

**Box Hill Athletic Club Summer News 12**  
**Monday 14 December 2009**

## **UPCOMING EVENTS**

Tuesday, December 15, Box Hill Christmas Function!  
Tuesday, December 15, Milers Club, Box Hill  
Saturday, December 19, Rare Air Club, Box Hill  
Sunday, December 20, AV Throwers, Ringwood

### **SEE YOU AT BOX HILL CHRISTMAS FUNCTION ON TUESDAY!**

Another great opportunity to meet other Box Hill members and start Christmas on a high note. BBQ. Snags and drinks available 6pm til 8pm during the milers club event at the track on December 15. (Milers club starts at 7 pm) All welcome.  
See you at the BBQ on Tuesday night!

### **ROUND 10 OF SHIELD COMPETITION AT BOX HILL ON SATURDAY JANUARY 16**

The next round of shield competition will be held at Box Hill on Saturday evening, January 16, commencing at 5:00pm.  
Please note the change of time and date. (This round was originally scheduled for the Thursday night)

### **HAVE YOU LOST SOMETHING?**

A number of items have been left behind at the track after training in recent times, including a mobile phone, an ipod and a pair of reading glasses. Please let us know if you have lost these or any other items.

### **ZATOPEK:10**

Congratulations to the Box Hill athletes who performed well at the Zatopek meet last Thursday night.  
Women's 10,000m:  
Nikki Chapple 5th 32:29.92  
Hanny Allston 10th 34:25.74  
Men's 10,000m:  
Steve Kelly 16th 29:55.49  
Men's 1500m:  
Daniel Clark 10th 3:48.34  
Matt Coloe 13th 3:51.22  
Women's Triple Jump:  
Rebecca Marchant 5th 11.80m  
Women's Discus:  
Chelsea Dyer 5th 35.06m

### **RESULTS FROM ROUND 9 OF SHIELD COMPETITION**

The results from round 9 of shield competition held at Doncaster on Saturday are listed below.

#### **Women's results**

##### **200 Meters**

Sudholz, Bronwyn	26.01
Phillips, Angela	27.45
Turnbull, Olivia	27.75
Baxter, Holly	28.16
Freestone, Abbie	28.55
Budden, Tessa	29.25
Carre, Simone	29.90
Ambrose, Natalie	30.27
Adams, Melanie	30.90
Barlow, Erryn	30.94
Matheson, Julia	32.40

##### **800 Meters**

Ackland, Kate	2:16.4
Savige, Amelia	2:32.7
Roden, Alicia	2:41.4
DE Luca, Emily	2:31.3
Barrington, Priscilla	2:41.0

**3000 Meters**

O'Brien, Eloise 11:07.4

**5000 Meters**

Johnson, Rachel 17:19.92

Norney, Julie 18:21.2

Harper, Amanda 19:38.0

Petrie, June 20:05.1

Law, Rebecca 20:09.2

Condon, Brooke 18:22.3 (INV)

**High Jump**

Marchant, Rebecca 1.60m

Budden, Tessa 1.45m

**Pole Vault**

Adams, Melanie 3.75m

Marchant, Rebecca 3.75m

McCathrion, Paris 3.60m

Pocklington, Alex 3.45m

**Long Jump**

Budden, Tessa 4.42m

Carabourniotis, Yiota 4.52m

Adams, Melanie 4.44m

**Shot Put**

Phillips, Angela 11.46m

McCowan, Catherine 9.75m

Hewitt, Sarah 9.29m

**Hammer**

Hewitt, Sarah 30.33m

McCowan, Catherine 21.85m

**3000m Walk**

Mason, Ella 16:59.9

**Mens Results****200 Meters**

Cornelius, Tom 22.85

Sherry, Cameron 23.04

Cross, Braeden 23.29

Wilcox, Andrew 23.77

Robertson, Thomas 23.94

Van DE Garde, Max 24.22

Baker, Cameron 24.38

Johnson, Marcus 24.96

Nagle, Andrew 25.02

Oughtred, Patrick 25.30

Cross, Brodie 25.33

Pocklington, Colin 25.41

Norney, Laughlin 29.27

Gardner, Neville 35.48

**800 Meters**

Balassone, Daniel 1:56.6

Potter, William 1:58.8

Martin-Alcaide, Kyle 2:04.2

Ayers, David 2:05.0

Featherston, David 2:05.2

Coughlin, Andrew 2:06.5

Apelis, August 2:13.3

Hardy, Joe 2:21.1

Green, Peter 2:22.2

Hill, Jack 2:32.4

Norney, James 2:36.7

Norney, Laughlin 2:41.0

Gardner, Neville 3:08.2

**3000 Meters**

Williams, Max 9:32.1

Clements, James	10:08.7
Meehan, James	10:56.1
<b>5000 Meters</b>	
Yeatman, Luke	15:19.6
Morris, John	16:40.2
Downs, Stewart	17:32.5
Olden, Graeme	18:25.9
O'Connor, Chris	19:37.7
Stefanos, Peter	19:40.4
Taylor, Steve	20:03.3
Tunne, Andrew	21:32.9
<b>High Jump</b>	
Peavey, John	1.65m
Norney, Laughlin	1.35m
Norney, James	1.35m
<b>Pole Vault</b>	
Pocklington, Joel	4.95m
Lucas, Blake	4.80m
Cross, Brodie	4.50m
Barrett, Glen	4.35m
Spry, Jesse	3.90m
Clowes, Russell	3.75m
Baker, Cameron	3.30m
McLardie, Angus	3.00m
Barclay, Rob	2.55m
Norney, Laughlin	2.10m
<b>Long Jump</b>	
Cornelius, Tom	6.40m
Clowes, Russell	6.56m
Spry, Jesse	6.31m
Sherry, Cameron	5.87m
Van DE Garde, Max	4.79m
Johnson, Marcus	4.42m
Norney, James	4.34m
Norney, Laughlin	4.10m
Gardner, Neville	2.83m
<b>Shot Put</b>	
Grant, David	12.95m
Spry, Jesse	12.05m
Clowes, Russell	10.39m
Cross, David	7.02m
Norney, James	7.92m
Norney, Laughlin	6.77m
Gardner, Neville	5.64m
<b>Hammer</b>	
Cross, David	24.23m
<b>3000m Walk</b>	
Summers, Harry	19:23.5