

# **Box Hill Athletic Club Summer News 10**

## **A MESSAGE FROM ROB FALKENBERG (TEAM MANAGER)**

The last round of Shield competition produced a big improvement in our standings on the shield ladders. Sadly though, the results of some athletes were not included because they did not wear their correct uniform.

All athletes must compete with the proper Box Hill uniform with numbers both back and front. Our next Shield competition is on the 6-Jan at Doncaster. This will be a testing round as some people may be away on holidays so it is important to have as many as possible competing on this day.

I hope you have a very Merry Xmas and I hope to see you all fit and well in the new year.

regards

Robert Falkenberg

## **UPCOMING EVENTS**

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
Tuesday, January 30	Milers Club	Olympic Park or Box Hill
Saturday, February 3	Vic Youth & U23 Champs	Doncaster
Saturday, February 3	Open & U20 Relay Champs	Doncaster
Sunday, February 4	Vic Youth & U23 Champs	Doncaster
Sunday, February 4	Open & U20 Relay Champs	Doncaster
Sunday, February 4	All Comer's Meet	Doncaster
February 9 - 11	Aust U20 & U23 Champs	Hobart
Saturday, February 10	Shield Round 10	Nunawading
Sunday, February 11	Aust Club Championships	Hobart

## **NATIONAL ALL SCHOOLS**

Congratulations to all athletes who competed in the Australian All Schools Championships, in particular: Sarah Grahame, Under 18, 2000m steeple: 3rd 6:69.6 , Under 18, 3000m 4th 10:28.6 Cassandra Raselli, Under 14 1500m Walk: 1st 7:00.8 Joshua Ross, Under 18, 200m: 2nd 21.63, Under 18, 100m: 3rd 10.70 Andrew Hogan, Under 18, 400m: 4th 49.45

Apologies if we missed any other outstanding results.

## **ZATOPEK**

Congratulations to the Box Hill athletes who performed well in wet conditions at the Zatopek meet at Olympic Park last Thursday

### **Women**

10000 metres Australian Championship

9. Sarah Grahame VIC 36:55.57 (2nd Australian under 23 championship)

### **Pole Vault**

1. Jacinta Lynn 4.00m; 3. Rosanna Ditton 3.80m; 4. Simone Carre 3.50m.

100 Yards (w: -0.7)

5. Josh Ross 10.23

800 metres

7. Navin Arunasalam 1:52.71

1500 metres

7. Daniel Clark 3:49.29

3000 metres Under 20 A Race

9. Matthew Coloe 8:30.75; 10. Chris Hamer 8:31.75

3000 metres Under 20 B Race

1. Stephen Kelly 8:30.84

10000 metres Australian Championship

17. Andrew White VIC 30:02.35 (3rd Under 23 Australian Championship)

### RESULTS FROM ROUND 6 OF SHIELD COMPETITION AT BOX HILL

Event	Division	Name	Performance		Wind	Spec
F100H	F18	Oakes, Georgina	15.4	-1	76cm	
F100H	FOP1	Spathis, Theodora	16.4	-1.6	84cm	
F100H	FOP1	Lynn, Jacinta	16.6	0.5	84cm	
F100H	FOP2	Burns, Lauren	21.7	0.5	84cm	
F1500	FOP1	Conley, Marguerite	4:56.7			
F1500	F20	Dobson, Liz	4:58.2			
F1500	FOP1	Zagato, Amy	5:12.4			
F1500	FOP1	Andrews, Suzanne	5:21.7			
F1500	F18	Hodgkinson, Harriet	5:22.7			
F1500	F16	Carrig, Amy	5:23.9			
F1500	F14	Mahoney, Charlotte	5:34.3			
F200	FOP1	Ackland, Kathryn	26.5	-1.3		
F200	FOP1	Spathis, Theodora	26.6	-0.3		
F200	F18	Turnbull, Olivia	27.5	-1.4		
F200	F18	Noonan, Katie	27.9	-3.2		
F200	F16	De Luca, Emily	28.1	-2		
F200	F16	Carrig, Anna	28.2	-1.2		
F200	F16	Hornett, Kimberlie	28.3	-2		
F200	F18	Freestone, Abbey	29.1	-2.9		
F200	F14	Mahoney, Charlotte	29.2	-1.2		
F200	F16	Light, Bianca	29.2	-1.2		
F200	F18	Hodgkinson, Harriet	29.4	-2.9		
F200	F14	Cotton, Grace	29.5	-2.5		
F200	F16	Carrig, Amy	29.5	-2.9		
F200	F16	Ward, Ashleigh	29.9	-2.5		
F200	F18	Whittle, Stacey	30.0	-1.7		
F300H	F14	Pocklington, Alexandra	50.7		76cm	
F400	F16	De Luca, Emily	1:03.5			
F400	F16	Hornett, Kimberlie	1:04.0			
F400	FOP1	Zagato, Amy	1:04.7			
F400	FOP1	Conley, Marguerite	1:07.3			
F400	F18	Whittle, Stacey	1:11.9			
F80H	F14	Cotton, Grace	13.7	0.4	76cm	

