

**Box Hill Athletic Club Summer News 26**  
**Monday 29 March 2010**

## **UPCOMING EVENTS**

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  
Saturday, April 17, Club 5k Handicap, Gardiners Creek.

## **RESULTS FROM STATE CHAMPIONSHIPS**

Congratulations to all Box Hill athletes who competed in the Victorian championships at Olympic Park on the weekend. A special mention to our state champions, Blake Lucas (men's pole vault) and Paris McCathrion (women's pole vault) and our under 20 girls who won the 4x800m title (Amy Carrig, Ollie Turnbull, Nat Ambrose and Liselle Atkin)

Women's 100m  
Bron Sudholz 12.63

Women's 200m  
Bron Sudholz 26.43  
Angela Phillips 27.31  
Holly Baxter 27.45

Women's 800m  
Kate Ackland 2:19.9

Women's 1500m  
9. Helen McRae 4:44.4

Women's Pole Vault  
1. Paris McCathrion 3.70m  
4. Abbie Freestone 3.10m  
11. Nicole Clowes 2.50m  
12. Miya Ben-Natan 2.50m

Women's Shot Put  
4. Angela Phillips 11.18m  
5. Kate McCowan 10.02m  
6. Sarah Hewitt 9.06m

Women's Discus  
5. Sarah Hewitt 36.42m  
6. Kate McCowan 36.16m  
7. Angela Phillips 31.86m

Women's Hammer  
3. Sarah Hewitt 35.65m  
4. Kate McCowan 33.36m

Women's Triple Jump  
8. Natalia Kremenchutskaia 11.20m  
10. Yiota Carabourniotis 9.42m

Women's Long jump  
11. Yiota Carabourniotis 4.36m

Women's Under 20 4x100m  
3. Catherine Brock, Kim Poon-Hornett, Katherine Houston, Anna Carrig 54.23

Women's Under 20 4x400m

2. Anna Carrig, Emily De Luca, Natalie Ambrose, Ollie Turnbull 4:08.4

Women's Under 20 4x800m

1. Amy Carrig, Natalie Ambrose, Ollie Turnbull, Liselle Atkin 9:57.2

Men's 200m

Mohammad Zeed 23.08

Men's 400m

Russell Clowes 53.19

Men's 800m

Daniel Balassone 1:54.7

Andrew Nagle 2:00.5

Men's 1500m

5. Matt Coloe 3:50.5

10. Daniel Clark 3:56.2

Sam Dipnall 4:08.1 (heat)

Men's 110m Hurdles

2. Mohamad Zeed 15.02

Men's Pole Vault:

1. Blake Lucas 5.10m

2. James Filshie 4.60m

3. Cam Sherry 4.60m

5. Brodie Cross 4.40m

8. Russell Clowes 4.00m

Men's Discus

Russell Clowes 38.65m

Men's Under 20 4x400m

3. William Potter, Daniel Balassone, Tom Robertson, Braeden Cross 3:28.9

### **CLUB 5K HANDICAP**

The Box Hill Athletic Club 5k handicap will be held at the usual venue along the bike tracks at Gardiners Creek in Box Hill South, on Saturday April 17 at 1:00pm.

All members (and friends), young and old, fast or slow, are encouraged to run, race or jog the course and then stay for the BBQ afterwards.

So if you are not going to be in Perth for the nationals on that weekend we hope to see you at Gardiners Creek. The race starts from the car park next to the Bennetswood Bowls Club on Station St. Enter via return email stating your best time in the past 12 months for 5000m, 3000m, 1500m or 800m (if you have one).

### **WINTER SEASON - XCR'10**

The Athletic Victoria winter season is fast approaching. To take part in the first event, the cross country relays at Jells Park on May 1, you must be registered for the new 2010/2011 season the week before! this year you will not be allowed to register on the day. Registration invoices should be arriving in your letterbox this week, so make sure you register as soon as possible.

### **AV Winter Season Program**

1-May-10 Saturday Cross Country Relays Jells Park TBC

8-May-10 Saturday Cross Country Lardner Park

29-May-10 Saturday Road Race Sandown

19-Jun-10 Saturday Road Race Lake Wendouree

10-Jul-10 Saturday Relay Coliban

17-Jul-10 Saturday Cross Country Bundoora

31-Jul-10 Saturday Cross Country Brimbank Park TBC

28-Aug-10 Saturday Road Relays Sandown

5-Sep-10 Sunday Road Race Burnley  
18-Sep-10 Saturday Relay The Tan