

Box Hill Athletic Club Summer News 04
Tuesday 20 October 2009

UPCOMING EVENTS

Saturday, October 24 Shield Rd.3 Doncaster
Thursday, October 29 Shield Rd.4 Box Hill
November 6-8 All Schools Champs Olympic Park
Saturday, November 14 Shield Rd.5 Ringwood

ROUND 3 OF SHIELD COMPETITION AT DONCASTER THIS SATURDAY

Round 3 of shield competition for this season will be held at Doncaster this Saturday. The field events start at 12:00pm (Hammer) and 12:30pm (Long Jump, High Jump, Pole Vault, Shot Put) and the track events start at 1:00pm. (Walk, Hurdles, 200m, 800m, 4x400m, 3000m). We are hoping to have all registered athletes competing this week.

NEWSLETTER

As well as this weekly email, the club is planning to re-establish a more detailed bi-monthly newsletter. If you would like to contribute to the newsletter, or have any suggestions for articles that could be included please let us know as soon as possible.

MELBOURNE MARATHON

Congratulations to all Box Hill athletes who competed at the Melbourne Marathon last Sunday, October 11.

Highlights included Luke Yeatman running 2:44:39 in his debut marathon, Steve Griffin running a 9 minute PB to finish in 2:48:41, while Nev Gardner finished his 32nd consecutive Melbourne Marathon in 4:38:28. Other results include Charmaine McNally 3:57:48 and Adam Pepper 4:18:36

In other events, Hanny Allston ran brilliantly to win the half marathon in 75:03, with Andrew White finishing 4th in the men's race with a time of 67:47. Josh de Stefanis ran 80:13, Marcus Hanley 85:04 and Jess Eeles 91:09. Laura Constable ran the 10k in 42:25 and Georgina Davis finished 4th in the 5k event.

BURNIE 10

Nikki Chapple, Hanny Allston and Chris Hamer all performed well in the prestigious Burnie 10 in Tasmania on Sunday. Nikki Chapple finished 2nd in 33:15, with Hanny Allston 5th in 35:18. Chris Hamer finished 8th in the men's race in a time of 30:38

WORLD MASTERS GAMES

A number of Box Hill athletes performed very well in the World Masters Games in Sydney. Talitha Crawford won gold medals in the 800m and 1500m and a silver in the 400m in the 35-39 age group, Andrew Wilcox won three medals in the 40-44 age group, gold in the 400m and silver in the 100m and 200m. Rob Barclay won the 70-74 pole vault gold, David Featherston won gold in the 35-39 pentathlon, Julie Norney (after two 4th placings in the 1500m and 5000m) won silver in the 40-44 years half marathon, while Col Pocklington, David Ayers, Chris O'Connor and David Stevens all made the finals of their respective events.

OFFICIALS AND HELPERS

Most weeks Box Hill are expected to provide volunteers to help with the set up and running of interclub competition. This Saturday we must supply 4 volunteers to help with the running of the pole vault. If you, your parents, partners, brothers, sisters or friends can help it would be much appreciated. Let us know in advance if you can arrive early on Saturday to help out. 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 2

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.

WOMEN

100m

Sudholz, Bronwyn	12.69
Marchant, Rebecca	13.14
Phillips, Angela	13.43
Freestone, Abbie	13.89
Poon Hornett, Kim	13.89
Lee, Vivienne	14.45
Houston, Katherine	14.53
Dyer, Chelsea	15.25
Matheson, Julia	15.86
Mason, Ella	17.00

400m

Ackland, Kate	59.87
Turnbull, Olivia	59.94
Ambrose, Natalie	1:03.12
Brown, Grace	1:03.53
Tower, Helen	1:04.83
Lee, Vivienne	1:06.01
Atkin, Liselle	1:07.12
Barlow, Erryn	1:11.39

