

## **Box Hill Athletic Club Summer News 20**

### **SHIELD FINALS**

Box Hill's women's teams have performed brilliantly this season to make the finals in all divisions (see the ladders below). Our women's under 14, under 16, under 18, under 20 and open divisions 1 and 2 will all be competing in the region finals at Nunawading on Saturday, March 24.

Unfortunately our men's teams have not been as successful this year, despite our open division 1 team dominating competition, only our division 1 team and under 20 team have qualified for the finals.

Teams that win in the region finals will then compete in the Association finals at Olympic Park on Saturday, March 31.

### **UPCOMING EVENTS**

Saturday, March 17	All Comer's Meet	Doncaster
Saturday, March 24	Shield Region Final	Nunawading
Saturday, March 31	Shield Final	Olympic Park
Sunday, April 1	Run for the Kids	
Saturday, April 21	Club 5k handicap	Bennetswood Bowls Club
Friday, April 27	Presentation night	Club Rooms
Saturday, April 28	Cross Country Relays	Jells Park
Saturday, June 30	75th Anniversary Dinner	Box Hill Town Hall

### **ALL COMERS MEET**

There will be an "All Comers" meet held at Doncaster this Saturday, March 17 starting at 1:00pm There is a \$2 entry fee payable 1 hour before your event. See the Athletics Victoria website [www.athsvic.org.au](http://www.athsvic.org.au) for more details. For those athletes whose teams have not qualified for the finals this may be your last chance to compete this season, for others it could be a final hit out before the finals.

### **RUN FOR THE KIDS**

Although the Run for the Kids is not a part of the AV winter series this year, priority starts will still be given to members in club uniforms. Also the organizers will be publicizing AV competition and encouraging runners to join a club. In return clubs are asked to provide volunteers to help with the organization of this huge event.

If Box Hill can supply at least 8 volunteers to help out on the day, this will count towards our quota of officials for the winter season and certainly lessen the organizational burden on the club at some of the winter events. If anyone is willing to help out please contact Chris O'Connor (by return email or on 0410 490 630) as soon as possible.

### **NATIONAL CHAMPIONSHIPS**

Congratulations to all club members who performed at the national open championships in Brisbane over the weekend. Special mention to our medalists, Rosie Ditton who picked up a bronze in the pole vault, James Filshie and Joel Pocklington who tied for bronze in the pole vault (5.20m), Theodora Spathis who won bronze in the heptathlon and Sarah Grahame who also won bronze in the steeplechase. Other great performances were by Adam Rabone who was the 4th Australian in the triple jump (15.18m), Pole Vaulters Jacinta Lynn (5th with 4.05m), Simone Carre (3.70m) and Jacqui Williams (3.70m), Rhett Medford, who missed out on the final in the 400m but then ran a 21.31 (heat) and 21.25 (final) in the 200m to finish 6th in a very strong field and Mohamad Zeed who ran 14.43 in his heat of the 110m hurdles but unfortunately crashed out in the final. In the 1500m, Matt Coloe (3:50.15) and Daniel Clark (3:50.50) both made the final but Steve Dineen (3:53.38) just missed out.

## SHIELD COMPETITION LADDERS

F14	Pts	
Diamond Valley Athletic Club		64
Doncaster	55	
Collingwood Harriers	46	
Box Hill Athletic Club		41
Ringwood		40
Athletics Nunawading	26	
Ivanhoe Harriers		15

F16	Pts	
Diamond Valley Athletic Club		115
Doncaster	101	
Box Hill Athletic Club		100
Athletics Nunawading	85	
Diamond Valley Athletic Club 2	61	
Ringwood		59
Box Hill Athletic Club 2		40
St Kevins Amateur Athletic Club		25
Collingwood Harriers	23	
Ivanhoe Harriers		19
Doncaster 2	15	

F18	Pts	
Diamond Valley Athletic Club		72
Box Hill Athletic Club		69
Doncaster	57	
Ringwood		38.5
Ivanhoe Harriers		21
Box Hill Athletic Club 2		8
Athletics Nunawading	1.5	

