

## **Box Hill Athletic Club Summer News 13**

### **SHIELD COMPETITION AT DONCASTER NEXT TUESDAY**

Please note that the next round of Shield Competition will be held at Doncaster on TUESDAY, January 23. With only four rounds of competition remaining before the finals, we ask all athletes to compete to make sure we have another successful track season. Remember that you cannot compete in the finals in an event that you have not done at least once throughout the season and you must compete at least three times throughout the preliminary rounds in order to compete in the finals.

### **UPCOMING EVENTS**

Thursday, January 18	Milers Club	Box Hill
Saturday, January 20	World Cross Country Trials	Canberra
Tuesday, January 23	Shield Round 9	Doncaster
Tuesday, January 30	Milers Club	Olympic Park
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

### **RELAY CHAMPIONSHIPS**

Note the state under 20 and open relay championships will be held in conjunction with the youth and under 23 individual championships at Doncaster on February 3 and 4. Please let Cathy Tilley, Rob Falkenberg or Chris O'Connor know if you are available for the relay championships.

### **NATIONAL CLUB CHAMPIONSHIPS**

Box Hill has a proud tradition in the national club championships. Our men's team were national champions in Canberra in 2005 and finished second last year in Adelaide. This year we aim to win back the title and hope that our women's team can also be competitive. If you will be in Hobart for the national U20/U23 championships or if you are able to travel to Hobart to compete on Sunday, February 11 please let us know as soon as possible. Contact Chris O'Connor, Cameron Baker or Leana Tilley.

### **RESULTS FROM ROUND 8 AT BOX HILL**

Event	Division	Full Name	Performance	Wind	Spec
F100	FOP	Carre, Simone	13.01 -3.3		
F100	FOP1	Lynn, Jacinta	13.35 NWI		
F100	FOP1	Phillips, Angela	13.56 -2		
F100	F16	Carrig, Anna	13.81 -1.3		
F100	F16	Craven, Emma	13.92 -2.5		
F100	FOP1	Hopkins, Kristine	14.27 0.9		
F100	F16	Hornett, Kimberlie	14.29 1.6		
F100	F16	De Luca, Emily	14.35 1.6		
F100	FOP2	Lee, Vivienne	14.44 -2.5		
F100	F16	Ward, Ashleigh	14.57 -1.3		
F100	F16	Cross, Breanne	14.60 -2		
F100	F18	Whittle, Stacey	14.85 -3.3		
F100	F18	Carabourniotis, P	14.93 -3.3		
F100	F14	Cotton, Grace	15.02 -2		
F100	F14	Pocklington, A	15.10 -2.9		

F100H	FOP1	Carre, Simone	15.56	-2.4	84cm
F100H	FOP1	Spathis, Theodora	16.48	-2.4	84cm
F3000	FOP1	Fritze, Claire	11:10.2		
F3000	F16	Carrig, Amy	12:11.8		
F3000	FOP1	Putt, Kerry	12:40.9		
F400	FOP1	Ackland, Kathryn	58.1		
F400	FOP1	Hopkins, Kristine	1:02.0		
F400	F16	Carrig, Anna	1:04.0		
F400	F16	Carrig, Amy	1:04.9		
F400	F16	De Luca, Emily	1:05.0		
F400	F16	Hornett, Kimberlie	1:06.8		
F400	F18	Carabourniotis, P	1:10.1		
F400	F18	Whittle, Stacey	1:13.2		
F800	FOP1	Hopkins, Kristine	2:24.4		
F800	F18	Hodgkinson, Harriet	2:28.5		
F800	F14	Anderson, Jayde	2:29.0		
F800	FOP1	Andrews, Suzanne	2:30.4		
F800	F16	Mccrae, Helen	2:32.6		
F800	F16	De Luca, Emily	2:34.3		
F800	F14	Raselli, Cassandra	2:50.6		
F90H	F16	Cotton, Grace	15.83	-1.6	76cm
F90H	F16	Pocklington, A	18.34	-3.5	76cm
FHJ	FOP2	Burns, Lauren	1.40		
FHJ	FOP2	Hewitt, Sarah	1.40		
FHJ	F18	Carabourniotis, P	1.45		
FHJ	F20	Kirby, Veronica	1.65		
FHJ	FOP1	Spathis, Theodora	1.65		
FHJ	FOP1	Carre, Simone	1.72		
FHT	FOP1	Hewitt, Sarah	27.12		4kg
FJT	FOP	Hewitt, Sarah	21.19		600gm
FJT	FOP2	Phillips, Angela	29.91		600gm
FJT	FOP2	Carre, Simone	34.10		600gm
FJT	F14	Dyer, Chelsea	35.90		400gm
FJT	FOP1	Spathis, Theodora	36.51		600gm
FJT	FOP1	Burns, Lauren	37.13		600gm
FPV	F16	Pocklington, A	2.15		
FPV	F16	Milnes, Olivia	2.60		
FPV	F16	Cross, Breanne	2.90		
FPV	FOP	Buchanan, Fiona	3.50		
FPV	FOP2	Carre, Simone	3.80		
FPV	FOP1	Lynn, Jacinta	3.95		
FPV	FOP1	Ditton, Rosanna	3.95		
FSP	F14	Dyer, Chelsea	9.21		3kg
FSP	FOP1	Hewitt, Sarah	9.38		4kg
FSP	FOP1	Spathis, Theodora	11.37		4kg

