

Box Hill Athletic Club Summer News 16

EASTERN REGION SHIELD FINAL THIS SATURDAY!

The Eastern region Shield final will be held this Saturday, January 14, at Box Hill.

Box Hill teams have qualified for the finals in the following divisions:

Under 14 girls, Under 16 girls, Under 18 girls, Open division 1 women, Under 18 boys, Open division 1 men and Open division 2 men.

It is important that all available athletes are at Box Hill on Saturday to take part in the finals.

A number of athletes are away or injured so we need all available competitors at the track to help our teams make it through to the Association Finals on Australia Day.

Even if your team has not made it to the finals there will be invitation events so that everybody will get to compete.

The program will be the usual track program 1 and field program 3

ASSOCIATION SHIELD FINALS: JANUARY 26

All teams that win this Saturday will progress to the Association final at Doncaster on Australia Day, Thursday, January 26.

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!

All Comer's Meet 1: Saturday, January 7 at Box Hill (see results below)

All Comer's Meet 2: Thursday, January 19 at Doncaster, Aberfeldie, Frankston

All Comer's Meet 3: Saturday, February 4: Glenhuntly, Williamstown, Knox

All Comers Meet 4: Saturday, February 11 at Olympic Park

All Comers Meet 5: Saturday, February 25 at Ballarat

All Comers Meet 6: Saturday, March 4 at Box Hill

We are planning a big club trip up to Ballarat on February 25 and hoping to get many athletes competing.

UPCOMING EVENTS

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

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

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

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

CONGRATULATIONS

Congratulations to Joel Pocklington who finished third in the Victorian Open Decathlon championship a great result in his first attempt at this grueling event.

Congratulations also to Amila Perera who threw a club record of 63.36 metres in the javelin at Box Hill last Saturday.

ALL COMER'S MEET 1

There were some good performances at the first All Comer's meet at Box Hill last Saturday.

Women 100 Meter

Egan, Brigitte 12.75

Jacobs, Temmety 13.69

Lee, Vivienne 14.14

Carabourniotis, P. 14.39

Whittle, Stacey 14.55

Women 400 Meter

Hopkins, Kristine 63.83

Riordan, Heidi 64.12

DE Luca, Emily 64.29

Whittle, Stacey 70.68

Women 1500 Meter Run

Riordan, Heidi 4:51.5

Johnson, Rachael 5:00.6

Wall, Katherine 5:00.7

Hodgkinson, Harriet 5:20.7

Hopkins, Kristine 5:23.3

Women 100 Meter Hurdles

Lee, Vivienne 17.99

Women High Jump

Burns, Lauren 1.40m

Women Triple Jump

Burns, Lauren 10.78m

Women Shot Put

Hewitt, Sarah 9.96m

Women Discus Throw

Burns, Lauren 42.55m

Hewitt, Sarah 35.88m

Women Javelin Throw Junior

Carabourniotis, P. 30.32m

Men 100 Meter

Williams, Timothy 10.41

Medford, Rhett 10.75

Zeel, Mohamad 11.10

Ross, Joshua 11.39

Haddow, Andrew 11.51

Nicoll, Chris 11.53

Sherry, Cameron 11.53

Pocklington, Colin 12.20

Kokkinos, Alexis 12.23

Coghill, Phillip 12.62

Dowling, Chris 13.05

Pocklington, Ben 13.11

Men 400 Meter

Featherston, David 51.22

Ross, Joshua 53.89

Kelly, Patrick 55.21

Cross, David 58.32

Dowling, Chris 59.22

Nagle, Cameron 63.11

Whittle, Barry 64.89

Men 1500 Meter Run

White, Andrew 3:50.20
Clark, Daniel 3:54.60
Lynch, Barry 4:02.90
DE Greenlaw, Alex 4:12.60
Dineen, Stephen 4:14.50
Ayers, David 4:19.40
Chiodo, Paul 4:19.80
Jimenez, David 4:23.20
Brooks, W 4:53.0
Whittle, Barry 5:17.5
Gardner, Neville 5:47.5

