

Box Hill Athletic Club Summer News 22
Monday 1 March 2010

UPCOMING EVENTS

Tuesday, March 2, High Velocity Club, Box Hill
Thursday, March 4, World Athletics Tour, Olympic Park
Saturday, March 6, Rare Air Club, Melbourne Uni.
Tuesday, March 9, Post Season Comp., Box Hill
Saturday, March 13, Rare Air Club, Box Hill
Tuesday, March 16, Post Season Comp., Doncaster
Tuesday, March 16, AV Throwers, Doncaster
Thursday, March 18, Miler's Club, Olympic Park

Although the Shield interclub season has been completed there are still plenty of competitions in the lead up to the Victorian Open Championships (and underage relay championships) on the last weekend in March.

TRACK BOOKING

This Tuesday, March 2, a school has booked to use the facilities at the track from 4pm to 6pm, prior to the High Velocity Club competition commencing at 7:00pm. The school will not be using the track but there will be approximately 150 children using the long jump pits and the throwing areas. We apologise for any inconvenience to members, but school booking are an important source of income to the club, so please be respectful of the fact that they have booked the track during these hours.

POST SEASON COMPETITION

To provide additional competition for East Region athletes at the conclusion of the shield season, two meets will be held, one at Box Hill on Tuesday, March 9 and one at Doncaster on Tuesday, March 16.

Tuesday 9 March (Box Hill)

Track	Field	Triple	Shot
6:30pm 800m	6:30pm	>10.50m	< 8.50m
7:20pm 200m	7:15pm	8.50m – 10.50m	> 10.50m
8:10pm 3000m	8:00pm	<8.50m	8.50m – 10.50m

Tuesday 16 March (Doncaster) Held in conjunction with AV Throwers Meet

Track	Field	Long	High
6:30pm 100m	6:30pm	>5.50m	1.10m – 1.45m
7:15pm 1500m	7:15pm	4.50m – 5.50m	1.60m+
8:00pm 400m	8:00pm	< 4.50m	1.35m - 1.70m

UNDERAGE, RELAY AND MULTI EVENT CHAMPIONSHIPS

Box Hill had many outstanding performers at Olympic Park over the weekend.

Jesse Spry won a bronze medal in the state decathlon championship, scoring 6106 points, while Russel Clowes finished in 4th place scoring 5778.

Our men's 4x200m relay team had a brilliant win, with Cameron Sherry, Braeden Cross, Lane Harrison and Mohamad Zeed picking up a gold medal. Matt Coloe, Sam Dipnall, Daniel Balassone and Andrew Nagle won silver in the 4x800m, while the teams of Matt Coloe, Sam Dipnall, Andrew Nagle and John Morris in the 4x1500m and Cameron Sherry, Mohamad Zeed, Cameron Baker and Andrew Wilcox in the 4x100m both won bronze medals.

In the women's relays Kate Ackland, Julie Norney, Rachel Johnson and Helen McRae won a silver medal in the 4x1500m.

Brony Sudholz, Holly Baxter, Angela Phillips and Alicia Roden finished 6th in the 4x100m, Katherine Houston, Ollie Turnbull, Angela Phillips and Simone Carre finished 4th in the 4x200m and Kate Ackland, Rachel Johnson, Emily De Luca and Helen McRae also finished 4th in the 4x800m.

Many of our junior athletes won medals and put in great performances in the Victorian underage championships at Olympic Park over the weekend. Special mention to our state champions, Tom Cornelius, Tim Papas, Brodie Cross, Nicolas Paidoussis, Rebecca Marchant, Chelsea Dyer, Sarah Ferrier and Miya Ben-Natan

Results:

Men Under 20

Tom Cornelius 1st 400m Hurdles 54.63, Long Jump 3rd 6.69m, 200m 23.19

Tim Papas 1st Pole Vault 3.80m, 4th Shot 11.80m

Daniel Balassone 2nd 800m 1:56.0

Will Potter 800m 2:00.3

Daniel White-Alikakos 2:03.9

Braeden Cross 400m 50.95

Lachlin McMillan 200m 24.12, 110m Hurdles 17.04

Men Under 18

David Grant 2nd Shot 13.40m, 2nd Discus 44.17m, 2nd Jav 49.51m

Andrew Coughlin 3rd 800m 1:56.5, 4th 400m 52.35

Men Under 17

Brodie Cross 1st Pole Vault 4.60m

Angus McLardie 4th Pole Vault 3.15m

Tom Robertson 3rd 400m Hurdles 60.02, 5th 400m 52.49

Men Under 16

Oliver Kalac 3rd 2.20m

Men Under 15

Mitchell Dyer 5th 3000m 10:24.3

Men Under 14

Nicolas Paidoussis 1st 800m 2:12.7, 1st 1500m 4:39.1

Women Under 20

Rebecca Marchant 1st Triple Jump 11.94m

Ollie Turnbull 3rd 800m 2:17.7, 6th 400m 59.55

Abbie Freestone 3rd Pole Vault 3.00m

Katherine Houston 100m 14.93, 200m 30.19, 400m 64.77

Women Under 18

Chelsea Dyer 1st Jav. 38.65m, 2nd Shot 10.33m, 2nd Discus 36.32

Paris McCathrion 1st Pole Vault 3.90m

Rebecca Marchant 2nd Pole Vault 3.80m

Tessa Budden 4th High Jump 1.50m

Women Under 17

Ella Mason 2nd 5000m walk 30:36.9

Natalie Ambrose 2nd 800m 2:23.2, 3rd 1500m 4:48.9

Women Under 16

Helen Tower 3rd 400m 60.60, 200m Hurdles 4th 32.62

Paris McCathrion 2nd High jump 1.55m, 5th 200m Hurdles 33.10

Women Under 15

Sarah Ferrier 1st 100m 12.73

Miya Ben-Natan 1st Pole Vault 2.90m

Ellisa Garrod 8th 1500m 5:14.4, 400m 65.95

Women Under 14

Emily Goessler 3rd 1500m 4:59.3, 3rd 800m 2:24.9