

**Box Hill Athletic Club Summer News 18**  
**Tuesday 2 February 2010**

## UPCOMING EVENTS

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**

### **EAST REGION FINALS THIS SATURDAY, FEBRUARY 6**

The East Region interclub shield finals will be held this Saturday afternoon at Box Hill.

Box Hill has 6 teams that have qualified for the finals: Men Division 1, Men Under 18, Men Under 16, Women Division 1, Women Division 2 and Women Under 18.

Please check the teams listed below. If anyone in the team cannot compete this Saturday, please let us know as soon as possible. If you are not selected or have not qualified for a team you can still compete by invitation this Saturday. So we encourage you to come along and compete and support your team mates.

The top 2 teams in each division/age group this Saturday will proceed to the Victorian Association finals on February 13.

Note that it is important that all competitors wear the correct club uniform with black shorts and with their registration numbers properly attached to the back and front of their singlet.

The teams are subject to change, so let us know if you have any enquiries about the teams.

The timetable for this Saturday is attached. It can also be found on the Athletics Victoria website.

#### Men Division 1:

200m: Cam Sherry, James Filshie, Mo Zeed. (Reserve: Baker)

4x400m: Daniel Balassone, Dave Featherston, Andrew Wilcox, Daniel Clark. (Res: Nagle, Baker)

400m Hurdles: Mo Zeed, Dave Featherston. (Res: Boaz)

3000m Walk: Simon Evans, Bill Dyer. (Res: Summers)

800m: Andrew White, Daniel Clark, Daniel Balassone. (Res: Nagle)

5000m: John Morris, Steve Kelly, Sam Dipnall. (Res: Griffin)

Hammer: Dave Cross, Dave Featherston. (Res: Baker)

High Jump: Jesse Spry, Glen Barret. (Res: Baker)

Long Jump: Russell Clowes, Jesse Spry. (Res: Featherston, Sherry)

Shot Put: Jesse Spry, Glen Barrett. (Res: Clowes)

#### Men Under 18

200m: Lachlan McMillan, Braeden Cross, Tom Cornelius (Res: Tim Dare)

4x400m: Braeden Cross, Tom Cornelius, Andrew Coughlin, William Potter. (Res: Tim Dare)

400m Hurdles: Tom Cornelius, Braeden Cross

800m: William Potter, Andrew Coughlin, Daniel White-Alikakos. (Res: Dowel)

3000m: Michael Dowel, Max Williams

High Jump: Tom Cornelius, Tim Dare

Long Jump: Tom Cornelius

Shot Put: Nick Lockwood, David Grant. (Res: Tim Papas, Kevin Wu)

#### Men Under 16

200m: Tom Robertson, Brodie Cross, Laughlin Norney. (Res: Geoff Wu)

4x400m: Brodie Cross, Tom Robertson, Laughlin Norney, James Norney

200m Hurdles: Tom Robertson, Geoff Wu

800m: Kyle Martin-Alcaide, Hanson Wong, Joe Hardy. (Res: James Meehan)

3000m: Kyle Martin-Alcaide, Joe Hardy

High Jump: Lachlan Norney, James Norney

Long Jump: Geoff Wu, James Norney. (Res: Laughlin Norney)

Shot Put: Kenneth Wu, Laughlin Norney. Res: James Norney

#### Women Division 1:

200m: Bron Sudholz, Angela Phillips, Katherine Houston  
4x400m: Kate Ackland, Ollie Turnbull, Talitha Crawford, Emily De Luca  
3000m Walk: Ella Mason  
800m: Kate Ackland, Ollie Turnbull, Talitha Crawford  
5000m: Rachel Johnson, Julie Norney, June Petrie  
Hammer: Sarah Hewitt, Kate McCowan  
High Jump: Simone Carre, Sarah Hewitt  
Long Jump: Yiota Carabourniotis, Simone Carre  
Shot Put: Angela Phillips, Sarah Hewitt

#### Women Division 2:

200m: Ollie Turnbull, Kim Poon-Hornett, Holly Baxter. Reserve: Adams, Freestone  
4x400m: Helen McRae, Alicia Roden, Angela Phillips, Bron Sudholz Res: Houston, Barlow  
800m: Helen McRae, Julie Norney, Emily De Luca. Res: Roden  
5000m: Amanda Harper, Rebecca Law, Margie Conley  
Long Jump: Melanie Adams  
Shot Put: Kate McCowan, Simone Carre

#### Women Under 18

200m: Rebecca Marchant, Tessa Budden, Alex Pocklington  
4x400m: Liselle Atkin, Nat Ambrose, Amelia Savige, Helen Tower  
800m: Liselle Atkin, Chelsea Dyer  
3000m: Eloise O'Brien, Penny Townshend  
Hammer: Chelsea Dyer  
High Jump: Rebecca Marchant, Tessa Budden  
Long Jump: Rebecca Marchant, Tessa Budden. Res: Dyer  
Shot Put: Chelsea Dyer

### **CONGRATULATIONS**

Congratulations to Hanny Allston who travelled to Sydney to take part in the NSW 5000m championships. Hanny won the event in wet conditions by almost a minute in the time of 16:29. This follows on from her PB of 9:17 for 3000m in Launceston recently.

