

Box Hill Athletic Club Summer News 20
Monday 15 February 2010

UPCOMING EVENTS

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
February 26-28, Underage Victorian Championships, Olympic Park
February 26-28, Open Relay Championships, Olympic Park

BOX HILL TEAMS FINISH RUNNERS UP FOR 2009/2010

Box Hill finished the 2009/2010 shield competition season as runners up in both the men's division 1 and the women's division 1 competition. Our under 18 boys finished third and a depleted women's under 18 team finished fifth in the association finals at Doncaster on February 13.

Despite not winning an association premiership for the first time in many, many years 2009/10 has been a successful season for Box Hill. It has seen an increase in the number of club members and good performances by most of our teams. Hopefully we can improve further next year and come away with the premierships.

Thanks to all the athletes who have represented the club throughout the 2009/2010 shield competition season and good luck to all those who will be competing in state and national championships.

Men Open Division 1

Box Hill has won the men's premiership for the past 8 years and so it is disappointing to go down to Glenhuntly in close competition in the finals. Nevertheless, with several of our athletes unavailable through injury or competing in the Australian Athletics Tour meet in Hobart our team was not at full strength, and our athletes competed bravely on the day and almost pulled off another title.

Male Team Scores - Open Div.1 Division

1 Glenhuntly	293.67
2 Box Hill	270.67
3 Melbourne Uni	216.67
4 Knox Athletics	185.50
5 Western Athletics	169.50
6 St Kevins	150

Men 200 Meter Sprint Open Div.1

Heat 1 – 1, Lucas, Blake	22.72
Heat 2 – 2, Sherry, Cameron	23.24
Heat 3 – 1, Filshie, James	23.39

Men 800 Meter Run Open Div.1

Heat 1 – 4, White, Andrew	1:57.49
5, Balassone, Daniel	1:57.70
Heat 2 – 1, Nagle, Andrew	1:59.59

Men 5000 Meter Run Open Div.1

1 Dipnall, Sam	15:29.18
12 Morris, John	16:37.24
13 Griffin, Steven	16:41.31

Men 400 Meter Hurdles Open Div.1

Heat 1 - 2 Cornelius, Tom	55.68
Heat 2 - 1 Zeed, Mohamad	54.84

Men 4x400 Meter Relay Open Div.1

3 Box Hill 3:30.56

1) Nagle, Andrew 2) Featherston, David 3) Balassone, Daniel 4) Wilcox, Andrew

Men High Jump Open Div.1
=1 Spry, Jesse 1.90m
9 Baker, Cameron 1.55m

Men Long Jump Open Div.1
3 Spry, Jesse 6.06m
6 Featherston, David 5.84m

Men Shot Put Open Div.1
6 Spry, Jesse 10.18m
10 Featherston, David 9.09m

Men Hammer Throw Open Div.1
8 Featherston, David 22.01m
9 Cross, David 21.96m

Men 3000 Meter Race Walk Open Div.1
2 Evans, Simon 15:00.8
3 Dyer, William 15:42.4

Women Open Division 1

Box Hill has not won the women's title since 2001. After finishing 4th last year it was great to improve to 2nd this year and hopefully we can go one better next season!

Female Team Scores - Open Div.1 Division

1 Athletics Essendon 303.33
2 Box Hill 233
3 Glenhuntly 229
4 Melbourne Uni 197
5 Athletics Waverley 149.67
6 St Stephens Harriers 127

Women 200 Meter Sprint Open Div.1
Heat 1 - 4 Sudholz, Bronwyn 26.22
Heat 2 - 4 Phillips, Angela 27.30
Heat 3 - 6 Houston, Katherine 30.16

Women 800 Meter Run Open Div.1
Heat 1 - 3 Ackland, Kate 2:17.68
6 Crawford, Talitha 2:20.35
Heat 2 - 2 Turnbull, Olivia 2:20.6

Women 5000 Meter Run Open Div.1
1 Johnson, Rachel 17:22.16
4 Norney, Julie 18:23.71
11 Petrie, June 19:41.71

Women 4x400 Meter Relay Open Div.1
3 Box Hill 3:55.40
1) Turnbull, Olivia 2) De Luca, Emily 3) Crawford, Talitha 4) Ackland, Kate 27