Men 110 Meter Hurdles

Zeed, Mohamad 14.50
Oostveen, Theo 19.97

Men 2000 Meter Steeplechase

Dawes, Kynan 6:15.59
Boxshall, Paul 6:29.55
Pepper, Adam 7:48.85

Men Pole Vault

Sherry, Cameron 4.20m

Men Triple Jump

Rabone, Adam 14.55m

Men Shot Put

Shepherd, Stephan (7.2kg) 13.73m
Nuske, Brett (6kg) 9.90m

Men Discus Throw

Nuske, Brett 28.00m

Men Javelin Throw

Perera, Amila 63.36m
Nuske, Brett 35.59m

Mixed 1500 Meter Walk

Raselli, Cassandra 7:51.9

Mixed 3000 Meter Walk

Evans, Simon 14:04.4

Mixed High Jump

Carabourniotis, P. 1.40m

Mixed Pole Vault

Jeffs, Jenna 3.50m
Chan, Jennifer 3.20m

Hartigan, Dawn 3.20m
Buchanan, Fiona 3.00m

Mixed Javelin Throw

Burns, Lauren 35.97m
Hodges, Grant 32.92m
Hartigan, Dawn 31.26m

KTF ALL COMERS MEET 2

REISCHIEK'S RESERVE

DONCASTER (Melway Ref: 33 J11)

THURSDAY 19 JANUARY 2006

HOST CLUB: DONCASTER AC

CLUB CONTACT: CHARMAINE SMITH

EMAIL: Charmaine.Smith@cancervic.org.au

TRACK

7:00 PM 100m EVENTS:

7:30 PM Sprint Hurdles (starting 110mH) 60m

8:00 PM 200m 100m

8:30 PM 60m 200m

FIELD Sprint Hurdles

7:00 PM Discus Long Jump

7:15 PM Long Jump Shot Put

7:45 PM Shot Put Discus

KTF ALL COMERS MEET 2

MOONEE VALLEY ATHLETICS CENTRE

ABERFELDIE (Melway Ref: 28 C6)

THURSDAY 19 JANUARY 2006

HOST CLUB: ATHLETICS ESSENDON

CLUB CONTACT: ARTHUR WHITCHELL

EMAIL: enquiries@athleticsessendon.org.au

PHONE: 03 9848 2297

TRACK

6:45 PM 1500m Men **EVENTS:**

7:30 PM 1500m Women 1500m

8:00 PM 3000m Steeplechase Men 3000m/5000m

8:15 PM 3000m Steeplechase Women Steeple

8:30 PM 3000m Walk Men & Women Walk

9:00 PM 5000m Men 15:45- Pole Vault

9:20 PM 5000m Women 19:30- Hammer

9:45 PM 3000m Men & Women

FIELD HAMMER POLE VAULT

6:30 PM Men 35m+ Women 3.00+

7:15 PM Women 25m+ Men 4.00+

8:00 PM Men & Women - other

8:15 PM Men & Women - other

KTF ALL COMERS MEET 2

BALLAM PARK ATHLETIC TRACK

BELAR AVE, FRANKSTON (Melway Ref: 103 B3)

THURSDAY 19 JANUARY 2006

HOST CLUB: FRANKSTON AC

CLUB CONTACTS: NICKY FREY STEVE WARRINGTON

EMAIL: nickyfrey@hotmail.com wactive@alphalink.com.au

PHONE: 0419 263 113 0419 399 503

EVENTS: 400m High Jump

800m Triple Jump

Long Hurdles Javelin

Medley Relay

TRACK FIELD

6:30 PM 400m Hurdles **6:30 PM**

High Jump

(<1.60m / Starting Height 1.30m)

6:45 PM 800m Men (< 2.00) **6:30 PM** Javelin Men

800m Men (2.00 - 2.10)

800m Men (2.10 - 2.20)

800m Men (> 2.20)

800m Women (<2.15) **7:30 PM** Triple Jump (>10.00m)

800m Women (2.15 - 2.22)

800m Women (2.22 - 2.30)

800m Women (>2.30)

8:00 PM 400m Men (<52.00) **8:00 PM**

High Jump

(>1.60m / Starting Height 1.50m)

400m Men (52.00 - 55.00)

400m Men (55.00 - 60.00) **8:00 PM** Javelin Women

400m Men (>60.00)

400m Women (<60.00)

400m Women (60.00 - 68.00) **8:30 PM** Triple Jump (<10.00m)

400m Women (>68.00)

9:00 PM

Medley Relay Men

(1x800m, 1x400m, 2x200m) **NOTE:**

Medley Relay Women Women may choose to run separately or in the men's heats.

(1x800m, 1x400m, 2x200m)