

## **Box Hill Athletic Club Summer News 16**

### **SHIELD COMPETITION AT OLYMPIC PARK THIS FRIDAY**

Round 11 of Shield Competition will be held at Olympic Park on this Friday, February 16. This is a great opportunity to compete at Olympic Park in good conditions on Friday evening. We are expecting a good turn out of athletes. It is also important that the club performs well. As can be seen from the ladders below, Box Hill is in the top four in most grades, but we need some good results to make sure we make it to the finals in all divisions.

### **UPCOMING EVENTS**

Friday, Feb 16	Shield Round 11/ Premier League	Olympic Park
Saturday, Feb 17	New Clubrooms Opening!	Box Hill
February 23-25	Victorian Open & U20 Champs	Olympic Park
February 24-25	U18, U16, U14 relay Champs	Olympic Park
Tuesday, March 6	Shield Round 12	Box Hill
March 9-11	National Championships	Brisbane
Saturday, March 17	All Comer's Meet	Doncaster
Saturday, March 24	Shield Region Final	Nunawading
Saturday, March 31	Shield Final	Olympic Park

### **OPENING OF NEW CLUBROOMS**

Finally the upstairs section of the clubrooms is to be officially opened! The official opening ceremony for our new club rooms is being held this Saturday 17th February 2007 at 5:30 pm. Following the official ribbon-cutting ceremony, we are holding a party in the new upstairs rooms to celebrate. The Club is providing a great venue, music, snacks, nibbles, tea and coffee, with other drinks available for purchase from a temporary bar. To download a flyer about the night, please click on the following link:

[http://www.boxhillathleticclub.org/about\\_us/events/2007/ClubRoomOpening/ClubRoomOpeningFlyer.pdf](http://www.boxhillathleticclub.org/about_us/events/2007/ClubRoomOpening/ClubRoomOpeningFlyer.pdf)

As there will be a number of invited guests in attendance, we require some assistance to clean up the rooms and grounds beforehand so if you are able to help in any way, please contact Graeme Olden [golden@sprint.net.au](mailto:golden@sprint.net.au)

The track and gymnasium will be closed from 4:30 pm onwards in preparation for the opening ceremony so please make sure that you schedule any training sessions to be completed by then. We look forward to seeing all club members at the club rooms on Saturday.

WHERE: Hagenauer's Reserve, Box Hill

WHEN: Saturday, 17th February 2007

TIME: 5:30 pm till late

### **NATIONAL CLUB CHAMPIONSHIPS**

Congratulations to the clubs women's team of Jacinta Lynn, Viv Lee, Kate Ackland, Kristine Hopkins, Kate Wall, Margie Conley, Dora Spathis, Veronica Kirby, Lauren Burns and Sarah Hewitt, who won the silver medal in the national club championships in Hobart last weekend. this was a tremendous result with many outstanding performances.

Unfortunately after several late withdrawals due to injury and a controversial relay disqualification, the men's team finished out of the placings. Full details next week.

### **NATIONAL UNDER 20 AND UNDER 23 CHAMPIONSHIPS**

Congratulations to all the Box Hill athletes who competed with distinction at the national under 20 and under 23 championships in Hobart last weekend. Special congratulations to our national champions: Sarah Grahame won gold in the under 20 3000m steeple with a time of 10:27.8 and

another gold in the 5000m with a time of 17:42.5 Adam Rabone won the national under 23 triple jump title with 15.06m, while Jacinta Lynn cleared 3.90m to win the under 23 pole vault gold. Jacqui Williams also performed brilliantly to win the silver medal in the under 20 vault with 3.60m.

## UNDERAGE RELAY CHAMPIONSHIPS

Note the state underage relay championships will be held in conjunction with the state open and under 20 individual championships at Olympic Park on the weekend of February 23, 24, 25 Please let Cathy Tilley, Leana Tilley or Chris O'Connor know if you are available for the relay championships.

## VALE IRIS MANN

The club was saddened to learn of the passing of Iris Mann on January 31st. Iris, her husband Perc and daughter Deb were great contributors to the club for many years, helping with team management, coaching and administration. Iris was a life member of the Box Hill Women's Amateur Athletic Club, as it was then known. Our condolences go to Deb and to the rest of the family.

There will be a celebration of the life of Iris Mann at the St.Kilda Botanical Gardens Eco Centre on the cnr of Herbert and Blessington Sts at 2.30 pm on February 24th.

## THANKS

Thanks to former long time member of the club, Mike Gurry, who sent us the link to that great Steve Hooker article last week. If anyone else has links that might be of interest to club members please let us know.