F20	Pts	
Diamond Valley Athletic Club		47
Box Hill Athletic Club		28
Doncaster	17	
St Kevins Amateur Athletic Club	0	
Ringwood	0	
Ivanhoe Harriers	0	

FOP1	Pts	
Box Hill Athletic Club		85
Collingwood Harriers	60	
St Stephens Hawthorn Athletic C		51
Ringwood		46
Diamond Valley Athletic Club		34
Doncaster	32	
St Kevins Amateur Athletic Club		3

FOP2	Pts	
Ivanhoe Harriers		105
Richmond Harriers		95
Box Hill Athletic Club		66.5
Collingwood Harriers	58	

St Stephens Hawthorn Athletic C	40	
Ringwood	30	
Collingwood Harriers 2	16	
Diamond Valley Athletic Club		15
Athletics Nunawading	9.5	
De La Salle Old Collegians	8	
St Kevins Amateur Athletic Club	0	
Richmond Harriers 2	0	

M16	Pts	
Diamond Valley Athletic Club		130
St Kevins Amateur Athletic Club	118	
Doncaster	90	
Collingwood Harriers	85	
Box Hill Athletic Club	78	
Old Melburnians Athletic Club		76
Ringwood	58	
Diamond Valley Athletic Club 2	57	
Ivanhoe Harriers	43	
Athletics Nunawading	42	
Old Xaverians	28	
Doncaster 2	13	

M18	Pts	
Ivanhoe Harriers	104	
St Kevins Amateur Athletic Club	101	
Doncaster	94	
Old Melburnians Athletic Club		90
Box Hill Athletic Club	84	
Diamond Valley Athletic Club		83
Ringwood	53	
Old Scotch Collegians	45	
Doncaster 2	29.5	
Ivanhoe Harriers 2		19.5
Athletics Nunawading	10	

M20	Pts	
Diamond Valley Athletic Club		44
Box Hill Athletic Club	39	
Doncaster	36	
Ringwood	5	
Ivanhoe Harriers	2	
St Kevins Amateur Athletic Club	0	

MOP1	Pts	
Box Hill Athletic Club	106	
Diamond Valley Athletic Club		90
St Kevins Amateur Athletic Club	76	
Ringwood	64	
Ivanhoe Harriers	54	
Old Scotch Collegians	40	
Doncaster	37	
Old Xaverians	24	
De La Salle Old Collegians		15

MOP2	Pts
Collingwood Harriers	117
Richmond Harriers	92
St Stephens Hawthorn Athletic C	81
Athletics Nunawading	80
Box Hill Athletic Club	69
Diamond Valley Athletic Club	67
St Kevins Amateur Athletic Club	36
Ringwood	28.5
Old Scotch Collegians	18
Doncaster	15.5

MOP3	Pts
Richmond Harriers	118
Collingwood Harriers	111
Old Melburnians Athletic Club	106
St Stephens Hawthorn Athletic C	95
Diamond Valley Athletic Club	86
Box Hill Athletic Club	64
Ivanhoe Harriers	55
Athletics Nunawading	36
St Kevins Amateur Athletic Club	24
Old Xaverians	7
Ringwood	3
Doncaster	0

