

## **Box Hill Athletic Club Summer News 12**

### SHIELD COMPETITION ROUND 9 AT BOX HILL THIS SATURDAY

The last round of Shield competition for the year will be held at Box Hill, this Saturday, December 10.

### SHIELD FINALS IN JANUARY!

Box Hill is well placed in most divisions to make the final four (see ladders below).

The Region finals will take place at Box Hill on Saturday, January 14 and the Association finals will be held at Doncaster on Australia Day, Thursday, January 26.

We need as many athletes as possible available to compete in the finals.

To compete in the finals you must have competed at least 3 times before the Christmas break and you cannot compete in an event in the finals that you have not done throughout the season, so it would be good to try some extra events this week!

### PACIFIC SCHOOL GAMES

Box Hill had a number of outstanding performances at the Pacific Schools Games last week, including Melanie Adams and Jennifer Chan winning the pole vault in their respective age groups. Melanie jumped a PB of 3.75m and Jennifer also achieved a PB with a height of 3.56m



Hayley Tomlinson was given the honour of reading the oath at the Games opening ceremony.

### VICTORIAN CLUB CHAMPIONSHIPS AND VICTORIAN RELAY CHAMPIONSHIPS

These events will be held at Newport Park (Williamstown) on Saturday and Sunday, December 17-18.

This will be a busy weekend with the women's open and men's under 18 club championships held on the Saturday morning (starting at 10:30am) and the 4x200, 4x800 and medley relays in the afternoon.

On the Sunday, then men's open and women's under 18 championships will be held in the morning and the 4x100, 4x400 and 4x1500 relays in the afternoon.

### VICTORIAN MILER'S CLUB

The second Victorian Miler's Club meet will be held at Box Hill on this Thursday, December 8 starting at 7:00pm.

## ALL COMER'S MEETS

In January and February there will be number of "All Comers" meets at various venues. The club could win prizes valued at \$7000 and our chance of winning depends on the number of athletes that compete. So mark these events down in your diary!

## UPCOMING EVENTS

Thur 8-Dec Victorian Miler's Club (800m and 1500m) at Box Hill

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

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

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

Sat 7-Jan King's Track & Field All Comers Meet (1) Box Hill

Sat 14-Jan Shield Competition - Region Final, Box Hill

Thurs 19-Jan King's Track & Field All Comers Meet (2) Doncaster

Fri 20-Jan to Sun 22-Jan Vic Youth, U20, U23 & o/age Track & Field Champs Olympic Park

Thurs 26-Jan Shield Final Reischick's Reserve, Doncaster

## ATHLETICS VICTORIA SHIELD COMPETITION LADDERS: EASTERN REGION

### UNDER 14 WOMEN

Diamond Valley	64
Box Hill	43
Doncaster	39
Ivanhoe	29
Collingwood	21
Nunawading	18
Ringwood	8

### UNDER 16 WOMEN

Box Hill	69
Diamond Valley	57
Doncaster	36
Ringwood	27.5
Nunawading	26
Ivanhoe	25.5
Collingwood	25
Diamond Valley 2	21

### UNDER 18 WOMEN

Diamond Valley	59
Doncaster	57
Box Hill	57
Doncaster 2	34
Ringwood	28
Diamond Valley 2	14
Box Hill 2	11
Ivanhoe	0

### WOMEN DIVISION 1

Box Hill	48
Ringwood	43
Collingwood	29
Doncaster	23
Diamond Valley	17
St Stephens Haw.	16

### WOMEN DIVISION 2

St Kevins	92
Collingwood	81
Richmond	70.5
Ringwood	68
Diamond Valley	62.5
St Stephens Haw.	60.5
Box Hill	59
Ivanhoe	47.5
Collingwood 2	24
Ringwood 2	23.5
Doncaster	13
Nunawading	2.5

#### UNDER 16 MEN

Ivanhoe	82
Doncaster	71
Diamond Valley	69
Box Hill	55
St Kevins	53
Ringwood	52
Collingwood	45
Ivanhoe 2	28
Nunawading	28
Diamond Valley 2	21
Old Xaverians	5

