

Box Hill Athletic Club Summer News 26
Monday 30 March 2009

UPCOMING EVENTS

April 3-5 Australian U20 & U23 Champs Adelaide
Sunday, April 5 National Club Championships Adelaide
April 18 Opening of winter season Cross Country Relays, Jells Park
May 1 Presentation night
May 2 Club 5k handicap, Gardiners Creek, Box Hill South
May 9 Cross Country Championships, Lardner Park, Warragul

AUSTRALIAN CLUB CHAMPIONSHIPS THIS SUNDAY IN ADELAIDE

The Australian club championships will be held in Adelaide this Sunday in conjunction with the national under 20 and under 23 championships. Box Hill will be defending the titles we won in Hobart last year. Last year for the first time, both our men's team and our women's team were successful and we are hoping for similar results this year. The rules of this competition limit the number of athletes who can be a part of the team, so team selection becomes very difficult, but we are hoping that the athletes in Adelaide will be able to do the job again this year. Note that the teams listed below are subject to change.

MEN

100 metres: Mohamad Zeed Cameron Sherry/Andrew Haddow
400 metres: Otmame Tirhazouine Cameron Baker
800 metres: Otmame Tirhazouine Andrew Nagle
3000 metres: Bouchaib Chefnaoui Chris Hamer
200m Hurdles: Mohamad Zeed David Featherston
Shot Put: Sam Scherma David Featherston
Javelin: Sam Scherma Cameron Morris
Long Jump: Tom Cornelius Joel Pocklington??
High Jump: Tim Papas ???????
4x100m: Andrew Haddow, Tom Cornelius, Cameron Sherry, Mohamad Zeed Medley Relay from: Chefnaoui, Baker, Nagle, Featherston, Sherry, Haddow, Zeed

WOMEN

200 metres: Bronwyn Sudholz Holly Baxter/Anna Carrig?
400 metres: Kate Ackland Olivia Turnbull
800 metres: Kate Ackland Olivia Turnbull
3000 metres: Rachel Johnson Amy Carrig
200m Hurdles: Melanie Adams Vivienne Lee
Shot Put: Angela Phillips Catherine McCowan
Discus: Catherine McCowan Chelsea Dyer
Triple Jump: Rebecca Marchant Panayiota Carabourniotis
High Jump: Rebecca Marchant Melanie Adams
4x100m: Anna Carrig, Rebecca Marchant, Holly Baxter, Bronwyn Sudholz Medley Relay from: Amy Carrig, Anna Carrig, Kate Ackland, Holly Baxter, Bronwyn Sudholz
Reserves: Breanne Cross, Alex Pocklington

VICTORIAN MASTERS CHAMPIONSHIPS

Box Hill athletes won more than 20 medals at the Victorian masters championships held at Box Hill over the weekend. Congratulations to everyone who took part. 70-74 years Rob Barclay
1st, Pole Vault 2.80m
Harry Summers
2nd, 3000m Walk, 20:53.5
2nd, 1500m walk, 10:06.6

65-69 years
Nev Gardner
2nd, Discus, 28.77m
2nd, Long Jump, 2.83m
3rd, Triple Jump, 6.57m
3rd, 400m, 77.24
4th, 800m, 3:05.1
4th, 1500m, 6:14.7

50-54 years
Colin Pocklington
1st, 100m, 12.40
1st, 60m, 7.86
Andrew Tunne
6th, 5000m, 21:44.3

45-49 years
Simon Evans
1st, 1500m walk, 7:03.1
Cameron Morris
1st, Javelin, 40.34m
David Ayers
2nd, 800m, 2:07.9

40-44 years
Andrew Wilcox
1st, 60m, 7.61
1st, 100m, 11.50
1st, 200m, 24.30

35-39 years
Talitha Crawford
1st, 400m, 60.39
1st, 800m, 2:17.2

30-34 years
Cameron Baker
1st, 100m, 11.47
1st, 200m, 23.55
1st, 400m, 51.30
1st, Pole Vault, 3.85m
David Featherston
1st, 800m, 2:03.7
1st, Discus, 32.58
2nd, 400m, 51.90

AUSTRALIAN CHAMPIONSHIPS

Last week we missed some of the results from the national championships. Jesse Spry won a bronze medal in the U20 decathlon. Tim Papas represented Victoria in the under 18 competition, winning the pole vault with a clearance of 4.40m.

PRESENTATION NIGHT ON FRIDAY MAY 1

Make sure you come along to the presentation night at the clubrooms on Friday, May 1, as we celebrate another successful season for the Box Hill Athletic Club

BARLOW FUND

With the end of the tax year coming up, now is an ideal time to make a tax deductible donation to the Barlow Fund. Tax deductible donations can be made to the Australian Sports Foundation, which are then received in the form of grants by the Club. To date grants have been used to assist with funding of

major upgrades to the pavilion and Club rooms at Hagenauer's Reserve and also the recent resurfacing of the track. All donations over \$2 are tax deductible.

WINTER SEASON - XCR09

Winter Season Calendar 2009

| | |
|------------------------|-------------------------------------|
| Saturday, April 18 | Cross Country Relays, Jells Park |
| Saturday, May 2 | Club 5km handicap, Box Hill# |
| Saturday, May 9 | Cross Country, Warragul |
| Saturday, May 30 | Road Race, Sandown |
| Saturday, June 20 | Road Race, Ballarat |
| Saturday, July 4 | Coliban Relays |
| Saturday, July 18 | Cross Country, Bundoora |
| Saturday, August 1 | Cross Country, Geelong |
| Saturday, August 8 | Road Relays, Sandown |
| Saturday, August 29 | National Cross Country Champs, NSW# |
| Sunday, September 6 | Half Marathon, Burnley |
| Saturday, September 19 | Tan Relays |
| Sunday, September 27 | Club 10 mile championship# |
| Sunday October 11 | Melbourne Marathon# |

#These events are not a part of the AV winter premiership competition.

We are starting to organise teams for the cross country relays on April 18, please let us know if you will be available for this event. We are planning to enter 4 men's open teams and 4 women's open teams as well as Over 40, Under 20, Under 18 and Under 16 teams.

Contact a member of the winter committee if you have any questions.

Winter competition committee

Graeme Olden ph. 9885 0890

Ian and Megan Sloane ph. 9459 4486

Chris O'Connor ph: 9808 5914 or 0410 490 630

email: golden@sprint.net.au

email: iansloane@optusnet.com.au

email: coconnor@swin.edu.au