

Box Hill Athletic Club Summer News 27
Monday 6 April 2009

UPCOMING EVENTS

April 18 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

BOX HILL WIN AUSTRALIAN CLUB CHAMPIONSHIPS!

The Box Hill women's team defended their national club championship title with a great win in Adelaide on Sunday. Box Hill won by just 12 points, 296 to 284 over the team from UTS Northern Suburbs from Sydney. This was a terrific team effort with few first placings but many 2nds and 3rds and good performances across the range of events.

Our men's team also performed well, finishing second behind the UTS team. Another strong team performance saw the Box Hill men win a well deserved silver medal, with many good performances, despite the windy conditions.

Results:

Women:

Triple Jump: Rebecca Marchant 11.75m, Anna Carrig 10:12m
Discus: Kate McCowan 38.48m, Chelsea Dyer 36:76
Relay: Anna Carrig, Rebecca Marchant, Holly Baxter, Brony Sudholz 49.91
800m: Kate Ackland 2:17.6, Ollie Turnbull 2:19.47
200m: Brony Sudholz 26.34, Anna Carrig 27.54
3000m: Rachel Johnson 10:18.81, Amy Carrig 11:12.2
High Jump: Mel Adams 1.61, Rebecca Marchant 1.61
Shot Put: Angela Phillips 9.88m, Kate McCowan 9.17
400m: Kate Ackland 59.99, Ollie Turnbull 60.48
200m Hurdles: Mel Adams 33.72, Viv Lee 33.74
Medley Relay: Holly Baxter, Brony Sudholz, Anna Carrig, Amy Carrig 4:22.31

Men:

High Jump: Tim Papas 1.67m, Tom Cornelius 1.81m
Relay: Andrew Haddow, Tom Cornelius, Cam Sherry, Mo Zeed 34.15
800m: Otmane Tirhazouine 1:56.74, Andrew Nagle 2:01.04
Shot Put: Sam Scherma 9.78m, Dave Featherston 9.63m
100m: Mo Zeed 11.52, Cam Sherry 11.47
3000m: Bouchaib Chefnaoui 8:43.48, Chris Hamer 8:36.17
Long Jump: Tom Cornelius 6.23m, Tim Papas 5.90m
Javelin: Sam Scherma 41.07, Cameron Morris 37.83
400m: Otmane Tirhazouine 53.14, Cameron Baker 52.06
200m Hurdles: Mo Zeed 24.24, Dave Featherston 26.92
Medley Relay: Andrew Haddow, Cam Sherry, Andrew Nagle, Bouchaib, Chefnaoui 3:36.14

WORLD CHAMPIONSHIPS "B" QUALIFIER FOR BLAKE

Congratulations to Blake Lucas who won the pole vault at the final Rare Air Club event at Melbourne Uni, with a PB and world championships B qualifying height of 5.55m. This height also broke Blake's own Victorian under 20 record.

In other pole vault news Joel Pocklington finished 3rd with a height of 5.22m in the Chinese Taipei International Pole Vault Championship in Taiwan despite injuring his ankle on his first attempt!

CROSS COUNTRY RELAYS ON SATURDAY WEEK

With an early start to the cross country season this year, we urgently need to get teams organised for the cross country relays at Jells Park on Saturday week, April 18. All runners interested in taking part in this event please contact a member of the winter competition committee so that teams can entered.

Winter competition committee

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

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

Chris O'Connor ph: 9808 5914 or 0410 490 630 email:
coconnor@swin.edu.au

RUN FOR THE KIDS

Steve Dinneen put in a terrific effort to finish 3rd in a field of over 18,000 people in the run for the kids yesterday. More results next week.

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

NATIONAL UNDER 20 AND UNDER 23 CHAMPIONSHIPS

Congratulations to all the Box Hill athletes who competed at the national under 20 and under 23 championships. Special mention to our medal winners, Blake Lucas, Chris Hamer, Tim Papas, Rebecca Marchant and Melanie Adams

Under 20

Men Pole Vault:

1 Blake Lucas 5.20m

3 Timothy Papas 4.40m

5 Brodie Cross 4.20m

Women Triple Jump:

3 Rebecca Marchant 12.19m

Women Pole Vault:

4 Rebecca Marchant 3.60m

4 Alexandra Pocklington 3.60m

6 Paris McCathrion 3.50m

7 Breanne Cross 3.40m

Men Long Jump:

6 Thomas Cornelius 6.49m

Women 800m:

7 Olivia Turnbull 2:16.73 (2:16.48 heat)

Women Javelin:

7 Chelsea Dyer 38.64m

Under 23

Men 5000m:

1 Chris Hamer 14:47.60

Women Pole Vault:

2 Melanie Adams 3.60m

Women 200m:

8 Bronwyn Sudholz 26.07

Women 100m:

10 Bronwyn Sudholz 12.86