



## Australian Club Championships Hobart Saturday 19 January 2008



### AUSTRALIAN CHAMPIONS

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On one of the most successful days on the long and illustrious history of the Box Hill Athletic Club, both the men's and women's teams won the Australian Club Championship, held at the Domain Athletic Centre in Hobart on Saturday 19th January 2008.



Australian Champions

In the 10 years since the inception of the Australian Club Championships, the Club has sent teams to compete in the event every year, in that time winning just a single title - by the men's team in 2005 - as well as several silver and bronze medals. This year the Championships were held in Hobart on the day after the Briggs Athletic Classic and with a number of Box Hill athletes competing in this event, we were hopeful of filling strong teams and challenging for the title, however due to some late withdrawals from the women's team, we were left with just 8 women to fill all the events, while we had 13 men to cover the same range of events.

Strong performances from the men's middle distance runners and sprinters meant that the team was able to gradually pull away from the other 4 teams in a very close competition to be 8 points ahead at half way and then 16 points in front of the second team at the end of the competition.

In a remarkable effort by the women's team with all members having to compete in several events, they were able to match the efforts of the men to pull off a surprise win, scoring exactly the same number of points as the men (317). After several second places in these championships, this was a fantastic result and a wonderful example of the true Box Hill spirit that the Club has displayed over the past 75 years.

To cap of a most successful weekend for the Club, the men's 4x100m and 4x400m relay teams also took out the gold medal in the Australian Relay Championships held in conjunction with the Briggs Track Classic on Friday night.



### Highlights

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Some of the highlights from the weekend were:

- The men's 4x100 m relay team starting off the meeting with a convincing win
- Kate Ackland running a brilliant 100 m to win the first heat followed by a great run by Hannah Turnbull for second place in the second heat to put the women's team into the lead
- Fast runs by Matthew Coloe and Daniel Clark to both finish second in their heats of the 800 after both running PB's the previous night in the 1500
- Rhett Medford and Joshua Ross convincingly winning both heats of the 200 m
- All four 3000 m runners - Chris Hamer, Steve Dinneen, Rachel Johnson and Margie Conley dominating their races to claim maximum points and clearly dominate the opposition
- Angela Phillips winning the javelin and finishing second in the shot put
- Dora Spathis winning the high jump and finishing second in the long jump and 200 m hurdles - the first time that she had ever run the event
- Chris Ruddy and Sam Scherma finishing second in both heats of both the shot put and discus
- Hannah Turnbull winning her heat of the long jump
- Vivienne Lee convincingly winning her 200 m hurdles heat
- Anna Carrig and Vivienne Lee competing in the high jump and shot put to score valuable points - despite being complete novices at these events
- David Featherston competing in the triple jump and high jump, despite having a torn hamstring
- The wonderful camaraderie and club spirit shown by team members and the large group of supporters who travelled to Hobart to support the team



## Photos



Margie Conley - 800 m



Kate Ackland - 100 m



Joshua Ross - 200 m



Rhett Medford - 400 m



Theodora Spathis - Long Jump



Hannah Turnbull - Long Jump



Steve Dinneen and Chris Hamer 3000 m



Rachel Johnson lapping runners - 3000 m



David Feathertson - High Jump



Chris Rutty - High Jump



The winning men's team - medal presentation



The winning women's team - medal presentation



The victorious athletes with team managers Robert Falkenberg and Chris O'Connor

**2008 NATIONAL CLUB CHAMPIONSHIPS**  
**19 JANUARY 2008**  
**BOX HILL ATHLETIC CLUB MEN'S TEAM RESULTS**

Event	Athlete	Perf	Place	Points
Triple Jump	Mohamad Zeed	11.62	3	16
	David Featherston	8.77	4	10
4 x 100 Relay	Joshua Ross, Rhett Medford	43:07	1	20
	Cameron Baker, Mohamad Zeed			
800	Matthew Coloe	1:53.88	2	18
	Daniel Clark	1:53.73	2	13
Shot Put	Chris Rutty	11.23	2	18
	Sam Scherma	10.14	2	13
200	Rhett Medford	21:53	1	20
	Joshua Ross	22:18	1	15
3000	Chris Hamer	8:32.02	1	20
	Steve Dineen	8:28.27	1	15
High Jump	David Featherston	1.76	3	16
	Chris Rutty	1.60	=3	10
Discus	Chris Rutty	34.24	2	18
	Sam Scherma	28.24	2	13
400	Rhett Medford	50.65	2	18
	Cameron Baker	53.79	2	13
200 m H	Mohamad Zeed	24.06	1	20
	Cameron Baker	27.82	2	13
Medley Relay 200-200-400-800	Mohamad Zeed, Rhett Medford Joshua Ross, Bouchaib Chefnoui	3:33.64	2	18

<b>1 Box Hill Athletic Club</b>	<b>317</b>
2 Eastern Suburbs Athletics Club	301
3 Sandy Bay Harriers	273
4 Western Districts Athletics Club	266
5 Northern Suburbs Athletics Club	237

**2008 NATIONAL CLUB CHAMPIONSHIPS**  
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**BOX HILL ATHLETIC CLUB WOMEN'S TEAM RESULTS**

<b>Event</b>	<b>Athlete</b>	<b>Perf</b>	<b>Place</b>	<b>Points</b>
Javelin	Angela Phillips	36.10	1	20
	Hannah Turnbull	19.59	2	13
High Jump	Theodora Spathis	1.61	1	20
	Anna Carrig	1.10	=2	12
4 x 100 Relay	Kate Ackland, Theodora Spathis	50.18	2	18
	Angela Phillips, Hannah Turnbull			
800	Margie Conley	2:39.2	3	16
	Rachel Johnson	2:30.2	3	11
100	Kate Ackland	13.01	1	20
	Hannah Turnbull	12.77	2	13
3000	Rachel Johnson	10:53.56	1	20
	Margie Conley	11:40.08	1	15
Long Jump	Theodora Spathis	5.38	2	18
	Hannah Turnbull	5.09	1	15
Shot Put	Angela Phillips	10.98	2	18
	Vivienne Lee	5.33	3	11
400	Kate Ackland	61.22	3	16
	Anna Carrig	61.99	2	13
200 m H	Theodora Spathis	31.08	2	18
	Vivienne Lee	31.78	1	15
Medley Relay 200-200-400-800	Kate Ackland, Anna Carrig Vivienne Lee, Margie Conley	4:28.20	4	15

<b>1 Box Hill Athletic Club</b>	<b>317</b>
2 North West Athletics Club	302
3 Eastern Suburbs Athletic Club	296
4 Sandy Bay Harriers	255