

Box Hill Athletic Club Summer News 11

SHIELD COMPETITION ROUND 8 BACK AT BOX HILL THIS SATURDAY

Shield competition this Saturday, December 3 is at Box Hill.

We only have 9 rounds of shield competition this season (all before Christmas), then region finals and association finals in January.

To compete in the finals you must have competed at least 3 times before the Christmas break and you cannot compete in an event in the finals that you have not done throughout the season, so it would be good to try some extra events this week!

ROUND 9 OF SHIELD COMPETITION TO BE HELD AT BOX HILL

Please note that round 9 of shield competition on December 10 will be held at Box Hill NOT at Doncaster as listed in the handbook.

SOME GREAT PERFORMANCES

Mohamad Zeed ran a PB in the 110 metres Hurdles in Brisbane recently, clocking 14.19, less than two tenths of a second outside the B-qualifying time for the Commonwealth Games.

Andrew White ran a PB by over 30 seconds in a 5000 metre race in Japan with a time of 14:18.0

It is hard to keep up with all the outstanding performances of Box Hill athletes, so please let me know by email if you think we have missed something!

VICTORIAN CLUB CHAMPIONSHIPS AND VICTORIAN RELAY CHAMPIONSHIPS

These events will be held at Newport Park (Williamstown) on Saturday and Sunday, December 17-18.

We will be organising teams over the next couple of weeks so please let your team manager know of your availability.

VICTORIAN MILER'S CLUB

UPCOMING EVENTS

Sun 27-Nov to Sat 3-Dec Pacific School Games Olympic Park

Thur 1-Dec Zatopek Olympic Park

Sat 3-Dec Shield Competition - Round 8 (Program 2) Box Hill

Thur 8-Dec Victorian Miler's Club (800m and 1500m) at Box Hill

Sat 10-Dec Shield Competition - Round 9 (Program 1) Box Hill

Sat 17-Dec Vic. Relay & Club Team Champs Newport Park, Newport (Williamstown)

Sun 18-Dec Vic. Relay & Club Team Champs Newport Park, Newport (Williamstown)

PACIFIC SCHOOLS GAMES

Good luck to all the Box Hill athletes competing in the Pacific Schools Games next week!

RESULTS FROM ROUND 6 OF SHIELD COMPETITION AT RINGWOOD

Event	Division	Name	Performance	Wind
F100	F18	Deane, Morgan	12.60	1
F100	FOP1	Egan, Brigette	12.61	1
F100	F16	Fernandez, Lavinia	12.98	1.8
F100	F18	Shand, Rosalind	13.17	1.8
F100	F16	George, Ryleigh	13.22	2

F100	FOP1	Tilley, Leana	13.39	2.1
F100	F16	Hyde, Alexandra	13.75	2
F100	F14	Light, Bianca	13.86	1.2
F100	F16	De Luca, Emily	14.03	1.2
F100	FOP1	Burns, Lauren	14.17	2.4
F100	F16	Carabourniotis, Panayiota	14.54	1.2
F100	F16	Hanna, Elise	14.58	0.7
F100	F16	Whittle, Stacey	14.59	1.2
F100	FOP2	Riordan, Heidi	14.81	1.2
F200	FOP1	Deane, Morgan	25.37	1.6
F200	F18	Shand, Rosalind	27.14	2.5
F200	F16	Kremenchutskaya, Natalia	27.35	2
F200	F18	Turnball, Hannah	27.55	2.5
F200	F16	George, Ryleigh	28.04	2.5
F200	FOP1	Jacobs, Temmety	28.73	1.9
F200	FOP1	Lee, Vivienne	28.95	
F200	F16	De Luca, Emily	29.02	1.5
F200	FOP2	Riordan, Heidi	29.28	2.5
F200	F16	Hanna, Elise	29.58	1.2
F200	F16	Hodgkinson, Harriet	29.74	2.3
F200	FOP2	Anderson, Laura	30.39	
F200	F16	Carabourniotis, Panayiota	31.14	1.5
F200	F16	Whittle, Stacey	31.23	1.5
F3000	F16	Hodgkinson, Harriet	11:31.0	
F400H	FOP1	Buchanan, Fiona	69.38	
F400H	FOP1	Coghill, Sarah	73.89	
F400H	FOP2	Anderson, Laura	80.95	
F800	FOP1	Tomlinson, Hayley	2:19.2	
F800	FOP1	Riordan, Heidi	2:20.4	
F800	F18	Cleland, Coreena	2:26.0	
F800	FOP1	Andrews, Suzanne	2:41.9	
F800	F14	Mahoney, Charlotte	2:52.0	
M5000	FOP1	De Bruin, Jessica	19:22.5	
2000W	F16	Raselli, Cassandra	11:11.4	
2000W	F14	Neylan, Alicia	11:49.4	
FHJ	F16	Carabourniotis, Panayiota	1.15	
FHJ	F18	Kirby, Veronica	1.70	
FHJ	FOP1	Burns, Lauren	1.40	
FJT	FOP1	Burns, Lauren	40.46	
FJT	F16	Carabourniotis, Panayiota	20.02	
FJT	F18	Kirby, Veronica	13.30	
FLJ	FOP1	Carre, Simone	5.66	
FLJ	F16	Kremenchutskaya, Natalia	5.11	
FLJ	FOP1	Burns, Lauren	4.99	
FLJ	FOP2	Tilley, Leana	4.87	
FLJ	F18	Turnball, Hannah	4.85	
FLJ	F16	Whittle, Stacey	3.96	
FLJ	F16	De Luca, Emily	3.66	
FLJ	F16	Carabourniotis, Panayiota	3.55	
FSP	FOP1	Burns, Lauren	9.26	