1500m

Johnson, Rachel	4:47.0
Ackland, Kate	4:54.8
McRae, Helen	4:57.4
Ambrose, Natalie	5:00.1
O'Brien, Eloise	5:09.6
Goessler, Emily	5:11.9
Brown, Grace	5:12.3
Atkin, Liselle	5:14.1
Townshend, Penny	5:19.5
Petrie, June	5:19.8
Savige, Amelia	5:22.3
De Luca, Emily	5:25.3
Harper, Amanda	5:27.0
Barrington, Priscilla	5:41.9
Dobson, Liz	5:43.2
Law, Rebecca	5:46.7
Mason, Ella	5:59.9

90m Hurdles

Tower, Helen	16.40
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2000m Walk

Mason, Ella	10:56.8
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Discus

Dyer, Chelsea	33.84m
Hewitt, Sarah	33.72m

High Jump

Hewitt, Sarah	1.35m
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Javelin

Dyer, Chelsea	37.95m
Hewitt, Sarah	22.76m

Pole Vault

Adams, Melanie	3.60m
Marchant, Rebecca	3.45m
McCathrion, Paris	3.45m
Pocklington, Alex	3.45m
Freestone, Abbie	3.00m
Houston, Katherine	2.70m

Triple Jump

Carabourniotis, Yiota	10.14m
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MEN

100m

Zeed, Mohamad	11.63
Cross, Braeden	11.85
Johnson, Marcus	12.11
Cross, Brodie	12.42
Wong, Boaz	12.62
Apelis, August	12.70
Snibson, James	12.74
Harkins, Jake	12.98
Wu, Geoffrey	14.33
Baker, Cameron	12.53
Gardner, Neville	18.09

400m

Cross, Braeden	50.62
Haddow, Andrew	52.02
Clark, Daniel	52.49
Coughlin, Andrew	52.97
Balassone, Daniel	52.97
Kelly, Stephen	54.45
Harkins, Jake	56.70
Potter, William	53.85
Featherston, David	53.97
Johnson, Marcus	55.11
Baker, Cameron	55.88
Snibson, James	57.07
Apelis, August	56.22
Van De Garde, Max	57.95

1500m

Kelly, Stephen	3:51.5
Clark, Daniel	3:51.9
White, Andrew	4:01.4
Martin-Alcaide, Kyle	4:02.3
Potter, William	4:09.0
Balassone, Daniel	4:09.3
Dowel, Michael	4:14.9
Coughlin, Andrew	4:22.0
Jimenez, David	4:27.2
De Stefanis, Joshua	4:33.7
Featherston, David	4:37.3
Dyer, Jackson	4:39.3
O'Connor, Chris	4:44.9
Pelgrim, Bert	4:46.8
Olden, Graeme	4:49.2

Kathirasan, Chaai	4:51.8
Meehan, James	4:59.0
Clowes, Russell	5:02.8
Farrell, Callum	5:05.2
Stefanos, Peter	5:15.7
Dyer, William	5:28.6
Tunne, Andrew	5:46.3

110m Hurdles

Zeed, Mohamad	15.43
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2000m Walk

Dyer, William	10:29.5
Gardner, Neville	14:38.8

Discus

Grant, David	43.22m (1.5kg)
Clowes, Russell	30.36m (2kg)
Wu, Kevin	26.22m (1.5kg)
Wu, Kenneth	26.30m (1kg)
Farrell, Callum	27.21m (1.5kg)
Dyer, William	24.40m (2kg)

High Jump

Featherston, David	1.50m
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Javelin

Lockwood, Nick	36.60m (700g)
Papas, Tim	28.95m (700g)
Grant, David	45.47m (700g)
Potter, William	29.68m (700g)
Morris, Cameron	39.30m (800g)

Pole Vault

Sherry, Cameron	4.35m
Cross, Brodie	4.20m
Papas, Tim	4.05m
Baker, Cameron	3.30m
Kalac, Oliver	2.25m

Triple Jump

Wu, Geoffrey	9.11m
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