

Box Hill Athletic Club Summer News 16
Tuesday 19 January 2010

UPCOMING EVENTS

Thursday, January 21, Shield Round 11, Nunawading
Saturday, January 30, Shield Round 12, Doncaster
Thursday February 4, Throwers Club, Doncaster
Saturday, February 6, Shield Region Final, Box Hill
Saturday, February 13, AV Shield Final, Doncaster

ROUND 11 OF SHIELD COMPETITION AT NUNAWADING ON THIS THURSDAY, JANUARY 21

Round 11 of shield competition will be held at Nunawading on Thursday evening using program 1. The field events commence at 5:00pm (Hammer, Shot Put, High Jump, Long Jump) and the track events also starting at 5:00pm (Hurdles, Walk, 200, 800, 4x400, 3000).

This is a similar program to that which will be used in the finals, so we hope to get as many members as possible competing this Thursday.

WORLD CROSS COUNTRY CHAMPIONSHIP TRIALS

Nikki Chapple ran a great race to finish a close 2nd to Benita Willis in the world cross country trials at Brimbank Park on Sunday morning.

In the men's race Andrew White finished 8th ahead of Steve Kelly (12th) and Daniel Clark (21st)

RESULTS FROM ROUND 10 OF SHIELD COMPETITION

100 Meters

Women

Sudholz, Bronwyn	12.6h
Phillips, Angela	13.0h
Ferrier, Sarah	13.38
Baxter, Holly	13.86
Roden, Alicia	14.21
Houston, Katherine	14.8h
Carre, Simone	15.33
Matheson, Julia	15.82

Men

Lucas, Blake	11.40
Harrison, Lane	11.47
Zeed, Mohamad	11.60
Filshie, James	11.85
Haddow, Andrew	11.93
Van DE Garde, Max	12.15
Johnson, Marcus	12.44
Apelis, August	12.56
Pocklington, Colin	12.64
Cross, Brodie	12.74
Mitchell, David	13.02
Cross, David	13.42
WU, Geoffrey	14.68

400 Meter Run

Women

Ackland, Kate	61.22
Condon, Phoebe	64.80
Roden, Alicia	65.3h

McRae, Helen	65.43
--------------	-------

Men	
Cross, Brodie	50.26
Cornelius, Tom	50.81
Robertson, Thomas	51.98
Coughlin, Andrew	52.75
Featherston, David	53.36
Apelis, August	54.07
Zeed, Mohamad	55.04
Johnson, Marcus	57.61
Cross, David	59.81

1500 meter Run

Women	
Turnbull, Olivia	4:56.1h
Ackland, Kate	4:56.5h
McRae, Helen	4:59.3h
Ambrose, Natalie	5:08.7h
Townshend, Penny	5:15.9h
Garrod, Ellissa	5:26.3h
Savige, Amelia	5:31.8h
Law, Rebecca	5:47.1h

Men	
Coloe, Matthew	4:04.1h
Nagle, Andrew	4:13.2h
Oughtred, Patrick	4:26.0h
Baggott, Nicholas	4:29.2h
Ayers, David	4:32.8h
Featherston, David	4:36.67
Wong, Hanson	4:50.2h
Hardy, Joe	4:54.4h
Kathirasan, Chaai	4:57.4h
O'Donnell, Matthew	5:09.5h
Evans, Simon	5:43.7h

5000 Meter Run

Women	
Johnson, Rachel	17:27.2h
Condon, Brooke(Inv)	18:28.7h
Conley, Margie	21:34.3h

Men	
Griffin, Steven	16:55.9h
Lefevre, Mitchell	17:21.3h
Meagher, John	17:21.6h
Morris, John	17:22.1h

Hardy, Joe	18:09.3h
O'Connor, Chris	18:28.2h
Olden, Graeme	19:12.1h
Tunne, Andrew	21:43.8h
Stevens, David	21:49.8h

100 Meter Hurdles

WU, Geoffrey	21.2h
--------------	-------

110 Meter Hurdles

Zeed, Mohamad	15.3h
---------------	-------

Pole Vault

Men
Pocklington, Joel 5.15m
Filshie, James 5.00m
Barrett, Glen 4.40m
Sherry, Cameron 4.25m

McLardie, Angus 2.75m

Women
Adams, Melanie 3.35m
Marchant, Rebecca 3.35m
Freestone, Abbie 3.20m
Houston, Katherine 2.75m

Triple Jump
Women
Ferrier, Sarah 10.96m
Carre, Simone 10.49m

Baxter, Holly 9.65m
Carabourniotis, Yiota 9.55m

Men
WU, Geoffrey 8.96m

Discus Throw
Women
McCowan, Catherine 38.64m
Phillips, Angela 32.34m

Men
Davies, Chris 38.24m
Spry, Jesse 32.91m
WU, Kenneth 32.21m
Zeed, Mohamad 19.35m

Gardner, Neville 18.52m
WU, Kevin 17.25m

Javelin Throw
Women
Carre, Simone 27.77m

Men
Gardner, Neville 17.27m

2000 Meter Race Walk
Women
Mason, Ella 11:08.5h
Carre, Simone 14:22.8h

Men
Summers, Harry 12:39.3h

CONGRATULATIONS

A number of Box Hill runners have done well in some start of the year runs.

2010 Cadbury ½ Marathon, Hobart 10-Jan-2010

The inaugural Australian Masters Half Marathon Championship was also incorporated in the event and our results were:

3rd Hanny Allston 1:25:12

4th Julie Norney 1:25:25 (2nd W40-44)

5th June Petrie 1:27:35 (1st W45-49)

303 finishers

Julie set a new PB knocking over two minutes off her previous best!

David Jimenez won the waratah bay to sandy point fun run. The race was 8k on sand and his time was 27.15. Mark Stewart also ran but finished a little further back in the pack!

The 5th Annual Bells Bash Clifftop Run was held on Friday night (16-Jan) on a tough out and back course.

4km results

June Petrie 1st Female Overall 14:33

James Norney 9th M 14-15 15:04

Laughlin Norney 3rd M 12-13 15:29

8km Results

Bert Pelgrim 3rd M 50-59 28:28

Julie Norney 5th Female overall 2ndW 40-49 29:25

Amanda Harper 15th Female overall 4th W 40-49 31.18

RESEARCH VOLUNTEERS WANTED

EFFECT OF COMPRESSION GARMENTS ON HIGH-INTENSITY EXERCISE PERFORMANCE AND RECOVERY

RESEARCH OBJECTIVES

This research study will form part of the ongoing investigations conducted by the Applied Exercise Research group to examine the effect of compression garments on high-intensity exercise performance and recovery

PARTICIPANT ATTRIBUTES

Volunteers should be:

- males between 18 and 40 years old.
- preferably an active runner with a background in athletics, soccer, football etc.
- actively involved in exercise training or competition on at least 3 days per week
- available to complete a series of exercise testing sessions during Feb/Mar.

TESTING SCHEDULE

Volunteers will attend the exercise performance laboratory (Burwood):

- On 5 occasions lasting approx 90 minutes each
- o Session one: garment fitting and familiarisation
- o Session two: full aerobic fitness assessment ()
- o Final 3 sessions: tests of performance and recovery

REMUNERATION

All volunteers that participate satisfactorily until completion of the study will receive a pair of New Balance shoes from the range valued at \$200 from the research sponsors.

FOR FURTHER INFORMATION

Dr. Stuart Warmington (03) 9251 7013 stuart.warmington@deakin.edu.au