### **RESULTS FROM ROUND 12 OF SHIELD COMPETITION**

#### **100 Meter**

Sudholz, Bronwyn	12.73
Poon Hornett, Kimberlie	13.64
Brock, Catherine	13.81
Tower, Helen	13.75
Houston, Katherine	14.66
Clowes, Nicole	14.80
Matheson, Julia	15.80

Robertson, Thomas	11.34
Cornelius, Tom	11.45
Cross, Braeden	11.52
Harrison, Lane	11.54
Haddow, Andrew	11.56
Zeed, Mohamad	11.63
Filshie, James	11.69
McMillan, Lachlan	11.81
Apelis, August	12.41
Oughtred, Patrick	12.43
Pocklington, Colin	12.45
Johnson, Marcus	12.61
Chen, William	12.81
WU, Geoffrey	13.26
Gardner, Neville	18.02

#### **400 Meter Run**

Ambrose, Natalie	62.24
Tower, Helen	62.85
DE Luca, Emily	64.61

Houston, Katherine	67.06
Atkin, Liselle	68.91
Savige, Amelia	72.62
Cross, Braeden	50.05
Robertson, Thomas	51.94
Coughlin, Andrew	52.77
Oughtred, Patrick	53.57
Wilcox, Andrew	53.70
Apelis, August	53.73
Nagle, Andrew	54.17
Zeed, Mohamad	54.45
White-Alikakos, Daniel	55.15
Brock, Christopher	55.7
Baggott, Nicholas	56.02
Wong, Hanson	56.8
Dipnall, Sam	57.24
Johnson, Marcus	57.2
Cross, David	59.6
Chen, William	59.7

### 1500 Meter Run

Johnson, Rachel	4:46.2
Norney, Julie	4:50.4
Ambrose, Natalie	4:52.2
McRae, Helen	4:58.6
Goessler, Emily	5:10.1
Crawford, Talitha	5:11.2
Petrie, June	5:14.2
Conley, Margie	5:25.2
DE Luca, Emily	5:26.6
Barrington, Priscilla	5:30.6
Savige, Amelia	5:38.8
Law, Rebecca	5:39.1
Atkin, Liselle	6:06.9
McNally, Charmaine	6:02.0

Clark, Daniel	3:51.9
White, Andrew	3:52.9
Kelly, Stephen	4:00.2
Dipnall, Sam	4:02.7
Balassone, Daniel	4:07.6
Nagle, Andrew	4:17.3
Williams, Max	4:27.8
Griffin, Steven	4:29.5
Baggott, Nicholas	4:33.8
White-Alikakos, Daniel	4:36.6
Pelgrim, Bert	4:42.8
Wong, Hanson	4:48.7
Paidoussis, Nicolas	4:51.0
Featherston, David	4:51.8
Olden, Graeme	4:53.0
Green, Peter	5:06.3
Hill, Jack	5:21.9
Powell, Cameron	5:35.7
Stevens, David	5:39.7
Tunne, Andrew	5:48.4
Gardner, Neville	7:02.9

### 90 Meter Hurdles

Tower, Helen	15.6
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### 100 Meter Hurdles

WU, Geoffrey	20.9
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### 110 Meter Hurdles

Zeed, Mohamad	14.9
McMillan, Lachlan	16.5

Brock, Christopher 17.1

**2000 Meter Steeplechase**

Dowel, Michael 6:46.4

Hardy, Joe 7:24.9

Norney, Laughlin 8:25.2

**Pole Vault**

Filshie, James 4.90m

Cross, Brodie 4.45m

Spry, Jesse 3.85m

McLardie, Angus 2.95m

Norney, Laughlin 2.05m

McCathrion, Paris 3.55m

Marchant, Rebecca 3.55m

Freestone, Abbie 3.10m

Ben-Natan, Miya 2.80m

Barclay, Rob 2.65m

Houston, Katherine 2.65m

**Triple Jump**

Carre, Simone 10.91m

Carabourniotis, Panayiot 9.95m

WU, Geoffrey 9.48m

Norney, James 9.22m

**Discus Throw**

Grant, David 47.13m

Spry, Jesse 37.00m

Clowes, Russell 34.35m

WU, Kenneth 33.84m

WU, Kevin 27.79m

Norney, James 25.22m

Gardner, Neville 19.99m

Hewitt, Sarah 35.17m

**Javelin Throw**

Grant, David 45.02m

Norney, James 19.78m

Gardner, Neville 15.46m

Hewitt, Sarah 22.84m

**2000 Meter Race Walk**

Mason, Ella 11:21.8