

## Women undefeated, Men holding on

### STATE LEAGUE ROUND 8

#### OLYMPIC PARK, THURSDAY 1<sup>st</sup> FEBRUARY

Box Hill continued its great season with another win in the women's competition and a narrow second in the men's. The Box Hill women's team remains undefeated and on top of the ladder with only two rounds to go before the finals, and are 3 and a half points clear of nearest rivals Bayside. Significantly, the team easily defeated Bayside on Thursday night. Meanwhile, the men's team continues to hang on to second place on the ladder despite finishing second for the last three rounds of competition. They now sit 4 points behind the undefeated Bayside team.

#### WOMEN

On a warm evening at Olympic Park there were several notable performances by Box Hill girls in another strong win for the team. A big highlight was the 1,2,3 finish in the 1500 as Heidi Riordon and Kerri Jorgensen fought out a strong duel away from the rest of the field, with Kerri outkicking the younger Heidi on the last lap. Georgina Power showed a return to form with wins in her heats of the 100M, 100 Hurdles, 400M, and as part of the relay team. Wendy Muldoon took out her heat of the walk and Sandra Nicholls showed a return to top form with a win in the 400m. These great efforts on the track were backed up by solid performances in the field events with Eleonor Dwyer placing second in the Discus and Larissa Turchinskya scoring well in the Shot Put and Javelin.

#### BOX HILL 186

Bayside 132

Western Suburbs 121

Ballarat/Bendigo 29

EVENT	COMPETITOR	PERFORMANCE	PLACE
High Jump	Sjaan Powley	1.55	3rd
5000M Walk	Wendy Muldoon	23.29.44	1st
Triple Jump			
100 M	Sandra Nicholls	12.62	3rd
	Georgina Power	12.33	1 <sup>st</sup> (2 <sup>nd</sup> Heat)
	Cathy Marshall	12.88	4 <sup>th</sup> (2 <sup>nd</sup> Heat)
Javelin	Larissa Turchinskya	31.69	3rd
Discus	Elenor Dwyer	37.18	2nd
110Hurdles	Georgina Power	14.05	1st
	Michelle Fistic	15.73	3rd
1500M	Kerri Jorgensen	4.24.9	1st
	Heidi Riordon	4.27.7	2nd
	Alethe West	4.29.3	

			3 <sup>rd</sup>
100Relay	Sjaan Powley, Cathy Marshall, Georgina Power, Sandy Nicholls	47.97	1 <sup>st</sup>
Shot Put	Larissa Tourchinskya	11.53	2 <sup>nd</sup>
Pole Vault	Fiona Buchanan	3.35	2 <sup>nd</sup>
400M	Sandy Nicholls	56.85	1 <sup>st</sup>
	Georgina Power	57.02	1 <sup>st</sup> (2 <sup>nd</sup> Heat)
	Erica Sigmont	57.37	2 <sup>nd</sup>

## MEN

With several of the teams top athletes unavailable it was great to see the return of several of the clubs premier athletes to state League competition. It is the sprinters who are providing the highlights with the return of Ashley Rowan in the 100 and Justin Clarke in the 400. Ashley eased over the line to win his heat in the time of 10.86, while Justin ran his fastest time for the season with a 46.97 to win his 400m heat. The sprint team combined well in the relay, winning our heat and producing our fastest time for the season. In other events, Michael Jones kicked home well to finish second in the 1500, Graeme Olden took out another 3000M Steeplechase race, and Cameron Baker jumped close to his best in the Pole Vault..

APS United 164

### Box Hill 140

Western Suburbs 87

EVENT	COMPETITOR	PERFORMANCE	PLACE
Pole Vault	Cameron Baker	3.80	2 <sup>nd</sup>
High Jump	Nick Brudenell	1.75	
Hammer Throw	Rod Bird	40.20	3 <sup>rd</sup>
100M	Ashley Rowan	10.86	1 <sup>st</sup>
	Tim Williams	11.00	1 <sup>st</sup> (2 <sup>nd</sup> Heat)
	Mohamed Zeed	11.33	2 <sup>nd</sup>
110Hurdles			
1500M	Michael Jones	3.57.2	2 <sup>nd</sup>
	Marcus Tierney	4.01	5 <sup>th</sup>
3000M Steeplechase	Graeme Olden	9.27.4	1 <sup>st</sup>

	Adam Pepper	9.53.5	3 <sup>rd</sup>
100Relay	Tim Williams, Ashley Rowan, Mohamed Zeed, Andrew Wilcox	42.40	1 <sup>st</sup>
400M	Justin Clarke	46.97	1 <sup>st</sup>
	Tim Williams	48.91	5 <sup>th</sup>
	Andrew Wilcox	50.4	7 <sup>th</sup>