

Box Hill Athletic Club Summer News No. 06

SHIELD COMPETITION ROUND 4

Shield competition continues this Saturday at Box Hill with track program 2 and field program 1.

LADDERS

Box Hill is in the top 4 and set for the finals in most divisions. We need to have as many athletes as possible competing up till the Christmas break to make sure that as many teams as possible contest the finals in the new year.

MOP1	Pts
Box Hill	39
Diamond Valley	31
Ringwood	29
St Kevins	28
Box Hill 2	25
Doncaster	19
Old Scotch	17
Nunawading	14
Collingwood	13
De La Salle	11
Old Xaverians	6
Ivanhoe	5

MOP2	Pts
St Stephens Hawthorn	21
Box Hill	21
Diamond Valley	19
St Kevins	17
Ringwood	13
Richmond	11
Doncaster	4
Nunawading	4

MOP3	Pts
Collingwood	36
St Stephens Hawthorn	33
Diamond Valley	31
Ivanhoe	27
Old Scotch	23
Box Hill	21
St Kevins	17
Old Melburnians	16
Ringwood	14
De La Salle	9
Old Xaverians	7
Nunawading	2

MOP4	Pts
Richmond	36
Ivanhoe	24
Diamond Valley	23.5
Collingwood	23
Old Melburnians	22
St Stephens Hawthorn	19
Richmond 2	18
Doncaster	16.5
Box Hill	7

Diamond Valley 2	4
Collingwood 2	1

M18	Pts
Ivanhoe	39
Diamond Valley	37
Box Hill	35
Doncaster	30
Ringwood	27
Box Hill 2	21
Collingwood	20
Ivanhoe 2	13
Nunawading	10
St Kevins	8
Old Xaverians	6
Doncaster 2	3
Old Scotch	0
Old Melburnians	0

M16	Pts
Ivanhoe	32
Doncaster	28
Box Hill	24
Diamond Valley	21
Ringwood	16
Collingwood	14
Ivanhoe 2	12
Nunawading	12
St Kevins	10
Diamond Valley 2	7
Old Xaverians	0

FOP1	Pts
Ringwood	19
Box Hill	17
Collingwood	12
Diamond Valley	7
Doncaster	6
St Stephens Hawthorn	5

FOP2	Pts
St Kevins	34
Collingwood	31
Ringwood	30
Diamond Valley	25
Box Hill	24
St Stephens Hawthorn	21
Richmond	18
Ivanhoe	15
Collingwood 2	10
Ringwood 2	8
Doncaster	2
Nunawading	0

F18	Pts
Box Hill	23
Doncaster	21
Diamond Valley	19
Doncaster 2	14
Ringwood	10

Box Hill 2	4
Diamond Valley 2	3
Ivanhoe	2

F16	Pts
Box Hill	26
Diamond Valley	20
Ringwood	15
Doncaster	15
Ivanhoe	11
Collingwood	7.5
Diamond Valley 2	4.5
Nunawading	3

F14	Pts
Diamond Valley	22
Doncaster	19
Box Hill	15
Ivanhoe	11
Collingwood	8
Ringwood	4
Nunawading	4

VICTORIAN MILER'S CLUB

Congratulations to Matt Coloe, Andrew White, Daniel Clark and Andrew Beath, who all ran PB's at the inaugural Miler's Club competition at Box Hill last week.

Matt Coloe ran a great time for a 17 year old of 3:50.5, Andrew White won the second heat in 3:53.4 ahead of Daniel Clark who ran 3:55.9. Andrew Beath ran 4:04.7 in heat 3.

CONGRATULATIONS!

Andrew White's good form continues with a win in the Arthur's Seat Challenge. Andrew ran the 6.7km up Arthur's Seat in a record 24:50

UPCOMING EVENTS

Sat 5-Nov Shield Competition - Round 4 (Program 2) Box Hill

Sat 12-Nov Shield Competition - Round 5 (Program 1) Doncaster

Sat 19-Nov Shield Competition - Round 6 (Program 2) Ringwood

Sat 19-Nov Athletics Victoria - National Series Meet (twilight) Nunawading

Sun 20-Nov 2005 Whitehorse Mega Mile Fun Run / Walk Whitehorse Rd, Nunawading

Sat 26-Nov Shield Competition - Round 7 (Program 1) Box Hill

Sun 27-Nov to Sat 3-Dec Pacific School Games Olympic Park

Thur 1-Dec Zatopek Olympic Park

Sat 3-Dec Shield Competition - Round 8 (Program 2) Box Hill

Sat 10-Dec Shield Competition - Round 9 (Program 1) Doncaster

Sat 17-Dec Vic. Relay & Club Team Champs Newport Park, Newport (Williamstown)

Sun 18-Dec Vic. Relay & Club Team Champs Newport Park, Newport (Williamstown)