

Box Hill Athletic Club Summer News 09

Monday 3 December 2007

UPCOMING EVENTS

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

BOX HILL TRACK IS CLOSED

The Box Hill track is being resurfaced and redeveloped and will not be available for training from this Tuesday. The Nunawading track is now available to Box Hill club members. See details below.

ROUND 7 OF SHIELD COMPETITION AT NUNAWADING THIS SATURDAY, DECEMBER 8

Round 7 of Shield competition will be held at Nunawading this Saturday. With a number of our teams fighting for a finals place we encourage members to try an extra event...or two, this week, it will help the team and you might even enjoy it!

BE PAID WHILE YOU RAISE FUNDS FOR THE CLUB!

A market research group wants athletes between the ages of 20 and 35 to try some sports drink products and fill in some questionnaires and is willing to pay \$60 to each individual plus \$50 to the club for each person who participates. If anyone (who has not already let me know) is willing to take part let me know via return email ASAP (today or tomorrow) and I will then forward your name and phone number to the company who will contact you this week.

OFFICIALS AND HELPERS

The club has distributed 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.

PIZZA PARTY

Thanks to Sam Scherma for organising pizzas at the clubrooms last Saturday and thanks to all those who supported the event.

ZATOPEK

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

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.

RON CLARKE CLASSIC

Congratulations to all the Box Hill athletes who performed well in the heat at the Ron Clarke Classic in Geelong on Sunday. In particular our 1500m runners, Daniel Clark who finished third in 3:47.5, Matt Coloe 3:49.6 and Chris Hamer 3:54.6 and our pole vaulters, James Filshie, who won the event with 5.15m, Joel Pocklington 4.51m, Cameron Sherry 4:41m and Brodie Cross 3.71m

GOOD LUCK!

Good luck to all Box hill athletes who are competing in the Australian All Schools Championships in Sydney this weekend!

TRACK REDEVELOPMENT

After more than 18 months of preparing grant submissions, lobbying Council for support, negotiating various parties to determine priorities for redevelopment works, consulting with the Council and design consultant during the design phase and then lobbying Councillors to support the project, we are delighted to be able to announce that work is about to commence on resurfacing of the track at Hagenaeur's Reserve.

We have recently been informed that the City of Whitehorse has awarded a contract to William Loud (Aust) Pty Ltd to undertake the track redevelopment works and that work will commence on Tuesday 4th December. The current plan for the works indicates that the track will not be available for use until the end of April 2008, however the final completion date will not be known until closer to the time.

Unfortunately, this will mean significant disruption to all Club members over the coming months. A fence will be erected from the main gate to the grandstand to block access onto the track. The track and infield areas will become a construction site and no access will be allowed onto the track and infield areas for the duration of the works. Access will still be available into the weights room and club rooms so members will still be able to use these facilities for training.

The scope of the redevelopment works includes stripping of the existing track surface and pole vault run up, demolition of the existing long jump run up and jump pits, repair of the asphalt sub-grade for the track and pole vault run up, installation of a new "Spartan" polyurethane surface on the track and pole vault run up, widening of the front straight to 10 lanes and construction of a new dual long jump / triple jump run up and landing pits.

The original plans had also included for resurfacing of the high jump and javelin run ups, however increased costs has meant that these works have had to be deferred until some time in the future.

During the period that the track is unavailable, the Club has arranged with the Bill Sewart Athletics Track Association to use the Nunawading track at Bill Sewart Reserve, Burwood Hwy, East Burwood for training on Monday, Tuesday and Thursday evenings and Sunday afternoons. The Club has had to pay a significant hire fee to gain this access so members are encouraged to make full use of this arrangement to train at Nunawading so that we receive value for the funds paid.

The Club will not have exclusive access to the track at these times and will need to share the facilities with Blackburn Football Club on Monday evenings and with Nunawading Athletic Club, Nunawading Little Aths and Box Hill Little Aths on Tuesday and Thursday evenings and Sunday afternoons. Note that the track is normally kept locked and will not be available at other times.

The following conditions apply to use of the track and facilities at Bill Sewart Reserve: ● Monday training times are 5:00 pm until 7:00 pm (the track will not be available on Mon 3 March 2008)

● Tuesday training times are 4:30 pm until 8:00 pm (the track will not be available on Tues 18 Dec 2007)

● Thursday training times are 4:30 pm until 6:45 pm (the track is used for Masters competition after this time)

● High jump mats, long jump pits and hurdles will be available for Club members to use

● Two keys have been lent to the Club to allow access to the ground for training. These keys will be kept by Leana Tilley and Robert Falkenberg

- Starting blocks and throwing implements will not be available for our members to use. Leana Tilley, Bert Tilley and Rob Falkenberg will take blocks to Nunawading for members to use each session so if you require use of blocks, please liaise with them to gain access to use them
- It is not permitted to undertake hammer throw training at Nunawading due to the risk of damaging the sprinkler system on the infield.

