

Box Hill Athletic Club Summer News 09

ROUND 6 OF SHIELD COMPETITION THIS SATURDAY AT BOX HILL

The final round of interclub competition before the Christmas break will be at Box Hill this Saturday. Note that the Christmas break is shorter than usual this year and shield competition will start up again on January 6th.

UPCOMING EVENTS

Thursday, December 14	Zatopek Classic	Olympic Park
Saturday, December 16	Shield Round 6	Box Hill

Saturday, January 6	Shield Round 7	Doncaster
Saturday, January 13	Shield Round 8	Box Hill
Thursday, January 18	Milers Club	Box Hill
Tuesday, January 23	Shield Round 9	Doncaster

RESULTS FROM ROUND 5 AT DONCASTER

Competition at Doncaster was abandoned after just a few events, due to the heat. (I wish they had thought of that before the 3000m!)

FEMALE 100M

Anna Carrig	13.3
Georgina Oakes	13.3
Viv Lee	13.5
Kimberlie Hornett	13.6
Bianca Light	13.7
Kris Hopkins	13.9
Amy Carrig	13.9
Abby Freestone	13.9
Ashleigh Ward	14.3

FEMALE 3000M

Margie Conley	12:06.2
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FEMALE HIGH JUMP

Thoedora Spathis	1.65m
Veronica Kirby	1.65m
Sarah Hewitt	1.35m

FEMALE HAMMER THROW

Sarah Hewitt	34.38m
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FEMALE JAVELIN

Panayiota Carabourniotis	19.79m
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FEMALE POLE VAULT

Rosie Ditton	3.80m
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FEMALE SHOT PUT

Sarah Hewitt	9.83m
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MALE 100M

Rhett Medford	10.69
Cameron Sherry	11.19
Andrew Haddow	11.30

David Burke 11.66
James Filshie 11.83
Brett Nuske 11.84
P. Lima 12.06

MALE 3000M

Alan Craigie 8:57.3
Graeme Olden 9:46.2
Chris O'Connor 10:36.0
Andrew Robinson 10:43.4
Scott Boxshall 11:12.5
Simon Evans 12:38.7
Neville Gardiner 14:00.4

MALE HAMMER THROW

Sam Sherma 46:18m
Brett Nuske 25:40m

RESULTS FROM MILERS CLUB LAST THURSDAY

There were some great results and many personal bests recorded at the milers club competition at Box Hill last Thursday.

1500M

MEN

Daniel Clark 3:51.0 PB
Steve Dineen 3:54.0 PB
Navin Arunasalam 3:57.4 PB
Kevin Craigie 4:01.4
Lachlan Aspinall 4:01.7
Steve Kelly 4:06.0
Mark Poli 4:18.9 PB
Matt Taylor 4:36.3
Danny Krause 4:38.3 PB
Harrison Grace 4:45.4
Andrew Robinson 4:49.4 PB

WOMEN

Kate Wall 4:44.8 PB
Margie Conley 5:05.2
Liz Dobson 5:13.2

3000M

Chris Hamer 8:33.1
Matt Coloe 8:34.1
Alan Craigie 8:36.9
Andrew White 8:49.6 (after pacemaking for first 2k)

RON CLARKE CLASSIC

Despite the very windy conditions, several Box Hill athletes performed well at the Ron Clarke Classic at Geelong on December 2. Daniel Clark, 1500m, 4th, 3:53.2, Navin Arunasalam 800m 5th, 1:53.4, Andrew White 5000m 6th, 14:46.5, Chris Hamer 5000m, 9th, 14:54.7, Kate Wall 1500m, 4th, 4:53.5

QUESTIONS?

If you have any enquiries about shield competition, please contact: Rob Falkenberg -
Robert.Falkenberg@se1.bp.com
or Chris O'Connor - coconnor@swin.edu.au