

## **Box Hill Athletic Club Summer News 06**

### **ROUND 3 OF SHIELD COMPETITION THIS SATURDAY AT BOX HILL**

Round 3 of shield competition will be held at Box Hill this Saturday.

### **UPCOMING EVENTS**

Saturday, November 25	Shield Round 3	Box Hill
Saturday, December 2	Shield Round 4	Nunawading
Monday, December 4	Zatopek 10k Lower Grades	Box Hill
Thursday, December 7	Miler's Club	Box Hill
Saturday, December 9	Shield Round 5	Doncaster
Thursday, December 14	Zatopek Classic	Olympic Park
Saturday, December 16	Shield Round 6	Box Hill

### **ARE YOU REGISTERED?**

A large number of athletes have not yet registered for this season. Please get registered as soon as possible so that you can be a part of a successful 2006/2007 summer track and field season.

### **SHIELD RESULTS FROM ROUND 2**

Box Hill had more athletes competing last Saturday as momentum is building this season. Remember there are only four more shield competitions before Christmas, so try to make it to Box Hill this Saturday to compete.

Event	Division	Name	Performance
F100	FOP	Oakes, G	13.03
F100	F18	Turnbull, Hannah	13.17
F100	FOP1	Lynn, Jacinta	13.38
F100	F16	Booth, Courtney	13.41
F100	FOP	Fernandez, L	13.52
F100	FOP1	Stewart, Sarah	13.68
F100	F16	Carrig, Anna	13.71
F100	F16	Ward, Ashleigh	13.88
F100	F16	Light, Bianca	13.98
F100	F16	Pocklington, Alexandra	14.02
F100	F16	Hornett, Kimberlie	14.05
F100	F18	Carabourniotis, Panayiota	14.17
F100	FOP1	Hopkins, Kristine	14.18
F100	F20	Quinn, Sarah	14.23
F100	F16	Mahoney, Charlotte	14.26
F100	F20	Anderson, Laura	14.26
F100	F18	Whittle, Stacey	14.80
F100	F16	Milnes, Olivia	15.02
F100	F16	Cant, Sophie	15.03
F80H	F16	Pocklington, Alexandra	14.12 76cm
F100H	F18	Oaks, G	15.38 76cm
F100H	FOP1	Lynn, Jacinta	16.05 84cm
F100H	FOP1	Spathis, Theodora	16.94 84cm
F3000	F18	Grahame, Sarah	10:09.2
F3000	F20	Wall, Katherine	11:25.5
F3000	FOP1	Conley, Marguerite	11:42.6
F3000	F18	Hodgkinson, Harriet	11:52.9
F3000	FOP1	Harper, Amanda	11:59.9
F3000	F20	Barrington, Priscilla	13:18.4

F3000S	FOP1	Grahame, Sarah		11:14.0
F400	FOP1	Wilson, Ali	60.83	
F400	FOP1	Hopkins, Kristine		61.91
F400	F20	Quinn, Sarah	64.16	
F400	F16	Hornett, Kimberlie		64.40
F400	F16	Carrig, Anna	64.63	
F400	F16	Ward, Ashleigh		65.88
F400	F16	Mahoney, Charlotte	69.76	
F400	FOP1	Ward, Elissa	70.38	
F400	F18	Carabourniotis, Panayiota		76.48
F800	FOP1	Davies Georgina		2:24.6
F800	FOP	Zagato, Amy	2:25.9	
F800	F16	Turnbull, Olivia		2:26.1
F800	F18	Hodgkinson, Harriet		2:26.5
F800	FOP1	Andrews, Suzanne		2:30.4
F800	FOP1	De Bruin, Jessica		2:33.3
F800	F20	Quinn, Sarah	2:33.4	
F800	F16	Mahoney, Charlotte	2:38.7	
F800	F20	Anderson, Laura		2:45.9
FHJ	FOP1	Spathis, Theodora		1.70
FHJ	F18	Carabourniotis, Panayiota		1.35
FJT	FOP1	Burns, Lauren	34.03	
FJT	F18	Carabourniotis, Panayiota		14.31
FPV	FOP1	Lynn, Jacinta	3.80	
FPV	F18	Williams, Jacqui		3.40
FPV	FOP1	Hartigan, Dawn		3.00
FPV	F16	Cross, Breanne		2.60
FPV	F16	Cant, Sophie	2.40	
FPV	F16	Milnes, Olivia	2.40	
FPV	FOP	Freestone, A	2.20	
FPV	F16	Pocklington, Alexandra		2.00
FSP	FOP1	Spathis, Theodora		11.10
FSP	FOP1	Burns, Lauren	8.78	
FTJ	FOP1	Burns, Lauren	10.89	
FTJ	F18	Turnbull, Hannah		10.57
FTJ	F16	Carrig, Anna	9.91	
M100	MOP1	Medford, Rhett		10.77
M100	MOP	Zeed, M		11.22
M100	MOP1	Sherry, Cameron		11.32
M100	M18	Hogan, Andrew		11.35
M100	M20	Haddow, Andrew		11.35
M100	MOP	Deoki, N		11.38
M100	MOP1	Wilcox, Andrew		11.60
M100	MOP2	Filshie, James	11.73	
M100	MOP2	Nuske, Brett	11.74	
M100	M18	Barmanray, Rahul		11.85

