

Box Hill Athletic Club Summer News 05
Monday 5 November 2007

There have already been some outstanding performances in shield competition this season. Rhett Medford has shown that he is in great form in the sprints and Andrew White has been dominating the middle and long distance events. Dora Spathis has been competing in multiple events, sprinting, hurdling jumping and throwing....and usually winning!
There is a big group of under 16 boys that have been dominating their division and the under 18 girls are also on top of the ladder.

UPCOMING EVENTS

Saturday, November 17	Shield Round 4 – Program 1	Doncaster
Saturday, November 17	Premier League – Round 1	Knox
Saturday, November 24	Shield Round 5 – Program 2	Box Hill
Thursday, November 29	Premier League – Round 2	Olympic Park
Saturday, December 1	Shield Round 6 – Program 3	Box Hill

ROUND 4 OF SHIELD COMPETITION AT DONCASTER, SATURDAY, NOVEMBER 17

There is no shield competition on this Saturday, due to the All Schools Championships being held at Olympic Park. Competition resumes on Saturday week at Doncaster.

PREMIER LEAGUE

Athletes wishing to compete in Premier League competition must enter 10 days before the competition. See the AV handbook or AV website for 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 Thursday 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.

RESULTS FROM ROUND 3 OF SHIELD COMPETITION

WOMEN	UNDER 14		
F100		Mabior, A	15.0
F100		Booth, Talea	15.1
F800		Booth, Talea	2:45.2
F80H		Mabior, A	15.7
FJT		Lawrence-Simons, Haylee	18.59
FLJ		Mcarthur, Caitlin	4.12
FPV		Ridge, Kaitlyn	2.30
WOMEN	UNDER 16		
F800		Aughton, Bridget	2:18.2
F800		Carrig, Amy	2:51.0
FLJ		Carrig, Amy	4.16
WOMEN	UNDER 18		
F100		Kremenchutskaya, Natalia	13.7
F100		Freestone, Abbie	13.8
F100		Poon Hornett, Kimberlie	14.0
F100		White, S	14.8
F3000		Mcrae, Helen	10:53.8
F800		De Luca, Emily	2:28.7
F800		Turnbull, Olivia	2:34.6

FPV		Zerella, E	3.35
FPV		Cross, Breanne	3.05
FPV		Freestone, Abbie	2.60
FSP		Kremenchutskaya, Natalia	8.37
FSP		Carabourniotis, Panayiota	7.38
WOMEN	OPEN		
F100		Spathis, Theodora	13.1
F100		Turnbull, Hannah	13.4
F100		Stewart, Sarah	13.4
F100		Lee, Vivienne	14.2
F100		Anderson, Laura	14.3
F100H		Spathis, Theodora	16.4
F100H		Anderson, Laura	18.8
F3000		Tomlinson, Hayley	10:20.4
F3000		Johnson, Rachel	11:09.8
F3000		Watson, Inge	13:11.9
F3000S		Keage, Jocelyn	11:42.6
F800		Zagato, Amy	2:24.3
FJT		Spathis, Theodora	31.47
FJT		Phillips, Angela	30.93
FJT		Rees, T	14.61
FLJ		Spathis, Theodora	5.52
FPV		Ditton, Rosie	4.10
FPV		Adams, Melanie	3.80
FSP		Phillips, Angela	10.35
MEN	UNDER 16		
M100		Mcmillan, Lachlan	11.8
M100		Cornelius, T	11.9
M100		Johnson, Marcus	12.2
M100		Nourish, Simon	12.3
M100		Goldsmith, Timothy	12.5
M100		Krause, Danny	12.7
M100		Louey, J	12.7
M100		Petropoulos, A	13.2
M100		Cross, B	13.4
M100		Colosimo, A	13.8
M100		Parkinson, Joshua	14.0
M100H		Mcmillan, Lachlan	14.9
M2000S		Milnes, Mitchell	7:11.6
M3000		Dowel, Michael	9:34.0
M3000		Hill, Jack	11:57.0
M800		Potter, William	2:09.7
M800		Krause, Danny	2:11.5
M800		Snibson, James	2:14.1
MLJ		Cornelius, Tom	6.27
MLJ		Mcmillan, Lachlan	5.85
MLJ		Shanks, D	5.37
MLJ		Potter, William	5.26
MLJ		Johnson, Marcus	5.09
MLJ		Grose, B	5.03
MLJ		Parkinson, Joshua	4.69
MPV		Cross, Brodie	3.80
MPV		Poole, Dominic	2.75
MEN	UNDER 18		
M100		Booth, Brendan	11.7

M100		Entwistle, David		11.9
MLJ		Booth, Brendan		5.78
M3000		Aoisio, Anthony		9:23.9
MEN	OPEN			
M100		Medford, Rhett		11.0
M100		Ross, Joshua		11.3
M100		Zeed, Mohamad		11.3
M100		Hogan, Andrew		11.4
M100		Levey (Pulop), Moses		11.5
M100		Shanks, D		11.9
M100		Bed, Hayden		12.2
M100		Pocklington, Colin		12.5
M100		Baker, C		12.6
M100		Gardner, Neville		17.9
M110H		Pocklington, Joel		16.3
M110H		Sherry, Cameron		19.1
M3000		White, Andrew		8:18.1
M3000		Hamer, Christopher		8:24.1
M3000		Coloe, Matthew		8:24.7
M3000		Clark, Daniel		8:31.1
M3000		Chefnaoui, Bouchaib		8:35.8
M3000		Dinneen, Stephen		8:38.1
M3000		Lynch, Barry		8:49.7
M3000		Vincent, Adrian		8:58.5
M3000		Craigie, Alan		9:03.7
M3000		Meagher, John		9:08.9
M3000		O'Connor, Matthew		9:41.0
M3000		Griffin, Steven		10:10.1
M3000		Featherston, David		10:47.2
M3000		Baker, Cam		12:11.0
M3000		Nuske, Brett		12:20.8
M3000		Gardner, Neville		13:34.4
M800		Wall, Christopher		1:56.9
M800		Tirhazouine, Otmane		1:57.7
M800		Chefnaoui, Bouchaib		1:58.1
M800		Beath, Andrew		1:59.1
M800		Papadakis, Chris		2:03.4
M800		Diorietes, Alexander		2:06.0
M800		O'Connor, Matthew		2:08.2
M800		Ayers, David		2:11.2
M800		Bed, Hayden		2:16.3
M800		Evans, Simon		2:27.9
M800		Graham, Craig		2:35.9
M800		Gardner, Neville		3:20.0
MHT		Scherma, Sam		44.54
MHT		Rutty, Christopher		43.37
MHT		Nuske, Brett		29.83
MHT		Cross, David		23.87
MJT		Scherma, Sam		38.74
MJT		Morris, Cameron		37.75
MPV		Pocklington, Joel		4.80
MPV		Filshie, James		4.80
MPV		Sherry, Cameron		4.10
MSP		Nuske, Brett		10.97
MSP		Scherma, Sam		9.78
MSP		Gardner, Neville		5.64