

Box Hill Athletic Club Summer News 11
Monday 8 December 2008

UPCOMING EVENTS

Thursday, Dec 11 Zatopek Meet at Olympic Park
Saturday, Dec 13 Shield Competition Round 8, Doncaster
Tuesday, Dec 16 Milers Club (800 and mile) Aberfeldie
Tuesday, Dec 16 High Velocity Club at Box Hill
Saturday, Dec 20 Rare Air Club at Box Hill

NEXT ROUND OF SHIELD COMPETITION AT DONCASTER THIS SATURDAY

Round 8 of competition will be held at Doncaster this Saturday, December 13. Competition will be held using program 2. Program 2 will also be used for the finals at the end of the season so it is important that we get as many athletes as possible competing this week so that we can get most of our members qualified to compete in the finals. This is the last round of interclub competition before Christmas and we urge all members to compete this week.

REPORT TO TEAM MANAGERS

Although all the results are sent through to the club we would appreciate if all members reported into their team managers: Rob Falkenberg and Dave Boyd for senior and junior men and Cathy Tilley and Elissa Ward for the women, and let them know what events they will be competing in and then write your performance on the team sheet after your competition is complete.

OFFICIALS NEEDED

We are still calling on people to volunteer to help out as officials at shield competition. If you are able to help, please let us know. If you are contacted by the club and asked to provide an official on a particular day, please try to do so, if you cannot help on that day, perhaps suggest another round of competition where you or a family member can help out.

PACIFIC SCHOOL GAMES

Congratulations to all Box Hill athletes who competed in the Pacific School Games in Canberra over the past week, especially to: Bridget Aughton who won the women's 17 years 400m Hurdles in the fast time of 61.85 Brodie Cross who won the boys 14 years pole vault with a Victorian record of 4.41m Paris McCathrion won the girls 13 years pole vault again breaking the Victorian record, clearing 3.30m Rebecca Marchant won the girls 15 years pole vault with a jump of 3.60m just ahead of Alexandra Pocklington who finished second with 3.50m

In the girls 17 years pole vault Breanne Cross won the silver medal clearing 3.30m

Jesse Spry was third in the men's 18/19 years high jump (1.90m) Kyle Martin-Alcaide was 3rd in the boys 14 years 1500m, running 4:17.7 and fourth in the 3000m in a time of 9:15

Chelsea Dyer won a bronze medal in the girls 15 years javelin throwing 38.78m

Natalia Kremenchutskaya jumped 11.91 for third in the women's 18/19 years triple jump and Cassie Raselli was 4th in the 14 years 3000m walk in a time of 15:59

Apologies for any results we might have missed.

RESULTS FROM ROUND 7 OF SHIELD COMPETITION

The results listed below are sent to the club by the official scorer. We are aware that there may be mistakes or omissions. Please let us know of any mistakes in the results.

WOMEN UNDER 16

100	F16	Budden, Tessa	14.0
200	F16	Budden, Tessa	29.6
800	F16	Savige, Amelia	2:40.0
HJ	F16	Budden, Tessa	1.45

LJ	F16	Budden, Tessa	4.01
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WOMEN UNDER 18

100	F18	Brock, Catherine	13.5
100	F18	Turnbull, Olivia	13.5
100	F18	Cordner, Harriet	13.6
100	F18	De Luca, Emily	14.6
200	F18	Cordner, Harriet	27.4
200	F18	Brock, Catherine	27.7
800	F18	Turnbull, Olivia	2:19.5
800	F18	De Luca, Emily	2:25.5

WOMEN OPEN

100	FOP	Sudholz, Bronwyn	12.5
100	FOP	Spathis, Theodora	13.3
100	FOP	Adams, Melanie	13.4
100	FOP	Carre, Simone	14.0
100	FOP	Carabourniotis, Panayiota	14.1
100	FOP	Ackland, Kathryn	14.2
100	FOP	Matheson, Julia	16.0
200	FOP	Sudholz, Bronwyn	26.3
200	FOP	Spathis, Theodora	27.2
200	FOP	Phillips, Angela	29.1
200	FOP	Carabourniotis, Panayiota	30.2
200	FOP	Carre, Simone	30.3
200	FOP	Matheson, Julia	33.0
800	FOP	Ackland, Kathryn	2:17.7
800	FOP	Cleland, Coreena	2:22.5
800	FOP	Riordan, Heidi	2:22.7
800	FOP	Conley, Margie	2:32.2
800	FOP	Andrews, Suzanne	2:32.7
800	FOP	Hodgkinson, Harriet	2:39.6
800	FOP	Law, Rebecca	2:55.2
HJ	FOP	Adams, Melanie	1.55
HJ	FOP	Carabourniotis, Panayiota	1.50
JT	FOP	Nagle, Cameron	16.14
LJ	FOP	Spathis, Theodora	5.42
LJ	FOP	Carre, Simone	4.66
LJ	FOP	Carabourniotis, Panayiota	4.34
SP	FOP	Spathis, Theodora	11.42
SP	FOP	Carre, Simone	10.69

