

Box Hill Athletic Club Summer News 14
Thursday 17 January 2008

UPCOMING EVENTS

Saturday, January 19	National Club Champs	Hobart
Saturday, January 19	Premier League 5	Ballarat
Tuesday, January 22	Shield Round 11	Doncaster
Thursday, January 31	Premier League 6	Olympic Park
Saturday, February 2	Shield Region Final	Doncaster
February 8,9,10	Victorian Open and U20 Champs	Olympic Park
February 8,9,10	Under Age Relay Champs	Olympic Park
Saturday, February 16	Shield Final	Doncaster

NATIONAL CLUB CHAMPIONSHIPS

The national club championships will be held this Saturday, January 19, in Hobart. Good luck to everyone who is travelling to Tasmania to represent the club in this event.

ROUND 11 OF SHIELD COMPETITION TO BE HELD AT DONCASTER THIS TUESDAY

Round 11 of shield competition will be held at Doncaster on Tuesday evening, January 22. This will be the last round before the finals, so I hope everyone takes this opportunity to compete and earn extra points for the club.

SHIELD FINALS

On Saturday, February 2, teams that have earned enough points to finish in the top 4 will compete in the Eastern Region Final at Doncaster. With one round still to go, it appears that the women's under 14, under 18 and open division 1 teams will all contest the finals, while the under 16 team look like they might also make it depending on how many points the under 16 girls can score in the final round. In the men's competition Box Hill will contest the finals in under 16, open division 1 and open division 2, while the under 18 and open divisions 3 and 4 look like they might miss out but are still an outside chance to make the top 4.

If our teams can win the region final then they will progress to the Association Finals on Saturday, February 16.

PREMIER LEAGUE

Box Hill had some good performances in Premier League last week. Josh Ross won the 100m in 10.89 (+0.7) and Otmane Tirhazouine won the 800m in 1:51.64. Meanwhile Matt Coloe ran a PB 3:46.7 in finishing 3rd in the 1500m at the Sydney Track Classic. Other Results include, Simon Evans, 26:18 in the 5k walk, Hannah Turnbull 5.13m in the long jump, Daniel Clark, 3:51.66 and Barry Lynch 3:55.88 in the 1500m

STATE RELAY CHAMPIONSHIPS

The state relay championships for under 14, under 16 and under 18 age groups will be held at Olympic Park on the weekend of February 8, 9, 10. Please contact Cathy Tilley, Elissa Ward, Rob Falkenberg, Dave Boyd, or Chris O'Connor if you are available to run in the relays.

THANKS

Special thanks to Carole De Greenlaw, Adam Pepper, Viv Lee and Cathy Tilley who gave up part of their weekend to help out at the under 23 and multi event championships last weekend.

RESULTS FROM ROUND 10 OF SHIELD COMPETITION AT DONCASTER

Walk F14Mcnicol-Davidson,Chloe 9:52.2

F100 F16 Carrig, Anna 13.9
 F1500 F16 Townshend, Penny 5:06.9
 F200 F16 Carrig, Anna 27.2
 F200 F16 Pocklington, A 29.0
 F200 F16 Carrig, Amy 29.2
 F800 F16 Carrig, Amy 2:43.4
 FDT F16 Carrig, Anna 15.2
 FJT F16 Helms, Meaghan 28.51
 FLJ F16 Carrig, Anna 4.56
 FLJ F16 Carrig, Amy 4.25

F100 F18 Freestone, Abbie 13.7
 F100 F18 Brock, Catherine 14.1
 F100 F18 Poon Hornett, Kim 14.2
 F1500 F18 De Luca, Emily 5:27.9
 F200 F18 Freestone, Abbie 28.1
 F200 F18 Poon Hornett, Kim 28.6
 F200 F18 Brock, Catherine 29.1
 FDT F18 Kremenchutskaya,N 25.2
 FDT F18 Brock, Catherine 17.56
 FDT F18 De Luca, Emily 14.21
 FHJ F18 Kremenchutskaya,N 1.50
 FHJ F18 Freestone, Abbie 1.40
 FHJ F18 Carabourniotis, P 1.40
 FLJ F18 Kremenchutskaya,N 4.92

F400H FOP Anderson, Laura 1:15.1
 FJT FOP Spathis, Theodora 34.55
 F100 FOP1 Phillips, Angela 13.5
 F100 FOP1 Stewart, Sarah 13.4
 F1500 FOP1 Keage, Jocelyn 4:55.2
 F1500 FOP1 Conley, Marguerite 5:16.3
 F200 FOP1 Ackland, Kathryn 27.0
 F200 FOP1 Lee, Vivienne 28.9
 F200 FOP1 Anderson, Laura 29.8
 F200 FOP2 Ward, Elissa 31.3
 F800 FOP1 Crawford, Talitha 2:22.5
 F800 FOP1 Keage, Jocelyn 2:26.7
 FDT FOP1 Phillips, Angela 29.59
 FHJ FOP1 Spathis, Theodora 1.65
 FJT FOP1 Spathis, Theodora 34.20
 FJT FOP1 Phillips, Angela 35.90
 FLJ FOP1 Turnbull, Hannah 5.13

