

## **Box Hill Athletic Club Summer News 07**

### **BOX HILL NEEDS YOU!**

Box Hill Athletic Club has been hugely successful in recent years, but perhaps some club members are becoming complacent. Despite increasing numbers of athletes training at the track, the number of athletes actually competing on a Saturday is down this season. Unfortunately we have also lost several of our top athletes this year (for a variety of reasons). The club urges those athletes who have not registered for this season to please do so as soon as possible and we ask all registered athletes to make an effort to compete each Saturday.

Some club members are assuming that Box Hill will make the finals in most grades of competition and in fact we are looking strong in some divisions, but many of our teams will fail to make the finals unless we have more registered athletes competing.

Remember you must compete in at least four rounds of shield competition to be eligible for the finals and you cannot compete in an event in the finals that you have not done at least once throughout the season.

There are still nine rounds of competition before the finals next March, but don't leave it too late!

### **ROUND 4 OF SHIELD COMPETITION THIS SATURDAY AT NUNAWADING**

Round 4 of shield competition will be held at the Nunawading track (which is actually in East Burwood), this Saturday.

The Bill Stewart athletics track is behind the Nunawading basketball stadium, off Burwood Highway, between Blackburn and Springvale Roads.

Note: As there is no Pole Vault at Nunawading this week, an additional pole vault 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

### **UPCOMING EVENTS**

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

### **SHIELD RESULTS FROM ROUND 3**

Remember there are only three more shield competitions before Christmas, so try to make it to Nunawading this Saturday to compete.

Event	Division	Fullname	Performance	Wind
F100H	FOP1	Oakes, G	16.35	0.2 76cm
F100H	FOP1	Spathis, Theodora	18.03 -0.6	84cm
F1500	F20	Wall, Katherine	4:49.0	
F1500	F18	Hodgkinson, Harriet	4:58.5	
F1500	F18	Grahame, Sarah	5:00.1	
F1500	FOP1	Conley, Marguerite	5:03.7	
F1500	F20	Dobson, Liz	5:04.9	
F1500	FOP1	De Bruin, Jessica	5:16.7	

F1500	F16	Carrig, Amy	5:32.4		
F200	F18	Wilson, Ali	26.91	0	
F200	FOP1	Spathis, Theodora	27.29	0	
F200	F16	Turnbull, Olivia	27.68	-0.5	
F200	F18	Turnbull, Hannah	27.98	-2.3	
F200	F16	De Luca, Emily	28.41	0.5	
F200	FOP	Oakes, G	28.57		0.2
F200	FOP1	Hopkins, Kristine	28.68	-0.1	
F200	FOP1	Lee, Vivienne	28.91	-2.3	
F200	F16	Hornett, Kimberlie	29.04	0.2	
F200	FOP2	Lynn, Jacinta	29.12	0.2	
F200	F16	Carrig, Amy	29.35	0.2	
F200	F16	Light, Bianca	29.63	0.5	
F200	F18	Carabourniotis, Panayiota	30.09	0.5	
F200	F16	Mahoney, Charlotte	30.27	0.2	
F200	F18	Whittle, Stacey	30.63	0.5	
F400	FOP1	Ackland, Kathryn	59.77		
F400	F16	Turnbull, Olivia	60.52		
F400	FOP1	Hopkins, Kristine	61.82		
F400	F16	De Luca, Emily	63.37		
F400	FOP	Zagato, A	63.76		
F400	F16	Hornett, Kimberlie	63.90		
F400	FOP1	Lee, Vivienne	64.82		
F400	F16	Craven, Emma	69.71		
F400	F18	Paterson, Lucy	74.02		
F300H	INV	Pocklington, Alexandra	52.20		
F400H	F20	Quinn, Sarah	70.50	84cm	
FDT	F18	Carabourniotis, Panayiota	24.79		1kg
FDT	FOP1	Hewitt, Sarah	35.44	1kg	
FDT	FOP1	Burns, Lauren	43.25	1kg	
FHT	FOP1	Hewitt, Sarah	30.35	4kg	
FLJ	F18	Kremenchutskaya, Natalia	4.66		
FLJ	FOP2	Burns, Lauren	4.66		
FLJ	F18	Turnbull, Hannah	4.69		
FLJ	FOP1	Lynn, Jacinta	4.75		
FLJ	FOP1	Spathis, Theodora	5.15		
FLJ	F16	Carrig, Amy	5.72		
FPV	F16	Pocklington, Alexandra	2.10		
FPV	FOP	Thek, H	2.30		
FPV	F16	Milnes, Olivia	2.30		
FPV	F20	White, Georgia	2.50		
FPV	F16	Cross, Breanne	2.90		
FPV	FOP2	Buchanan, Fiona	3.40		
FPV	F18	Williams, Jacqui	3.55		
FPV	FOP1	Carre, S	3.85		
FPV	FOP1	Lynn, Jacinta	4.00		
FSP	FOP1	Spathis, Theodora	11.44	4kg	

