

Box Hill Athletic Club Summer News 21

SHIELD REGION FINALS AT NUNAWADING THIS SATURDAY

We are hoping that all club members will be at Nunawading this Saturday for the Region finals. All of our women's teams have qualified for the finals, so all females who are eligible (i.e. have competed in at least 3 rounds of competition this season) will be needed to fill our teams this Saturday. In the men's competition Open Division 1 and under 20s will be contesting the finals. Others athletes can still compete by invitation or volunteer to act as an official or just support our teams as they strive to qualify for the Association Finals. This weeks competition will follow the usual Program 1, with events starting at 1:00pm If you have any questions about this Saturday's competition please contact Chris O'Connor, Rob Falkenberg or Cathy Tilley as soon as possible. If you are unsure about your eligibility or about your availability please let us know as soon as possible.

UNIFORMS

For the finals the officials can be very strict about athletes wearing the correct club uniforms (black shorts, without lines or stripes) with registration numbers worn on both the back and front. So make sure you have your numbers and you wear the correct uniform.

UPCOMING EVENTS

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

VOLUNTEERS DESPERATELY NEEDED FOR THE 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.

RESULTS FROM ALL COMERS MEET AT DONCASTER LAST SATURDAY

100M MEN

J ROSS	10.7
A WILCOX	11.1
N ARUNASALAM	11.3
D JACOTINE	11.3
C POCKLINGTON	11.9
C BROOK	13.0

100M WOMEN

T SPATHIS	13.1
H TURNBALL	13.4

A CARRIG 13.8
K POONHORNETT 14.0
A POCKLINGTON 14.1
Y CARABOURNIOTIS 14.2

200M MEN

N ARUNASALAM 23.6
D JACOTINE 23.5
C POCKLINGTON 25.0
A NAGLE 24.6

200M WOMEN

Y CARABOURNIOTIS 29.9
A POCKLINGTON 29.2
A CARRIG 28.2
K POONHORNETT 28.9

800M MEN

L ASPINALL 1:53.3
R CLOWES 2:01.1
D AYERS 2:09.6
C NAGLE 2:21.3

800M WOMEN

E DELUCA 2:33.0
K NOONAN 2:36.5

1500M WOMEN

P BARRINGTON 5:25.2

3000M MEN

A WHITE 8:34.9
C HAMER 8:37.3
M JONES 10:20.1

3000M WOMEN

H HODGKINSON 11:27.1

200M HURDLES MEN U14/U16

C BROOK 29.8

400M HURDLES WOMEN

L ANDERSON 72.7

LONG JUMP MEN

A RABONE 6.80
P LIMA 5.19
C BROCK 4.90

LONG JUMP WOMEN

T SPATHIS 5.92
H TURNBALL 4.74
N KREMENCHUTSKAYA 5.24

HIGH JUMP WOMEN
V KIRBY 1.65
Y CARABOURNIOTIS 1.45

HIGH JUMP MEN
A RABONE 1.75

DISCUS WOMEN
S HEWITT 34.43

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