We apologise for the inconvenience that resurfacing of the track will cause to our members, however the redevelopment of the track at Box Hill will give us a greatly improved facility for training and competition over the next 10 years so the long term benefits will more than outweigh the short term inconvenience.

RESULTS FROM ROUND SIX OF SHIELD COMPETITION

WOMEN	UNDER 14			
F100	McArthur, Caitlin	15.5		
F100	Mabior, Ajok	13.9		
F400	Mabior, Ajok	1:04.9		
F400	Booth, Talea	1:10.5		
F80H	McArthur, Caitlin	15.4	76cm	
F80H	Lawrence, H	13.9	76cm	
FPV	Lawrence-Simons, Haylee	2.65		
FPV	Ridge, Kaitlyn	2.35		
FTJ	Booth, Talea	7.78		
FTJ	Ridge, Kaitlyn	9.98		
FTJ	Lawrence-Simons, Haylee	9.53		

WOMEN	UNDER 16			
F100	Mahoney, Charlotte	14.6		
F400	Carrig, Anna	1:01.8		
F400	Carrig, Amy	1:07.2		
F800	Mahoney, Charlotte	2:43.1		
FTJ	Carrig, Anna	9.68		
FTJ	Carrig, Amy	8.74		

WOMEN	UNDER 18			
F100	George, Ryleigh	13.2		
F100	Freestone, Abbie	13.4		
F100	Brock, Catherine	13.4		
F100	Oakes, Georgina	13.6		
F100	Turnbull, Olivia	13.7		
F100	Poon Hornett, Kimberlie	13.7		
F100	Whittle, Stacey	14.1		
F100H	Oakes, Georgina	16.3	76cm	
F400	Poon Hornett, Kimberlie	1:02.8		
F400	Hodgkinson, Harriet	1:07.7		
F800	Turnbull, Olivia	2:25.8		
F800	De Luca, Emily	2:27.3		
F800	Hodgkinson, Harriet	2:31.6		
FHJ	Freestone, Abbie	1.45		
FPV	Zerella, Emily	3.25		
FPV	Cross, Breanne	3.10		
FPV	Zerella, Emily	3.20		
FPV	Cross, Breanne	3.00		
FPV	Freestone, Abbie	2.80		
FSP	Turnbull, Olivia	6.96	4kg	
FSP	George, Ryleigh	6.18	4kg	
FTJ	Kremenchutskaya, Natalia	11.75		

WOMEN	OPEN			
F100	Spathis, Theodora	12.8		
F100	Phillips, Angela	13.2		

F100	Carre, Simone	13.3		
F100	Anderson, Laura		13.8	
F100H	Carre, Simone	15.9	84cm	
F100H	Spathis, Theodora		15.9	84cm
F100H	Anderson, Laura		18.1	84cm
F3000	Johnson, Rachel		10:43.0	
F3000	Conley, Marguerite		11:18.8	
F3000	Harper, Amanda		11:22.1	
F3000S	Conley, Marguerite		12:32.2	76cm
F800	Crawford, Talitha		2:26.8	
FHJ	Spathis, Theodora		1.65	
FHJ	Adams, Melanie		1.65	
FJT	Spathis, Theodora		35.73	600gm
FJT	Phillips, Angela	33.85	600gm	
FPV	Ditton, Rosanna	4.10		
FPV	Adams, Melanie		4.00	
FSP	Phillips, Angela	11.58	4kg	
FSP	Carre, Simone	10.59	4kg	
FSP	Rough, S		10.20	4kg
FJT	Carre, Simone	32.34	600gm	
FJT	Mccowan, Catherine	27.37	600gm	
FSP	Mccowan, Catherine	9.35	4kg	

