

Box Hill Athletic Club Summer News 08

ROUND 5 OF SHIELD COMPETITION THIS SATURDAY AT DONCASTER

Round 5 of shield competition will be held at the Doncaster track this Saturday, December 9. We have had a slowly growing number of athletes competing this season and Box Hill is starting improve its position on the ladder in each division, but we still need more athletes competing in more events, so that we can achieve our goal of making the finals in every division.

LADDERS AFTER ROUND 4

F16	Pct	Pts	
Diamond Valley	32.4	35	
BOX HILL ATHLETIC CLUB	26.1	34	
Doncaster	25.3	31	
Athletics Nunawading	11.4	22	
Ringwood	10.8	19	
Diamond Valley 2	10.1	19	
Ivanhoe Harriers	3.2	11	
Collingwood Harriers	1.4	5	
St Kevins	1.1	4	

F18	Pct	Pts	
Diamond Valley	47.6	23	
BOX HILL ATHLETIC CLUB	43.2	22	
Doncaster	32.3	19	
Ivanhoe Harriers	7.1	10	
Ringwood	6.2	9.5	
Athletics Nunawading	0.7	1.5	

F20	Pct	Pts	
BOX HILL ATHLETIC CLUB	88.9	22	
Diamond Valley	63.9	22	
Doncaster	16.2	11	
St Kevins	0	0	
Ringwood	0	0	
Ivanhoe Harriers	0	0	

FOP1	Pct	Pts	
BOX HILL ATHLETIC CLUB	44.6	32	
Collingwood Harriers	19.6	19	
Ringwood	15.7	18	
Diamond Valley	15.3	15	
Doncaster	14.4	15	
St Stephens Hawthorn	14.8	13	
St Kevins	0.4	1	

FOP2	Pct	Pts	
Richmond Harriers	46.2	42	
Ivanhoe Harriers	42	41	
BOX HILL ATHLETIC CLUB	12.9	27.5	
Collingwood Harriers	19.1	27	
Ringwood	3.3	15	
St Stephens Hawthorn	2.9	11	
De La Salle	2	11	

Athletics Nunawading	1.3	9.5	
Collingwood Harriers	2	0.9	5
Diamond Valley		1.3	4
St Kevins		0	0
Richmond Harriers	2 0		0

M16		Pct	Pts	
Diamond Valley		21.8		42
St Kevins Amateur		18.5		39
Doncaster	15.1		34	
Old Melburnians		9.5		28
BOX HILL ATHLETIC CLUB			10.8	27
Collingwood Harriers	9.2		24	
Ringwood		9.2		23
Diamond Valley 2		7.1		20
Ivanhoe Harriers		6.3		14
Athletics Nunawading	3.7		10	
Old Xaverians	1.4		4	

M18		Pct	Pts	
Old Melburnians		20.6		41
Doncaster	17.1		35	
St Kevins		15		33
BOX HILL ATHLETIC CLUB			13.5	33
Ivanhoe Harriers		13		29
Diamond Valley		12.3		29
Old Scotch Collegians	7.9		23	
Ringwood		8.6		21
Doncaster 2	2.4		9	
Athletics Nunawading	1.8		6	
Ivanhoe Harriers 2		1.1		6

M20		Pct	Pts	
Diamond Valley		43.1		21
Doncaster	37.9		20.5	
BOX HILL ATHLETIC CLUB			31.1	15
Ringwood		12.7		8.5
St Kevins		9.4		2
Ivanhoe Harriers		2.3		2

MOP1		Pct	Pts	
BOX HILL ATHLETIC CLUB			24.8	38
Diamond Valley		24.6		34
Ringwood		18.2		27
St Kevins		15.8		24
Ivanhoe Harriers		11.4		20
Doncaster	8.8		15	
Old Scotch Collegians	8		14	
Old Xaverians	3		6	
De La Salle	2.8		6	

MOP2		Pct	Pts	
Collingwood Harriers	28.3		44	
Richmond Harriers		22.4		35

St Stephens Hawthorn	18.8	30	
Diamond Valley	16	28	
BOX HILL ATHLETIC CLUB	11.6		24
Athletics Nunawading	10.2	22	
Ringwood	3.5	12.5	
St Kevins	5.4	12	
Doncaster	1.3	6	
Old Scotch Collegians	0.7	5.5	

MOP3	Pct	Pts	
Collingwood Harriers	25.5	47	
Old Melburnians	22	41	
Richmond Harriers	21.2	41	
St Stephens Hawthorn	18.2	39	
Diamond Valley	15.9	35	
BOX HILL ATHLETIC CLUB	7		26
Ivanhoe Harriers	4.8	26	
St Kevins	3.6	16	
Athletics Nunawading	0.4	4	
Ringwood	0	0	
Old Xaverians	0	0	
Doncaster	0	0	

UPCOMING EVENTS

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

RESULTS FROM ROUND 4 AT NUNAWADING

Despite the strong headwinds there were some great performances at Nunawading last Saturday.

