

**Box Hill Athletic Club Summer News 23**  
**Tuesday 9 March 2010**

## UPCOMING EVENTS

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  
March 20-21 Vic Masters Championships, Glenhuntly  
Saturday, March 20 Rare Air Club, Melb. Uni  
Saturday, March 20 High Velocity Club, Aberfeldie  
March 26-28 Vic. Open Championships, Olympic Park  
March 26-28 Vic. Underage Relay Champs, 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.

## 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 tonight, Tuesday, March 9 and one at Doncaster on Tuesday, March 16.

There is free entry for athletes from Box Hill and all East Region clubs

Tuesday 9 March (Box Hill)

Track

6:30pm 800m

7:20pm 200m

8:10pm 3000m

Field Triple Shot

6:30pm >10.50m < 8.50m

7:15pm 8.50m - 10.50m > 10.50m

8:00pm <8.50m 8.50m - 10.50m

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

Track

6:30pm 100m

7:15pm 1500m

8:00pm 400m

Field Long High

6:30pm >5.50m 1.10m - 1.45m

7:15pm 4.50m - 5.50m 1.60m+

8:00pm < 4.50m 1.35m - 1.70m

## RESULTS

### Milers Club Feb 23

800m

August Apelis 2:09.3

Nick Baggott 2:04.7

Andrew Coughlin 1:57.6

Sam Dipnall 2:00.3

Andrew Nagle 2:01.2

Kate Ackland 2:18.8

Helen McRae 2:22.9

Amy Carrig 2:27.7

Liselle Atkin 2:36.3

3000m

Steve Kelly 8:19.3  
Andrew White 8:32.5  
Daniel Clark 8:34.9  
Luke Yeatman 8:57.3  
Steve Griffin 9:36.6  
Bert Pelgrim 10:17.1

Nikki Chapple 9:21.3  
Julie Norney 10:25.6 (Vic 3000m record W40-44)  
Rachel Johnson 10:29.8  
June Petrie 11:31.9  
Priscilla Barrington 11:45.9  
Rebecca Law 12:05.9

### **High Velocity Club March 2**

200m

Lane Harrison 23.44

400m H

Mo Zeed 55.66

TJ

Sarah Ferrier 11.49m

### **Rare Air Club March 6**

Pole Vault

Blake Lucas 5.15m

James Filshie 5.00m

Bridie Cross 4.55m

Cam Sherry 4.55m

Tim Papas 3.95m

Cam Baker 3.60m

Rebecca Marchant 3.85m

Paris McCathrion 3.75m

Abbie Freestone 3.00m

Melbourne Track Classic

Blake Lucas 5.15m

James Filshie 5.00m

Nikki Chapple 15:38.9

Hanny Allston 17:13.8

Steve Kelly 14:58.1

### **WARBUTON FUN RUN**

Box Hill athletes performed well at the Warburton fun run last week, especially Julie Norney who finished 3rd behind Robyn Millard APS and Sonia OSullivan GHY 2nd (and 1st 40-44) in 38.32.

5km event

James Norney 18.32

June Petrie 18.35 2nd Female / 1st 45-49

Laughlin Norney 19.17 1st U14

10km event

Bert Pelgrim 37.04 4th overall / 1st 50-54

Julie Norney 38.32 3rd Female / 2nd 40-44