

Box Hill Athletic Club Summer News 24
Tuesday 16 March 2010

UPCOMING EVENTS

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

POST SEASON COMPETITION ON TONIGHT

The second of the East Region post season competitions will be held at Doncaster tonight, Tuesday, March 16.

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

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

UNDERAGE RELAY CHAMPIONSHIPS

The under age relay championships (Under 14 to Under 20) will be held in conjunction with the state open championships at Olympic Park on March 26-28. Could all athletes who are available to run please let us know as soon as possible so that teams can be organised.

RESULTS

National Junior Championships

Many Box Hill athletes performed with distinction at the national underage championships in Sydney on the weekend.

Congratulations to our medalists, Brodie Cross, Rebecca Marchant, Tim Papas, Paris McCathrion, Chelsea Dyer, Emily Goessler, Sarah Ferrier and Nicolas Paidoussis.

Apologies if we have missed any Results

Rebecca Marchant 2nd U20 PV 3.70m, 2nd U18 PV 3.85m, 4th U18 TJ 12.15m

Brodie Cross 1st U18 PV 4.65m, 2nd U20 PV 4.60m

Tim Papas 3rd U20 PV 4.15m

Miya Ben-Natan 2nd U17 PV 2.70m

Angus McLardie 4th U17 PV 3.20m

Chelsea Dyer 1st U18 JT 41.39m, 6th U18 DT 38.28m

Oliver Kalac 4th U16 PV 2.20m

Paris McCathrion 1st U16 PV 3.70m

Andrew Coughlin U18 800m 1:59.2

Nat Ambrose 6th U17 800m 2:16.6, 9th U17 1500m 4:52.1

Emily Goessler 3rd U14 1500m 4:46.3

Tom Cornelius U20 400mH 54.36, U20 LJ 5th 7.10m

Sarah Ferrier 1st U15 TJ 11.87m, 6th U15 100m 13.05

Nicolas Paidoussis 1st U14 800m 2:09.9, 1st U14 1500m 4:28.9

Ollie Turnbull U20 800m 2:21.1

Will Potter U20 1500m 4:01.0

Daniel Balassone U20 800m 1:56.4

Run for the Kids

Box Hill runners featured prominently among more than 30,000 people who took part in this event. Andrew White finished 2nd, Barry Lynch 3rd and Steve Kelly 6th. Luke Yeatman was 12th and Steve Griffin 34th in the 14.4km event. In the shorter race (5.2km), 15 year old Amelia Savige was the 13th woman across the line.

Warburton fun run

Just to add to last weeks Warburton Fun Run results, Michael Dowel ran a great race to finish 3rd overall in the 10K (1st U18) in 34:59.