M100	MOP1	Zeed, Mohamad	10.87	2.6
M100	MOP1	Levey, Moses	11.30	2.6
M100	M18	Haddow, Andrew	11.43	2.6
M100	MOP1	Nicoll, Chris	11.44	2.4
M100	MOP1	Nuske, Brett	11.48	2.5
M100	M18	Arunasalam, Navin	11.59	2.5
M100	M18	Bachli, Heath	11.66	1.5
M100	MOP1	Chipunza, Zuipo	11.71	2.5
M100	M18	Barmanray, Rahul	11.74	1
M100	MOP1	Goodwin, David	11.81	1.8
M100	M16	Booth, Brendan	11.91	1.3
M100	M16	Di Rienzo, Aaron	11.94	1.3
M100	MOP2	Oostveen, Theodorus	12.13	1.3
M100	MOP2	Kokkinos, Alexis	12.51	1.8
M100	M16	Nagle, Cameron	13.2h	2.2
M100	M16	Brock, Christopher	14.56	1.8
M100	MOP4	Gardner, Neville	15.92	1
M200	MOP1	Medford, Rhett	21.46	1.3
M200	MOP1	Nuske, Brett	23.18	1.3
M200	MOP1	Nicoll, Chris	23.41	1.7
M200	M18	Hogan, Andrew	23.44	2
M200	MOP1	Featherston, David	23.49	1.3
M200	MOP1	Goodwin, David	23.82	2
M200	M18	Barmanray, Rahul	23.89	1.8
M200	MOP1	Perry, Christopher	24.19	1.3
M200	M16	Booth, Brendan	24.31	1.7
M200	M16	Kafrouni, Elvis	24.80	2.6
M200	MOP2	Craigie, Kevin	24.85	1.3
M200	M16	Nagle, Cameron	27.70	2.2
M200	MOP3	Gardner, Neville	33.00	1.3
M3000	MOP3	Olden, Graeme	9:51.2	
M3000	MOP3	Pepper, Adam	11:01.9	
M3000	MOP4	Gardner, Neville	13:09.9	
M400H	MOP1	Featherston, David	54.92	
M400H	MOP1	Zeed, Imran	57.80	
M400H	M18	Hogan, Andrew	59.9h	
M400H	MOP1	Aughton, Tim	62.54	
M800	MOP1	Clark, Daniel	1:55.1	
M800	MOP1	Heron, Tim	1:55.6	
M800	MOP1	Hartshorne, Trent	1:56.7	
M800	MOP1	Craigie, Kevin	1:59.0	
M800	M18	Arunasalam, Ruben	1:59.8	
M800	M18	Arunasalam, Navin	2:00.3	
M800	MOP1	De Greenlaw, Alexander	2:00.4	
M800	MOP1	Gray, John	2:03.6	
M800	MOP2	O'brien, Simon	2:04.9	
M800	MOP2	Ayers, David	2:05.8	
M800	M16	Kafrouni, Elvis	2:09.4	
M800	MOP2	Pym, Tomas	2:15.0	
M800	MOP3	Vipond, Luke	2:15.4	
M800	M16	Hadlow, Chris	2:17.6	
M800	MOP4	Gardner, Neville	2:54.8	

MHJ	MOP1	Peavey, John	1.90
MHJ	MOP1	Oostveen, Theodorus	1.80
MHJ	MOP1	Hogan, Andrew	1.75
MHJ	MOP1	Hodges, Grant	1.70
MHJ	M18	Goodwin, Mitchell	1.50
MHT	MOP1	Scherma, Sam	43.52
MHT	M16	Maginn, Tim	20.65
MHT	M18	Goodwin, Mitchell	15.23
MJT	MOP1	Perera, Amila	59.02
MJT	MOP1	Lewis, Kristian	53.03
MJT	MOP2	Watson, Simon	37.19
MJT	MOP2	Nuske, Brett	34.73
MJT	MOP3	Featherston, David	30.74
MJT	M18	Barmanray, Rahul	22.95
MJT	M18	Goodwin, Mitchell	19.59
MLJ	INV	Hodges, Grant	6.76
MLJ	MOP1	Nuske, Brett	6.53
MLJ	INV	Oostveen, Theodorus	5.80
MLJ	M18	Barmanray, Rahul	5.59
MLJ	M16	Hadlow, Chris	5.44
MLJ	M16	Booth, Brendan	5.35
MLJ	MOP2	Scherma, Sam	5.22
MSP	MOP1	Shepherd, Stephan	14.11
MSP	MOP2	Lewis, Kristian	12.74
MSP	MOP3	Watson, Simon	10.21
MSP	M16	Maginn, Tim	9.73
MSP	M18	Ross, Joshua	8.42
MSP	M16	Nagle, Cameron	8.24
MSP	M16	Brock, Christopher	7.08