MEN UNDER 16

100	M16	Leardi, Dylan	12.9
100	M16	Tyson, Don	13.0
200	M16	Leardi, Dylan	26.4
200	M16	Porteous, Benjamin	29.2
800	M16	Coughlin, Andrew	2:04.6
800	M16	Tyson, Don	2:10.0
800	M16	Snibson, James	2:07.3
DT	M16	Wu, Kenneth	24.14
JT	M16	Wu, Kenneth	17.25
SP	M16	Wu, Kenneth	9.38

MEN UNDER 18

100	M18	Johnson, Marcus	11.9
100	M18	Brock, Christopher	12.2
100	M18	Snibson, James	12.3
100	M18	Potter, William	13.3
100	M18	Dyer, Jackson	14.0

2000S	M18	Potter, William	6:42.5
200	M18	Johnson, Marcus	24.5
200	M18	Brock, Christopher	25.5
400H	M18	Brock, Christopher	1:03.0
800	M18	Baggott, Nicholas	2:08.3
800	M18	Dyer, Jackson	2:16.0
DT	M18	Wu, Kevin	34.41
JT	M18	Potter, William	34.75
JT	M18	Wu, Kevin	19.46
LJ	M18	Johnson, Marcus	4.85
SP	M18	Wu, Kevin	10.75
SP	M18	Potter, William	8.47
SP	M18	Johnson, Marcus	8.36

MEN OVER 40

100	M40+	Gardner, Neville	16.4
200	M40+	Graham, Craig	29.4
200	M40+	Gardner, Neville	34.8
800	M40+	Graham, Craig	2:26.1
800	M40+	Dyer, William	2:28.3
800	M40+	Tunne, Andrew	2:53.5
800	M40+	Gardner, Neville	3:05.3
DT	M40+	Gardner, Neville	20.26
LJ	M40+	Gardner, Neville	3.15

MEN OPEN

100	MOP	Medford, Rhett	10.9
100	M20	Lucus, Blake	10.9
100	MOP	Zeed, Imran	11.8
100	MOP	Filshie, James	12.0
100	MOP	Baker, Cameron	12.4
100	MOP	Pocklington, Joel	12.5
100	MOP	Knott, Peter	12.5
100	MOP	Pocklington, Colin	12.6
200	MOP	Medford, Rhett	22.0
200	M20	Lucus, Blake	22.8
200	MOP	Zeed, Imran	23.5
200	MOP	Sherry, Cameron	23.6
200	MOP	Baker, Cameron	23.8
200	MOP	Filshie, James	24.2
200	MOP	Pocklington, Joel	25.4
200	MOP	Nuske, Brett	25.6
200	MOP	Pocklington, Colin	25.6
200	MOP	Knott, Peter	26.3
200	MOP	Featherston, David	26.6
200	MOP	Scherma, Sam	27.1
400H	MOP	Zeed, Mohamad	55.7
400H	MOP	Zeed, Imran	59.3
400H	MOP	Wong, Hiu Yeung	1:06.0
800	MOP	Arunasalam, Navin	1:54.6
800	MOP	Nagle, Andrew	1:58.7
800	MOP	Featherston, David	2:01.7
800	MOP	Griffin, Steven	2:12.5
800	MOP	Ayers, David	2:18.1
800	MOP	Olden, Graeme	2:19.8
DT	MOP	Nuske, Brett	38.25
DT	MOP	Scherma, Sam	30.34
DT	MOP	Featherston, David	28.94
DT	MOP	Baker, Cameron	20.2
JT	MOP	Scherma, Sam	44.91

JT	MOP	Nuske, Brett	36.80
LJ	M20	Lucus, Blake	6.15
LJ	MOP	Sherry, Cameron	5.59
SP	MOP	Nuske, Brett	11.65
SP	MOP	Scherma, Sam	10.21
SP	MOP	Featherston, David	8.14
SP	MOP	Baker, Cameron	6.84

SAD NEWS

Box Hill Athletic Club, along with the rest of the Australian athletic community was saddened to hear of the passing of Kerry McCann, who died this morning aged 41 after a battle with cancer. Many runners were inspired by her fighting marathon win in the 2006 Melbourne Commonwealth Games, but this was just one of many brave performances by this outstanding athlete. Our thoughts are with her family.