

Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 22

Monday 7 March 2011

UPCOMING EVENTS

March 10-14 National Junior Championships - Sydney
Saturday, March 12, East Region Post Shield Comp. - Collingwood
Tuesday, March 15, Milers Club - Box Hill
Wednesday, March 16, Rare Air Club - Melbourne Uni
Saturday, March 19, Rare Air Club - Box Hill
Saturday, March 19, East Region Post Shield Comp. - Box Hill

GOOD LUCK AT NATIONALS

Good luck to all the Box Hill athletes competing at the national junior championships in Sydney this weekend.

VICTORIAN CHAMPIONSHIPS

There were a number of outstanding performances by Box Hill athletes at the Victorian Championships at Olympic Park at the weekend.

Special mention to our pole vaulters who dominated the competition. Box Hill athletes swept the medals in the men's competition with James Filshie winning the gold on a count back from Joel Pocklington and Brodie Cross equalling Steve Hooker's state U18 record taking the bronze. Paris McCathrion cleared 3.90m to win her second women's open title at the age of just 15.

Other outstanding performances included a gold medal winning performance by Daniel Clark in the men's 1500m championship in which he produced a brilliant last 200m and a bronze medal performance by Julie Norney in just her 3rd race over the steeplechase.

Women 200 Meter Sprint Heats

Phillips, Angela 26.95

Men 200 Meter Sprint Heats

Clowes, Russell 24.12

Cornelius, Tom 23.49

Haddow, Andrew 23.33

Women 3000 Meter Steeplechase Final

3. Norney, Julie 11:33.21

Women 400 Meter Hurdles Heats

Houston, Katherine 75.14

Men 5000 Meter Race Walk Final

10. Evans, Simon 26:06.61

Men 800 Meter Run Heats

Baggott, Nicholas 2:00.41

Women Pole Vault Final

1. McCathrion, Paris 3.90m

5. Freestone, Abbie 3.50m

6. Pocklington, Alex 3.30m

7. Carre, Simone 3.30m

12. Houston, Kath 2.70m

Women Shot Put Final

4. McCowan, Kate 10.17m

6. Hewitt, Sarah 9.19m

Men Discus Throw Final

12. Clowes, Russell 35.10m

Men 100 Meter Sprint Heats

Cornelius, Tom 11.65

Women 100 Meter Sprint Heats

Phillips, Angela 13.15

Men 800 Meter Run B Final

2. Balassone, Daniel 1:53.31

Men 3000 Meter Run Final

13. Arunasalam, Ruben 9:27.42

Men 3000 Meter Run B Final

3. Jimenez, David 9:19.43

Men High Jump Final

13. Spaul, Nathan 1.85m

Men Pole Vault Final

1. Filshie, James 5.10m

2. Pocklington, Joel 5.10m

3. Cross, Brodie 5.00m

Women Discus Throw Final

4. Dyer, Chelsea 39.43m

5. Hewitt, Sarah 37.87m

6. McCowan, Kate 37.36m

8. Phillips, Angela 31.02m

Women 400 Meter Run B Final

6. Deal, Hannah 59.34

Women 1500 Meter Run Final

11. Tomlinson, Hayley 4:45.23

12. Constable, Laura 4:52.30

18. Atkin, Liselle 5:23.50

Men 1500 Meter Run Final

1. Clark, Daniel 3:48.58

Men 1500 Meter Run B Final

9. Potter, William 3:58.24

Men Long Jump Final

8. Cornelius, Tom 6.25m

Women Hammer Throw Final

6. McCowan, Kate 38.31m

7. Hewitt, Sarah 33.31m

VICTORIAN MASTERS PENTATHLON CHAMPS

Congratulations to Dave Featherston who won the state pentathlon championships in the 35-39 age group.

Long Jump - 5.32m, Javelin - 41.59m, 200m - 24.5sec, Discus - 31.77m, 1500m - 4:42.5min

WELL DONE PHOEBE

Among all the great performances reported last week at the Victorian Youth Championships we missed out a gold medal performances by Phoebe Condon of 60.94 in the U14 400m.

XCR'11 - CROSS COUNTRY AND ROAD RACING 2011

The calendar for the 2011 winter cross country and road season has been released, with the first event being the cross country relays at Jells Park on May 7. For those not running state or national track championships, it is time to start getting in the miles in preparation for the winter season!

FANCY A TRIP TO TASSIE?

Former Box Hill athlete Hanny Allston has been heavily involved in organising the Mt Wellington running festival in Hobart on March 26/27 incorporating some beautiful and challenging trail runs. Check out www.findyourfeet.com.au for more details.