Women High Jump Open Div.1
3 Carre, Simone 1.55m
11 Hewitt, Sarah 1.25m

Women Long Jump Open Div.1
2 Carabourniotis, Yiota 5.45m
6 Carre, Simone 4.83m

Women Shot Put Open Div.1
3 Phillips, Angela 11.79m
5 Hewitt, Sarah 9.54m

Women Hammer Throw Open Div.1

3 McCowan, Catherine 34.03m

4 Hewitt, Sarah 32.65m

Women 3000 Meter Race Walk Open Div.1

3 Mason, Ella 16:52.4

Men Under 18

The under 18 boys have had a great season and were in one of the closest, most hotly contested competition of the finals, until Essendon just got away in the last few events.

Male Team Scores - Under 18 Division

1 Athletics Essendon 407

2 Knox Athletics 374

3 Box Hill 364

4 Athletics Waverley 350

5 Diamond Valley 332.50

6 Western Athletics 217

7 Bendigo YMCA 61.50

Men 200 Meter Sprint Under 18

Heat 1 - 1 Cross, Braeden 22.67

Heat 2 - 2 Robertson, Thomas 24.03

Heat 3 - 2 McMillan, Lachlan 23.90

Men 800 Meter Run Under 18

Heat 1 - 3 Potter, William 2:00.10

Heat 2 - 1 Coughlin, Andrew 2:00.55

3 White-Alikakos, Daniel 2:04.29

Men 3000 Meter Run Under 18

9 Williams, Max 10:07.04

10 Dowel, Michael 10:31.29

Men 400 Meter Hurdles Under 18

Heat 1 - 3 Robertson, Thomas 59.53

Heat 2 - 1 Cross, Braeden 58.24

Men 4x400 Meter Relay Under 18

1 Box Hill 3:27.51

1) Cornelius, Tom 2) Potter, William 3) Coughlin, Andrew 4) Cross, Braeden

Men High Jump Under 18

2 Cornelius, Tom 1.75m

Men Long Jump Under 18

1 Cornelius, Tom 6.66m

Men Shot Put Under 18

1 Lockwood, Nick 16 14.20m

2 Papas, Tim 12.12m

Women Under 18

Unfortunately the under 18 girls had a number of athletes unavailable on finals day, but it was great to make the Association final and we look forward to an even better result next year.

Female Team Scores - Under 18 Division

1 Western Athletics	380
2 Knox Athletics	359
3 Diamond Valley	303
4 Sandringham	180
5 Box Hill	113
6 Ballarat YCW	103
7 Williamstown	22

Women 200 Meter Sprint Under 18

6 Budden, Tessa 28.83

Women 800 Meter Run Under 18

4 Atkin, Liselle 2:41.64

Women 4x400 Meter Relay Under 18

3 Box Hill 4:21.85

1) Tower, Helen 2) Savige, Amelia 3) Atkin, Liselle 4) Ambrose, Natalie

Women High Jump Under 18

2 Budden, Tessa 1.45m

Women Long Jump Under 18

4 Budden, Tessa 4.42m

RELAY CHAMPIONSHIPS

The Victorian Open relay championships will be held at Olympic Park on February 26-28. Box Hill has entered teams in the 4x100m, 4x200m, 4x400m, 4x800m and 4x1500m for both men and women. Please let us know if you are available to run in this event.

CONGRATULATIONS

Congratulations to club president Colin Organ and his wife Blanca, on the arrival of their daughter. Daniela Andrea Organ was born on the 29th of January.

PARIS DOES IT AGAIN!

Box Hill's junior pole vault star Paris McCathrion has continued with her record breaking ways. Last weekend she cleared 3.90m to break the Victorian under 15 and under 16 records. Congratulations Paris!

GOING TO THE MELBOURNE TRACK CLASSIC?

The Melbourne Track Classic will take place at Olympic Park on Thursday, March 4.

This is Australia's premier track and field meet and is not to be missed by any athletics fan.

General admission tickets are now selling from Ticketek for \$20 for adults and \$10 concession (children under 12 are free).

Box Hill, however, has a bulk ticket order at early bird prices. This means that you can buy tickets from the club for \$15 for adults and \$7.50 concession! What is more, you not only get a discount price but a small profit will go to the club for every ticket we sell. See Leana Tilley or Chris O'Connor as soon as possible if you wish to take up this offer.