breanne	2.85

Female Shot Put - F18

4	Carabourniotis, Panayiota	7.91
5	Kremenchutskaya, Natalia	7.77

Female Triple Jump - F18

1	Kremenchutskaya, Natalia	11.48
9	Freestone, Abbie	9.15

WOMEN UNDER 14

Female 800m Run - F14

3	Booth, Talea	2:50.7
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Female 80m Hurdles - F14

1	Mcarthur, Caitlin	15.47
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Female Triple Jump - F14

4	Booth, Talea	7.61
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