

**STATE LEAGUE FINALS
DAY 1
THURSDAY MARCH 8TH OLYMPIC PARK
WOMEN JUST INFRONT – MEN JUST SCRAPE THROUGH**

On a night when only the top 3 women's teams and top 4 men's teams would proceed to the second week, the pressure was always going to be from the first event. While the women's team was able to field athletes in every event on the night, the men's team had some holes and looked like they would struggle to make it through.

WOMEN

Box Hill

MUAC

Bayside

Western Suburbs

Doncaster

It was a slow start for the girls with *Georgie Power* and *Sandy Nichols* both finishing 4th in their heats of the 100 metres. *Cathy Marshall* placed well in her heat of the 100 and the triple jump. But the difference came with the distance events. First, *Kerri Jorgensen*, *Heidi Riordan* and *Erica Sigmont* took maximum points for the club by finishing 1st, 2nd and 3rd: this was followed by *Wendy Muldoon* easily winning the 5000M Walk and *Jocelyn Keage* leading from start to finish to take out the 3000M Steeplechase.

While this was going on *Larissa Tourchinskya* was scoring points in the Javelin and Shot Put, with *Fiona Buchanan* taking second in the Pole Vault.

At the end of the night the combination of some outstanding distance running and the clubs ability to compete across every event gives the team an 8-point buffer going into the second night.

EVENT	COMPETITOR	PERFORMANCE	PLACING
100M (3 heats)	Georgina Power	12.45	4 th
	Sandy Nichols	12.61	4 th
	Cathy Marshall	12.53	2 nd
400M (3 Heats)	Sandy Nichols	56.85	2 nd
	Erica Sigmont	57.11	2 nd
	Elizabeth Bird	59.36	4 th
1500M (1 Heat)	Kerri Jorgensen	4.24.1	1 st
	Heidi Riordan	4.24.8	2 nd
	Erica Sigmont	4.31.1	3 rd
3000M Steeplechase	Jocelyn Keage	11.14	1 st

5000M Walk	Wendy Muldoon	24.05.5	1st
Pole Vault	Fiona Buchanan	3.25	2nd
Triple Jump	Cathy Marshall	10.65	3rd
Javelin	Larissa Tourchinskya	12.59	2nd
Shot Put	Larissa Tourchinskya	35.26	4th

MEN

Bayside 260

MUAC 210

APS 180

Box Hill 178

Eastside 167

Athletics Essendon 167

Ringwood United

The evening started in disastrous fashion with Ashley Rowan slipping at the start of first 100 heat and failing to qualify, however Tim Williams ran strongly to finish second in the second heat and then Lane Harrison finished fourth in the third heat to recover a few points. We had no competitor in the Javelin, however we filled the triple jump for the first time this season with Julian Yeoh jumping 12.92 for fourth place. Stephen Hooker jumped an equal P.B. in the Pole Vault of 5.20m to win on a count back in a high standard competition.

In an exciting series of 1500M races, Michael Jones was just outsprinted by Justin Rinaldi to finish second in a P.B. of 3.55 in the first heat, while Dale Bickham ran a sensible race for fourth place in the second heat.

The 4 by 100 team of Ashley Rowan, Tim Williams, Lane Harrison and Mohammed Zeed ran a great relay, which included a brilliant change between Ashley and Tim to give the team a comfortable victory.

Graeme Olden and Kynan Dawes managed to take 2nd and 3rd in the steeplechase, but survival until the next week was going to come down to placing well in the 400's. Without our top 3 400 runners it was up to Marty Duke, 18 year old James Fildes and Peter Knott to do the job. Against strong opposition they managed to take 5th, 4th and 3rd in their heats to do enough to get Box Hill through to the second week.

EVENT	COMPETITOR	PERFORMANCE	PLACING
100M (3 heats)	Ashley Rowan	12.5	2nd
	Tim Williams	11.03	4 th
	Lane Harrison	11.42	
400M (3 heats)	Marty Duke	49.8	5th
	James Fildes	50.65	4 th

	Peter Knott	50.96	3 rd
1500M (3 Heats)	Michael Jones	3.55	2 nd
	Dale Bickham	4.02.4	4 th
	Steve Dineen	4.05.8	
3000M Steeplechase	Graeme Olden	9.32.5	2 nd
	Kynan Dawes	9.34.8	3 rd
Pole Vault	Stephen Hooker	5.20	1 st
Triple Jump	Julian Yeoh	12.97	4 th
4 by 100 Relay	Ashley Rowan, Tim Williams, Lane Harrison, Mohamed Zeed	41.65	1 st