

**Box Hill Athletic Club Summer News 15**  
**Monday 12 January 2009**

## **UPCOMING EVENTS**

Thursday, Jan 15 Milers Club at Sandringham  
Saturday, Jan 17 Shield Competition round 10 Nunawading  
Thursday, Jan 22 Shield Competition round 11 Doncaster  
Thursday, Jan 29 High Velocity Club at Olympic Park  
Saturday, Jan 31 Shield Competition round 12 Box Hill  
Saturday, Feb 7 Shield Region Final Box Hill  
Saturday, Feb 14 Shield Final Meadowglen (Epping)

## **SHIELD COMPETITION AT NUNAWADING THIS SATURDAY**

Round 10 of Shield competition will be held at Nunawading this Saturday. With the end of the shield competition season fast approaching, we need as many athletes as possible competing to try to get all our teams into the top four so that they make the finals.

## **SHIELD LADDERS**

Women U16

1. DIV 43
2. DON 35
3. BOH 30
4. RWD 19
5. ANW 15
6. COL 9

Women U18

1. BOH 48
2. ANW 43
3. DON 38
4. CDN 26
5. DIV 24
6. RWD 17
7. COL 1

Women Open Div.1

1. SSH 45
2. BOH 41
3. COL 37
4. RWD 31
5. DON 23
6. DIV 19
7. OLX 4

Women Open Div.2

1. SSH 84
2. RICH 78
3. COL 58
4. OLM 56
5. BOH 52
6. STK 43
7. SSH2 42
8. IVA 37
9. CDN 31
10. RWD 29
11. DIV 26
12. ANW 8
13. COL2 8

Men U16

1. DIV 82
2. DON 73
3. RIC 71
4. BOH 53
5. CDN 52
6. RWD 43
7. SSH 42
8. OLM 41
9. ANW 37
10. COL 23
11. STK 18
12. OSC 4

Men U18

1. BOH 64
2. DIV 55
3. DON 48
4. RWD 47
5. COL 29
6. OLM 25
7. OSC 15
8. STK 10
9. ANW 4

Men 40+

1. DIV 51
2. RIC 45
3. COL 35
4. BOH 30
5. DON 15
6. COL2 6
7. RWD 5

Men Open Div. 1

1. BOH 53
2. COL 44
3. SSH 44
4. DIV 38
5. STK 28
6. RWD 25
7. DON 18
8. OLX 9

Men Open Div. 2

1. RIC 71
2. OLM 68
3. ANW 55
4. BOH 44
5. OSC 39
6. SSH 35
7. DIV 34
8. RWD 15
9. STK 14
10. DON 6

Men Open Div. 3

1. IVA 82
2. COL 73

3. RIC 72
4. OLM 64
5. CDN 53
6. BOH 47
7. DIV 40
8. SSH 34
9. ANW 26
10. COL2 22
11. OSC 10
12. STK 4

## RESULTS FROM ROUND 9 OF SHIELD COMPETITION

### Women Under 16

100	F16	Budden, Tessa	14.1
100	F16	Dyer, Chelsea	15.0
400	F16	Mccathrion, Paris	1:15.80
800	F16	Mabior, Ajok	2:27.40
800	F16	Atkin, Liselle	2:35.10
800	F16	Dyer, Chelsea	2:37.70
800	F16	Savige, Amelia	2:45.20
HJ	F16	Mccathrion, Paris	1.45
HJ	F16	Budden, Tessa	1.45
JT	F16	Dyer, Chelsea	41.39
JT	F16	Mccathrion, Paris	22.79
LJ	F16	Dyer, Chelsea	4.33
LJ	F16	Budden, Tessa	4.18
PV	F16	Pocklington, Alexandra	3.45
PV	F16	Marchant, Rebecca	3.30
PV	F16	Mccathrion, Paris	3.30
3000W	F16	Dyer, Chelsea	17:38.20

### Women Under 18

100	F18	George, Ryleigh	13.4
100	F18	Carrig, Anna	14.0
100	F18	Mahony, Charlotte	14.4
100	F18	Carrig, Amy	15.1
400	F18	Carrig, Anna	1:06.70
800	F18	Carrig, Amy	2:28.30
800	F18	De Luca, Emily	2:29.80
LJ	F18	Carrig, Anna	4.28
LJ	F18	Carrig, Amy	3.83
PV	F18	Cross, Breanne	3.15
400H	F18	Aughton, Bridget	1:03.40