FTJ	F16	Craven, Emma	9.06			
FTJ	F16	Carrig, Amy	9.33			
FTJ	F16	Carrig, Anna	9.87			
FTJ	FOP1	Burns, Lauren	10.29			
FTJ	F18	Turnbull, Hannah	10.60			
FTJ	F18	Kremenchutskaya, N	11.38			
M100	M18	Ross, Joshua	11.06	-1.1		
M100	MOP1	Jacotine, Darren	11.78	-0.1		
M100	M20	Pulop (Levey), M	11.80	-1.6		
M100	M18	Entwistle, David	12.44	-1.7		
M100	MOP1	Baker, Cameron	12.48	-3.3		
M100	M20	Hodges, Grant	12.52	-1.6		
M100	MOP1	Pocklington, Colin	12.59	-1.4		
M100	MOP2	Lima, Paul	12.73	-3.4		
M100	M16	Brock, Christopher	13.19	-1.7		
M100	MOP2	Cross, Brodie	14.62	-0.9		
M100	MOP2	Gardner, Neville	16.22	-2.2		
M100H	M16	Brock, Christopher	15.72	0.8	84cm	
M110H	M20	Zeed, Imran	16.79	-1.1	99cm	
M110H	MOP1	Baker, Cameron	18.46	-1.1	99cm	
M3000	MOP1	White, Andrew	8:28.0			
M3000	MOP1	Hamer, Christopher	8:34.7			
M3000	MOP1	Craigie, Alan	8:43.7			
M3000	MOP2	Meagher, John	9:14.0			
M3000	MOP2	Jimenez, David	9:30.7			
M3000	MOP2	Olden, Graeme	9:45.7			
M3000	M16	Dowell, Michael	10:24.0			
M3000	MOP3	Whittle, Barry	11:31.3			
M3000	MOP3	Evans, Simon	12:01.3			
M3000S	MOP1	Boxshall, Paul	9:57.3		91cm	
M400	MOP1	Medford, Rhett	46.9			
M400	M18	Burke, David	49.4			
M400	M18	Ross, Joshua	49.5			
M400	M18	Hogan, Andrew	49.8			
M400	MOP1	Aspinall, Lachlan	51.5			
M400	M20	Zeed, Imran	52.6			
M400	MOP1	Craigie, Kevin	52.8			
M400	MOP2	Featherston, David	53.1			
M400	MOP2	Renowden, Tim	54.2			
M400	M20	Nagle, Andrew	55.3			
M400	MOP2	Gardner, Neville	1:14.9			
M800	M20	Arunasalam, Navin	1:53.4			
M800	MOP1	Clark, Daniel	1:53.9			
M800	MOP1	Aspinall, Lachlan	1:56.0			
M800	MOP2	Chefnaoui, Bouchaib	1:56.6			
M800	MOP2	Craigie, Kevin	1:56.8			
M800	MOP1	Dinneen, Stephen	1:56.9			

M800	MOP2	Craigie, Graham	1:57.1		
M800	MOP3	Tirhazouine, Otmane	1:58.8		
M800	MOP3	Clowes, Russell	2:02.1		
M800	M20	Arunasalam, Ruben	2:02.8		
M800	MOP3	Featherston, David	2:04.2		
M800	M18	Nugent, Damian	2:05.8		
M800	MOP	Meagher, John	2:07.8		
M800	M18	Grace, Harrison	2:10.0		
M800	M16	Krause, Danny	2:14.0		
M800	MOP	Whittle, Barry	2:32.4		
M800	MOP	Gardner, Neville	2:52.2		
MHJ	MOP2	Baker, Cameron	1.55		
MHJ	MOP2	Lima, Paul	1.60		
MHJ	MOP1	Nuske, Brett	1.65		
MHJ	MOP1	Peavey, John	1.90		
MHT	MOP1	Scherma, Sam	44.52	7.2kg	
MHT	MOP1	Rutty, Christopher	48.84	7.2kg	
MJT	MOP3	Gardner, Neville	18.00	800gm	
MJT	MOP3	Lima, Paul	31.43	800gm	
MJT	MOP2	Scherma, Sam	34.38	800gm	
MJT	MOP2	Baker, Cameron	35.85	800gm	
MJT	MOP1	Nuske, Brett	36.62	800gm	
MJT	MOP1	Hodges, Grant	37.02	800gm	
MPV	MOP2	Barclay, Robin	2.60		
MPV	MOP3	Cross, Brodie	2.60		
MPV	MOP	Baker, Cameron	3.80		
MPV	MOP	Sherry, Cameron	4.55		
MPV	MOP1	Sherry, Cameron	4.55		
MPV	MOP	Filshie, James	4.90		
MSP	MOP2	Gardner, Neville	6.85	5kg	
MSP	MOP2	Featherston, David	8.76	7.2kg	
MSP	M20	Hodges, Grant	9.28	6kg	
MSP	MOP1	Scherma, Sam	9.28	7.2kg	
MSP	MOP1	Rutty, Christopher	11.81	7.2kg	
MTJ	MOP	Aaron Lane	9.80		
MTJ	M16	Brock, Christopher	10.30		
MTJ	MOP1	Featherston, David	10.64		
MTJ	MOP1	Rabone, Adam	14.41		

### 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