

Box Hill Athletic Club Summer News 19
Monday 8 February 2010

UPCOMING EVENTS

Thursday, February 11, Rare Air Club, Melbourne Uni
Thursday, February 11, High Velocity Club, Doncaster
Saturday, February 13, AV Shield Final, Doncaster
Sunday, February 14, Throwers Club, Geelong
Thursday, February 18, All Comers Meet, Olympic Park
Saturday, February 20, Peter Norman Classic, Aberfeldie
Saturday, February 20, Rare Air Club, Box Hill
Tuesday, February 23, Miler's Club, Box Hill

BOX HILL WINS MEN'S AND WOMEN'S DIVISION 1 PREMIERSHIPS!

Box Hill won both the men's and women's division 1 premierships at the East Region Shield finals on Saturday.

Results are yet to be finalised (there was a mix up in one of the junior events that has led to a number of protests!) but it appears that the club's under 16 and under 18 men's teams and our under 18 women's team have all finished 2nd. That means that all five of these teams will progress to the Association finals at Doncaster this Saturday. The women's division 2 team performed well on the track but was not strong enough in the field and ended up in 3rd place.

Unofficial Results (official results will be forwarded as soon as they are available)

Men Open Division 1

1 Box Hill 190.17
2 St Kevins 139.33
3 St Stephens Harriers 136.50
4 Collingwood 129

Men Under 18

1 Diamond Valley 141.50
2 Box Hill 134
3 Doncaster 102
4 Croydon 67.50

Men Under 16

1 Collingwood 155.50
2 Box Hill 114
3 Diamond Valley 109.50
4 Ringwood 59

Women Open Div. 1

1 Box Hill 200
2 St Stephens Harriers 164
3 Diamond Valley 76
4 Collingwood 65

Women Open Div. 2

1 St Stephens Harriers 172
2 Richmond 135.50
3 Box Hill 88
4 Croydon 47.50

Women Under 18

1 Diamond Valley 120
2 Box Hill 84
3 Doncaster 65
4 Ruyton 43

ASSOCIATION FINALS THIS SATURDAY, FEBRUARY 13

The Victorian Association Shield finals will be held this Saturday, February 13 at Doncaster. Five Box Hill teams have qualified for this event. Men and Women Open Division 1, Men and Women under 18 and the men's under 16 team. The teams will be essentially the same as those that competed last weekend with the addition of a few athletes who were unavailable last week.

The track program starts at 1:00pm with the hurdles and walk followed by the 800m, 200m, 5000/3000m, and the last track event is the 4x400m which is scheduled to commence at 6:35pm. The field events also start at 1:00pm, with our last field events scheduled to start at 7:00pm. See page 37 of the AV summer competition handbook for details.

CONGRATULATIONS

Congratulations to Nikki Chapple who has continued her outstanding form with a win in the Marugame half marathon in Japan on Sunday in a time of 68:37. This time is a PB by nearly 90 seconds and would have ranked Nikki 15th in the world for 2009.

POLE VAULTERS EXCEL

Box Hill pole vaulters excelled in an invitation competition at Box Hill on Saturday. Of special note was the performance of Brodie Cross who cleared 4.80m to set a new Victorian U16 and U17 record. In other results James Filshie cleared 5.15m and Paris McCathrion jumped 3.60m. Meanwhile, Blake Lucas won the pole vault at the Brisbane track classic with a clearance of 5.15m