MEN UNDER 16

M100	Cornelius, Tom	11.9		
M100	McMillan, Lachlan		12.1	
M100	Johnson, Marcus		12.1	
M100	Nourish, Simon	12.2		
M100	Chapman, Tom	13.2		
M100H	Mcmillan, Lachlan		14.2	84cm
M100H	Nourish, Simon	20.2	84cm	
M3000	Dyer, Jackson	10:50.1		
M400	Johnson, Marcus		54.5	
M400	Potter, William	55.7		
M800	Schneider, Danny		2:10.6	
M800	Snibson, James	2:15.6		
MHJ	Nourish, Simon	1.60		
MHJ	Potter, William	1.45		
MJT	Potter, William	31.10	700gm	
MJT	Schneider, Danny		17.15	700gm
MPV	Cross, Brodie	3.85		
MPV	Papas, Tim	3.85		
MPV	Poole, Dominic	3.40		
MSP	Schneider, Danny		10.35	4kg
MSP	Wu, Kevin	9.66	4kg	
MSP	Wu, Kenneth	9.65	3kg	
MTJ	Wiseman, Matthew		11.29	
MTJ	Cornelius, Tom	12.66		
MTJ	Mcmillan, Lachlan		12.05	
MTJ	Wiseman, Matthew		11.52	
MTJ	Johnson, Marcus		10.58	

MEN UNDER 18

M100	Ting, Steven	11.7		
M100	Entwistle, David		12.0	
M100	Brock, Christopher		12.2	
M100	Nagle, Cameron		13.3	
M110H	Brock, Christopher		17.2	91cm
M400	Brock, Christopher		58.3	
M800	Nagle, Cameron		2:15.6	

MTJ		Entwistle, David		11.15	
MEN	OPEN				
M100	MOP1	Haddow, Andrew		11.32	
M100	MOP1	Medford, Rhett	10.8		
M100	MOP1	Sherry, Cameron		11.1	
M100	MOP2	Zeed, Mohamad		11.2	
M100	MOP2	Nagle, Andrew	12.3		
M100	MOP2	Pocklington, Colin		12.3	
M100	MOP3	Baker, Cameron		12.4	
M100	MOP3	Featherston, David		13.1	
M100	MOP3	Gardner, Neville		17.3	
M200	MOP1	Haddow, Andrew		22.36	
M3000	MOP1	Hamer, Christ	8:26.0		
M3000	MOP1	Dinneen, Stephen		8:39.5	
M3000	MOP1	Kelly, Stephen	8:56.1		
M3000	MOP	White, Andrew	9:04.1		
M3000	MOP2	White, Andrew	9:16.0		
M3000	MOP2	O'Connor, Matthew		9:40.4	
M3000	MOP2	Morris, John	9:41.3		
M3000	MOP3	Olden, Graeme	9:54.2		
M3000	MOP3	Griffin, Steven	10:01.0		
M3000	MOP3	Featherston, David		10:27.1	
M3000S	MOP1	Boxshall, Paul		10:19.6	91cm
M400	MOP1	Haddow, Andrew		51.5	
M400	MOP1	Zeed, Imran	52.4		
M400	MOP1	Nagle, Andrew	53.3		
M400	MOP2	Baker, Cameron		54.5	
M400	MOP2	Gardner, Neville		1:20.4	
M800	MOP1	Chefnaoui, Bouchaib	1:53.0		
M800	MOP1	Tirhazouine, Otmane	1:53.3		
M800	MOP1	Dinneen, Stephen		1:54.3	
M800	MOP2	Lynch, Barry	1:57.2		
M800	MOP2	Beath, Andrew	1:57.7		
M800	MOP2	Kelly, Stephen	2:00.5		
M800	MOP3	Vincent, Adrian	2:00.7		
M800	MOP3	Arunasalam, Ruben		2:04.5	
M800	MOP3	Ayers, David	2:04.9		
M800	MOP4	Boxshall, Paul	2:08.8		
M800	MOP4	Morris, John	2:17.1		
M800	MOP4	Graham, Craig	2:29.5		
M800	MOP	Gardner, Neville		3:02.5	
MHJ	MOP1	Peavey, John	1.90		
MHT	MOP1	Scherma, Sam	51.54	7.26kg	
MHT	MOP1	Nuske, Brett	29.51	7.26kg	
MHT	MOP2	Featherston, David		20.20	7.26kg
MPV	MOP1	Filshie, James	5.10		
MPV	MOP1	Pocklington, Joel		4.95	
MSP	MOP1	Nuske, Brett	10.8	7.26kg	
MSP	MOP1	Burke, David	6.91	5kg	
MSP	MOP2	Gardner, Neville		6.89	5kg
MPV	MOP2	Featherston, David		2.80	
MJT	MOP	Gardner, Neville		16.65	700gm