#### UNDER 18 MEN

Ivanhoe	88
Doncaster	87
Diamond Valley	81
Box Hill	81
Ringwood	55
Box Hill 2	40
Old Melburnians	39
Ivanhoe 2	32
Collingwood	26
Doncaster 2	24
Nunawading	19
St Kevins	8
Old Xaverians	6
Old Scotch	5

#### MEN DIVISION 1

Box Hill	104
Diamond Valley	81.5
St Kevins	78.5
Ringwood	74
Box Hill 2	67
Old Scotch	51
Doncaster	47
Nunawading	40
Old Xaverians	30
Collingwood	26
Ivanhoe	17
De La Salle	16

#### MEN DIVISION 2

St Stephens Haw.	61
Box Hill	49

Diamond Valley	44
St Kevins	35
Richmond	31
Ringwood	22
Doncaster	9
Nunawading	4

#### MEN DIVISION 3

Old Scotch	88
Collingwood	84.5
Diamond Valley	77
St Stephens Haw.	76.5
Ivanhoe	63
Old Melburnians	62
St Kevins	48
Box Hill	47
Ringwood	28
Old Xaverians	26
De La Salle	18
Nunawading	13

#### MEN DIVISION 4

Richmond	94
Diamond Valley	69
Collingwood	66
Old Melburnians	64
St Stephens Haw.	55
Ivanhoe	49
Richmond 2	37
Doncaster	36
Box Hill	32
Diamond Valley 2	19
Collingwood 2	10

#### RESULTS FROM ROUND 8 OF SHIELD COMPETITION

Event	Division	Name	Performance	Wind
F100	FOP1	Carre, Simone	12.4	1.2
F100	F14	Booth, Courtney	12.8	1.7
F100	FOP1	Phillips, Angela	12.9	1.2
F100	F16	George, Ryleigh	13.1	0.6
F100	F18	Shand, Rosalind	13.1	0.6
F100	FOP1	Tilley, Leana	13.3	0.6
F100	F16	Craven, Emma	13.6	0.9
F100	FOP2	Burns, Lauren	13.7	1.0
F100	F16	De Luca, Emily	13.9	0.9
F100	F16	Carabourniotis, Panayiota	13.9	1.2
F100	F16	Whittle, Stacey	14.3	0.5
F100	FOP2	Riordan, Heidi	14.4	1.0
F100	F16	Hanna, Elise	14.6	0.5
F100	F18	Paterson, Lucy	14.6	0.4
F100	FOP2	Hopkins, Kristine	14.6	1.0
F200	F18	Deane, Morgan	25.3	2.0
F200	F18	Shand, Rosalind	26.6	0.8
F200	F14	Booth, Courtney	27.0	-0.2
F200	FOP1	Phillips, Angela	27.5	1.5
F200	F16	Craven, Emma	28.3	0.8
F200	F16	De Luca, Emily	28.7	0.8

