

Box Hill Athletic Club Summer News 06
Monday 2 November 2009

UPCOMING EVENTS

November 6-8 All Schools Champs Olympic Park
Saturday, November 14 Shield Rd.5 Ringwood
Saturday, November 21 Shield Rd.6 Doncaster
Thursday, November 26 High Velocity Club Aberfeldie
Thursday, November 26 Milers Club (incl. 5k champs) Olympic Park
Saturday, November 28 Shield Rd.7 Nunawading

VOLUNTEERS URGENTLY REQUIRED

Box Hill is required to supply some helpers for the Victorian All Schools Championships at Olympic Park this weekend. Presently we are short of volunteers for Friday night (from 4.30pm.) and Sun morning (from 8:00am). All volunteers will have their parking reimbursed, receive free entry to OP and will get refreshments. If you can help please reply to this email or contact Sarah Hewitt on 0431 599 822 as soon as possible.

ROUND 5 OF SHIELD COMPETITION AT RINGWOOD ON SATURDAY WEEK

There will be no shield competition this week due to the Victorian All Schools Championships being held at Olympic Park. The next round of shield will be held on Saturday week, November 14 at Ringwood.

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.

NOOSA BOLT

Nikki Chapple has continued her good form on the roads with a 3rd placed finish in the Noosa Bolt over 5km. Nikki ran 16:17 to finish behind Olympic 1500m representatives, Lisa Corrigan and Sarah Jamieson, but well clear of national 10,000m champion Lara Tamsett (4th) and Melbourne Marathon winner Lisa Flint (5th)

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 snw.doc@hotmail.com for more details.

RESULTS FROM SHIELD ROUND 4

The results from round 4 held at Box Hill on Thursday night are listed below.

Special mention must be made of Paris McCathrion who vaulted 3.55m to improve her own Victorian U15 state record.

Also Kyle Martin-Alcaide who broke the club record for the under 16 1500m. Kyle ran 3:59.9 to smash Matt Cole's record by 3 seconds.

WOMEN

100	Sudholz	Bronwyn	12.60
100	Ferrier	Sarah	12.91
100	Marchant	Rebecca	13.03
100	Phillips	Angela	13.39
100	Freestone	Abbie	14.05
100	Budden	Tessa	14.07
100	Houston	Katherine	14.48

100	Carabourniotis	Panayiota	14.67
100	Matheson	Julia	15.42
400	Ackland	Kate	59.80
400	Lee	Vivienne	65.70
400	Hodgkinson	Harriet	67.30
1500	Ackland	Kate	4:51.4
1500	Mcrae	Helen	4:53.3
1500	Goessler	Emily	5:00.5
1500	O'Brien	Eloise	5:01.0
1500	Ambrose	Natalie	5:04.1
1500	Tomlinson	Hayley	5:04.9
1500	Norney	Julie	5:05.4
1500	Atkin	Liselle	5:11.1
1500	Healy	Prue	5:12.0
1500	Hodgkinson	Harriet	5:22.6
1500	Savige	Amelia	5:24.3
1500	Barrington	Priscilla	5:31.9
1500	Dobson	Liz	5:34.9
1500	Law	Rebecca	5:46.5
PV	Adams	Melanie	3.70m
PV	Mccathrion	Paris	3.55m
PV	Pocklington	Alexandra	3.55m
PV	Marchant	Rebecca	3.55m
PV	Freestone	Abbie	2.75m
PV	Houston	Katherine	2.60m
TJ	Marchant	Rebecca	10.49m
TJ	Carabourniotis	Panayiota	10.18m
DT	Hewitt	Sarah	32.69m
DT	Phillips	Angela	31.76m
DT	Dyer	Chelsea	30.78m
JT	Dyer	Chelsea	38.90m
JT	Hewitt	Sarah	20.59m

MEN

100	Lucas	Blake	11.34
100	Zeed	Mohamad	11.39
100	Sherry	Cameron	11.57
100	Cornelius	Tom	11.63
100	Cross	Braeden	11.67
100	Mcmillan	Lachie	11.71
100	Filshie	James	11.90
100	Harkins	Jake	11.90
100	Wilcox	Andrew	11.93
100	Van De Garde	Max	12.08
100	Apelis	August	12.47
100	Lockwood	Nick	12.47
100	Wong	Boaz	12.60
100	Cross	Brodie	12.61
100	Dare	Timothy	12.68
100	Pocklington	Colin	12.71
100	Snibson	James	12.77

100	Wu	Geoffrey	14.13
100	Gardner	Neville	17.46
400	Cross	Braeden	50.0
400	Wilcox	Andrew	51.8
400	Robertson	Thomas	52.5
400	Nagle	Andrew	52.9
400	Coughlin	Andrew	53.0
400	Tomlinson	Adam	54.4
400	Apelis	August	54.7
400	Oughtred	Patrick	54.7
400	Dare	Timothy	55.5
400	Harkins	Jake	57.0
400	Wong	Boaz	57.4
400	Ayers	David	58.5
400	Clements	James	61.3
1500	Kelly	Stephen	3:51.6
1500	Clark	Daniel	3:53.3
1500	Martin-Alcaide	Kyle	3:59.9
1500	Potter	William	4:00.7
1500	Dipnall	Sam	4:05.4
1500	Balassone	Daniel	4:06.0
1500	Nagle	Andrew	4:12.4
1500	Dowel	Michael	4:13.3
1500	Coughlin	Andrew	4:14.0
1500	Lefevre	Mitchell	4:22.5
1500	Morris	John	4:22.8
1500	Oughtred	Patrick	4:24.3
1500	Featherston	David	4:29.0
1500	Ayers	David	4:30.2
1500	Hardy	Joe	4:30.5
1500	Wong	Hanson	4:35.1
1500	Milnes	Mitchell	4:37.7
1500	Green	Peter	4:37.9
1500	O'Connor	Chris	4:44.7
1500	Clowes	Russell	4:56.7
1500	Meehan	James	4:59.7
1500	Snibson	Tom	5:13.9
1500	Powell	Cameron	5:25.2
1500	Tunne	Andrew	5:39.8
90H	Wu	Geoffrey	17.37
100H	Robertson	Thomas	14.56
110H	Zeed	Mohamad	15.46
110H	Kinnersley	David	15.91
2000W	Evans	Simon	9:51.4
2000W	Dyer	William	10:16.2
2000W	Summers	Harry	13:30.6
2000W	Gardner	Neville	15:04.3
3000S	Kathirasan	Chaitanya	11:45.4
DT	Grant	David	40.58m
DT	Lockwood	Nick	38.69m
DT	Wu	Kevin	35.93m

DT	Clowes	Russell	33.58m
DT	Barrett	Glen	28.61m
DT	Wu	Kenneth	27.40m
DT	Dyer	William	23.86m
DT	Gardner	Neville	19.72m
JT	Barrett	Glen	52.40m
JT	Lockwood	Nick	42.31m
JT	Grant	David	39.62m
JT	Morris	Cameron	39.33m
JT	Clowes	Russell	37.98m
PV	Sherry	Cameron	4.71m
PV	Cross	Brodie	4.45m
PV	Kinnersley	David	4.00m
PV	Papas	Tim	3.85m
PV	Barrett	Glen	3.85m
PV	Barclay	Rob	2.75m
PV	Kalac	Oliver	2.45m
TJ	Wu	Geoffrey	9.36m