

Box Hill Athletic Club Summer News 03
Monday 22 October 2007

ROUND 2 OF SHIELD COMPETITION AT BOX HILL THIS SATURDAY

Round 2 of shield competition will be held at Box Hill this Saturday, commencing at 1:00pm (hammer throw from 12:00). Program 2 consists of the walk, 200m, 400, 1500m and 3000/5000m as well as the sprint hurdles and 4x100m. Field events will be the hammer throw, Shot Put, Discus, Triple Jump, High Jump and pole vault. Note that the men's 1500m event will be held at 2:15pm (this is missing from the timetable in the handbook). Let's hope that all registered athletes can compete this week and score maximum points for the club.

WELCOME TO NEW MEMBERS

A special welcome to all new members of the club, especially to those who competed for the first time last Saturday. The club wishes you all the best for the upcoming season. Interclub competition can be confusing to the uninitiated! so feel free to ask questions either via email or to your coach or team manager. We are here to help.

GET YOUR HANDBOOK!

If you did not pick up a Summer Competition handbook on Saturday, make sure you pick one up this week. In fact this year there are 2 handbooks. The Athletics Victoria Summer Competition Handbook and a smaller Box Hill booklet with specific club details.

OFFICIALS AND HELPERS

If anyone is not competing or if you are just coming along to watch it will be greatly appreciated if you can help out measuring or time keeping throughout the day. Speak to one of the team managers if you can help.

REGISTER NOW!

If you have not yet registered for this season, please do so as soon as possible so that you will be eligible to score points for the club. Last Saturday some of our teams missed out on vital points because of unregistered athletes. We hope to get all of our teams through to the finals at the end of the season, but it is vital that we score well early in the season.

PASSING OF ROB WARD

It is with great sadness that we have learnt the news of the passing on Rob Ward after a long illness. Rob was a long time member and supporter of the club and a great competitor on the track and on road and cross country throughout the 1960s and early 70s. His daughter Elissa has competed for the club for many years and has helped with team management. Our thoughts are with Elissa and the rest of his family at this time.

RESULTS FROM ROUND 1 OF SHIELD COMPETITION.

Box Hill had a good turn out of athletes for the first week of competition, but let's hope that we can have more athletes competing at Box Hill next Saturday!

WOMEN UNDER 16

F100	Mahoney, Charlotte	14.4	-1.5	
F200	Mahoney, Charlotte	29.3	-1.5	
FJT	Helms, Meaghan	27.74		600gm
FLJ	Mcarthur, Caitlin	4.05		
F800	Booth, T	2:38.3		

WOMEN UNDER 18

F100	Cross, Breanne	13.6	-4.4
F100	Freestone, A	13.8	-3.2

F100	Poon Hornett, Kimberlie	14.2		-3.2
F100	Carabourniotis, Panayiota	14.6		-3.2
F200	Cross, Breanne	27.5	-2.9	
F200	Poon Hornett, Kimberlie	28.2		-1.5
F200	Turnbull, Olivia	28.5	-2.9	
F200	De Luca, Emily	28.6	-0.5	
F200	Freestone, A	28.6	-2.9	
F200	Carabourniotis, Panayiota	30.0		-1.5
F800	Mcrae, Helen	2:21.8		
F800	De Luca, Emily	2:26.3		
F1500	Hodgkinson, Harriet	5:24.3		
FDT	Turnbull, Ollie	15.70		1kg
FDT	De Luca, Emily	13.04		1kg
FHJ	Carabourniotis, Panayiota	1.55		
FLJ	Kremenchutskaya, Natalia	4.93		
FLJ	Freestone, Abbie	4.29		
FLJ	Cross, Breanne	4.11		

WOMEN OPEN

F100	Ackland, Kathryn	13.5		-2.5
F100	Ditton, Rosanna	13.5	-4.1	
F100	Lee, Vivienne	14.5	-3.2	
F200	Ditton, Rosanna	27.3	-0.5	
F200	Ackland, Kathryn	27.5		-3.1
F200	Lee, Vivienne	28.4	-1.5	
F200	Harris, S	31.8	-2.6	
F400H	Anderson, Laura	1:17.5		76cm
F800	Zagato, A	2:23.3		
F800	Dobson, Liz	2:44.2		
F1500	Tomlinson, Hayley	4:58.5		
F1500	Andrews, Suzanne	5:19.5		
F1500	Harper, Amanda	5:22.0		
F1500	Barrington, Priscilla	5:41.6		
FLJ	Ditton, Rosanna	4.67		
Walk	Mcnicol, C	8:42.1		1.5km
Walk	Mcnicol, C	9:34.9		1.5km

MEN UNDER 16

M100	Krause, Danny	12.8	-4.3	
M100	Goldsmith, T	13.1	-2.8	
M100	Colosimo, A	13.2	-2.8	
M100	Parkinson, Joshua	14.1		-4.2
M100	Poole, D	14.3	-4.2	
M100	Cross, Brodie	14.4	-4.2	
M200	Krause, Danny	25.4	-0.8	
M800	Hill, Jack	2:42.2		
MDT	Colosimo, Andrew	27.23		1kg
MDT	Goldsmith, Tim	24.92		1kg
MLJ	Parkinson, Joshua	4.82		
MLJ	Cross, Brodie	4.22		
MLJ	Colosimo, Andrew	3.81		
MHJ	Cross, Brodie	1.45		

