

Box Hill Athletic Club Summer News 08
Monday 26 November 2007

EAT PIZZA!

Since this Saturday is the last competition for the season to be held at Box Hill, we invite all members and friends to a Christmas Party upstairs at the clubrooms after interclub. From 4:00pm onwards we are offering all you can eat pizza for just \$5! Eat your fill, watch the end of competition, socialise and peruse the plans for the track redevelopment. Hope to see everybody there!

TRACK REDEVELOPMENT

This Saturday will be the last competition at the Box Hill track for this season. The track surface is being torn up and a new surface put down. The front straight is being widened to 10 lanes and the long jump pits are being moved and widened so that we have a double run up. This is an exciting development for the club and will be of benefit for all members in the long run. We ask everyone to be patient with the inconvenience it might cause in the short term. We are negotiating with Nunawading for use of their track for training while Box Hill is out of commission.

CLUB CAPTAINS

At the start of each track season the appoints a men's and a women's club captain. Club captains are individuals who are valuable members of the club who lead by example both on and off the track. This years captains are Rosie Ditton and David Featherston. Congratulations to Rosie and David.

ZATOPEK

Be aware that the lower divisions of the Zatopek 10km series will be held at Box Hill next Monday, December 3. The track will not be available for training after 5pm.

OLYMPIC DREAM 10K

Box Hill athletes dominated the Olympic Dream 10km road race on Sunday morning. Chris Hamer won the event by over a minute in a time of 30:37, with Steve Kelly finishing 3rd and Alan Craigie 6th.

ROUND 6 OF SHIELD COMPETITION AT BOX HILL THIS SATURDAY, DECEMBER 1

Round 6 of Shield competition will be held at Box Hill this Saturday. The program on Saturday, Program 3, is the same one that will be used in the finals in February, so try to qualify for as many events as you can.

UPCOMING EVENTS

Thursday, November 29	Premier League 2	Olympic Park
Saturday, December 1	Shield Round 6 – Program 3	Box Hill
Sunday, December 2	Ron Clarke Classic	Geelong
Monday, December 3	Zatopek 10k lower grades	Box Hill
Saturday, December 8	Shield Round 7 – Program 1	Nunawading
Thursday, December 13	Zatopek	Olympic Park
Thursday, December 13	Milers Club (before Zatopek)	Olympic Park
Saturday, December 15	Shield Round 8 – Program 2	Doncaster
Saturday, December 15	Premier League 3	Aberfeldie

OFFICIALS AND HELPERS

The club is distributing letters asking people to help supply an official for at least one round of competition. Of course anyone who would like to volunteer is encouraged to help as an official. This might involve data entry or raking a long jump pit or standing on the judges stand. We are grateful to anyone who can help.

PLAN AHEAD!

The most important dates in this season's athletics calendar for club competition are the Eastern Region Shield Final on Saturday, February 2 and the Association Shield Final on Saturday, February 16. Please mark these dates in your diary, we need our best possible teams available on these days. For open age athletes there is also the possibility of competing in the National Club Championships in Hobart on Saturday, January 19. Box Hill has a proud tradition of representing Victoria in this national competition and we are hoping to have a strong team make the trip across Bass Strait again this year.

RESULTS FROM ROUND FIVE OF SHIELD COMPETITION

WOMEN	UNDER 14		
F1500	Booth, Talea	5:44.6	
F200	Booth, Talea	30.7	
F400	Mabior, A	1:04.3	
F80H	Mcarthur, Caitlin	15.6	76cm
FDT	Dyer, Chelsea	30.67	1kg
FPV	Lawrence-Simons, Haylee	2.60	
FSP	Dyer, Chelsea	10.72	3kg
FSP	Bastecky, Frederika	10.70	3kg
FTJ	Booth, Talea	7.9	
Walk	Mcnicol - Davidson, Chole	13:02.3	2km

WOMEN	UNDER 16		
F1500	Townshend, Penny	5:04.6	
F200	Carrig, Anna	27.4	
F200	Pocklington, Alexandra	29.0	
F200	Mahoney, Charlotte	30.1	
F400	Mahoney, Charlotte	1:08.3	
F90H	Pocklington, Alexandra	16.3	76cm
FPV	Pocklington, Alexandra	3.05	
FTJ	Carrig, Anna	10.4	

WOMEN	UNDER 18		
F100H	Oakes, Georgina	15.8	76cm
F200	Freestone, Abbie	27.6	
F200	Cross, Breanne	27.7	
F200	Poon Hornett, Kimberlie	27.9	
F200	George, Ryleigh	27.9	
F200	Turnbull, Olivia	28.2	
F200	Brock, Catherine	28.2	
F200	Whittle, Stacey	30.3	
F200	Carabourniotis, Panayiota	30.6	
F400	Turnbull, Olivia	1:02.9	
F400	De Luca, Emily	1:03.2	
F400	Poon Hornett, Kimberlie	1:03.4	
FDT	Turnbull, Olivia	17.85	1kg
FDT	George, Ryleigh	17.72	1kg
FDT	Poon Hornett, Kimberlie	11.32	1kg
FPV	Zerella, Emily	3.05	
FPV	Freestone, Abbie	2.45	
FTJ	Kremenchutskaya, Natalia	11.29	
FTJ	Brock, Catherine	9.67	