### Women Open

100	FOP	Sudholz, Bronwyn	12.8
100	FOP	Spathis, Theodora	13.0
100	FOP	Phillips, Angela	13.7
100	FOP	Carabourniotis, Panayiota	13.8
100	FOP	Hodgkinson, Harriet	14.9
400	FOP	Ackland, Kathryn	59.4
400	FOP	Crawford, Talitha	1:02.20
400	FOP	Barlow, Erryn	1:11.70
800	FOP	Ackland, Kathryn	2:16.70
800	FOP	Hodgkinson, Harriet	2:40.00
3000	FOP	Johnson, Rachel	10:33.00
3000	FOP	Crawford, Talitha	12:46.80
HJ	FOP	Spathis, Theodora	NH
JT	FOP	Spathis, Theodora	32.45
JT	FOP	Carre, Simone	27.38

LJ	FOP	Spathis, Theodora	5.37
LJ	FOP	Gagovska, Samantha	4.28
LJ	FOP	Carabourniotis, Panayiota	4.73
PV	FOP	Ditton, Rosanna	3.75
PV	FOP	Carre, Simone	3.00

#### Men Under 16

400	M16	Coughlin, Andrew	54.7
800	M16	Coughlin, Andrew	2:04.90
3000	M16	Dyer, Mitchell	10:52.10
HJ	M16	Dyer, Mitchell	1.25
LJ	M16	Dyer, Mitchell	4.23
PV	M16	Cross, Brodie	4.35

#### Men Under 18

100	M18	Cornelius, Tom	11.7
100	M18	Johnson, Marcus	12.0
100	M18	Schneider, Danny	12.2
100	M18	Cross, Braeden	12.3
100	M18	Brock, Christopher	12.4
400	M18	Johnson, Marcus	52.4
400	M18	Schneider, Danny	53.2
400	M18	Snibson, James	55.0
800	M18	Snibson, James	2:07.80
800	M18	Baggott, Nicholas	2:10.00
3000	M18	Hill, Jack	11:54.50
HJ	M18	Papas, Tim	1.75
JT	M18	Schneider, Danny	34.72
JT	M18	Papas, Tim	32.52
PV	M18	Papas, Tim	4.05
400H	M18	Cornelius, Tom	56.8

#### Men Over 40

100	M40+	Gardner, Neville	16.0
400	M40+	Cross, David	58.9
400	M40+	Pocklington, Colin	59.7
400	M40+	Gardner, Neville	1:22.50
800	M40+	Graham, Craig	2:23.80
800	M40+	Gardner, Neville	3:16.10
3000	M40+	Tunne, Andrew	11:53.40
3000	M40+	Stevens, David	12:02.70
3000	M40+	Gardner, Neville	13:51.50
HJ	M40+	Cross, David	1.15
JT	M40+	Gardner, Neville	17.52
LJ	M40+	Gardner, Neville	3.34

#### Men Open

100	MOP	Lucus, Blake	11.4
100	MOP	Sherry, Cameron	11.4
100	MOP	Filshie, James	11.6
100	MOP	Zeed, Imran	11.7
100	MOP	Baker, Cameron	11.8
100	MOP	Wong, Hiu Yeung	12.0
100	MOP	Pocklington, Colin	12.4
100	MOP	Spry, Jesse	12.4
400	MOP	Featherston, David	52.8
400	MOP	Zeed, Imran	53.0
400	MOP	Nagle, Andrew	53.4
400	MOP	Baker, Cameron	54.4
400	MOP	Clowes, Russell	54.7

400	MOP	Filshie, James	55.0
400	MOP	Knott, Peter	55.3
800	MOP	Tirhazouine, Otmane	1:55.80
800	MOP	White, Andrew	1:56.70
800	MOP	Lynch, Barry	1:59.10
800	MOP	Nagle, Andrew	1:59.50
800	MOP	Featherston, David	2:03.70
800	MOP	Ayers, David	2:09.90
3000	MOP	White, Andrew	8:28.30
3000	MOP	Chefnaoui, Bouchaib	8:28.70
3000	MOP	Dipnall, Sam	9:05.50
3000	MOP	Boxshall, Paul	9:24.60
3000	MOP	Griffin, Steven	9:57.80
3000	MOP	Olden, Graeme	10:24.60
3000	MOP	O'connor, Christopher	10:32.40
3000	MOP	Clowes, Russell	11:16.70
HJ	MOP	Spry, Jesse	1.85
HJ	MOP	Clowes, Russell	1.70
HT	MOP	Scherma, Sam	50.32
HT	MOP	Featherston, David	20.40
HT	MOP	Cross, David	15.83
JT	MOP	Featherston, David	43.64
JT	MOP	Spry, Jesse	29.97
LJ	MOP	Clowes, Russell	5.93
PV	MOP	Pocklington, Joel	4.95
PV	MOP	Lucus, Blake	4.95
PV	MOP	Sherry, Cameron	4.35
PV	MOP	Baker, Cameron	3.90
400H	MOP	Zeed, Imran	59.6
400H	MOP	Wong, Hiu Yeung	1:04.60
400H	MOP	Brock, Christopher	1:07.30
3000W	MOP	Olden, Graeme	18:33.60