## RESULTS FROM ROUND 10 OF SHIELD COMPETITION AT NUNAWADING

F100	F16	Freestone, Abbie	13.6	-2
F100	F18	Turnbull, Hannah	13.6	-2
F100	FOP1	Stewart, Sarah	13.8	-2.6
F100	F16	Craven, Emma	14.0	-2
F100	F16	Carrig, Anna	14.1	-3.1
F100	F16	Poon Hornett, Kimberlie	14.2	-3.1
F100	F16	Cross, Breanne	14.3	-3.4
F100	F18	Carabourniotis, Panayiota	14.4	-3.4
F100	F14	Pocklington, Alexandra	14.6	-3.4
F100	F18	Whittle, Stacey	14.8	-3.1
F100	F14	Mahoney, Charlotte	15.5	-3.1
F100	F16	Cant, Sophie	15.9	-3.4
F100	F20	White, Georgia	16.6	-1.3

F1500 F16 Carrig, Amy 5:44.7

F200	F20	Deane, Morgan	25.8	
F200	F16	Craven, Emma	28.2	-1.8
F200	F16	Freestone, Abbie	28.8	-3.1
F200	F16	Poon Hornett, Kimberlie	28.9	-1.7
F200	F16	Carrig, Anna	29.0	-1.7
F200	F16	Cross, Breanne	29.4	-1.7
F200	F16	Carrig, Amy	29.4	-1.9
F200	F16	De Luca, Emily	29.7	-1.7
F200	F18	Carabourniotis, Panayiota	29.8	-2.7
F200	F18	Whittle, Stacey	29.9	-2.7
F200	F14	Pocklington, Alexandra	30.3	-1.7

F200	F14	Mahoney, Charlotte	31.4	-2.7	
F3000	FOP1	Harper, Amanda		11:31.8	
F400H	F20	Anderson, Laura		1:16.6	76cm
F800	FOP1	Hopkins, Kristine		2:24.6	
F800	F16	Mccrae, Helen	2:26.9		
F800	FOP1	Zagato, Amy	2:27.2		
F800	FOP1	Andrews, Suzanne		2:28.8	
F800	F14	Mahoney, Charlotte	2:38.6		
F800	F16	De Luca, Emily		2:38.9	
F800	F18	Noonan, Katie	2:40.0		
F800	F16	Carrig, Amy	2:40.3		
FDT	F18	Kremenchutskaya, Natalia	24.01		1kg
FDT	FOP1	Burns, Lauren	40.50		1kg
FDT	FOP	Burns, Lauren	41.52		1kg
FDT	FOP	Burns, Lauren	42.37		1kg
FHJ	F18	Carabourniotis, Panayiota	1.35		
FHJ	F16	Freestone, Abbie	1.50		
FJT	FOP1	Spathis, Theodora	39.09		600gm
FLJ	F20	White, Georgia		3.32	
FLJ	F16	Carrig, Amy	3.99		
FLJ	F16	Carrig, Anna	4.18		
FLJ	F18	Kremenchutskaya, Natalia	4.51		
FLJ	FOP1	Spathis, Theodora	5.77		
FTJ	F16	Carrig, Amy	8.90		
FTJ	F18	Turnbull, Hannah		9.86	
FTJ	F16	Carrig, Anna	10.06		
FTJ	FOP1	Burns, Lauren	10.13		
FTJ	F18	Turnbull, Hannah		10.35	
FTJ	F18	Kremenchutskaya, Natalia	11.18		
M100	MOP1	Jacotine, Darren	11.6	-2.5	
M100	MOP1	Pocklington, Colin	11.8	-0.4	
M100	M20	Pulop (Levey), Moses	11.9	-2.5	
M100	M18	Barmanray, Rahul	12.1	-3.2	
M100	MOP1	Renowden, Tim	12.4	-2.5	
M100	MOP2	Cross, David	13.1	-1	
M100	M16	Nagle, Cameron	13.2	-1.3	
M1500	MOP1	Dinneen, Stephen		3:51.1	
M1500	MOP1	Chefnaoui, Bouchaib	3:51.9		
M1500	MOP1	Lynch, Barry	4:01.7		
M1500	MOP2	Olden, Graeme		4:32.1	
M200	M18	Barmanray, Rahul	24.0	-1.6	
M200	MOP1	Nagle, Andrew	24.2	-1	
M200	MOP1	Renowden, Tim	24.3	-1.5	

