

Box Hill Athletic Club Summer News 09

SHIELD COMPETITION ROUND 6 AT RINGWOOD

Shield competition this Saturday, November 19 is at Proclamation Park, Ringwood (Melway 49 F 12). Next week (November 26) competition will return to Box Hill.

CLARION NATIONAL SERIES MEET

Some of Australia's top athlete's will be competing on Saturday night at the Clarion National Series Meet at the Bill Stewart Athletics Field (Nunawading - Melway 62 C8), from 6pm. Be there to support our athletes.

WHITEHORSE MEGAMILE

On this Sunday, November 20 at 8 am the Whitehorse Mega Mile fun run will take place. Distance 3.2km. starting at the intersection of Whitehorse and Springvale Rds. We hope that a lot of people will support this event organised by Athletics Victoria. You can enter on the day at the Whitehorse council offices near the start

RESULTS FROM ROUND 5 OF SHIELD COMPETITION AT DONCASTER

Event	Division	Fullname	Performance	Wind
F100	F14	Booth, Courtney	13.2	3
F100	F14	Light, Bianca	13.7	3
F100	F16	Whittle, Stacey	14.7	0.9
F100	F16	Kremenchutskaya, Natalia	13.2	1.9
F100	F16	De Luca, Emily	14.2	0.9
F100	F16	Carabourniotis, Panayiota	14.4	1.5
F100	F18	Deane, Morgan	12.5	3
F100	F18	Turnball, Hannah	13.1	1.9
F100	F18	Cant, Sarah	13.7	1.5
F100	FOP1	Egan, Brigette	12.5	3
F100	FOP1	Burns, Lauren	13.7	2.6
F100	FOP1	Ward, Elissa	14.2	2.6
F100	FOP2	Riordan, Heidi	14.6	2.6
F1500	F14	Mahoney, Charlotte	5:54.1	
F1500	F16	Hodgkinson, Harriet	4:56.8	
F1500	F18	Paterson, Lucy	6:01.0	
F1500	F18	Tomlinson, Hayley	4:45.0	
F1500	F18	Wall, Katherine	5:15.3	
F1500	FOP1	Riordan, Heidi	5:00.1	
F1500	INV	Hanna, Elise	5:39.2	
F400	F14	Booth, Courtney	62.5	
F400	F16	De Luca, Emily	67.0	
F400	F16	Craven, Emma	74.6	
F400	FOP1	Riordan, Heidi	65.9	
1500W	F14	Neylan, Alicia	8:21.9	
FDT	F16	Carabourniotis, Panayiota	16.96	
FDT	F18	Kremenchutskaya, Natalia	25.02	
FDT	FOP1	Burns, Lauren	41.29	
FDT	FOP1	Hewitt, Sarah	34.21	
FDT	FOP2	Tilley, Leana	20.38	
FHJ	F16	Whittle, Stacey	1.25	
FHJ	F16	Carabourniotis, Panayiota	1.20	
FHJ	F18	Kirby, Veronica	1.70	

FHJ	FOP1	Hewitt, Sarah	1.40	
FHJ	FOP1	Burns, Lauren	1.40	
FHT	FOP1	Hewitt, Sarah	28.75	
FJT	F16	Carabourniotis, Panayiota	18.91	
FJT	FOP1	Burns, Lauren	37.62	
FJT	FOP1	Hewitt, Sarah	23.47	
FPV	F16	Chan, Jennifer	3.40	
FPV	F18	Adams, Melanie	3.60	
FPV	F18	Williams, Jacqui	3.40	
FPV	FOP1	Lynn, Jacinta	3.90	
FPV	FOP1	Carre, Simone	3.75	
FPV	FOP2	Young, Wendy	3.60	
FPV	FOP2	Hartigan, Dawn	3.20	
FSP	FOP1	Hewitt, Sarah	9.65	
FSP	FOP1	Tilley, Leana	9.23	
FSP	FOP2	Burns, Lauren	8.74	
FTJ	F16	Kremenchutskaya, Natalia	10.94	
FTJ	F18	Turnball, Hannah	10.48	
FTJ	F18	Kirby, Veronica	10.26	
FTJ	F18	Shand, Rosalind	9.40	
FTJ	FOP1	Burns, Lauren	10.40	
FTJ	INV	Kremenchutskaya, Natalia	11.11	
M100	M16	Nagle, Cameron	13.2	2.8
M100	M16	Di Rienzo, Aaron	11.6	1.6
M100	M16	Booth, Brendan	11.6	
M100	M16	Kafrouni, Elvis	12.2	2.8
M100	M18	Haddow, Andrew	11.0	1.8
M100	M18	Hogan, Andrew	11.3	2.7
M100	M18	Bachli, Heath	11.6	3.8
M100	M18	Barmanray, Rahul	11.6	
M100	M18	Bell, Cameron	12.0	1.9
M100	M18	Goodwin, Mitchell	13.0	1.2
M100	MOP1	Zeed, Mohamad	10.8	
M100	MOP1	Featherston, David	11.0	
M100	MOP1	Sherry, Cameron	11.2	2.4
M100	MOP1	Chipunza, Zuipo	11.4	
M100	MOP1	Nuske, Brett	11.4	1.8
M100	MOP1	Hodges, Grant	11.5	2.8
M100	MOP2	Pocklington, Joel	11.5	1.9
M100	MOP2	Coghill, Phillip	11.9	1.9
M100	MOP2	Kokkinos, Alexis	12.3	1.8
M100	MOP4	Gardner, Neville	15.9	2.6
M110H	M18	Bachli, Heath	15.3	-0.5
M110H	M18	Pocklington, Dion	15.8	2.2
M110H	MOP1	Zeed, Mohamad	14.5	1.7
M110H	MOP1	Pocklington, Joel	16.1	1.7
M110H	MOP3	Chipunza, Zuipo	17.0	2.2
M1500	M16	Barnes, David	5:03.0	
M1500	M18	Coloe, Matthew	3:55.4	
M1500	M18	Dahia, Mishan	4:22.1	
M1500	M18	Goodwin, Mitchell	4:58.5	