FWalk F16	Raselli, Cassandra	10:00.2		2km
FWalk F16	Dyer, Chelsea	10:51.7		2km
M100H	M16 Brock, Christopher	15.30	-0.4	84cm
M100H	M16 Mcmillan, Lachlan	15.73	-1.4	84cm
M110H	MOP1 Featherston, David	17.33	-0.7	99cm
M110H	MOP1 Nuske, Brett	19.31	-0.7	99cm
M1500MOP1	White, Andrew	3:53.5		
M1500M20	Kelly, Stephen	3:57.1		
M1500M20	Coloe, Matthew	3:57.8		
M1500M20	Arunasalam, Navin	3:59.1		
M1500MOP1	Aspinall, Lachlan	4:00.9		
M1500M18	Nugent, Damian	4:05.9		
M1500MOP1	Craigie, Kevin	4:07.6		
M1500MOP2	Craigie, Graham	4:09.4		
M1500M20	Arunasalam, Ruben	4:11.4		
M1500MOP2	Meagher, John	4:13.5		
M1500MOP2	Wall, Christopher	4:17.0		
M1500M18	Poli, Mark	4:20.9		
M1500MOP3	Ayers, David	4:21.8		
M1500MOP3	Jimenez, David	4:22.4		
M1500M20	Christou, Duayne	4:24.0		
M1500MOP3	Morris, John	4:28.9		
M1500MOP	Taylor, Matthew	4:35.8		
M1500M18	Grace, Harrison	4:40.9		
M1500MOP	O'Connor, Chris	4:42.1		
M1500M16	Krause, Danny	4:46.6		
M1500M16	Milnes, Mitchell	5:06.2		
M1500MOP	Whittle, Barry	5:36.1		
M1500MOP	Arunasalam, K	5:57.1		
M1500MOP	Gardner, Neville	6:03.6		
M200 MOP1	Medford, Rhett	21.59	-2.8	
M200 M18	Ross, Joshua	22.49	-2.8	
M200 M20	Haddow, Andrew	22.91	-2.8	
M200 MOP1	Sherry, Cameron	23.20	-0.2	
M200 M18	Hogan, Andrew	23.35	-2.8	
M200 MOP1	Jacotine, Darren	23.72	-1.2	
M200 MOP2	Nuske, Brett	23.97	-0.2	
M200 MOP2	Filshie, James	24.06	-0.3	
M200 M18	Barmanray, Rahul	24.28	0.4	
M200 M18	Booth, Brendan	24.46	-1.2	
M200 M18	Entwistle, David	24.90	0.4	
M200 MOP2	Kelly, Patrick	25.39	-0.3	
M200 MOP3	Pocklington, Colin	25.75	-0.8	
M200 MOP	Brock, Chris	26.49	0	
M200 MOP3	Gardner, Neville	35.61	-0.7	
M300H	INV Featherston, David	39.30		
M300H	INV Mcmillan, Lachlan (M16)	48.80		
M400 M18	Hogan, Andrew	50.15		

M400	MOP1	Featherston, David	53.51		
M400	MOP1	Wall, Christopher	53.81		
M400	MOP1	Baker, Cameron	54.07		
M400	MOP2	Ayers, David	58.19		
M400	MOP	Lime, P	59.35		
M400	M16	Dowell, Michael	64.82		
M400	MOP2	Gardner, Neville	78.42		
M5000	M20	Hamer, Christopher	15:05.0		
M5000	MOP1	Boxshall, Paul	16:02.4		
M5000	MOP1	Morris, John	17:24.4		
M5000	MOP1	Dyer, William	18:47.4		
MDT	MOP2	Lima, P	18.28		2kg
MDT	MOP2	Gardner, Neville	23.22		1.5kg
MDT	MOP1	Featherston, David	24.98		2kg
MDT	MOP1	Nuske, Brett	32.43		2kg
MDT	M16	Hughes, Will	34.17		1kg
MDT	M16	Wu, Kevin	35.99		1kg
MLJ	MOP1	Jacotine, Darren	5.37		
MLJ	M18	Barmanray, Rahul	5.63		
MLJ	MOP1	Nuske, Brett	6.09		
MPV	M16	Poole, D	2.70		
MPV	M16	Cross, B	2.70		
MPV	MOP3	Barclay, Robin	2.70		
MPV	MOP2	Pocklington, Joel	3.55		
MPV	MOP2	Baker, Cameron	4.00		
MPV	MOP1	Sherry, Cameron	4.30		
MPV	MOP1	Filshie, James	4.75		
MSP	MOP3	Gardner, Neville	6.09		6kg
MSP	MOP2	Pocklington, Joel	7.86		6kg
MSP	MOP2	Cross, David	8.50		6kg
MSP	MOP1	Featherston, David	8.86		7.2kg
MSP	MOP	Lima, P	9.20		7.2kg
MSP	MOP1	Nuske, Brett	10.26		7.2kg
MSP	M16	Wu, Kevin	11.16		4kg
MWalk	MOP1	Dyer, William	10:01.7		2km