



Australian Club Championships Adelaide Sunday 5 April 2009

The Box Hill women's team defended their national club championship title with a great win in Adelaide on Sunday 5 April 2009.

Box Hill won by just 12 points, 296 to 284 over the team from UTS Northern Suburbs from Sydney.

This was a terrific team effort with few first placings but many 2nds and 3rds and good performances across the range of events.

In particular, there were great performances from Rebecca Marchant and Anna Carrig to win both heats of the triple jump, Melanie Adams and Rebecca Marchant to win both heats of the high jump and Olivia Turnbull to win her heat of the 800 m.

Our men's team also performed well, finishing second behind the UTS team. Another strong team performance saw the Box Hill men win a well deserved silver medal, with many good performances, despite the windy conditions.

The outstanding performances from the men came from Chris Hamer and Bouchaib Chefnaoui in winning both heats of the 3000 m, Mohamad Zeed in winning the first heat of the 200 m hurdles and Tom Cornelius in winning the second heat of the high jump.

Congratulations to all involved in a fantastic conclusion to another most successful season for the Club.

For a full set of Box Hill performances and final team points, see the results below.



Photos



Otmane Tirhazouine - 800 m



Andrew Nagel - 800 m



Kate Ackland - 800 m



Olivia Turnbull - 800 m



Anna Carrig - Triple Jump



Rebecca Marchant - Triple Jump



Chris Hamer leads Bouchaib Chefnaoui in the 3000 m



Bouchaib Chefnaoui passes Chris Hamer to take the lead in the 3000 m



Tim Pappas - Long Jump



Rachel Johnson leads Amy Carrig in the 3000 m



Mohamad Zeed wins the 200 m hurdles



Vivienne Lee - 200 m hurdles



Andrew Nagel - medley relay



Bronwyn Sudholz - medley relay



Amy Carrig - medley relay



The men's team with their silver medals



The women's team with their gold medals



The combined teams with their medals

2008 NATIONAL CLUB CHAMPIONSHIPS
5 APRIL 2009
BOX HILL ATHLETIC CLUB WOMEN'S TEAM RESULTS

Event	Athlete	Perf	Place
Triple Jump	Rebecca Marchant	11.75	1
	Anna Carrig	10.12	1
4 x 100 Relay	Anna Carrig, Rebecca Marchant	49.91	3
	Holly Baxter, Bronwyn Sudholz		
800	Kate Ackland	2:17.61	4
	Olivia Turnbull	2:19.47	1
Shot Put	Angela Phillips	9.88	3
	Catherine McCowan	9.17	2
200	Bronwyn Sudholz	26.34	4
	Anna Carrig	27.54	5
3000	Rachel Johnson	10:18.81	2
	Amy Carrig	11:12.20	2
High Jump	Melanie Adams	1.61	=1
	Rebecca Marchant	1.61	1
Discus	Chelsea Dyer	36.76	2
	Catherine McCowan	38.48	2
400	Kate Ackland	59.99	4
	Olivia Turnbull	60.48	2
200 m H	Melanie Adams	33.72	5
	Vivienne Lee	33.74	3
Medley Relay 200-200-400-800	Holly Baxter, Bronwyn Sudholz Anna Carrig, Amy Carrig	4:23.46	5

1 Box Hill Athletic Club	296
2 University of Technology Sydney	284
3 Western Districts Athletics Club	278
4 Hills Athletic Club	277
5 Salisbury Athletic Club	275
6 Flinders Athletic Club	189

2008 NATIONAL CLUB CHAMPIONSHIPS
5 APRIL 2009
BOX HILL ATHLETIC CLUB MEN'S TEAM RESULTS

Event	Athlete	Perf	Place
Javelin	Sam Scherma	41.07	5
	Cameron Morris	37.83	4
High Jump	Tim Pappas	1.67	5
	Tom Cornelius	1.81	1
4 x 100 Relay	Andrew Haddow, Tom Cornelius	43.15	2
	Cameron Sherry, Mohamad Zeed		
800	Otmane Tirhazouine	1:56.74	3
	Andrew Nagel	2:01.04	4
100	Mohamad Zeed	11.52	4
	Cameron Sherry	11.47	4
3000	Bouchaib Chefnaoui	8:34.48	1
	Chris Hamer	8:36.17	1
Long Jump	Tom Cornelius	6.23	3
	Tim Pappas	5.90	3
Shot Put	Sam Scherma	9.78	6
	David Featherston	9.63	2
400	Otmane Tirhazouine	53.14	5
	Cameron Baker	52.06	3
200 m H	Mohamad Zeed	24.24	1
	David Featherston	26.92	2
Medley Relay 200-200-400-800	Andrew Haddow, Cameron Sherry Andrew Nagel, Bouchaib Chefnaoui	3:36.14	3

1 University of Technology Sydney	333
2 Box Hill Athletic Club	284
3 Old Melburnians Athletic Club	254
4 Tea Tree Gully Athletic Club	244
5 Western Districts Athletic Club	243
6 Salisbury Athletic Club	239
7 Flinders Athletic Club	186