M1500	MOP1	Clark, Daniel	3:57.7
M1500	MOP1	Craigie, Kevin	4:07.7
M1500	MOP1	De Greenlaw, Alexander	4:12.6
M1500	MOP1	Wall, Christopher	4:14.7
M1500	MOP1	Kiddle, Christopher	4:18.1
M1500	MOP2	O'brien, Simon	4:30.1
M1500	MOP2	O'connor, Christopher	4:30.2
M1500	MOP2	Pym, Tomas	4:42.0
M1500	MOP3	Nuske, Brett	5:14.4
M1500	MOP4	Gardner, Neville	6:09.0
M1500W	MOP3	Summers, Harry	9:52.9
M3000S	MOP1	Boxshall, Paul	10:15.2
M3000S	MOP1	Olden, Graeme	10:31.3
M400	M16	Barnes, David	63.9
M400	M16	Booth, Brendan	53.0
M400	M16	Kafrouni, Elvis	54.2
M400	M16	Nagle, Cameron	63.6
M400	M18	Hogan, Andrew	50.7
M400	M18	Haddow, Andrew	52.9
M400	M18	Barmanray, Rahul	55.5
M400	MOP1	Duke, Marty	47.3
M400	MOP1	Medford, Rhett	48.1
M400	MOP1	Harrison, Lane	49.9
M400	MOP1	Hartshorne, Trent	51.3
M400	MOP1	Featherston, David	51.7
M400	MOP1	Heron, Tim	52.3
M400	MOP2	Gray, John	53.1
M400	MOP2	Taylor, Matthew	53.7
M400	MOP2	De Greenlaw, Alexander	55.2
M400	MOP3	Ayers, David	56.7
M400	MOP3	Pym, Tomas	58.5
MDT	M16	Brock, Christopher	22.65
MDT	MOP3	Gardner, Neville	24.22
MHJ	M18	Pocklington, Dion	1.65
MHJ	M18	Pocklington, Ben	1.45
MHJ	M18	Goodwin, Mitchell	1.40
MHJ	MOP1	Peavey, John	1.90
MHJ	MOP1	Hogan, Andrew	1.75
MHJ	MOP1	De Greenlaw, Alexander	1.65
MHJ	MOP2	Nuske, Brett	1.55
MHT	MOP1	Rutty, Christopher	47.40
MHT	MOP1	Scherma, Sam	37.48
MJT	M18	Hogan, Andrew	21.46
MJT	MOP1	Perera, Amila	56.70
MJT	MOP1	Lewis, Kristian	54.40
MJT	MOP1	Pocklington, Dion	40.43
MJT	MOP1	Baker, Cameron	38.16
MJT	MOP2	Pocklington, Joel	34.95
MJT	MOP4	De Greenlaw, Alexander	21.54
MJT	MOP4	Gardner, Neville	19.50
MPV	INV	Hooker, Steven	5.45
MPV	MOP1	Hooker, Steven	5.35

MPV	MOP1	Pocklington, Joel	4.6
MPV	MOP1	Baker, Cameron	3.4
MSP	M16	Brock, Christopher	7.45
MSP	M16	Maginn, Tim	9.58
MSP	M16	Booth, Brendan	8.47
MSP	MOP1	Shepherd, Stephan	13.46
MSP	MOP1	Rutty, Christopher	12.24
MSP	MOP2	Nuske, Brett	9.89
MTJ	M18	Pocklington, Dion	12.00
MTJ	M18	Barmanray, Rahul	11.84
MTJ	MOP1	Nuske, Brett	12.77
MTJ	MOP1	Hodges, Grant	12.51
1500	INV	Pease, C	6:29.9
1500	INV	Beath, A	4:09.9
1500	INV	Nugent, D	4:13.2
1500	INV	Jenkins,E	4:39.3
1500	INV	Brown, M	4:47.4

VICTORIAN CLUB CHAMPIONSHIPS AND VICTORIAN RELAY CHAMPIONSHIPS

These events will be held at Newport Park (Williamstown) on Saturday and Sunday, December 17-18. Mark these dates in your diary as we hope to have many teams competing on the weekend before Christmas.

UPCOMING EVENTS

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)