

## **Box Hill Athletic Club Summer News 05**

### **SHIELD RESULTS FROM ROUND 1**

Despite the numbers being down a little there were still many fine performances in round 1 of Shield competition at Doncaster last Saturday. Hopefully we can get all registered athletes competing this Saturday at Box Hill.

Shield competition is being held at a number of different venues this year, so please make sure you know where competition will be held each week. The next two rounds will be at Box Hill.

Event	Division	Name	Performance
F100	INV	Ackland, Kate	12.7
F100	F16	Booth, Courtney	13.2
F100	F18	Turnbull, Hannah	13.4
F100	INV	Carrag, A	13.5
F100	F18	Kremenchutskaya, N	13.5
F100	F16	Craven, Emma	13.7
F100	FOP1	Lee, Vivienne	13.7
F100	F16	Light, Bianca	13.8
F100	FOP1	Hopkins, Kristine	14.0
F100	F16	Hornett, Kimberlie	14.0
F100	F18	Gourd, Stephanie	14.1
F100	F16	Pocklington, Alex	14.1
F100	F18	Carabourniotis, P	14.2
F100	F16	Mahoney, Charlotte	14.3
F100	F18	Whittle, Stacey	14.5
F100	FOP1	Burns, Lauren	14.7
F1500	F18	Hodgkinson, Harriet	4:58.1
F1500	F16	Mahoney Charlotte	5:50.1
F1600R	FOP1		4:16.5
F1600R	F20		4:26.5
F1600R	F16		4:36.8
F200	FOP	Ackland, K	26.0
F200	FOP	Stewart, Sarah	26.7
F200	F16	Booth, Courtney	27.5
F200	FOP	Carrig, E	27.6
F200	F16	Craven, Emma	27.9
F200	FOP	Carrig, A	28.2
F200	F16	De Luca, Emily	28.2
F200	F16	Hornett, Kimberlie	28.3
F200	FOP	Lee, Vivienne	28.4
F200	FOP	Hopkins, Kristine	28.5
F200	F18	Kremenchutskaya, N	28.5
F200	F18	Gourd, Stephanie	29.2
F200	F16	Light, Bianca	29.3
F200	F20	Quinn, Sarah	29.4
F200	F18	Whittle, Stacey	29.6
F200	F20	Anderson, Laura	29.8
F200	F18	Carabourniotis, P	30.5
F200H	F16	Pocklington, Alex	33.9
F400H	F20	Quinn, Sarah	70.6

F400H F20	Anderson, Laura	75.0
F800 F20	Wall, Katherine	2:17.8
F800 F16	Turnbull, Olivia	2:25.7
F800 FOP1	Conley, Marguerite	2:27.7
F800 F20	Barrington, Priscilla	2:34.3
F800 FOP1	De Bruin, Jessica	2:34.7
FDT FOP1	Burns, Lauren	40.54
FDT FOP1	Hewitt, Sarah	36.66
FDT F18	Carabourniotis, P	21.99
FHJ F20	Kirby, Veronica	1.70
FHJ F18	Carabourniotis, P	1.45
FHJ FOP1	Burns, Lauren	1.40
FHJ FOP1	Hewitt, Sarah	1.40
FJT FOP1	Burns, Lauren	37.50
FJT FOP1	Hewitt, Sarah	21.37
FJT F18	Carabourniotis, P	19.42
FLJ FOP1	Burns, Lauren	4.94
FLJ F18	Kremenchutskaya, N	4.72
FLJ FOP	Carrig, Anna	4.37
FLJ FOP	Carrig, Amy	4.33
FLJ FOP	Hewitt, Sarah	3.61
FTJ FOP	Turnbull, Hannah	10.96
FTJ FOP1	Burns, Lauren	10.30
FTJ F16	Carrig, Anna	9.91
FTJ F16	Carrig, Amy	9.34
FTJ F16	Pocklington, A	8.86
FWalk1500F14	Raselli, Cassandra	7:46.4
M100 MOP	Doki, N	11.2
M100 M20	Haddow, Andrew	11.3
M100 MOP1	Wilcox, Andrew	11.5
M100 M18	Barmanray, Rahul	11.6
M100 MOP1	Filshie, James	11.8
M100 MOP2	Nuske, Brett	11.8
M100 MOP2	Pocklington, Colin	11.8
M100 M18	Di Rienzo, Aaron	12.0
M100 M16	Mcmillan, Lachlan	12.1
M100 MOP3	Featherston, David	12.6
M100 MOP3	Cross, David	12.8
M100 M16	Brock, Christopher	13.0
M1500MOP1	White, Andrew	4:05.1
M1500M20	McClean, Alistair	4:19.8
M1500MOP1	Ayers, David	4:27.7
M1500MOP1	Nuske, Brett	5:47.8
M1600R	MOP1	3:32.8

