

Box Hill Athletic Club Summer News 21
Monday 22 February 2010

UPCOMING EVENTS

Tuesday, February 23, Miler's Club, Box Hill

February 26-28, Underage Victorian Championships, Olympic Park

February 26-28, Open Relay Championships, Olympic Park

Tuesday, March 2, High Velocity Club, Box Hill

Thursday, March 4, World Athletics Tour, Olympic Park

Saturday, March 6, Rare Air Club, Melbourne Uni.

RELAY CHAMPIONSHIPS

The Victorian Open relay championships will be held at Olympic Park on this weekend, February 26-28, in conjunction with the Victorian Underage Championships. Box Hill has entered teams in the 4x100m, 4x200m, 4x800m and 4x1500m for both men and women. Teams have not been finalised so please let us know if you are available to run in this event.

Draft Teams:

Friday 4x100m Heats (Women 6:10pm, Men 6:20pm, Finals at 7:50pm and 7:55pm)

Bron Sudholz

Holly Baxter

Angela Phillips

Alicia Roden

Cam Sherry

Mo Zeed

Lane Harrison?

Cam Baker?

Andrew Wilcox?

Friday 4x1500m Final (Women 9:35pm, Men 9:55pm)

Kate Ackland

Helen McRae

Julie Norney

Rachel Johnson

Matt Coloe

Sam Dipnall

Steve Kelly?

Andrew Nagle

Luke Yeatman?

Sunday 4x200m Final (Men 5:05pm, Women 5:10pm)

Cam Sherry

Mo Zeed

Lane Harrison?

Cam Baker?

Andrew Wilcox?

Bron Sudholz

Holly Baxter

Angela Phillips

Simone Carre?

Sunday 4x800m Final (Men 5:15pm, Women 5:30pm)

Matt Coloe

Sam Dipnall?

Steve Kelly?

Andrew Nagle

Kate Ackland
Helen McRae
Emily De Luca
Talitha Crawford

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.

ALL COMERS MEET

There were some good performances by Box Hill athletes at the All Comers meet at Olympic Park last Thursday.

Results:

Women 100 Meter Sprint Open

Sudholz, Bronwyn 13.01

Baxter, Holly 13.76

Women 400 Meter Run Open

Turnbull, Olivia 1:00.41

Women 1500 Meter Run Open

Ambrose, Natalie 4:50.23

Ackland, Kate 4:53.59

McRae, Helen 4:53.60

Carrig, Amy 5:08.51

Atkin, Liselle 5:13.33

Women 5000m Walk Under 20 Championship

4 Mason, Ella 29:54.27

Men 100 Meter Sprint Open

Cornelius, Tom 11.65

Harrison, Lane 11.80

Robertson, Thomas 12.31

Pocklington, Colin 12.89

Men 400 Meter Run Open

Robertson, Thomas 52.77

Coughlin, Andrew 52.78

Men 1500 Meter Run Open

Dipnall, Sam 4:01.71

Nagle, Andrew 4:14.13

Dyer, Mitchell 4:48.38

Men 5000m Walk Championship

8 Evans, Simon 25:24.88

11 Dyer, William 26:59.61

Long Jump

Cornelius, Tom 6.73m

Carabourniotis, Yiota 4.03m

Shot Put

Dyer, Chelsea 10.08m

Javelin

Dyer, Chelsea 38.11m

RARE AIR CLUB Meet IV 20 February

The RAC Meet IV was held at Mentone ON February 20. The winners of the men's and women's pole vault competitions were awarded Wally Chisholm trophies by Wally's son Rob. Wally passed away in 2005, but coached pole vault from the 1960s until the 1990s and was largely responsible for Victoria being the dominant force in Australian pole vaulting for most of the that time.

Box Hill athletes dominated with the men's award taken out by Blake Lucas with a Commonwealth Games B qualifying height of 5.45 metres. Paris McCathrion took out the women's competition on a count back from Rebecca Marchant, with both girls clearing 3.80 metres.

Pole Vault Results:

Men:

1. Blake Lucas 5.45m Com Games B Qual
2. James Filshie 5.10m
3. Brodie Cross 4.70m
6. Cam Sherry 4.30m
7. Tim Papas 4.20m
11. Cam Baker 3.80m
15. Anthony McLardie 3.10m
19. Rob Barclay 2.70m
23. Oliver Kalac 2.10m

Women:

1. Paris McCathrion 3.80m
2. Rebecca Marchant 3.80m
6. Abbie Freestone 3.20m
11. Miya Ben-Natan 2.50m

High Jump Results:

1. Jesse Spry 1.95m

PETER NORMAN CLASSIC

The Peter Norman Classic was held at Aberfeldie on the weekend.

Results:

1500m

Daniel Clark 3:51.5

William Potter 4:05.7

Daniel Balassone 4:07.7

110m Hurdles

Lachie McMillan 16.90