

Box Hill Athletic Club Summer News 15
Thursday 24 January 2008

UPCOMING EVENTS

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

BOX HILL TRIUMPHANT IN NATIONAL CLUB CHAMPIONSHIPS

For the first time Box Hill won both the men's and women's national club championships in Hobart last Saturday. Our men's team had several athletes who had competed the night before in the Hobart Briggs Classic, but stayed on to help the team on the Saturday, while the women's team had just the minimum number of athletes, but with each team member competing in multiple events, they pulled off a great victory.

Congratulations to all our team members:

Men:

Rhett Medford, Joshua Ross, Matt Coloe, Daniel Clark, Steve Dinneen, Chris Hamer, Mohamad Zeed, Cameron Baker, David Featherston, Chris Ruddy, Sam Scherma and Bouchaib Chefnaoui

Women: Dora Spathis, Anna Carrig, Kate Ackland, Hannah Turnbull, Viv Lee, Angella Phillips, Rachel Johnson and Margie Conley

For a full report, photos, results and team scores, please follow the link below:

<http://www.boxhillathleticclub.org/Results/Summer0708/AustralianClubChampionships.htm>

SHIELD FINALS NEXT SATURDAY, FEBRUARY 2

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.

Box Hill will have the following teams competing in the Region Finals: Women under 14, Women under 18 and Women open Division 1 (there is still some controversy about the scoring of the women's under 16 team, who appear to have missed the finals by one point, but we will confirm this as soon as the results are made final) Men under 16, Men open Division 1, Men open Division 2.

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

If your team has not made it to the finals you can still run by invitation on February 2.

HOBART BRIGGS CLASSIC

Box Hill athletes competed well at in the Briggs Classic last Friday night. Rhett Medford won the 100m in 10.70 and then lead our relay teams to victory in the national club relay championships: 4x100m Josh Ross, Rhett Medford, Cameron Baker, Mohamad Zeed 4x400m Mohamad Zeed, Cameron Baker, Steve Dinneen, Rhett Medford The 4x400 in particular was an exciting event, with all our runners putting in a super effort to pull off a hard fought victory. In other events Matt Coloe and Daniel Clark both ran PBs in the 1500m, Matt Finishing in 3:45.4 and Daniel in 3:46.5 and Chris Hamer ran a PB of 14:28.1 in the 5000m Hannah Turnbull jumped 11.40m to finish 3rd in the triple jump.

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.

STATE DECATHLON CHAMPIONSHIPS

Congratulations to Cameron Sherry who won a bronze medal in the state Decathlon championships last week and also to James Filshie who finished 4th. Check out "A Tale of 2 Box Hill Decathletes" link on the AV website!

RESULTS FROM ROUND 11 OF SHIELD COMPETITION AT DONCASTER

WOMEN

UNDER 14

F200	Mabior, Ajok	29.9
F400	Mabior, Ajok	1:10.0
F80H	Lawrence-Simons, Haylee	15.0
FPV	Lawrence-Simons, Haylee	2.40
FTJ	Lawrence-Simons, Haylee	9.90
FTJ	Ridge, Kaitlyn	9.55
Walk	Dyer, Chelsea	10:59.3
Walk	Mcnicol - Davidson, Chole	13:09.4

UNDER 16

F200	Mahoney, Charlotte	31.08
F400	Mahoney, Charlotte	01:13.9

UNDER 18

F1500	Hodgkinson, Harriet	5:43.6
F200	Freestone, Abbie	27.76
F200	George, Ryleigh	28.55
F200	Turnbull, Olivia	28.57
F200	De Luca, Emily	29.38
F3000	Hodgkinson, Harriet	11:29.3
F400	Turnbull, Olivia	01:02.7
F400	De Luca, Emily	01:06.0
FDT	Brock, Catherine	19.4
FPV	Freestone, Abbie	2.85
FTJ	Kremenchutskaya, Natalia	11.33
FTJ	Freestone, Abbie	9.95
FTJ	Brock, Catherine	9.44
FTJ	Carabourniotis, Panayiota	8.98

OPEN

F100H	Spathis, Theodora	16.04
F100H	Lee, Vivienne	18.67
F100H	Anderson, Laura	19.1
F1500	Cleland, Coreena	5:10.4
F1500	Crawford, Talitha	5:12.0
F200	Anderson, Laura	30.47
F400	Spathis, Theodora	1:00.8
F400	Ackland, Kathryn	1:01.5
F400	Crawford, Talitha	1:02.8
F400	Lee, Vivienne	1:03.7
F400	Cleland, Coreena	1:05.7
F400	Conley, Marguerite	1:14.0
FPV	Ditton, Rosanna	3.90
FPV	Adams, Melanie	4.05
FSP	Spathis, Theodora	11.10
FTJ	Turnbull, Hannah	11.05