F200	FOP1	Riordan, Heidi	28.9	2.0
F200	F16	Zagato, Eliza	29.6	1.9
F200	FOP1	Hopkins, Kristine	30.0	0.6
F200	F16	Carabourniotis, Panayiota	30.1	0.7
F200	F16	Whittle, Stacey	30.2	0.7
F200	F18	Paterson, Lucy	30.5	2.0
F200	FOP2	Ward, Elissa	30.6	1.4
F200	F14	Mahoney, Charlotte	32.2	0.7
F2000W	F14	Raselli, Cassandra	10:05.7	
F2000W	F14	Neylan, Alicia	11:31.3	
F3000	FOP1	Harper, Amanda	11:16.6	
F400H	FOP1	Coghill, Sarah	72.0	
F400H	F18	Anderson, Laura	75.8	
F800	FOP1	Riordan, Heidi	2:19.9	
F800	F18	Wall, Katherine	2:21.3	
F800	F18	Cleland, Coreena	2:26.4	
F800	FOP1	Hopkins, Kristine	2:30.4	
F800	FOP1	Andrews, Suzanne	2:36.3	
F800	F14	Mahoney, Charlotte	2:45.1	
F800	FOP2	Pease, Carrie	2:59.2	
F800	FOP2	Magher, Inge	3:07.3	
FDT	FOP1	Burns, Lauren	44.19	
FDT	FOP1	Hewitt, Sarah	37.49	
FDT	F16	Carabourniotis, Panayiota	17.54	
FHJ	FOP1	Burns, Lauren	1.40	
FHJ	FOP1	Hewitt, Sarah	1.35	
FHJ	F16	Carabourniotis, Panayiota	1.30	
FHJ	F16	Whittle, Stacey	1.25	
FJT	FOP1	Burns, Lauren	34.26	
FJT	FOP1	Hartigan, Dawn	30.16	
FJT	F16	Carabourniotis, Panayiota	22.26	
FJT	FOP2	Hewitt, Sarah	20.62	
FLJ	FOP1	Burns, Lauren	4.95	
FLJ	FOP1	Tilley, Leana	4.88	
FLJ	FOP2	Coghill, Sarah	4.72	
FLJ	F18	Shand, Rosalind	4.16	
FLJ	F16	Whittle, Stacey	3.76	
FLJ	FOP2	Anderson, Laura	3.76	
FLJ	F16	Carabourniotis, Panayiota	3.73	
FPV	FOP1	Ditton, Rosanna	4.00	
FPV	FOP1	Carre, Simone	3.75	
FPV	FOP2	Lynn, Jacinta	3.75	
FPV	F18	Williams, Jacqui	3.45	
FPV	FOP2	Hartigan, Dawn	3.30	
FPV	FOP	Buchanan, Fiona	3.15	
FSP	FOP1	Phillips, Angela	10.91	
FSP	FOP1	Hewitt, Sarah	9.60	
FSP	FOP2	Burns, Lauren	9.17	
FSP	FOP2	Hartigan, Dawn	8.33	
FSP	F16	Carabourniotis, Panayiota	6.82	

M100	MOP1	Medford, Rhett	10.5	1.2
M100	MOP1	Zeed, Mohamad	10.8	1.2
M100	MOP1	Duke, Marty	10.8	1.2
M100	MOP1	Sherry, Cameron	11.1	4.1
M100	M18	Levey, Moses	11.3	1.2
M100	M18	Haddow, Andrew	11.3	0.6
M100	MOP1	Nicoll, Chris	11.3	1.8
M100	M18	Bachli, Heath	11.4	1.1
M100	MOP1	Filshie, James	11.5	0.3
M100	MOP2	Nuske, Brett	11.5	0.6
M100	MOP2	Pocklington, Joel	11.6	0.3
M100	MOP2	Chipunza, Zuipo	11.6	0.6
M100	M16	Di Rienzo, Aaron	11.7	1.5
M100	M18	Zeed, Imran	11.8	0.6
M100	M18	Goodwin, David	11.8	1.5
M100	M18	Oostveen, Theodorus	11.9	1.5
M100	M18	Gibson, Samuel	12.0	4.1
M100	MOP3	Pocklington, Colin	12.0	1.5
M100	MOP3	Baker, Cameron	12.1	1.1
M100	MOP3	Coghill, Phillip	12.1	1.2
M100	MOP4	Kokkinos, Alexis	12.3	2.5
M100	M16	Hadlow, Chris	12.6	1.6
M100	M16	Brock, Christopher	13.8	1.0
M100	MOP4	Gardner, Neville	15.7	0.2
M200	MOP1	Medford, Rhett	21.0	1.0
M200	MOP1	Duke, Marty	21.3	1.0
M200	MOP1	Williams, Timothy	21.7	1.0
M200	MOP1	Zeed, Mohamad	22.6	1.0
M200	MOP1	Nuske, Brett	22.7	0.9
M200	M18	Haddow, Andrew	23.0	0.9
M200	M18	Levey, Moses	23.1	0.9
M200	M18	Bachli, Heath	23.2	1.5
M200	MOP1	Nicoll, Chris	23.3	1.5
M200	MOP2	Filshie, James	23.4	-0.1
M200	M18	Zeed, Imran	23.6	1.5
M200	M16	Di Rienzo, Aaron	23.7	0.9
M200	MOP2	Pocklington, Joel	24.3	0.7
M200	MOP2	Coghill, Phillip	25.0	1.1
M200	M18	Gibson, Samuel	25.1	0.9
M200	MOP3	Pocklington, Colin	25.1	1.1
M200	MOP4	Gardner, Neville	34.5	2.7
M3000	MOP1	Jimenez, David	9:21.1	
M3000	MOP1	Olden, Graeme	9:34.5	
M3000	MOP2	O'connor, Christopher	9:48.5	
M3000	M16	Poli, Mark	9:54.7	
M3000	MOP4	Gardner, Neville	13:07.1	
M400H	MOP1	Zeed, Mohamad	55.6	
M400H	MOP1	Featherston, David	57.1	
M400H	MOP1	Zeed, Imran	57.4	
M400H	MOP1	Mcleod, Ned	57.5	
M800	MOP1	Hartshorne, Trent	1:55.7	
M800	M18	Arunasalam, Navin	1:56.4	
M800	M18	Arunasalam, Ruben	1:56.8	
M800	MOP1	Clark, Daniel	1:57.2	