M200	M20	Haddow, Andrew	22.5
M200	MOP1	Wilcox, Andrew	23.4
M200	M18	Barmanray, Rahul	23.6
M200	MOP1	Pocklington, Colin	24.6
M200	M16	Brock, Christopher	26.0
M200H	M16	Cornelaus, T	29.5
M200H	M16	Mcmillan, Lachlan	30.3
M200H	M16	Brock, Christopher	30.5
M3000	MOP1	White, Andrew	8:23.4
M3000	MOP1	Craigie, Alan	8:39.4
M3000	MOP1	Clark, Daniel	8:41.1
M3000	MOP2	Dinneen, Stephen	8:43.4
M3000	M20	Kelly, Stephen	8:54.0
M3000	MOP2	Lynch, Barry	8:56.8
M3000	M20	Coloe, Matthew	9:18.0
M3000	M18	Poli, Mark	9:38.6
M3000	MOP	O'Brien, Brendan	10:19.4
M3000	MOP2	De Stefanis, Joshua	10:51.9
M3000	MOP	Milnes, Mitchell	10:52.5
M3000	MOP3	Featherston, David	11:10.6
M3000	MOP3	Whittle, Barry	12:08.5
M3000	MOP3	Nuske, Brett	12:50.3
M400H	MOP1	Featherston, David	57.6
M800	M20	Arunasalam, Navin	1:53.5
M800	M20	Arunasalam, Ruben	1:58.8
M800	MOP1	Wall, Christopher	1:59.7
M800	MOP1	Clowes, Russell	2:14.1
M800	MOP1	Featherston, David	2:17.7
M800	M16	Nagle, Cameron	2:19.8
M800	MOP2	Nuske, Brett	2:28.9
M800	MOP2	Whittle, Barry	2:31.0
MDT	MOP1	Meagher, John	18.98
MDT	M14	Wu, Kenneth	22.65
MDT	M16	Wu, Kevin	35.87
MHJ	MOP1	Peavey, John	1.95
MLJ	M18	Barmanray, Rahul	5.86
MTJ	M18	Barmanray, Rahul	11.63
MWalk3000	MOP1	Evans, Simon	15:47.7

**UPCOMING EVENTS**

Saturday, November 18	Shield Round 2	Box Hill
Saturday, November 25	Shield Round 3	Box Hill
Saturday, December 2	Shield Round 3	Nunawading

## CONGRATULATIONS

Congratulations to David Featherston who last month finished fourth in the World double decathlon championships. Brett Nuske also competed in this gruelling event. David and Brett completed 20 events in two days Day 1: 100m, long jump, 200mH, shot put, 5,000m, 800m, high jump, 400m, hammer, 3000m Steeplchase Day 2: 110mH, discus, 200m, pole vault, 3000m, 400mH, javelin, 1500m, triple jump, 10,000m Truly an Ironman performance!

## POLE VAULT TIMETABLE EASTERN REGION

(competitions prior to Christmas only)

Note that on December 2 Shield competition will be held at Nunawading, but the pole vault competition will be held that day at Box Hill.

Sat 18-Nov-06 Shield Comp at Box Hill (program 2)

1.00PM 3.80 metre start height

2.15PM 3.00 metre start height

3.30PM 1.80 metre start height

Sat 25-Nov-06 Shield Comp at Box Hill (program 3)

1.00PM 3.80 metre start height

2.15PM 3.00 metre start height

3.30PM 1.80 metre start height

Sat 02-Dec-06 Shield Comp at Nunawading (program 1)

As no PV at Nunawading, an additional competition will be held at Box Hill\*

1.00PM 1.80 metre start height

2.15PM 3.00 metre start height

3.30PM 3.80 metre start height

Sat 09-Dec-06 Shield Comp at Doncaster (program 2)

1.00PM 3.80 metre start height

2.15PM 3.00 metre start height

3.30PM 1.80 metre start height

Sat 16-Dec-06 Shield Comp at Box Hill (program 2)

1.00PM 3.80 metre start height

2.15PM 3.00 metre start height

3.30PM 1.80 metre start height

Additional PV competitions for the Eastern Region for after Christmas will be announced before 16th of December.

\* Note the reverse order of starting heights. This is to allow senior athletes to run a sprint at the other venue and then to still be able to vault. Also, it is easier for those athletes involved in Little Athletics at Box Hill.