MEN UNDER 18

M100	Maginn, Tim	11.9	-1	
M100	Johnson, Marcus	12.2		-3
M100	Entwistle, David	12.4		-0.4
M200	Entwistle, David	24.0		-1.1
M200	Johnson, Marcus	24.3		-1.3
M200	Maginn, Tim	24.3	-1.1	

M200	Brock, Christopher	25.6	-1.1	
M400H	Brock, Christopher	1:06.4		84cm
M800	Baggott, Nicholas	2:15.0		
M1500	Nagle, Cameron	4:58.4		
MDT	Brock, Christopher	17.10		1.5kg
MHJ	Nourish, Simon	1.55		
MHJ	Cross, Braeden	1.45		
MLJ	Maginn, Tim	5.18		
MLJ	Cross, Braeden	5.02		
MLJ	Poole, Dom	4.58		
MLJ	Goldsmith, Tim	4.41		
MEN OPEN				
M100	Ross, Joshua	11.1	-0.9	
M100	Sherry, Cameron	11.3	-0.9	
M100	Zeed, M	11.3	-2.9	
M100	Ashmore, R	11.4	-0.4	
M100	Haddow, Andrew	11.5	-0.9	
M100	Levey (Pulop), Moses	11.6	-0.9	
M100	Wilcox, Andrew	11.7	-0.9	
M100	Filshie, James	11.8	-0.4	
M100	Featherston, David	12.2	-2.9	
M100	Pocklington, Colin	12.7	-1	
M100	Scherma, Sam	12.7	-1	
M100	Cross, David	13.4	-4.3	
M200	Sherry, Cameron	22.6	-0.6	
M200	Haddow, Andrew	22.8	-0.6	
M200	Zeed, M	23.8	-0.6	
M200	Filshie, James	24.0	-1.3	
M200	Pocklington, Colin	25.3	-1.3	
M200	Scherma, Sam	26.4	-0.9	
M400H	Featherston, David	59.4		91cm
M800	Chefnaoui, Bouchaib	1:54.9		
M800	Tirhazouine, Otmane	1:55.2		
M800	Wall, Christopher	2:00.6		
M800	O'connor, Matthew	2:04.3		
M800	Nagle, Andrew	2:05.7		
M800	Featherston, David	2:21.6		
M800	Graham, C	2:34.0		
M800	Gardner, Neville	2:59.8		
M1500	Clark, Daniel	3:57.2		
M1500	Coloe, Matthew	3:57.7		
M1500	Dinneen, Stephen	4:00.6		
M1500	Lynch, Barry	4:01.7		
M1500	Hamer, Christopher	4:03.4		
M1500	Beath, Andrew	4:09.7		
M1500	Vincent, Adrian	4:11.3		
M1500	Meagher, John	4:18.8		
M1500	Papadakis, C	4:20.7		
M1500	Ayers, David	4:27.2		
M1500	Olden, Graeme	4:36.4		
M1500	Griffin, Steven	4:40.4		
M1500	Vaitkunas, John	4:44.8		
M1500	Pepper, Adam	5:28.5		
MDT	Featherston, David	29.71		2kg
MDT	Pocklington, Joel	24.27		2kg
MDT	Gardner, Neville	21.99		1.5kg
MDT	Nagle, Andrew	18.25	2kg	
MHJ	Pocklington, Joel	1.60		
MHJ	Featherston, David	1.50		

MHJ	Ross, Joshua	1.50		
MHJ	Rutty, Christopher		1.45	
MJT	Scherma, Sam	43.48		800gm
MJT	Featherston, David		41.67	800gm
MJT	Pocklington, Joel		36.10	800gm
MJT	Rutty, Christopher		30.06	800gm
MJT	Nagle, Andrew	21.67		800gm
MLJ	Sherry, Cameron		5.83	
MLJ	Pocklington, Joel		5.56	
MLJ	Filshie, James	5.44		

POLE VAULT RESULTS FROM LAST THURSDAY

Men

1	James Filshie	4.80		Box Hill	
2	Joel Pocklington	4.35		Box Hill	
3	Todd Dawson	3.90		Ivanhoe	
4	Brodie Cross	3.60	eq pb	Box Hill	U14
5	Dom Poole	3.00		Box Hill	U14
6	Robin Barclay	2.70		Box Hill	Age 69
7	Jim Poulter	2.40		Box Hill	
8	Cameron Sherry		dnq	Box Hill	

Women

1	Rosanna Ditton	4.05		Box Hill	
2	Melanie Adams	3.45		Box Hill	
3	Emily Zerella	3.15		Box Hill	U18
4	Rebecca Marchant	3.00	pb	Nuna	U16
5	Breanne Cross	3.00		Box Hill	U18
6	Alex Pocklington	2.85	pb	Box Hill	U16
7	Amy Ansell	2.70		Box Hill	U14
8	Abbie Freestone	2.55		Box Hill	U18