M100 M16 Mcmillan, Lachlan 12.0
 M100 M16 Johnson, Marcus 12.2
 M1500 M16 Dowel, Michael 4:29.4
 M200 M16 Mcmillan, Lachlan 23.7
 M200 M16 Johnson, Marcus 24.4
 M200 M16 Snibson, James 25.3
 M200 M16 Potter, William 25.9
 M800 M16 Potter, William 2:12.1
 M800 M16 Snibson, James 2:15.3

M800	M16	Baggott, Nicholas	2:19.8
MJT	M16	Potter, William	33.7
MLJ	M16	Johnson, Marcus	5.14
MLJ	M16	Potter, William	4.96
Walk	M16	Mcnicol - Davidson, Cody	10:34.2

M100	M18	Brock, Christopher	12.6
M200	M18	Brock, Christopher	25.2
M800	M18	Nagle, Cameron	2:20.6
MDT	M18	Brock, Christopher	17.14

M100	MOP1	Medford, Rhett	10.8
M100	MOP2	Zeed, Mohamad	11.2
M100	MOP2	Baker, Cameron	12.1
M100	MOP2	Pocklington, Colin	12.5
M100	MOP3	Gardner, Neville	16.4
M1500	MOP1	Ayers, David	4:32.8
M1500	MOP1	Nagle, Andrew	4:43.0
M1500	MOP1	Nagle, Cameron	4:59.2
M200	MOP1	Medford, Rhett	21.4
M200	MOP1	Ross, Joshua	21.9
M200	MOP1	Zeed, Mohamad	22.4
M200	MOP2	Baker, Cameron	23.9
M200	MOP2	Pocklington, Colin	25.5
M200	MOP2	Gardner, Neville	33.7
M800	MOP1	Nagle, Andrew	2:04.8
M800	MOP1	Lynch, Barry	2:08.4
M800	MOP2	Griffin, Steven	2:12.9
M800	MOP2	Olden, Graeme	2:18.9
M800	MOP2	O'Connor, Chris	2:21.4
M800	MOP3	Boyd, David	3:03.4
M800	MOP3	Gardner, Neville	3:08.6
MDT	MOP1	Gardner, Neville	22.57
MJT	MOP2	Gardner, Neville	17.05
MJT	MOP1	Nagle, Andrew	19.32
MJT	MOP1	Morris, Cameron	40.77
MLJ	MOP1	Gardner, Neville	3.20

LADDERS

F14	Pts	
Nunawading	63	
Croydon		56
Diamond Valley		49
Box Hill		48.5
Doncaster	44	
Collingwood	32	
Ringwood		20
Ruyton	14.5	

F16	Pts	
Nunawading	97	
Doncaster	91	
Diamond Valley		89
Box Hill		79
Ringwood		78
Croydon		57.5
Ruyton	34	
Diamond Valley 2		29.5
Collingwood	25	

F18	Pts
Box Hill	104
Doncaster	83
Diamond Valley	83
Ringwood	65
Ivanhoe	53
Nunawading	51
Box Hill 2	49
Ruyton	25
Doncaster 2	11

FOP1	Pts
Box Hill	68
St Stephens Haw	66
Ringwood	54
Collingwood	52
Diamond Valley	37
Doncaster	29
Ringwood 2	9
Old Xaverians	8

FOP2	Pts
Richmond	115
St Stephens Haw	115
Collingwood	90.5
Ivanhoe	84.5
Croydon	67
Box Hill	58
St Kevins	45
Collingwood 2	37
Diamond Valley	34.5
St Stephens Haw2	34
Old Melburnians	22.5
Box Hill 2	9

M16	Pts
Box Hill	103
Ringwood	88
Diamond Valley	86
St Kevins	70
Doncaster	66
Collingwood	60
Old Melburnians	38
Ivanhoe	33
Old Scotch	32
Box Hill 2	29
Nunawading	9
Diamond Valley 2	7
Old Xaverians	2

M18	Pts
Diamond Valley	108
Collingwood	93
St Kevins	88
Doncaster	85
Old Melburnians	84
Ringwood	82
Box Hill	71
Ivanhoe	53

Croydon	35
Diamond Valley 2	24
Doncaster 2	24
Old Scotch	16
Nunawading	9

MOP1	Pts	
Box Hill		95
Diamond Valley		79
Collingwood	70	
St Kevins		67
Ringwood		52
Ivanhoe	41	
Doncaster	38.5	
Old Scotch	34.5	
Old Xaverians	14	
Ringwood 2	10	

MOP2	Pts	
St Stephens Haw		77
Richmond		67
Nunawading	45	
Box Hill		45
Diamond Valley		36
Old Melburnians		36
St Kevins		16

MOP3	Pts	
Richmond		108
Collingwood	95	
St Stephens Haw		89
Diamond Valley		81
Box Hill		74.5
Croydon		53.5
Nunawading	50.5	
Old Scotch	50	
Ivanhoe	39.5	
Doncaster	16	
St Kevins		7

MOP4	Pts	
Richmond		67
St Stephens Haw		56.5
Diamond Valley		56
Collingwood	48	
Box Hill		42
Old Melburnians		36
Collingwood 2	16.5	
Diamond Valley 2		11