

Box Hill Athletic Club Summer News 05
Monday 26 October 2009

UPCOMING EVENTS

Thursday, October 29 Shield Rd.4 Box Hill
November 6-8 All Schools Champs Olympic Park
Saturday, November 14 Shield Rd.5 Ringwood
Saturday, November 21 Shield Rd.6 Doncaster

ROUND 4 OF SHIELD COMPETITION AT BOX HILL ON THURSDAY NIGHT

Round 4 of shield competition for this season will be held at Box Hill this Thursday evening. The field events start at 5:30pm (Triple Jump, Pole Vault, Discus, Javelin) and the track events start at 6:00pm. (Walk, Hurdles, Steeple, 100m, 1500m, 4x100m, 400m). We are hoping to have all registered athletes competing this week.

VOLUNTEERS, OFFICIALS AND HELPERS

On Thursday we need at least 4 helpers to arrive early to help with the set up of equipment and also to help take invitations.

Please let us know if you can help. No experience is necessary!

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

Some more results that we missed from the Melbourne marathon. Mai Tagami finished 11th in the marathon in a time of 2:55:14, while Wes Windsor was 3rd in his age group in the half marathon in a time of 1:36:34

MARYSVILLE MARATHON

The township of Marysville suffered terribly in the bushfires earlier this year. You can support the people of Marysville by taking part in the Marathon festival on Sunday, November 8. they are holding marathon, half marathon, 10k and 3k events.

Go to <http://regonline.activeglobal.com/builder/site/default.aspx?EventID=717702> or email snow.doc@hotmail.com for more details.

RESULTS FROM SHIELD ROUND 3

The results from round 3 held at Doncaster on Saturday are listed below.

Special mention must be made of Dave "man of steel" Featherston, who scored many points for the club by competing in the 200m, 800m, 3000m, 4x400m relay, 400m Hurdles, Shot Put, High Jump, Hammer Throw, Long Jump and Pole Vault! The only thing left to say is.....why not the walk?

WOMEN

200 Sudholz Bronwyn	26.06
200 Phillips Angela	27.54
200 Turnbull Olivia	27.93
200 Poon Hornett Kimberlie	28.29
200 Freestone Abbie	28.53
200 Budden Tessa	29.40
200 Houston Katherine	29.91
200 Lee Vivienne	29.99
200 Carabourniotis Panayiota	30.03
200 Barlow Erryn	30.77

200 Ward Elissa	32.00
200 Matheson Julia	32.19
800 Crawford Talitha	02:15.8
800 Ackland Kate	02:18.1
800 Mcrae Helen	02:28.1
800 Goessler Emily	02:30.2
800 Atkin Liselle	02:32.5
800 Tower Helen	02:32.7
800 Savige Amelia	02:36.0
3000 Johnson Rachel	10:13.6
3000 Norney Julie	11:04.8
3000 O'Brien Eloise	11:05.5
3000 Petrie June	11:18.0
3000 Harper Amanda	11:33.0
3000 De Luca Emily	12:10.0
3000 Law Rebecca	12:13.7
3000 Barrington Priscilla	12:31.8
3000W Mason Ella	17:02.8
200H Tower Helen	33.47
HJ Mccathrion Paris	1.50m
HJ Budden Tessa	1.35m
PV Adams Melanie	3.50m
PV Mccathrion Paris	3.35m
PV Pocklington Alexandra	3.20m
PV Freestone Abbie	2.75m
PV Houston Katherine	2.60m
LJ Carabourniotis Panayiota	4.73m
LJ Budden Tessa	4.32m
SP Phillips Angela	11.50m
SP Hewitt Sarah	9.65m
HT Hewitt Sarah	30.55m

MEN

200 Cross Braeden	22.95
200 Sherry Cameron	23.29
200 Haddow Andrew	23.37
200 Wilcox Andrew	23.94
200 Robertson Thomas	24.42
200 Van De Garde Max	24.68
200 Dare Timothy	24.96
200 Baker Cameron	25.08
200 Nagle Andrew	25.18
200 Oughtred Patrick	25.41
200 Yapanis Chris	25.48
200 Apelis August	25.66
200 Pocklington Colin	25.86
200 Harkins Jake	26.03
200 Featherston David	26.03
200 Cross Brodie	27.52
200 Wu Geoffrey	29.19
200 Gardner Neville	37.16
800 Kelly Stephen	01:53.9
800 Clark Daniel	01:54.9
800 Balassone Daniel	01:57.4
800 Potter William	01:58.0
800 Coughlin Andrew	02:01.7
800 Snibson James	02:07.4
800 Baggott Nicholas	02:07.8
800 Ayers David	02:09.4
800 Featherston David	02:15.0

800 Milnes Mitchell	02:18.3
800 Graham Dalton	02:19.1
800 Green Peter	02:20.0
800 Clowes Russell	02:20.6
800 Powell Cameron	02:43.4
3000 White Andrew	08:30.5
3000 Martin-Alcaide Kyle	09:00.4
3000 Kelly Stephen	09:07.6
3000 Dowel Michael	09:15.0
3000 Jimenez David	09:33.0
3000 Morris John	09:49.4
3000 Lefevre Mitchell	09:52.8
3000 Hardy Joe	10:06.1
3000 Pelgrim Bert	10:07.6
3000 O'Connor Chris	10:12.5
3000 Milnes Mitchell	10:27.8
3000 Featherston David	11:27.9
3000 Tunne Andrew	12:01.5
3000 Baker Cameron	12:32.2
3000 Stevens David	12:35.0
3000 Gardner Neville	14:39.1
400H Featherston David	60.03
400H Wong Boaz	62.7
400H Baker Cameron	64.49
200H Robertson Thomas	27.28
200H Wu Geoffrey	37.13
HJ Barrett Glen	1.80m
HJ Featherston David	1.35m
PV Filshie James	4.85m
PV Pocklington Joel	4.70m
PV Cross Brodie	4.40m
PV Barrett Glen	4.10m
PV Baker Cameron	3.35m
PV Kalac Oliver	2.30m
PV Featherston David	1.85m
LJ Featherston David	5.77m
LJ Wu Geoffrey	4.54m
SP Wu Kenneth	9.54m
SP Clowes Russell	9.36m
SP Featherston David	8.59m
SP Gardner Neville	5.83m
SP Grant David	13.52m
SP Barrett Glen	11.36m
SP Farrell Callum	10.51m
SP Wu Kevin	10.29m
HT Featherston David	21.02m