RESULTS FROM EAST REGION SHIELD FINAL

Men Open Division 1

200 Meters

Heat 1

2 Sherry, Cameron 23.96

Heat 2

1 Filshie, James 23.16

4 Wilcox, Andrew 24.27

800 Meters

1 Clark, Daniel 1:53.9

5 White, Andrew 1:56.4

6 Balassone, Daniel 1:56.9

5000 Meters

1 Kelly, Stephen 15:36.8

3 Dipnall, Sam 15:51.0

8 Morris, John 16:56.6

400 Meter Hurdles

Heat 1

1 Cornelius, Tom 55.32

Heat 2

1 Zeed, Mohamad 55.85

4x400 Meter Relay

2 Box Hill 3:28.7

1) Featherston, David 2) Wilcox, Andrew

3) Balassone, Daniel 4) Clark, Daniel

High Jump

2 Spry, Jesse 1.82m

7 Baker, Cameron 1.47m

Long Jump

5 Featherston, David 6.21m

6 Spry, Jesse 6.18m

Shot Put

3 Spry, Jesse 10.72m

5 Featherston, David 10.16m

Hammer Throw

4 Cross, David 23.27m

6 Featherston, David 20.76m

3000 Meter Race Walk

1 Evans, Simon 15:01.6

3 Dyer, William 15:58.4

Women Open Division 1

200 Meters

Heat 1

1 Sudholz, Bronwyn 26.78

3 Phillips, Angela 28.03

Heat 2

2 Houston, Katherine 29.79

800 Meters

1 Ackland, Kate 2:18.3

3 Turnbull, Olivia 2:21.0

5 McRae, Helen 2:25.0

5000 Meters

1 Johnson, Rachel 17:42.5

3 Norney, Julie 19:02.9

5 Petrie, June 19:38.3

4x400 Meter Relay

2 Box Hill 4:04.8

1) Turnbull, Olivia 2) DE Luca, Emily

3) Ackland, Kate 4) Crawford, Talitha

High Jump

1 Carre, Simone 1.52m

3 Hewitt, Sarah 1.32m

Long Jump

2 Carre, Simone 4.99m

4 Carabourniotis, Yiota 4.63m

Shot Put

1 Phillips, Angela 11.85m

3 Hewitt, Sarah 9.64m

Hammer Throw

1 McCowan, Catherine 32.20m

2 Hewitt, Sarah 27.49m

3000 Meter Race Walk

1 Mason, Ella 17:11.7

Women Open Division 2

200 Meters

Heat 1

2 Freestone, Abbie 28.67

Heat 2

4 Matheson, Julia 33.00

800 Meters

1 Norney, Julie 2:24.7

4 DE Luca, Emily 2:26.5

7 Roden, Alicia 2:35.8

5000 Meters

4 Harper, Amanda 20:01.1

6 Law, Rebecca 21:17.0

7 Conley, Margie 21:43.6

Shot Put Open Div.2

1 McCowan, Catherine 10.09m

2 Carre, Simone 9.60m

Men Under 18

200 Meters

Heat 1

2 Cornelius, Tom 23.14

4 Cross, Braeden 23.26

Heat 2

1 Robertson, Thomas 24.50

800 Meters

3 Coughlin, Andrew 1:59.3

5 Potter, William 2:00.3

3000 Meters

1 Dowel, Michael 9:07.8

3 Williams, Max 9:39.8

400 Meter Hurdles

2 Cross, Braeden 58.12

4 Robertson, Thomas 1:01.26

4x400 Meter Relay

1 Box Hill 3:28.5

1) Cornelius, Tom 2) Potter, William

3) Coughlin, Andrew 4) Cross, Braeden

Long Jump

1 Cornelius, Tom 6.49m

Shot Put

1 Lockwood, Nick 14.37m

Women Under 18

200 Meters

3 Marchant, Rebecca 27.20

800 Meters

Atkin, Liselle 2:45.7

4x400 Meter Relay

3 Box Hill 4:28.7

1) Tower, Helen 2) Savige, Amelia

3) Atkin, Liselle 4) Ambrose, Natalie

High Jump

1 Marchant, Rebecca 1.57m

Long Jump

1 Marchant, Rebecca 5.23m

2 Budden, Tessa 4.57m

Shot Put

1 Dyer, Chelsea 9.93m

Hammer Throw

2 Dyer, Chelsea 21.14m

Men Under 16

200 Meters

Heat 1

3 Cross, Brodie 25.48

6 Norney, Laughlin 28.48

Heat 2

2 Norney, James 29.88

800 Meters

2 Martin-Alcaide, Kyle	2:04.4
5 Wong, Hanson	2:09.7
7 Hardy, Joe	2:17.0

3000 Meters

2 Hardy, Joe	10:19.7
3 Martin-Alcaide, Kyle	10:38.9
5 Norney, Laughlin	11:47.6

200 Meter Hurdles

1 WU, Geoffrey	36.57
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High Jump

5 Norney, Laughlin	1.42m
6 Norney, James	1.32m

Long Jump

6 WU, Geoffrey	4.71m
7 Norney, James	4.55m

Shot Put

5 WU, Kenneth	11.03m
7 Norney, James	7.68m