F80H	F14	Pocklington, Alexandra	13.8	0.4	76cm
FDT	FOP2	Lynn, Jacinta	23.35	1kg	
FDT	F18	Carabourniotis, Panayiota	26.41	1kg	1kg
FDT	FOP1	Hewitt, Sarah	34.31	1kg	
FDT	FOP1	Burns, Lauren	41.94	1kg	
FHT	FOP1	Hewitt, Sarah	32.78	4kg	
FLJ	F14	Cotton, Grace	4.00		
FLJ	F16	Carrig, Anna	4.13		
FLJ	F16	Carrig, Amy	4.34		
FLJ	F16	Turnbull, Olivia	4.74		
FLJ	FOP1	Burns, Lauren	5.09		
FLJ	FOP1	Spathis, Theodora	5.33		
FPV	F16	Freestone, Abbie	2.00		
FPV	F16	Pocklington, Alexandra	2.20		
FPV	F16	Milnes, Olivia	2.60		
FPV	F16	Cross, Breanne	2.80		
FPV	FOP	Hartigan, Dawn	3.10		
FPV	FOP	Kruger, Gabriela	3.30		
FPV	FOP2	Buchanan, Fiona	3.30		
FPV	F18	Williams, Jacqui	3.50		
FPV	FOP2	Carre, Simone	3.70		
FPV	FOP1	Ditton, Rosanna	3.95		
FPV	FOP1	Lynn, Jacinta	3.95		
FSP	F16	Cotton, Grace	5.21	4kg	
FSP	F18	Carabourniotis, Panayiota	6.53	4kg	4kg
FSP	FOP2	Hewitt, Sarah	9.03	4kg	
FSP	FOP1	Phillips, Angela	10.91	4kg	
FSP	FOP1	Spathis, Theodora	11.26	4kg	
M100H	M16	Mcmillan, Lachlan	15.8	-2.1	84cm
M110H	MOP1	Zeed, Mohamad	15.4	-0.9	106cm
M110H	M20	Zeed, Imran	17.5	-1.5	99cm
M110H	MOP1	Baker, Cameron	18.4	-1.5	99cm
M110H	MOP2	Nuske, Brett	19.5	-1.5	99cm
M1500	MOP1	Chefnaoui, Bouchaib	3:56.4		
M1500	MOP1	Dinneen, Stephen	3:59.0		
M1500	MOP1	Aspinall, Lachlan	3:59.2		
M1500	M20	Hamer, Christopher	3:59.8		
M1500	MOP2	Craigie, Kevin	4:01.8		
M1500	MOP2	Craigie, Graham	4:05.0		
M1500	MOP2	Mclean, Alistair	4:09.0		
M1500	M20	Arunasalam, Ruben	4:11.7		
M1500	MOP3	Boxshall, Paul	4:12.3		
M1500	M18	Nugent, Damian	4:15.0		
M1500	M18	Diorettes, Alexander	4:16.1		
M1500	MOP3	Ayers, David	4:21.3		
M1500	MOP3	Morris, John	4:22.9		
M1500	MOP	Olden, Graeme	4:25.8		

M1500	M18	Poli, Mark		4:28.5	
M1500	M16	Krause, Danny	4:42.6		
M1500	MOP	Boxshall, Scott		4:44.9	
M1500	MOP	Robinson, Andrew		4:48.0	
M1500	MOP	Whittle, Barry	5:14.1		
M1500	MOP	Gardner, Neville		6:04.4	
M200	MOP1	Ross, Joshua	22.5	-4.3	
M200	MOP1	Hogan, Andrew		23.3	-4.3
M200	MOP1	Deoki, Nico	23.3	-1.8	
M200	M18	Burke, David	23.4	-1.1	
M200	MOP2	Nuske, Brett	23.4	-1.6	
M200	MOP2	Jacotine, Darren		23.9	-1.8
M200	MOP2	Featherston, David		24.0	-1.6
M200	M18	Di Rienzo, Aaron		24.2	-1.1
M200	MOP3	Baker, Cameron		24.2	-1.6
M200	M18	Barmarney, Rahul		24.3	-1
M200	M20	Zeed, Imran	24.3	-0.5	
M200	M16	McMillan, Lachlan		24.7	-0.5
M200	M18	Entwistle, David		24.7	-3.6
M200	MOP3	Saunders, Michael		24.8	-1.1
M200	MOP3	Pocklington, Colin		24.9	-2.1
M200	M16	Nagle, Cameron		25.7	-1.8
M200	MOP	Cross, David	26.2	0.7	
M200	MOP	Gardner, Neville		35.5	0.7
M400	M18	Burke, David	50.5		
M400	MOP1	Wilcox, Andrew		51.1	
M400	MOP1	Featherston, David		52.0	
M400	MOP1	Craigie, Graham		52.7	
M400	M18	Diorettes, Alexander	54.7		
M400	MOP2	Hartshorne, Trent		56.3	
M400	MOP2	Cross, David		57.6	
M400	MOP2	Whittle, Barry	1:05.4		
M400	MOP3	Gardner, Neville		1:18.0	
M5000	MOP1	Clark, Daniel	15:37.3		
M5000	MOP1	Dawes, Kynan	15:50.5		
M5000	MOP1	Olden, Graeme		17:17.3	
M5000	MOP2	Aspinall, Lachlan		17:33.3	
M5000	MOP2	O'Connor, Chris		17:50.2	
M5000	MOP2	Robinson, Andrew		18:45.8	
MDT	INV	Lima, Paul	20.52		2kg
MDT	M14	Wu, Kenneth	24.63		1kg
MDT	MOP1	Featherston, David		27.05	2kg
MDT	MOP2	Gardner, Neville		27.26	1.5kg
MDT	MOP2	Scherma, Sam	29.02		1.75kg
MDT	MOP1	Nuske, Brett	31.05		2kg
MDT	M16	Wu, Kevin	43.37		1kg
MHT	MOP2	Summers, Harry		23.72	5kg
MHT	MOP1	Nuske, Brett	26.29		5kg
MHT	MOP1	Scherma, Sam	45.89		7.2kg