Event	Division	Fullname	Performance	Wind
F100	F16	Booth, Courtney	13.6	-4.1
F100	F18	Turnbull, Hannah	13.7	-4.1
F100	FOP1	Ackland, Kathryn	13.7	-3.8
F100	F18	Noonan, Katie	14.0	-4.1
F100	F16	Carrig, Anna	14.1	-2.1
F100	F16	Hornett, Kimberlie	14.4	-4.3
F100	F18	Carabourniotis, Panayiota	14.7	-4
F100	FOP1	Lee, Vivienne	14.7	-4.3
F100	F16	Mahoney, Charlotte	14.9	-4
F100	F18	Whittle, Stacey	15.1	-4
F100	FOP1	Fistric, Michelle	15.1	-3.3
F100	F18	Paterson, Lucy	15.6	-2.4
F1500	F16	Carrig, Amy	5:44.5	
F200	FOP1	Ackland, Kathryn	26.6	-2.1
F200	F16	Booth, Courtney	27.7	-2.7
F200	F16	Hornett, Kimberlie	28.4	-2.2
F200	F18	Noonan, Katie	28.4	-2.9
F200	F16	De Luca, Emily	28.8	-2.2

F200	FOP1	Lee, Vivienne	28.8	-2.7	
F200	F18	Carabourniotis, Panayiota	29.1	-2.2	
F200	F16	Craven, Emma	29.4	-4.6	
F200	FOP1	Dobson, Liz	29.9	-4.6	
F200	F16	Carrig, Anna	30.1	-2.2	
F200	INV	Carricu,A		30.2	-5.4
F200	FOP2	Ward, Elissa	30.5	-3.2	
F200	F16	Mahoney, Charlotte	30.8	-2.8	
F200	FOP2	Andrews, Suzanne		31.2	-4.6
F200	F18	Whittle, Stacey		31.3	-2.8
F200	FOP2	Fistric, Michelle		31.7	-2.2
F200	F18	Paterson, Lucy	32.5	-3.2	
F200H	F16	Cotton, Grace	33.0		76cm
F800	FOP1	Conley, Marguerite		2:25.5	
F800	F20	Dobson, Liz	2:29.2		
F800	FOP1	Andrews, Suzanne		2:33.2	
F800	F16	De Luca, Emily		2:33.9	
F800	FOP1	Mahoney, Charlotte	2:36.2		
F800	F18	Noonan, Katie	2:43.8		
FDT	F18	Carabourniotis, Panayiota	21.67		1kg
FDT	F16	Dyer, Chelsea	24.52		1kg
FDT	FOP1	Hewitt, Sarah	32.20		1kg
FDT	FOP1	Burns, Lauren	38.08		1kg
FHJ	F18	Carabourniotis, Panayiota	1.30		
FHJ	F16	Cotton, Grace	1.40		
FHJ	FOP1	Burns, Lauren	1.40		
FHJ	FOP2	Hewitt, Sarah	1.40		
FHJ	FOP1	Carre, Simone	1.60		
FJT	F18	Carabourniotis, Panayiota	16.64		600gm
FJT	FOP2	Hewitt, Sarah	22.61		600gm
FJT	INV	Pocklington, Alexandra	24.29		400gm
FJT	FOP2	Coghill, Sarah	25.46		600gm
FJT	FOP1	Carre, Simone	30.06		600gm
FJT	INV	Dyer, Chelsea	33.68		400gm
FJT	FOP1	Burns, Lauren	36.15		600gm
FLJ	FOP2	Hewitt, Sarah	3.40		
FLJ	F16	Carrig, Amy	3.70		
FLJ	F16	Carrig, Anna	3.72		
FLJ	F16	Cotton, Grace	4.08		
FLJ	FOP1	Burns, Lauren	4.87		
FLJ	FOP1	Carre, Simone	5.51		
FTJ	F16	Carrig, Amy	9.21		
FTJ	F16	Carrig, Anna	9.87		
FTJ	F18	Turnbull, Hannah		10.97	
FTJ	FOP1	Burns, Lauren	11.00		
Fwalk	F16	Raselli, Cassandra		7:20.5	1.5km
Fwalk	F16	Dyer, Chelsea	7:53.3		1.5km

