

Box Hill Athletic Club Summer News 08
Monday 16 November 2009

UPCOMING EVENTS

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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
Saturday, November 28, Rare Air Club Melb. Uni.
Thursday, December 3, B, C, D Grade Zatopek Aberfeldie
Saturday, December 5, Shield round 8 Box Hill

ROUND 6 OF SHIELD COMPETITION AT DONCASTER ON SATURDAY

Round 6 of shield competition will be held this Saturday, November 21 at Doncaster. Program 2 will be used this week with the track events (Walk, Hurdles, Steeple, 100m, 1500m, 4x100m, 400m) starting at 1:00pm and the field events starting at 12:30pm (Discus, Triple Jump, Pole Vault, Javelin) Remember that you must compete in at least 4 rounds of competition to be eligible to run in the finals, so we are hoping that all registered athletes can compete this week.

HELPERS

Box Hill must supply some volunteers this Saturday to help with the smooth running of the competition. If you can help please let us know.

We need 4 helpers to assist with the set up and packing away of the hurdles at the start of the program and the steeples shortly after the hurdles. We also need 4 helpers to assist with the relays. We are hoping that all members will volunteer to help at least once throughout the season.

VOTE FOR STEVE HOOKER

Steve has been nominated for the Sports Performer of the Year award - but he needs your help! The winner is decided by public vote so if Steve's high flying indoor season or his injury-defying performance to win the world title in Berlin inspired you, follow the below link to register your vote and help get him across the line.

Each voter also receives an entry into the draw to win \$5000!

To vote for Steve, follow this link

http://www.performerawards.com.au/index.php?option=com_content&view=article&id=58:steve-hooker&catid=3

Steve is a life member of Box Hill and not only became the second highest vaulter of all time with a clearance of 6.06m in Boston in February, but defied injury to win the world championship in Berlin in spectacular fashion.

RESULTS FROM ROUND 5 OF SHIELD COMPETITION

The results from round 5 of shield competition held at Ringwood on Saturday are listed below. One of the highlights of the day was the 5000m. On a hot day when the runners of some clubs avoided the longer race, Box Hill had 17 starters in this event, one third of the entire field. This included 5 of the 10 women who took part in this event.

Women's results

200	Sudholz	Bronwyn	25.50
200	Marchant	Rebecca	26.10
200	Phillips	Angela	27.77
200	Adams	Melanie	27.80
200	Pocklington	Alexandra	28.30
200	Budden	Tessa	29.00
200	Freestone	Abbie	29.34
200	Carabourniotis	Panayiota	29.83
200	Houston	Katherine	30.25
200	Matheson	Julia	31.61
800	Ackland	Kate	2:17.4

800	Turnbull	Olivia	2:18.2
800	Constable	Laura	2:24.9
800	Norney	Julie	2:28.4
800	De Luca	Emily	2:30.6
800	Brown	Grace	2:34.6
800	Atkin	Liselle	2:40.2
800	Dyer	Chelsea	2:40.9
800	Savige	Amelia	2:41.1
800	Mason	Ella	3:06.1

5000	Johnson	Rachel	17:30.0
5000	Norney	Julie	19:40.6
5000	Harper	Amanda	20:01.7
5000	Law	Rebecca	20:34.9
5000	Conley	Margie	20:57.2

3000W	Mason	Ella	16:50.2
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HJ	McCathrion	Paris	1.55m
HJ	Budden	Tessa	1.45m
HJ	Hewitt	Sarah	1.35m

LJ	Marchant	Rebecca	5.35m
LJ	Carabourniotis	Panayiota	5.01m
LJ	McCathrion	Paris	4.89m
LJ	Budden	Tessa	4.53m

SP	McCowan	Catherine	9.95m
SP	Dyer	Chelsea	9.89m
SP	Phillips	Angela	10.98m
SP	Hewitt	Sarah	10.62m

HT	Hewitt	Sarah	30.54m
HT	Dyer	Chelsea	15.04m

Mens Results

200	Lucas	Blake	22.23
200	Cross	Braeden	22.75
200	Sherry	Cameron	22.91
200	Filshie	James	23.31
200	Van De Garde	Max	23.7
200	Robertson	Thomas	23.9
200	Clowes	Russell	24.1
200	Pocklington	Joel	24.12
200	Cross	Brodie	24.83
200	Baker	Cameron	24.84
200	Johnson	Marcus	24.97
200	Mitchell	David	25.02
200	Pocklington	Colin	25.14
200	Lake	Jonathan	27.08
200	Norney	James	29.1

200	Norney	Laughlin	29.3
200	Wu	Geoffrey	30.33
200	Gardner	Neville	35.3
800	Nagle	Andrew	01:57.7
800	Featherston	David	02:01.5
800	Oughtred	Patrick	02:01.9
800	Dipnall	Sam	02:02.4
800	Ayers	David	02:07.5
800	Wong	Hanson	02:14.4
800	Sturdy	Brook	02:17.9
800	Pelgrim	Bert	02:19.1
800	Meehan	James	02:34.0
800	Dyer	William	02:43.0
3000	Williams	Max	09:31.4
3000	Hardy	Joe	10:12.7
5000	Dipnall	Sam	16:21.0
5000	Jimenez	David	17:00.1
5000	Griffin	Steven	17:25.9
5000	O'Connor	Chris	17:28.8
5000	Pelgrim	Bert	18:20.6
5000	Hanley	Marcus	18:33.4
5000	Stefanos	Peter	20:08.4
5000	Featherston	David	20:50.9
5000	Taylor	Steve	21:00.4
5000	Sturdy	Brook	21:35.0
5000	Tunne	Andrew	21:42.5
5000	Gardner	Neville	25:27.3
3000W	Evans	Simon	15:35.5
3000W	Dyer	William	15:57.0
400H	Wong	Boaz	62.9
200H	Lake	Jonathan	32.7
200H	Wu	Geoffrey	36.74
HJ	Spry	Jesse	1.95m
HJ	Norney	Laughlin	1.35m
LJ	Spry	Jesse	6.32m
LJ	Norney	James	4.24m
SP	Lockwood	Nick	14.34m
SP	Spry	Jesse	12.62m
SP	Papas	Tim	12.02m
SP	Wu	Kevin	11.43m

SP	Wu	Kenneth	10.29m
SP	Clowes	Russell	9.76m
SP	Dyer	William	7.12m
SP	Gardner	Neville	5.21m