

Box Hill Athletic Club Summer News 16
Wednesday 21 January 2009

UPCOMING EVENTS

Thursday, Jan 22 Shield Competition round 11 Doncaster
Thursday, Jan 29 High Velocity Club at Olympic Park
Saturday, Jan 31 Shield Competition round 12 Box Hill
Saturday, Feb 7 Shield Region Final Box Hill
Saturday, Feb 14 Shield Final Meadowglen (Epping)

SHIELD COMPETITION AT DONCASTER THIS THURSDAY

The second last round of Shield Competition before the finals will be held this Thursday, January 22 at Doncaster. Track events start at 6:00pm. This will be the same program as that used in the finals this year, so please make an effort to compete this week and compete in as many events as possible.

RESULTS FROM ROUND 10 OF SHIELD COMPETITION

Under 16 Women

200H	F16	Mccathrion, Paris	33.1
JT	F16	Mccathrion, Paris	21.91
100	F16	Atkin, Liselle	14.39
1500	F16	Atkin, Liselle	5:24.10
1500	F16	Savage, Amelia	5:44.90
DT	F16	Bastecky, Frederika	28.6
HJ	F16	Mccathrion, Paris	1.53
HJ	F16	Bastecky, Frederika	1.53
LJ	F16	Mccathrion, Paris	4.72

Under 18 Women

100	F18	George, Ryleigh	14.01
100	F18	Turnbull, Olivia	14.2
100	F18	Poon Hornett, Kimberlie	14.28
100	F18	Carrig, Anna	14.43
100	F18	De Luca, Emily	14.64
100	F18	Houston, Katherine	14.93
1500	F18	Carrig, Amy	5:00.90
2000S	F18	Cross, Breanne	10:00.70
200	F18	George, Ryleigh	28.03
200	F18	Carrig, Anna	28.76
200	F18	Turnbull, Olivia	28.77
200	F18	De Luca, Emily	29.26
200	F18	Cross, Breanne	30.04
200	F18	Houston, Katherine	30.09
DT	F18	Cross, Breanne	18.87
LJ	F18	Carrig, Amy	3.96
SP	F18	Cross, Breanne	7.27

Open Women

200	FOP	Poon Hornett, Kimberlie	28.36
200	FOP	Carabourniotis, Panayiota	30.43
HJ	FOP	Carabourniotis, Panayiota	1.48
LJ	FOP	Gagovska, Samantha	4.3
100	FOP	Sudholz, Bronwyn	13.04
100	FOP	Ackland, Kathryn	13.38
100	FOP	Spathis, Theodora	13.77
100	FOP	Carabourniotis, Panayiota	14.3
100	FOP	Phillips, Angela	14.32
1500	FOP	Ackland, Kathryn	4:53.20
1500	FOP	Crawford, Talitha	5:06.30

1500	FOP	Andrews, Suzanne	5:30.30
1500	FOP	Hodgkinson, Harriet	5:39.40
200	FOP	Sudholz, Bronwyn	26.03
200	FOP	Spathis, Theodora	27.4
200	FOP	Phillips, Angela	29.39
200	FOP	Barlow, Erryn	31.37
DT	FOP	Mccowan, Catherine	31.98
DT	FOP	Phillips, Angela	29.84
HJ	FOP	Spathis, Theodora	1.58
LJ	FOP	Spathis, Theodora	5.57
LJ	FOP	Carabourniotis, Panayiota	4.39
SP	FOP	Phillips, Angela	9.99
SP	FOP	Spathis, Theodora	9.51
SP	FOP	Mccowan, Catherine	8.78

Under 16 Men

1500	M16	Coughlin, Andrew	4:26.70
200	M16	Cross, Brodie	28.11
SP	M16	Cross, Brodie	8.92

Under 18 Men

100	M18	Schneider, Danny	12.2
100	M18	Cross, Braeden	12.4
100	M18	Brock, Christopher	12.42
100	M18	Johnson, Marcus	12.49
1500	M18	Baggott, Nicholas	4:24.60
1500	M18	Dyer, Jackson	4:39.10
200	M18	Cornelius, Tom	24.1
200	M18	Johnson, Marcus	24.63
200	M18	Schneider, Danny	24.92
200	M18	Cross, Braeden	24.93
400H	M18	Cornelius, Tom	57.03
400H	M18	Brock, Christopher	1:02.99
JT	M18	Schneider, Danny	26.09
SP	M18	Schneider, Danny	10.11
SP	M18	Cross, Braeden	9.1
SP	M18	Johnson, Marcus	8.84

100	M40+	Gardner, Neville	16.85
1500	M40+	Olden, Graeme	4:43.00
1500	M40+	Tunne, Andrew	5:46.10
1500	M40+	Gardner, Neville	6:24.20
200	M40+	Gardner, Neville	35.86
DT	M40+	Gardner, Neville	21.12
JT	M40+	Gardner, Neville	15.64
LJ	M40+	Gardner, Neville	3.35

Open Men

100	MOP	Medford, Rhett	11.13
100	MOP	Ross, Joshua	11.24
100	MOP	Zeed, Imran	12.24
100	MOP	Filshie, James	12.3
100	MOP	Spry, Jesse	12.41
100	MOP	Baker, Cameron	12.45
100	MOP	Wong, Hiu Yeung	12.75
100	MOP	Haddow, Andrew	13.09
100	MOP	Nagle, Andrew	13.1
1500	MOP	White, Andrew	3:57.50
1500	MOP	Ayers, David	4:30.50
1500	MOP	Nagle, Andrew	4:37.50

1500	MOP	Featherston, David	4:38.80
200	MOP	Medford, Rhett	22.39
200	MOP	Haddow, Andrew	24.36
200	MOP	Baker, Cameron	24.41
200	MOP	Filshie, James	24.47
200	MOP	Zeed, Imran	24.48
200	MOP	Nagle, Andrew	25.08
200	MOP	Pocklington, Joel	25.23
200	MOP	Knott, Peter	25.66
200	MOP	Wong, Hiu Yeung	26.3
200	MOP	Zeed, Mohamad	32.08
400H	MOP	Zeed, Imran	57.68
400H	MOP	Wong, Hiu Yeung	1:06.66
DT	MOP	Spry, Jesse	35.81
DT	MOP	Nuske, Brett	34.5
DT	MOP	Featherston, David	30.59
DT	MOP	Scherma, Sam	28.01
JT	MOP	Morris, Cameron	41.29
JT	MOP	Nuske, Brett	32.26
JT	MOP	Spry, Jesse	NT
LJ	MOP	Pocklington, Joel	6.26
LJ	MOP	Featherston, David	5.99
SP	MOP	Nuske, Brett	11.15
SP	MOP	Spry, Jesse	10.8
SP	MOP	Scherma, Sam	10.51
SP	MOP	Baker, Cameron	7.66

RESULTS FROM MILERS CLUB EVENTS AT SANDRINGHAM

800M

Daniel Clark	1:52.7
Matt Coloe	1:54.2
Navin Arunasalam	1:55.1
Otmane Tirhazouine	1:55.4
Andrew Nagle	2:00.2

Emile De Luca 2:28.6

1500M

Andrew White	3:53.7
Bouchaib Chefnaoui	3:56.2
Luke Yeatman	4:18.7

DON'T FORGET!

A DATE FOR YOUR DIARIES.....A NIGHT WITH THE HOOKER ...(Steve), Monday the 2nd of March 2009 Olympic Gold Medalist, Steve Hooker will be coming back to his old club to talk about his triumph in Beijing and his plans for the future. More Details coming soon!