

**Box Hill Athletic Club Summer News 03**  
**Tuesday 13 October 2009**

## **UPCOMING EVENTS**

Saturday, October 17 Shield Rd.2 Box Hill  
Saturday, October 24 Shield Rd.3 Doncaster  
Thursday, October 29 Shield Rd.2 Box Hill

## **ROUND 2 OF SHIELD COMPETITION AT BOX HILL THIS SATURDAY!**

The second round of shield competition for this season will be held at Box Hill this Saturday. The field events start at 12:30pm and the track events start at 1:00pm. Program 2 will be held this week (Hurdles, Walk, Steeple, 100m, 1500m, 4x100m, 400m and Discus, Triple Jump, High Jump, Pole Vault and Javelin). We are hoping to have nearly all registered athletes competing this week.

We also have a few athletes who have not yet registered. Don't miss out on scoring points for the club because your registration has not come through! If you have not already registered for the 2009/2010 season send in your registration forms today.

## **XCR09 PRESENTATION DAY**

At 2:00pm on Sunday, October 25 a presentation day will be held at Olympic Park, Backstage Club to celebrate the Individuals and Teams who have won their Divisions or Age Groups in the XCR09 series. A number of special guests will be on hand to present the trophies and pennants, plus we will once again feature a highlights package of the season put together by the AthsvicTV crew. Light refreshments and food will be served. Could all those wishing to attend let Chris O'Connor know (via email) as soon as possible so that we can confirm numbers with Athletics Victoria.

## **OFFICIALS AND HELPERS**

Most weeks Box Hill are expected to provide volunteers to help with the set up and running of interclub competition. If you, your parents, partners, brothers, sisters or friends can help it would be much appreciated. This week we need people to help setting up equipment before the start of competition. Let us know in advance if you can arrive early on Saturday to help out. We also need 2 volunteers to help writing down the names of athletes who wish to compete by invitation.

Also if anyone would like to help our team managers, it would be greatly appreciated, especially if you can help with the under 18 and under 16 boys teams. Let us know if you might be interested.

## **RESULTS FROM SHIELD ROUND 1**

The results below have been provided by AV. Unfortunately they are having some teething problems with their new results software, so let us know if you believe any of the results are in error.

### **Men 200m**

Lucas, Blake	22.85
Cross, Braeden	22.92
Sherry, Cameron	23.06
Zeed, Mohamad	23.89
Van DE Garde, Max	24.30
Baker, Cameron	24.67
Johnson, Marcus	24.98
Apelis, August	25.54
Cross, David	26.76

### **Women 200m**

Phillips, Angela	27.79
Poon Hornett, Kim	28.01
Freestone, Abbie	28.17
Budden, Tessa	29.23
Lee, Vivienne	29.28
Carabourniotis, Yiota	30.86

Barlow, Erryn	31.84
Ward, Elissa	32.10

**Men 800m**

Kelly, Stephen	1:54.70
Nagle, Andrew	1:57.50
Coughlin, Andrew	1:59.70
Oughtred, Patrick	2:03.30
Snibson, James	2:10.60
Graham, Craig	2:26.00
Dyer, William	2:39.10

**Women 800m**

Ackland, Kate	2:19.30
Ambrose, Natalie	2:22.60
Norney, Julie	2:29.40
Dyer, Chelsea	2:32.30
Atkin, Liselle	2:33.30
Savige, Amelia	2:34.40
Mason, Ella	2:58.10

**Women 3000m**

Townshend, Penny	12:08.00
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**Men 5000m**

Kelly, Stephen	15:32.50
Jimenez, David	16:40.50
O'Connor, Chris	17:27.00
Morris, John	17:46.80
Kathirasan, Chaai	18:40.00
Tunne, Andrew	21:05.20
Clowes, Russell	21:12.40

**Women 5000m**

Johnson, Rachel	17:28.30
Petrie, June	19:23.30
Harper, Amanda	20:06.00
Law, Rebecca	20:44.60

**Women 200m Hurdles**

Tower, Helen	34.54
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**Men 400m Hurdles**

Zeed, Mohamad	56.76
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**Men High Jump**

Papas, Timothy	1.75m
Baker, Cameron	1.55m
Cross, David	1.25m

**Women High Jump**

Budden, Tessa	1.45m
McCathrion, Paris	1.45m
Hewitt, Sarah	1.35m

**Women Long Jump**

McCathrion, Paris	4.47m
Budden, Tessa	4.46m
Carabourniotis, Yiota	4.45m
Dyer, Chelsea	3.82m

Mason, Ella 3.03m

**Men Long Jump**

Lucas, Blake 6.47m

Sherry, Cameron 5.65m

Papas, Timothy 5.41m

**Men Shot Put**

Papas, Timothy 11.38m

Dyer, William 7.52m

Baker, Cameron 7.41m

**Women Shot Put**

Phillips, Angela 11.59m

Spathis, Theodora 10.49m

Dyer, Chelsea 9.99m

Hewitt, Sarah 9.63m

**Women 3000 Meter Race Walk**

Mason, Ella 17:23.40

**Men 3000 Meter Race Walk**

Dyer, William 16:13.30