## RESULTS FROM ROUND 12 OF SHIELD COMPETITION AT BOX HILL LAST TUESDAY

Event	Division	Full Name	Performance	Spec
F100H	FOP1	Spathis, Theodora	16.39	84cm
F100H	INV	Oakes, Georgina	16.6	76cm
F1500	F20	Wall, Katherine	4:55.4	
F1500	FOP1	Conley, Marguerite	5:04.5	
F1500	F16	Mccrae, Helen	5:05.6	
F1500	FOP1	Zagato, Amy	5:13.9	
F1500	F18	Hodgkinson, Harriet	5:14.1	
F1500	FOP1	Harper, Amanda	5:16.8	
F1500	F16	Carrig, Amy	5:29.0	
F1500	F20	Barrington, Priscilla	5:31.4	
F1500	F14	Mahoney, Charlotte	5:32.5	
F200	FOP1	Ackland, Kathryn	26.4	
F200	FOP1	Spathis, Theodora	26.85	
F200	F16	Freestone, Abbie	28.1	
F200	F16	Turnbull, Olivia	28.1	
F200	F18	Noonan, Katie	28.2	
F200	F16	Poon Hornett, Kimberlie	28.9	
F200	F16	Carrig, Anna	29.0	
F200	F14	Mahoney, Charlotte	29.5	
F200	F14	Pocklington, Alexandra	29.9	
F200	F18	Carabourniotis, Panayiota	30.4	
F200	F18	Whittle, Stacey	30.5	

F200	FOP1	Ward, Elissa	30.9		
F400	FOP1	Ackland, Kathryn	58.4		
F400	F20	Deane, Morgan	58.6		
F400	F16	Turnbull, Olivia	1:00.7		
F400	F16	Carrig, Anna	1:04.4		
F400	F16	De Luca, Emily	1:05.6		
F400	F14	Mahoney, Charlotte	1:06.1		
F400	F18	Carabourniotis, Panayiota	1:09.6		
F400	FOP1	Ward, Elissa	1:13.7		
F400H	F20	Anderson, Laura	1:16.8	76cm	
F5000	FOP1	Grahame, Sarah	17:33.8		
F80H	F14	Pocklington, Alexandra	14.9	76cm	
FDT	F16	Carrig, Anna	14.62	1kg	
FDT	F18	Carabourniotis, Panayiota	20.45	1kg	
FDT	FOP	Hewitt, Sarah	33.32	1kg	
FHT	FOP	Hewitt, Sarah	30.87	4kg	
FLJ	F14	Dyer, Chelsea	4.02		
FLJ	FOP1	Turnbull, Hannah	4.78		
FLJ	FOP1	Spathis, Theodora	5.35		
FLJ	FOP	Spathis, Theodora	5.55		
FPV	FOP2	Hartigan, Dawn	3.20		
FPV	FOP2	Kruger, Gabriela	3.20		
FPV	F18	Williams, Jacqui	3.60		
FPV	FOP	Lynn, Jacinta	3.80		
FPV	FOP	Carre, Simone	3.80		
FPV	FOP1	Ditton, Rosanna	3.80		
FPV	FOP	Ditton, Rosanna	4.00		
FPV	FOP1	Lynn, Jacinta	4.10		
FSP	F18	Turnbull, Hannah	6.49	4kg	
FSP	F14	Dyer, Chelsea	8.32	3kg	
FSP	FOP1	Hewitt, Sarah	9.08	4kg	
FSP	FOP1	Spathis, Theodora	11.91	4kg	
FWalk	F16	Dyer, Chelsea	10:39	2km	
FWalk	F14	Mason, E	11:35		
M100H	M16	Mcmillan, Lachlan	16.0	84cm	
M100H	M16	Brock, Christopher	16.0	84cm	
M110H	MOP1	Zeed, Mohamad	14.68	106cm	
M110H	M20	Zeed, Imran	17.8	106cm	
M1500	MOP1	Chefnaoui, Bouchaib	3:51.8		
M1500	MOP1	White, Andrew	3:52.2		
M1500	M20	Coloe, Matthew	3:53.2		

