

Box Hill Athletic Club Summer News 20
Monday 25 February 2008

UPCOMING EVENTS

February 28, 29, March 1	National Championships	Brisbane
March 8	World Cross Country Trials	Canberra
March 8, 9	Victorian Masters Champs	Olympic Park
March 14, 15, 16	National U20 & U23 Champs	Gold Coast
Saturday, April 12	Club 5km handicap	Box Hill South
Friday, April 18	Presentation Night	Box Hill

MORE MEDALS FOR BOX HILL ATHLETES

Congratulations to all the Box Hill Athletes who competed so well at the state under age championships and open relay championships at Olympic Park last weekend. Special mention to our medalists.

GOLD MEDALS:

Tim Pappas, U18 pole vault 4:00m
Brodie Cross, U16 pole vault 3.90m
Abbie Freestone, U18 pole vault 3:10m
Alexandra Pocklington, U16 pole vault 3.45m
Bridget Aughton, U18 100m hurdles 16.15
Bridget Aughton, U18 400m hurdles 66.72
Chelsea Dyer, U16 javelin 41.95m
Men Open 4x100m 41.90
(Mohamad Zeed, Josh Ross, Cam Sherry, Rhett Medford)
Men Open 4x200m 1:29.1
(Mohamad Zeed, Cam Baker, Cam Sherry, Rhett Medford)
Women Open 4x800m 10:00.4
(Talitha Crawford, Hayley Tomlinson, Rachel Johnson, Emily De Luca)

SILVER MEDALS

Chelsea Dyer, U16 discus 32:04
Emily Zerella, U16 pole vault 3.00m
Men Open 4x1500m 16:30.1
(Paul Boxshall, Bouchaib Chefnaoui, Steve Kelly, Adrian Vincent) Women Open 4x1500m 20:35.0
(Hayley Tomlinson, Helen McRae, Harriet Hodgkinson, Rachel Johnson)

BRONZE MEDALS

Chris Brock, U18 110m hurdles 17.29
Breanne Cross, U16 pole vault 2.50m

MILER'S CLUB

Runners from Box Hill put in some winning performances at the miler's club competition held at Sandringham last Tuesday. Daniel Clark won the 800m in 1:52.6 just ahead of Otmane Tirhazouine (1:52.9) while Steve Dinneen easily won the 1500m in 3:51.4

GOOD LUCK FOR THE NATIONALS

Good luck to all those who are traveling to Brisbane to compete in the national championships this weekend. Let's hope that everyone performs up to expectations and that Box Hill athletes can come home with some medals.

PRESENTATION NIGHT

Mark down Friday April 18 in your diary. The club will be holding its annual presentation night at the club rooms on this night. We are hoping as many members as possible will be able to attend.

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.