M100	MOP2	Booth, Terry	11.85		
M100	MOP	Kelly, Patrick	12.01		
M100	MOP3	Baker, Cameron		12.03	
M100	MOP3	Pocklington, Colin		12.03	
M100	M18	Maginn, Tim	12.05		
M100	MOP3	Kelly, Patrick	12.05		
M100	MOP	Lime, P		12.14	
M100	M16	Mcmillan, Lachlan	12.25		
M100	M20	Nagle, Andrew	12.30		
M100	MOP	Pocklington, R	12.51		
M100	M16	Brock, Christopher	12.72		
M100	M16	Nagle, Cameron	12.98		
M100H	M16	Mcmillan, Lachlan	15.53	84cm	
M100H	M16	Brock, Christopher	15.75	84cm	
M110H	MOP	Zeed, M	15.93	106cm	
M110H	MOP1	Nuske, Brett	19.33	99cm	
M2000S	MOP	Featherston, David	7:30.2		
M3000	MOP1	Craigie, Kevin	9:13.4		
M3000	MOP1	Jimenez, David	9:21.6		
M3000	MOP1	Boxshall, Paul	9:25.7		
M3000	M18	Nugent, Damian	9:33.2		
M3000	MOP2	Craigie, Graham	9:46.7		
M3000	M18	Poli, Mark	9:52.3		
M3000	M16	Milnes, Mitchell	10:52.6		
M3000	MOP2	Wall, Christopher	10:53.2		
M3000	MOP2	Robinson, Andrew	11:01.3		
M3000	MOP3	Whittle, Barry	11:48.6		
M400	M18	Hogan, Andrew	49.80		
M400	M18	Ross, Joshua	50.81		
M400	MOP1	Wilcox, Andrew	51.53		
M400	MOP	Deoki, N	54.72		
M400	MOP1	Ayers, David	58.50		
M400	M16	Nagle, Cameron	59.08		
M800	MOP1	Clark, Daniel	1:53.8		
M800	MOP1	Aspinall, Lachlan	1:56.6		
M800	MOP1	Renowden, Tim	1:57.3		
M800	MOP2	Craigie, Kevin	1:57.8		
M800	M20	Kelly, Stephen	1:58.3		
M800	MOP2	White, Andrew	1:58.8		
M800	M20	Hamer, Christopher	2:01.2		
M800	MOP2	Featherston, David	2:05.4		
M800	MOP3	Clowes, Russell	2:07.5		
M800	M18	Poli, Mark	2:08.1		
M800	MOP	Kelly, M	2:08.3		
M800	M20	Nagle, Andrew	2:09.9		
M800	MOP3	Ayers, David	2:10.6		
M800	MOP	O'Brien, B	2:10.7		
M800	MOP	Taylor, M	2:11.7		
M800	MOP	Zeed, M	2:13.4		

M800	MOP3	Kelly, Patrick	2:15.3	
M800	M16	Krause, Danny	2:17.5	
M800	MOP	Nuske, Brett	2:30.7	
MHJ	M18	Entwistle, David	1.10	
MHT	MOP1	Scherma, Sam	43.59	7.2kg
MHT	MOP2	Featherston, David	27.44	6kg
MHT	MOP1	Nuske, Brett	23.97	7.2kg
MJT	MOP1	Baker, Cameron	37.92	
MJT	MOP1	Nuske, Brett	33.31	
MPV	MOP1	Filshie, James	5.00	
MPV	MOP1	Sherry, Cameron	4.20	
MPV	MOP2	Baker, Cameron	3.80	
MPV	MOP2	Pocklington, Joel	3.40	
MPV	MOP	Lima, P	2.80	
MPV	MOP3	Barclay, Robin	2.80	
MSP	MOP1	Nuske, Brett	11.61	
MSP	MOP1	Featherston, David	10.66	
MTJ	M18	Barmanray, Rahul	11.80	
MTJ	M18	Maginn, Tim	11.23	
MTJ	MOP1	Featherston, David	11.03	
MTJ	M20	Haddow, Andrew	10.37	