

Box Hill Athletic Club Summer News 04
Monday 20 October 2008

UPCOMING EVENTS

Saturday, Oct 25 Shield Competition Round 2, Box Hill
Thursday, Oct 30 Shield Competition Round 3, Doncaster
Wed, Nov. 5 Miler's Club at Box Hill
Wed, Nov. 5 Rare Air Club (HJ and PV) at Box Hill
Wed, Nov. 5 High Velocity Club at Aberfeldie
Nov. 7,8,9 All Schools Championships, Olympic Park

CONGRATULATIONS TO BLAKE

Congratulations to Blake Lucas who won a gold medal at the Commonwealth Youth Games in India. Blake not only won the gold but broke Joel Pocklington's Games record, setting a PB of 5.25m. Blake attempted 5.31m but broke his pole! see <http://www.youtube.com/watch?v=iF9kecACGLU> for the replay on youtube.

INTERCLUB SHIELD COMPETITION CONTINUES AT BOX HILL THIS SATURDAY

Round 2 of the 2008/2009 track and field season will be held at Box Hill this Saturday, October 25. This week we have Program 2, the Program is now on the AV website (www.athsvic.org.au) it is also in your Summer Competition Handbook. Program 2 is also the program that will be used for the finals at the end of the season. Due to the new rules this year, it is of the utmost importance that athletes compete on program 2 and preferably do as many events as possible. The hammer throw starts at 12 noon, with track events starting at 1:00pm.

VOLUNTEER OFFICIALS

Thank you to Margie Conley, Rachel Johnson, Barry Whittle, Neville Gardner and Adam Pepper who helped with the running of the long jump at Nunawading on Saturday and to Charlotte Mahoney's father who helped with the track judging. We are hoping that every member of the club will help once throughout the season (or arrange for a friend, parent or partner to help out). If everyone volunteers for just one afternoon, then we should have plenty of officials and the competition will run much more smoothly (and hopefully on time!) We have several volunteers for this Saturday but need a few more, so if you can help out this week, please let us know.

RESULTS FROM ROUND 1 OF SHIELD COMPETITION

100m

Marchant, Rebecca	12.87
Spathis, Theodora	13.08
Aughton, Bridget	12.85
George, Ryleigh	13.00
Cross, Breanne	13.43
Poon Hornett, Kimberlie	13.69
Brock, Catherine	13.74
Turnbull, Olivia	13.51
Houston, Katherine	14.13
Pocklington, Alexandra	13.93
De Luca, Emily	14.11
Mahoney, Charlotte	14.60
Mabior, Ajok	14.14
Carabourniotis, Panayiota	14.25
Porteous, Benjamin	14.88
Miller, Andrew	13.65
Haddow, Andrew	12.04
Wilcox, Andrew	12.19

Baker, Cameron	11.92
Johnson, Marcus	12.03
Schneider, Danny	11.93
Snibson, James	12.57
Brock, Christopher	12.44
Pocklington, Colin	12.67
Nagle, Andrew	12.50
Featherston, David	14.10

200m

Spathis, Theodora	26.60
Cross, Breanne	27.30
George, Ryleigh	27.30
Poon Hornett, Kimberlie	27.62
Brock, Catherine	28.10
Houston, Katherine	29.04
Mahoney, Charlotte	29.87
Carabourniotis, Panayiota	30.31
Mabior, Ajok	28.33
Ward, Elissa	32.07

Papas, Tim	23.23
Haddow, Andrew	24.99
Baker, Cameron	24.05
Knott, Peter	24.20
Pocklington, Joel	23.86
Johnson, Marcus	23.99
Schneider, Danny	24.47
Pocklington, Colin	26.29
Brock, Christopher	24.80
Cross, David	26.33
Porteous, Benjamin	27.48
Collins, Sam	30.70
Graham, Craig	28.80
Featherston, David	28.40

400m Hurdles

Aughton, Bridget	1:05.70
Brock, Christopher	1:03.20
Zeed, Mohamad	1:03.40

200m Hurdles

Miller, Andrew	31.10
Porteous, Benjamin	31.60

800m

Turnbull, Olivia	2:24.50
Savige, Amelia	2:41.70
Ackland, Kathryn	2:43.60
De Luca, Emily	2:26?
Cleland, Coreena	2:21.40
Crawford, Talitha	2:21.70
Anderson, Jayde	2:26.30
Atkin, Liselle	2:35.80

Tirhazouine, Otmane	1:58.40
Coloe, Matthew	1:58.70
Arunasalam, Navin	1:57.50
Kelly, Stephen	1:58.70
White, Andrew	2:00.80

Balassone, Daniel	2:04.60
Featherston, David	2:03.90
Hartshorne, Trent	2:06.00
Ayers, David	2:09.90
Dowel, Michael	2:10.50
Harradine, Tristan	2:16.90
Farrell, Callum	2:26.10
Snibson, James	2:11.90
Baggott, Nicholas	2:14.10
Graham, Craig	2:25.30
Hill, Jack	2:31.10
Tunne, Andrew	3:02.90

Javelin

Wu, Kevin	16.28
Wu, Kenneth	14.90
Scherma, Sam	42.05

Discus

Wu, Kevin	33.67
Wu, Kenneth	31.89
Baker, Cameron	15.81
Nuske, Brett	42.07
Featherston, David	28.84
Cross, Brodie	24.65
Cross, Breanne	17.55
Carrig, Anna	12.57
Scherma, Sam	29.93
Carre, Simone	25.80

Shot Put

Featherston, David	8.01
Pocklington, Alexandra	7.85
Cross, Breanne	7.69
Carre, Simone	9.29
Wu, Kenneth	8.95
Nuske, Brett	11.30
Scherma, Sam	10.37
Wu, Kevin	10.28

Long Jump

Pocklington, Joel	6.13
Marchant, Rebecca	5.14
Gagovska, Samantha	4.48
Papas, Tim	6.10
Carrig, Amy	3.86
Cross, Breanne	4.23
Carabourniotis, Panayiota	4.21

High Jump

Cross, Brodie	1.60
Carabourniotis, Panayiota	1.50
Cross, David	1.40
Cross, Breanne	1.30

ARE YOU REGISTERED?

There are still some athletes who have not paid their registration fees for this season. We urge everyone who intends to compete this summer to register as soon as possible, so that you can earn points in interclub competition.

WELL DONE NIKKI

Nikki Chapple has continued her good form with a good third placing in the prestigious Burnie 10 road race in Tasmania on Sunday. Despite windy conditions, Nikki covered the 10km in the fast time of 33:55

GET YOUR CHOCOLATES!

The club is raising money through the sale of chocolates and other confectionary. If you have not received a box to sell, please see Chris O'Connor, Graeme Olden or Adam Pepper.

PENS FOR SALE

For just \$2 you can purchase a Box Hill Athletic Club pen!
See Chris O'Connor to get yours now.