M200	M16	Brock, Christopher	25.9	-0.8		
M200	M16	Nagle, Cameron	26.3	-1.3		
M3000	MOP1	Jimenez, David	9:16.2			
M3000	MOP1	Olden, Graeme	9:42.9			
M3000	MOP1	Robinson, Andrew	10:27.0			
M3000	MOP2	Vaitkunas, John	10:41.2			
M3000	M16	Dowell, Michael	10:53.6			
M400H		MOP1 Zeed, Mohamad	54.2		91cm	
M400H		MOP1 Featherston, David	56.4		91cm	
M800	MOP1	Dinneen, Stephen	1:54.2			
M800	M20	Coloe, Matthew	1:54.6			
M800	MOP1	Clark, Daniel	1:54.8			
M800	MOP1	Taylor, Matthew	2:06.5			
M800	MOP2	Clowes, Russell	2:09.4			
M800	M16	Krause, Danny	2:12.8			
M800	MOP2	Whittle, Barry	2:29.2			
MDT	M16	Wu, Kevin	22.32	1kg		
MDT	MOP1	Lima, Paul	23.33	2kg		
MDT	MOP1	Featherston, David	33.40	2kg		
MDT	M16	Wu, Kevin	37.27	1kg		
MDT	INV	Hughes, Will	44.81	2kg		
MHJ	M16	Cross, Brodie	1.30			
MHJ	MOP1	Peavey, John	1.95			
MJT	M20	Haddow, Andrew	11.48	800gm		
MJT	MOP1	Lima, Paul	33.94	800gm		
MJT	MOP1	Featherston, David	42.10	800gm		
MLJ	M16	Mcmillan, Lachlan	5.12			
MLJ	M18	Pocklington, Ben	5.31			
MLJ	MOP1	Lima, Paul	5.31			
MLJ	M18	Barmanray, Rahul	5.60			
MTJ	M16	Brock, Christopher	10.73			
MTJ	M18	Pocklington, Ben	11.43			
MTJ	M18	Barmanray, Rahul	11.52			
MTJ	M16	Mcmillan, Lachlan	11.55			
MWalk		MOP1 Evans, Simon	15:21.9		3km	
MWalk		MOP1 Summers, Harry	19:58.5		3km	

#### LADDERS

F14	Pts	
Diamond Valley	51	
Doncaster	49	
Collingwood	40	
Ringwood	33	
BOX HILL	27	
Nunawading	18	
Ivanhoe Harriers	14	

F16	Pts
Diamond Valley	91
Doncaster	82
BOX HILL	82
Nunawading	68
Diamond Valley 2	51
Ringwood	46
Box Hill 2	30
St Kevins	20
Ivanhoe Harriers	20
Collingwood	14
Doncaster 2	12

F18	Pts
BOX HILL	59
Diamond Valley	56
Doncaster	45
Ringwood	30.5
Ivanhoe Harriers	24
BOX HILL 2	5
Nunawading	1.5

F20	Pts
Diamond Valley	39
BOX HILL	24.5
Doncaster	15.5
St Kevins	0
Ringwood	0
Ivanhoe Harriers	0

FOP1	Pts
BOX HILL	69
Collingwood	48
St Stephens Haw.	41
Ringwood	37
Diamond Valley	29
Doncaster	28
St Kevins	2

FOP2	Pts
Ivanhoe Harriers	85
Richmond Harriers	79
Collingwood	55
BOX HILL	53.5
St Stephens Haw	29
Ringwood	24
Collingwood 216	
Nunawading	9.5
De La Salle	8
Diamond Valley	5

M16	Pts
Diamond Valley	104

St Kevins	99
Doncaster 75	
Collingwood 69	
BOX HILL	63
Old Melburnians	54
Ringwood	50
Diamond Valley 2	48
Ivanhoe Harriers	41
Nunawading 32	
Old Xaverians 14	
Doncaster 2 12	

M18	Pts	
Ivanhoe Harriers	83	
St Kevins	83	
Doncaster 76		
Old Melburnians	72	
BOX HILL	71	
Diamond Valley	68	
Ringwood	49	
Old Scotch 39		
Doncaster 2 21.5		
Nunawading 12		
Ivanhoe Harriers 2	10.5	

M20	Pts	
Diamond Valley	39	
Doncaster 33		
BOX HILL	29	
Ringwood	5	
Ivanhoe Harriers	2	
St Kevins	0	

MOP1	Pts	
BOX HILL	86	
Diamond Valley	75	
St Kevins	61	
Ringwood	56	
Ivanhoe Harriers	42	
Doncaster 33		
Old Scotch 31		
Old Xaverians 18		
De La Salle 12		

MOP2	Pts	
Collingwood 99		
Richmond Harriers	77	
St Stephens Haw	66	
Nunawading 58		
BOX HILL	8	
Diamond Valley	56	
St Kevins	29	
Ringwood	23.5	
Old Scotch 14		
Doncaster 12.5		

MOP3	Pts
Richmond Harriers	96
Collingwood	94
Old Melburnians	86
St Stephens Haw	78
Diamond Valley	70
BOX HILL	54
Ivanhoe Harriers	45
Nunawading	26
St Kevins Amateur	24
Old Xaverians	4
Ringwood	3
Doncaster	0

### **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