

Box Hill Athletic Club Summer News 17
Monday 25 January 2010

UPCOMING EVENTS

Saturday, January 30, Shield Round 12, Doncaster

Thursday February 4, Throwers Club, Doncaster

Saturday, February 6, Shield Region Final, Box Hill

Thursday, February 11, Rare Air Club, Melbourne Uni

Thursday, February 11, High Velocity Club, Doncaster

Saturday, February 13, AV Shield Final, Doncaster

ROUND 12 OF SHIELD COMPETITION AT DONCASTER ON THIS SATURDAY, JANUARY 30

Round 11 of shield competition will be held at Nunawading on Thursday evening using program 1. The field events commence at 4:30pm (Discus, Triple Jump, Javelin, Pole Vault) and the track events start at 5:00pm (Hurdles, Walk, steeple, 100, 1500, 4x100, 400). The last track event is the 400m starting at 7:50pm (women) and 8:10pm (men).

This is the last round of shield competition before the finals. Most of our teams will qualify for the finals, but you must have taken part in at least 4 rounds of competition to be eligible for the finals.

THE FINALS ARE COMING!

The shield region finals will be held at Box Hill on February 6. It is very important that all eligible athletes are available to compete on this day. The top teams from the region finals will then progress to the state association finals at Doncaster on the February 13. We need our teams to be at full strength if we are to come away with more premierships this year!

WORLD CROSS COUNTRY CHAMPIONSHIPS

Congratulations to Nikki Chapple who has been selected to represent Australia at the World Cross Country Championships at Bydgoszcz, Poland on March 28

RESULTS FROM ROUND 11 OF SHIELD COMPETITION

200 Meter

Haddow, Andrew	23.2
McMillan, Lachlan	23.9
Baker, Cameron	23.4
Zeed, Mohamad	24.9
Cross, Brodie	25.1
Cross, David	26.4
WU, Geoffrey	29.4

Ferrier, Sarah	26.1
Phillips, Angela	27.1
Baxter, Holly	27.8
Freestone, Abbie	28.0
Houston, Katherine	29.9
Matheson, Julia	31.8

800 Meter

White, Andrew	1:53.9
Clark, Daniel	1:54.3
Balassone, Daniel	1:55.0
Nagle, Andrew	1:59.0
Coughlin, Andrew	1:59.4
Dipnall, Sam	2:00.0
Oughtred, Patrick	2:00.6
Baggott, Nicholas	2:06.3
Dowel, Michael	2:06.9
White-Alikakos, Daniel	2:08.1
Ayers, David	2:15.4

Wong, Hanson	2:17.9
Green, Peter	2:29.6
Norney, Laughlin	2:34.6
Hill, Jack	2:35.6
Evans, Simon	2:39.8

Ackland, Kate	2:16.6
Turnbull, Olivia	2:19.7
Ambrose, Natalie	2:23.3
Goessler, Emily	2:24.9
McRae, Helen	2:26.3
DE Luca, Emily	2:28.7
Roden, Alicia	2:35.9
Garrod, Ellissa	2:37.0
Savige, Amelia	2:38.0
Atkin, Liselle	2:45.1

3000 Meter	
White, Andrew	8:23.8
Yeatman, Luke	8:52.5
Clark, Daniel	8:56.0
Kelly, Stephen	8:56.7
Dowel, Michael	9:20.1
Williams, Max	9:25.6
Griffin, Steven	9:38.3
Pelgrim, Bert	10:20.6
O'Connor, Chris	10:25.0
Kathirasan, Chaai	10:25.4
Hanley, Marcus	10:26.1
Dyer, Mitchell	10:39.9
Dyer, William	11:10.4
Norney, James	11:57.8
Norney, Laughlin	11:58.1
Tunne, Andrew	12:22.7
Stevens, David	12:27.2
Oughtred, Patrick	13:37.6
Nagle, Andrew	13:38.4

Johnson, Rachel	10:01.0
Norney, Julie	10:48.1
Petrie, June	11:25.8
Harper, Amanda	11:29.0
Barrington, Priscilla	12:02.2
Conley, Margie	12:11.6
McNally, Charmaine	12:51.8

400 Meter Hurdles	
Cornelius, Tom	55.7
Robertson, Thomas	57.2
Cross, Braeden	57.3
Zeed, Mohamad	59.0
Brock, Christopher	63.7

High Jump	
Spry, Jesse	1.80m
Cornelius, Tom	1.60m
Norney, Laughlin	1.35m
Norney, James	1.30m

Long Jump	
Spry, Jesse	6.14m
WU, Geoffrey	4.55m
Norney, James	4.19m

Cross, David	4.15m
Gardner, Neville	1.88m
Ferrier, Sarah	5.31m
Carabourniotis, Yiota	4.70m
Shot Put	
Grant, David	13.19m
Spry, Jesse	11.00m
WU, Kevin	10.35m
WU, Kenneth	10.16m
Gardner, Neville	5.25m
Phillips, Angela	12.88m
McCowan, Catherine	9.67m
Hewitt, Sarah	9.04m
Hammer Throw	
Cross, David	24.52m
Lucas, Blake	20.67m
Baker, Cameron	16.88m
Pocklington, Joel	16.19m
McCowan, Catherine	30.82m
Hewitt, Sarah	27.47m
3000 Meter Race Walk	
Evans, Simon	15:22.1
Summers, Harry	19:11.4