M800	MOP1	White, Andrew	1:58.7
M800	MOP1	Wall, Christopher	1:58.9
M800	MOP1	De Greenlaw, Alexander	2:00.0
M800	MOP1	Dawes, Kynan	2:00.2
M800	MOP2	Chiodo, Paul	2:03.3
M800	MOP2	Taylor, Matthew	2:04.3
M800	MOP2	Ayers, David	2:05.5
M800	MOP3	Papadakis, Chris	2:06.3
M800	MOP3	Miller, Leigh	2:07.0
M800	M16	Kafrouni, Elvis	2:08.3
M800	M18	Dioretes, Alexander	2:09.1
M800	MOP3	Featherston, David	2:13.4
M800	M16	Barnes, David	2:27.6
M800	MOP4	Pepper, Adam	2:39.9
M800	MOP4	Gardner, Neville	2:52.4
MDT	MOP1	Rutty, Christopher	32.91
MDT	MOP2	Watson, Simon	28.48
MDT	MOP2	Nuske, Brett	28.22
MDT	MOP1	Featherston, David	25.37
MDT	MOP2	De Greenlaw, Alexander	23.76
MDT	MOP3	Gardner, Neville	23.56
MHJ	MOP1	Peavey, John	1.90
MHJ	M18	Oostveen, Theodorus	1.80
MHJ	MOP2	De Greenlaw, Alexander	1.70
MHJ	M18	Pocklington, Dion	1.65
MHJ	M18	Goodwin, Mitchell	1.55
MJT	MOP1	Perera, Amila	55.85
MJT	MOP1	Watson, Simon	41.45
MJT	MOP2	Nuske, Brett	33.36
MJT	MOP2	Baker, Cameron	31.28
MJT	M18	Pocklington, Dion	30.95
MJT	MOP	Gardner, Neville	16.51
MLJ	INV	Hodges, Grant	6.19
MLJ	MOP1	Nuske, Brett	6.01
MLJ	MOP3	Hodges, Grant	4.74
MLJ	M18	Goodwin, Mitchell	4.69
MPV	MOP1	Filshie, James	4.75
MPV	MOP1	Pocklington, Joel	4.60
MPV	M18	Pocklington, Dion	3.45
MPV	MOP1	Baker, Cameron	3.45
MSP	MOP1	Shepherd, Stephan	12.33
MSP	MOP1	Rutty, Christopher	11.72
MSP	MOP3	Watson, Simon	10.13
MSP	MOP3	Baker, Cameron	8.50