MLJ	M16	Nagle, Cameron	4.73		
MLJ	MOP2	Baker, Cameron	5.12		
MLJ	M20	Barmanray, Rahul	5.13		
MLJ	MOP	Lima, P	5.15		
MLJ	MOP2	Featherston, David	5.81		
MLJ	MOP1	Nuske, Brett	6.27		
MLJ	MOP1	Rabone, Adam	6.77		
MPV	MOP3	Barclay, Robin	2.60		
MPV	MOP3	Featherston, David	2.60		
MPV	MOP	Poole, Dom	2.80		
MPV	MOP2	Cross, Brodie	2.80		
MPV	MOP2	Baker, Cameron	3.95		
MPV	MOP1	Sherry, Cameron	4.55		
MPV	MOP1	Filshie, James	5.15		
MSP	MOP2	Knott, Peter	5.77	7.2kg	
MSP	MOP3	Gardner, Neville	7.02	5kg	
MSP	M14	Wu, Kenneth	7.66	3kg	
MSP	MOP1	Featherston, David	8.51	7.2kg	
MSP	INV	Lima, Paul	9.07	7.2kg	
MSP	MOP1	Nuske, Brett	9.44	7.2kg	
MSP	MOP2	Scherma, Sam	9.86	6kg	
MSP	M16	Wu, Kevin	11.32	4kg	

#### LADDERS

F14	Pts
Diamond Valley	34
Doncaster	24
Collingwood	20
Ringwood	19
Ivanhoe Harriers	9
Nunawading	7
BOX HILL	6

F16	Pts
Diamond Valley	49
BOX HILL	45
Doncaster	43
Nunawading	32
Diamond Valley 2	28
Ringwood	27
Ivanhoe Harriers	13
Box Hill 2	10
Collingwood	9
St Kevins	8
Doncaster 2	2

F18	Pts
Diamond Valley	32
BOX HILL	29
Doncaster	25
Ringwood	14.5
Ivanhoe Harriers	13
Box Hill 2	5

Nunawading 1.5

F20

Diamond Valley	24
BOX HILL	21
Doncaster	13
St Kevins	0
Ringwood	0
Ivanhoe Harriers	0

FOP1

BOX HILL	40
Collingwood	25
Ringwood	22
St Stephens	18
Diamond Valley	18
Doncaster	17
St Kevins	1

FOP2

Ivanhoe Harriers	49
Richmond Harriers	47
BOX HILL	33.5
Collingwood	31
Ringwood	17
St Stephens	13
Nunawading	9.5
Collingwood	29
De La Salle	8
Diamond Valley	5
De La Salle	2

M16

Diamond Valley	56
St Kevins	51
Doncaster	42
BOX HILL	37
Collingwood	34
Old Melburnians	32
Diamond Valley 2	30
Ringwood	29
Ivanhoe Harriers	19
Nunawading	16
Old Xaverians	6
Doncaster 2	3

M18

Doncaster	47
Old Melburnians	45
St Kevins	41
BOX HILL	40
Ivanhoe Harriers	39
Diamond Valley	38
Ringwood	27
Old Scotch	24

Doncaster 2 11.5  
Nunawading 10  
Ivanhoe Harriers 2 9.5

#### M20

Doncaster 24.5  
Diamond Valley 22  
BOX HILL 18  
Ringwood 5.5  
Ivanhoe Harriers 3  
St Kevins 2

#### MOP1

BOX HILL 48  
Diamond Valley 42  
Ringwood 33  
St Kevins 32  
Ivanhoe Harriers 23  
Doncaster 20  
Old Scotch 17  
Old Xaverians 8  
De La Salle 4

#### MOP2

Collingwood 53  
Richmond 43  
St Stephens 37  
BOX HILL 33  
Diamond Valley 33  
Nunawading 29  
St Kevins 15  
Ringwood 13.5  
Doncaster 8.5  
Old Scotch 8

#### MOP3

Collingwood 53  
Old Melburnians 52  
Richmond Harriers 50  
St Stephens 46  
Diamond Valley 40  
BOX HILL 35  
Ivanhoe Harriers 28  
St Kevins 18  
Nunawading 10  
Old Xaverians 4

#### **QUESTIONS?**

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