WOMEN	OPEN		
F100H	Carre, Simone	15.4	84cm
F100H	Spathis, Theodora	15.7	84cm
F1500	Conley, Marguerite	5:08.9	
F1500	Cleland, Coreena	5:09.1	
F1500	Watson, Inge	6:05.0	

F200	Spathis, Theodora	26.1	
F200	Ackland, Kathryn	26.4	
F200	Phillips, Angela	27.6	
F200	Lee, Vivienne	28.3	
F200	Anderson, Laura	29.9	
F200	Andrews, Suzanne	30.5	
F200	Ward, Elissa	30.6	
F400	Ackland, Kathryn	59.8	
F400	Lee, Vivienne	1:03.1	
F400	Andrews, Suzanne	1:08.6	
F400	Conley, Marguerite	1:08.7	
F5000	Johnson, Rachel	18:40.0	
FDT	Carre, Simone	32.75	1kg
FDT	Phillips, Angela	29.37	1kg
FDT	Ditton, Rosanna	21.91	1kg
FSP	Phillips, Angela	12.50	4kg
FSP	Spathis, Theodora	11.86	4kg
FSP	Carre, Simone	10.50	4kg
FPV	Adams, Melanie	3.8	

MEN UNDER 16

M100H	Mcmillan, Lachlan	14.4	84cm
M1500	Snibson, James	4:50.4	
M1500	Schneider, Danny	4:54.5	
M1500	Tree, Jonathan	5:03.7	
M200	Johnson, Marcus	23.8	
M200	Schneider, Danny	25.2	
M200	Nourish, Simon	25.4	
M200	Dare, Timothy	26.2	
M200	Goldsmith, Timothy	26.4	
M3000	Dyer, Jackson	10:44.0	
M400	Johnson, Marcus	53.5	
M400	Schneider, Danny	56.6	
M400	Snibson, James	57.3	
M400	Dare, Timothy	57.9	
MPV	Cross, Brodie	3.65	
MPV	Poole, Dominic	3.35	
MPV	Papas, Tim	3.35	
MTJ	Mcmillan, Lachlan	11.84	
MTJ	Johnson, Marcus	10.6	
MDT	Wu, Kenneth	25.84	1kg
Walk	Mcnicol - Davidson, Cody	13:49.3	2km

MEN UNDER 18

M200	Booth, Brendan	23.6	
M200	Ting, Steven	23.9	
M200	Entwistle, David	24.3	
M400	Brock, Christopher	57.6	
MTJ	Booth, Brendan	11.32	

MEN OPEN

M110H	Zeed, Mohamad	14.6	106cm
M110H	Pocklington, Joel	15.8	99cm
M110H	Featherston, David	16.6	99cm
M1500	Clark, Daniel	3:49.2	
M1500	Chefnaoui, Bouchaib	3:49.6	
M1500	Coloe, Matthew	3:53.0	
M1500	Dinneen, Stephen	3:54.5	
M1500	Lynch, Barry	3:59.2	
M1500	Vincent, Adrian	4:01.4	

M1500	Beath, Andrew	4:12.3	
M1500	Meagher, John	4:17.2	
M1500	Ayers, David	4:22.2	
M1500	Griffin, Steven	4:33.8	
M1500	Graham, Craig	5:13.8	
M1500	Baker, Cameron	5:31.5	
M200	Haddow, Andrew	22.7	
M200	Zeed, Mohamad	22.8	
M200	Filshie, James	22.8	
M200	Sherry, Cameron	22.9	
M200	Arunasalam, Ruben	23.8	
M200	Zeed, Imran	24.1	
M200	Featherston, David	24.2	
M200	Knott, Peter	24.5	
M200	Baker, Cameron	25.0	
M200	Pocklington, Colin	25.5	
M200	Cross, David	26.1	
M200	Graham, Craig	29.6	
M200	Gardner, Neville	34.9	
M400	Ross, Joshua	53.3	
M400	Featherston, David	53.8	
M400	Cross, David	59.2	
M400	Gardner, Neville	1:17.6	
M5000	Boxshall, Paul	17:10.4	
M5000	Olden, Graeme	17:44.9	
M5000	Dyer, William	19:30.0	
MDT	Nuske, Brett	36.60	2kg
MDT	Featherston, David	26.26	2kg
MDT	Gardner, Neville	22.74	1.5kg
MDT	Craigie, Alan	13.89	1.5kg
MHT	Scherma, Sam	51.09	7.26kg
MHT	Featherston, David	23.27	6kg
MPV	Filshie, James	5.00	
MPV	Pocklington, Joel	4.55	
MPV	Sherry, Cameron	4.10	
MSP	Nuske, Brett	11.08	7.26kg
MSP	Gardner, Neville	6.76	5kg
MSP	Boyd, David	6.11	5kg
Walk	Evans, Simon	9:16.6	2km