MEN

UNDER 16

M100H	Mcmillan, Lachlan		14.52
M200	Johnson, Marcus		24.63
M200	Cornelius, Tom	24.77	
M200	Pappas, Tim	24.76	
M200	Schneider, Danny		26.10
M200	Potter, William	27.07	
M200	Chapman, Tom	27.70	
M200	Mcmillan, Lachlan		29.69
M400	Johnson, Marcus		54.4
M400	Schneider, Danny		55.6
M400	Potter, William	56.8	
M400	Dare, Timothy	57.0	
MDT	Schneider, Danny		28.18
MDT	Wu, Kenneth	26.33	
MDT	Potter, William	23.20	
MDT	Wu, Kevin	22.21	
MPV	Poole, Dominic	3.30	
MSP	Schneider, Danny		11.43
MSP	Wu, Kenneth	9.81	
MSP	Wu, Kevin	11.33	
MSP	Johnson, Marcus		10.30
MSP	Potter, William	9.03	
MTJ	Cornelius, Tom	12.21	
Walk	Mcnicol - Davidson, Cody		14:09.7

UNDER 18

M110H	Brock, Christopher		19
M1500	Nagle, Cameron		4:55.2
M200	Brock, Christopher		25.43
M400	Nagle, Cameron		1:00.2

OPEN

M110H MOP1	Zeed, Mohamad		15.26
M110H MOP1	Pocklington, Joel		17.5
M1500 MOP1	White, Andrew	3:53.8	
M1500 MOP1	Chefnaoui, Bouchaib	3:54.9	
M1500 MOP1	Lynch, Barry	3:57.6	
M1500 MOP2	Kelly, Stephen	4:01.4	
M1500 MOP2	Vincent, Adrian	4:05.5	
M1500 MOP2	Ayers, David	4:24.7	
M1500 MOP3	Griffin, Steven	4:34.1	
M1500 MOP3	O'connor, Christopher	4:39.2	
M1500 MOP3	Graham, Craig	5:13.0	
M1500 MOP4	Gardner, Neville		6:25.8
M200 MOP1	Filshie, James	23.79	
M200 MOP1	Baker, Cameron		24.27
M200 MOP1	Nagle, Andrew	24.90	
M200 MOP2	Graham, Craig	28.99	
M200 MOP2	Gardner, Neville		36.58
M400 MOP1	Burke, David	48.8	
M400 MOP1	Tirhazouine, Otmane	50.8	
M400 MOP1	Nagle, Andrew	54.8	
M400 MOP2	Van Eeten, Antony		1:00.8
M5000 MOP1	Boxshall, Paul	16:19.3	
M5000 MOP1	Olden, Graeme	17:33.2	
M5000 MOP1	Nagle, Andrew	19:28.0	
M5000 MOP2	Nagle, Cameron		20:36.0
M5000 MOP2	Gardner, Neville		23:44.8
MDT MOP1	Gardner, Neville		22.42
MDT MOP1	Nuske, Brett	37.13	

MHT	MOP2	Nagle, Andrew	20.47	
MHT	MOP1	Morris, Cameron		23.57
MHT	MOP1	Scherma, Sam	49.63	
MHT	MOP	Scherma, Sam	51.02	
MPV	MOP2	Sherry, Cameron		4.20
MPV	MOP1	Filshie, James	5.10	
MPV	MOP1	Pocklington, Joel		5.10
MSP	MOP2	Gardner, Neville		6.45
MSP	MOP3	Baker, Cameron		8.90
MSP	MOP2	Scherma, Sam	10.07	
MSP	MOP1	Rutty, Christopher		11.58
MSP	MOP1	Nuske, Brett	11.66	
MTJ	MOP3	Gardner, Neville		6.42
MTJ	MOP2	Baker, Cameron		8.93
MTJ	MOP2	Hassett, Samuel	9.05	
MTJ	MOP1	Nagle, Andrew	10.25	
MTJ	MOP1	Zeed, Mohamad		10.48
Walk	MOP1	Evans, Simon	9:35.6	
Walk	MOP1	Dyer, William	10:22.9	