M100	M18	Ross, Joshua	11.3	-2.9	
M100	MOP1	Sherry, Cameron		11.3	-2.3
M100	M18	Hogan, Andrew		11.8	-3.9
M100	M20	Levey, M		11.9	-3.6
M100	MOP1	Nuske, Brett	11.9	-2.3	
M100	M18	Burke, David	12.0	-3.6	
M100	M18	Booth, Brendan		12.1	-3
M100	MOP1	Barmanray, Rahul		12.1	-3.2
M100	MOP2	Di Rienzo, Aaron		12.2	-3.6
M100	MOP	Lima, P		12.3	-3.9
M100	MOP2	Pocklington, Colin		12.3	-1.9
M100	MOP2	Baker, Cameron		12.4	-3.6
M100	M18	Entwistle, David		12.5	-2.9
M100	M16	Mcmillan, Lachlan		12.6	-3
M100	M18	Maginn, Tim	12.7	-3	
M100	M16	Brock, Christopher		13.1	-3
M1500	MOP1	Morris, John	4:44.2		
M1500	M16	Krause, Danny	4:52.5		
M1500	MOP1	Robinson, Andrew		4:59.8	
M1500	MOP1	Lime, P		5:24.3	
M1500	MOP2	Nuske, Brett	5:30.9		
M200	MOP1	Medford, Rhett		21.4	-4.5
M200	M18	Ross, Joshua	22.0	-4.5	
M200	MOP1	Zeed, Mohamad		23.0	-4.5
M200	M18	Hogan, Andrew		23.2	-3.4
M200	M18	Burke, David	23.3	-3.1	
M200	MOP1	Featherston, David		23.7	-1
M200	M18	Barmanray, Rahul		24.2	-3.1
M200	M18	Booth, Brendan		24.3	-1.4
M200	M18	Di Rienzo, Aaron		24.4	-2.2
M200	MOP2	Pocklington, Colin		25.0	-3.4
M200	M16	Mcmillan, Lachlan		25.1	-4.9
M200	M20	Nagle, Andrew		25.1	-4
M200	MOP2	Taylor, Matthew		26.1	-2.2
M200	M16	Nagle, Cameron		27.0	-4.9
M200H	M16	Brock, Christopher		30.3	76cm
M3000	MOP1	Boxshall, Paul	9:14.1		
M3000	MOP1	Jimenez, David		9:31.9	
M3000	MOP1	Morris, John	10:02.4		
M3000	MOP2	Boxshall, Scott		10:46.8	
M3000	M16	Milnes, Mitchell		10:55.3	
M3000	MOP2	Dyer, William	10:57.2		
M3000	MOP2	Gardner, Neville		13:46.1	
M400H	MOP1	Zeed, Mohamad		55.5	91cm
M400H	MOP1	Featherston, David		56.9	91cm
M400H	MOP2	Nuske, Brett	66.4		91cm
M800	MOP1	Dinneen, Stephen	1:56.3		

M800	MOP1	Wall, Christopher	1:59.6		
M800	MOP1	Craigie, Graham	2:00.8		
M800	MOP2	Lynch, Barry	2:01.7		
M800	M18	Poli, Mark	2:05.9		
M800	MOP	Lynch, Barry	2:07.2		
M800	MOP2	Ayers, David	2:07.6		
M800	M18	Grace, Harrison	2:12.7		
M800	MOP2	Taylor, Matthew	2:13.6		
M800	MOP3	O'Connor, Christopher	2:16.0		
M800	MOP3	Olden, Graeme	2:17.6		
M800	M16	Krause, Danny	2:21.5		
M800	M16	Nagle, Cameron	2:26.3		
M800	MOP3	Whittle, Barry	2:29.8		
M800	MOP	Cross, David	2:49.1		
M800	MOP	Gardner, Neville	3:06.8		
MDT	M16	Hughes, Will	21.08	1kg	
MDT	INV	Lima, Paul	21.91	2kg	
MDT	MOP2	Gardner, Neville	23.68		1.5kg
MDT	MOP1	Featherston, David	31.73		2kg
MDT	MOP1	Nuske, Brett	32.49	2kg	
MDT	M16	Wu, Kevin	37.4	1kg	
MHJ	MOP2	Featherston, David	1.6		
MHJ	MOP	Lima, P	1.65		
MHJ	MOP1	Nuske, Brett	1.65		
MHJ	MOP1	Peavey, John	1.95		
MJT	MOP1	Nuske, Brett	35.95	800gm	
MJT	M20	Hodges, Grant	35.97	800gm	
MJT	MOP1	Featherston, David	40.82		800gm
MLJ	M18	Maginn, Tim	5.03		
MLJ	INV	Lima,Paul	5.05		
MLJ	MOP1	Baker, Cameron	5.09		
MLJ	M18	Booth, Brendan	5.19		
MLJ	M16	Mcmillan, Lachlan	5.23		
MLJ	M18	Barmanray, Rahul	5.68		
MLJ	M20	Hodges, Grant	5.93		
MLJ	MOP1	Nuske, Brett	6.03		
MTJ	M18	Maginn, Tim	10.46		
MTJ	M18	Barmanray, Rahul	11.43		
MTJ	M16	Mcmillan, Lachlan	11.45		
MTJ	MOP1	Nuske, Brett	12.63		
Mwalk	MOP1	Olden, Graeme	17:36.8		3km

RON CLARKE CLASSIC

Congratulations to all the Box Hill athletes who were invited to compete in the Ron Clarke Classic at Geelong last Saturday. Daniel Clark, Navin Arunasalam, Andrew White, Chris Hamer and Kate Wall all ran bravely in tough windy conditions. We hope to have the full results available next week.

QUESTIONS?

If you have any enquiries about shield competition, please contact: Rob Falkenberg -

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