M1500MOP1	Aspinall, Lachlan	3:56.6		
M1500MOP	Kelly, Steve	3:58.8		
M1500M20	Arunasalam, Navin	3:59.3		
M1500MOP2	Lynch, Barry	4:00.2		
M1500MOP	Aspinall, Lachlan	4:01.4		
M1500M20	Hamer, Christopher	4:02.0		
M1500M18	Poli, Mark	4:19.4		
M1500MOP2	Boxshall, Paul	4:19.6		
M1500M18	Diorettes, Alexander	4:20.9		
M1500MOP2	Ayers, David	4:22.4		
M1500MOP3	Jimenez, David	4:27.7		
M1500MOP3	Olden, Graeme	4:28.9		
M1500M16	Krause, Danny	4:35.4		
M1500MOP3	O'connor, Christopher	4:35.7		
M1500MOP	Robinson, Andrew	4:43.3		
M1500MOP	Boxshall, Scott	4:51.7		
M1500MOP	Pepper, Adam	5:03.2		
M1500MOP	Whittle, Barry	5:22.5		
M1500MOP	Gardner, Neville	6:04.4		
M200 M18	Ross, Joshua	22.35		
M200 M18	Ross, Joshua	22.5		
M200 M18	Burke, David	23.1		
M200 MOP1	Featherston, David	23.7		
M200 MOP1	Baker, Cameron	23.9		
M200 MOP1	Jacotine, Darren	24.0		
M200 M18	Entwistle, David	24.3		
M200 M20	Nagle, Andrew	24.5?		
M200 MOP	Cornelius, T	24.8		
M200 M20	Pulop (Levey), Moses	24.9		
M200 MOP2	Pocklington, Colin	24.9		
M200 M16	Mcmillan, Lachlan	25.0		
M200 MOP2	Cross, David	26.4		
M200 M16	Cross, Brodie	29.0		
M200 MOP2	Gardner, Neville	36.0		
M300H	INV Brock, Christopher	46.1	76cm	
M400 M18	Burke, David	50.2		
M400 MOP1	Renowden, Tim	51.5		
M400 MOP1	Featherston, David	51.9		
M400 MOP1	Tirhazouine, Otmane	52.4		
M400 M20	Nagle, Andrew	53.2		
M400 M18	Entwistle, David	54.6		
M400 M18	Diorettes, Alexander	54.7		
M400 MOP2	Taylor, Matthew	55.5		
M400 MOP2	Ayers, David	57.4		
M400 MOP2	Cross, David	58.5		
M400 MOP3	Gardner, Neville	1:16.6		
M5000MOP1	Vaitkunas, John	18:45.4		
M90H M14	Coremelius, T	13.8		
MDT MOP2	Gardner, Neville	22.92	1.5kg	

MDT	M14	Wu, Kenneth	25.93		
MDT	MOP1	Featherston, David	28.22	2kg	
MDT	M16	Wu, Kevin	31.47	1kg	
MDT	MOP1	Rutty, Christopher	35.15	2kg	
MDT	M16	Hughes, Will	48.35	1kg	
MHT	MOP2	Featherston, David	22.61	7.26kg	
MHT	MOP1	Rutty, Christopher	46.27	7.26kg	
MHT	MOP1	Scherma, Sam	47.34	7.26kg	
MLJ	M16	Brock, Christopher	4.94		
MPV	MOP2	Baker, Cameron	3.95		
MPV	MOP	Sherry, Cameron	4.30		
MPV	MOP1	Sherry, Cameron	4.55		
MPV	MOP	Pocklington, Joel	4.75		
MPV	MOP1	Pocklington, Joel	4.95		
MPV	MOP2	Filshie, James	5.10		
MSP	MOP3	Gardner, Neville	6.82	5kg	
MSP	MOP2	Pulop (Levey), Moses	7.36	5kg	
MSP	MOP2	Ross, Joshua	7.94	5kg	
MSP	M14	Wu, Kenneth	8.67	3kg	
MSP	M16	Krause, Danny	9.39	4kg	
MSP	MOP1	Featherston, David	9.91	7.26kg	
MSP	MOP1	Rutty, Christopher	11.05	7.26kg	
MSP	M16	Wu, Kevin	12.31	4kg	
MWalk	MOP2	Summers, Harry	12:35.2	2km	
MWalk	MOP1	Evans, Simon	26:09.7	5km	
MWalk	MOP1	Dyer, William	26:57.3	5km	

## QUESTIONS?

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