

Box Hill Athletic Club Summer News 26

ASSOCIATION FINALS AT KNOX THIS SATURDAY, MARCH 11

The long awaited Association Finals are at last with us!

We need every eligible available athlete competing at Knox.

Box Hill has teams in men's division 1, division 2 and under 18 and in women's division 1 and under 16.

If you are not competing then please come along and support our teams.

RESULTS FROM KINGS AV ALL COMERS MEET 6

Congratulations to Steve Hooker who jumped a PB and Victorian state record of 5.91m in the pole vault last Saturday. This is the best vault in the world this year and is a great prelude to Steve's Commonwealth Games competition.

Thursday, March 2

Race 1

3000 m

Amanda Harper 11:16.5

Adam Pepper 11:21.9

Brett Nuske 11:47.2

Margie Conley INV 11:59.3

5000 m

1 Fiona Turner 17:11.4 (lap short)

Race 2

3000 m

Andrew White 8:26.0

Chris Hamer 8:41.7

Daniel Clark 8:47.5

Alan Craigie 8:49.4

Mark Poli 9:27.7

Claudio Abreu INV 9:29.2

Saturday, March 4

Women 1500 Meter Run

Johnson, Rachael 4:59.10

Hodgkinson, Harriet 5:29.00

Women Pole Vault

Ditton, Rosanna 4.10m

Lynn, Jacinta 3.80m

Carre, Simone 3.80m

Williams, Jacqui 3.75m

Buchanan, Fiona 3.75m

Chan, Jennifer 3.20m

Men 3000 Meter

O'Connor, Chris 9:45.90

Pepper, Adam 11:23.70

Nuske, Brett 12:08.40

Men 1500 Meter Run

Wall, Chris 4:16.70

Nuske, Brett 5:04.00

Gardner, Neville 5:57.60

Men 2000 Meter Steeplechase

Dawes, Kynan 6:15.90

Men Pole Vault

Hooker, Steve 5.91m STATE RECORD

Filshie, James 4.95m

Pocklington, Joel 4.80m

Baker, Cameron 4.00m

Men Hammer Throw

Scherma, Sam 42.85m

COBURG

Women High Jump

Kirby, Veronica 1.65m

Men 800 Meter Run

Arunasalam, Navin 1:53.87 2

Arunasalam, Ruben 2:00.55 1

Taylor, Matthew 2:08.27 3

Men 400 Meter Hurdles

Featherston, David 56.90

Men Triple Jump

Rabone, Adam 14.34m

Men Javelin Throw

Perera, Amila 55.03m

RINGWOOD

Women 100 Meter Dash

Deane, Morgan 12.5

Tilley, Leana 13.3

Lee, Vivienne 13.5

De Luca, Emily 13.6

Hopkins, Kristine 13.8

Lee, Vivian 13.9

Carabourniotis, P. 14.1

Women 200 Meter Dash

Deane, Morgan 25.7

De Luca, Emily 28.2

Hopkins, Kristine 28.6

Carabourniotis, P. 31.7

Women 100 Meter Hurdles

Lee, Vivienne 17.2

Women Long Jump

Tilley, Leana 4.87m

Men 100 Meter Dash

Ross, Joshua 10.8

Pulop (Levey), Moses 11.0

Nicoll, Chris 11.1

Pocklington, Colin 12.0

Kokkinos, Alexis 12.2

Brock, Christopher 13.1

Men 200 Meter Dash

Ross, Joshua 21.9

Haddow, Andrew 22.6

Zeed, Mohamad 22.7

Nicoll, Chris 22.8

Brock, Christopher 27.1

Men 100 Meter Hurdles - 84.0cm

Brock, Christopher 16.7h

Men 110 Meter Hurdles - 99.0cm

Oostveen, Theo 15.5

THURSDAY, MARCH 16

The final Milers Club event for the season will be held at Box Hill on Thursday, March 16.

800m events start at 7:00 and 1500m events at 7:20pm.

Note qualifying times of 2:00 for men and 2:20 for women apply for the 800m events. Contact victorianmilersclub@hotmail.com for more details

SUNDAY MARCH 19 - SATURDAY, MARCH 25

Track and field at the Commonwealth Games

FRIDAY, MARCH 31 - SUNDAY, APRIL 2

Australian U20 and U23 Championships, Mile End, South Australia

SUNDAY, APRIL 2

Australian club championships, Mile End, South Australia Although very late in the season, we are hoping to have a strong team traveling to Adelaide to help us defend our national club championship.

SUNDAY, APRIL 9: "RUN FOR THE KIDS" WINTER SEASON OPENS!

The winter season starts early this year, with the Herald-Sun/City Link "Run for the Kids" being incorporated into the winter season calendar, replacing the 15k race usually held at Albert Park.. This is a run of 14.7km travels over the Bolte bridge, through the Burnley tunnel and up through the city to finish at royal Park. There is a shorter 4.5km event for junior athletes. All AV members who enter through the club will be given a priority start for what promises to be the biggest fun run in Melbourne for many years.

If there are any former members who do not wish to continue to receive weekly updates from the club, please let us know by return email so that your name can be removed from our list. We apologise for filling up your inbox!