

Box Hill Athletic Club Summer News 25
Monday 22 March 2010

UPCOMING EVENTS

March 26-28 Vic. Open Championships, Olympic Park
March 26-28 Vic. Underage Relay Champs, Olympic Park
Saturday, April 3, AV Throwers, Ringwood
Thursday, April 8, High Velocity Club, Box Hill
Saturday, April 10, All Comers Meet, Olympic Park
Sunday, April 11, AV Throwers

RESULTS

Post Season Comp.

Box Hill won the points score in the men's competition and also the combined men/women points score.

East Region post-season Competition, Round 1

Box Hill. Tuesday 9 March 2010

200m

22.9 LANE HARRISON
24.9 MARCUS JOHNSON
25.3 MATTHEW COLOE
26.6 BRONWYN SUDHOLZ
27.3 KATE ACKLAND
27.6 HOLLY BAXTER
29.1 KATHERINE HOUSTON

800m

1 56.1 MATTHEW COLOE
2 04.4 PATRICK OUGHTRED
2 09.1 HANSON WONG
2 10.0 AUGUST APELIS
2 15.7 JOE HARDY
2 21.8 DAVID AYERS
2 25.6 HELEN MCRAE
2 29.3 EMILY DE LUCA
2 37.0 LISELLE ATKIN

3000m

10 15.7 BERT PELGRIM
11 44.6 DEAN MEMBREY
12 9.1 RUSSELL CLOWES
12 44.1 CHARMAINE MCNALLY

East Region post-season Competition, Round 2

Doncaster. Tuesday 16 March 2010

100m

12.8 REBECCA MARCHANT
11.1 BLAKE LUCAS
11.2 LANE HARRISON
11.4 CAMERON SHERRY
11.8 ANDREW WILCOX
12.2 CAMERON BAKER
12.3 BRODIE CROSS

400m

53.9 AUGUST APELIS

1500m

5 49.7 CHARMAINE MCNALLY
4 50.9 DEAN MEMBREY

World Masters Indoor Championships

Box Hill had 2 athletes travel to Kamloops in Canada to take part in this event.

Andrew Wilcox won a bronze medal in the 200m and finished in 4th position in the 400m, then won a silver medal in the 4x200m relay.

Colin Pocklington made the final of the 50+ years 60m event, and finished in 7th place and also made the semi-finals in the 200m and then won a bronze medal in the 4x200m relay

Tuesday, March 16, AV Throwers, Doncaster

Women's Discus

Sarah Hewitt 33.69m

Kate McCowan 33.15m

Women's Hammer

Kate McCowan 33.54m

Sarah Hewitt 33.43m

Men's Shot Put

Russell Clowes 10.52m

Men's Javelin

Russell Clowes 41.46m

Thursday, March 18, Miler's Club, Olympic Park

Congratulations to Daniel Clark who won the state 1 mile championship. Daniel sprinted home in a slowly run race to finish just ahead of Matt Coloe and Tom Fawthorpe (Ringwood)

Victorian 1 mile Championship, Men

1. Daniel Clark 4:17.0

3. Matt Coloe 4:17.8

12. Sam Dipnall 4:25.6

Bert Pelgrim 5:08.3

Women

6. Julie Norney 5:17.2

7. Amy Carrig 5:27.1

9. June Petrie 5:52.7

800m

Daniel Balassone 1:54.7

Patrick Oughtred 2:01.3

Nic Baggott 2:05.3

August Apelis 2:08.9

Kate Ackland 2:17.4

Emily De Luca 2:21.8

March 20-21 Vic Masters Championships, Glenhuntly

30-34 years

Cameron Baker 1st Pole Vault 4.00m; 2nd 60m 7.71; 3rd 100m 12.03

35-39 years

Sarah Hewitt 1st Hammer 30.76m; 1st Shot Put 9.99m; 1st Discus 34.81m; 1st high Jump 1.40m

John Morris 1st 1500m 4:23.9; 3rd 5000m, 16:49.5

Rebecca Law, 3rd 1500m, 5:39.3

40-44 years

Andrew Wilcox 1st 60m 7.50 Vic Record; 1st 100m 11.62; 1st 200m 23.89; 1st 400m 52.9

Julie Norney 1st 18:29.3

45-49 year

Simon Evans, 1st 3000m walk, 14:47.7, 1st 1500m walk 7:08.1

June Petrie 1st 5000m 19:50.1

David Cross 2nd 200m 26.61, 2nd 400m 58.4

50-54 years

Bert Pelgrim 4th 5000m 17:32

Barry Whittle 4th 1500m, 5:19.7; 7th 5000m, 20:31.6

65-69 years

Neville Gardner 1st 800m 3:22.5; 3rd Long Jump 3.33m; 4th 400m 82.8; 4th Discus 26.73m

70 - 74years

Harry Summers 1st, 3000m walk 19:11.6; 1st, 1500m walk 9:15.7

Rob Barclay 1st, Pole Vault 2.90m Vic Record

Saturday, March 20 Rare Air Club, Melb. Uni

Men's PV

1 eq Blake Lucas Box Hill 5.20

1 eq James Filshie Box Hill 5.20

3 Brodie Cross Box Hill 4.70

5 Tim papas Box Hill 3.75

11 Craig Osborne Box Hill 3.20

12 Angus McLardie Box Hill 3.00

16 Oliver Kalac Box Hill 2.50

Women's PV

1 Paris mccathrion Box Hill 3.80

7 Abbie Freestone Box Hill 3.00

11 Miya Ben-Natan Box Hill 2.95

Saturday, March 18 High Velocity Club, Aberfeldie

Russell Clowes 110m Hurdles 17.76, Long Jump 6.38m,