

Box Hill Athletic Club Summer News 08
Monday 17 October 2008

UPCOMING EVENTS

Saturday, Nov 22 Shield Competition Round 5, Doncaster
Thursday, Nov 27 Throwers Club (Shot Put and Discus) Ringwood
Saturday, Nov 29 Shield Competition Round 6, Box Hill
Saturday, Dec 6 Shield Competition Round 7, Nunawading
Saturday, Dec 6 Zatopek 10k (B,C,D divisions) Aberfeldie
Thursday, Dec 11 Zatopek Meet at Olympic Park
Saturday, Dec 13 Shield Competition Round 8, Doncaster
Tuesday, Dec 16 Milers Club (800 and mile) Aberfeldie
Tuesday, Dec 16 High Velocity Club at Box Hill
Saturday, Dec 20 Rare Air Club at Box Hill

NEXT ROUND OF SHIELD COMPETITION AT DONCASTER THIS SATURDAY

Round 5 of competition will be held at Doncaster on this Saturday, November 22. See the summer competition handbook or the AV website for the timetable. This Saturday we will be competing on program 2, the same program that will be used in the finals in February. It is important that we have as many athletes as possible competing so that athletes can qualify in the correct events for the finals.

CLUB CAPTAINS

Congratulations to Rhett Medford and Kate Ackland who have been named as the Box Hill Athletic Club captains for the 2008/2009 track and field season. Rhett and Kate have competed with distinction for the club for many years and I'm sure all members will support them throughout the season.

CHOCOLATES!

Thank you to all members who have raised money for the club selling chocolates. Could all members please return the money from the sale of chocolates this week.

CAMCORDER FOR COACHES

In finishing second in the recent Melbourne Half marathon Nikki Chapple received a Samsung camcorder as part of her prize. Nikki has kindly donated it to the club for the use of coaches. If any coach would like to make use of this camcorder to video their athletes in training or competition contact Chris O'Connor.

BE A VOLUNTEER AT THE GREAT AUSTRALIA RUN

Volunteers are urgently needed for the Great Australian run on Sunday, November 30. This promises to be a truly great event with thousands of runners completing the 15km course, starting and finishing at Albert Park and televised live on channel 10. The elite field will include 2 Olympic Champions, 3 World Champions, a Commonwealth Games champion as well as Australia's Craig Mottram. If you volunteer to be a helper, you will receive a free T-shirt, cap and lunch and the club will be paid \$40 for each volunteer. You will also get the satisfaction of being part of this world class event. Go to : http://www.greataustralianrun.com.au/volunteer_application_form.php and fill in the application form.

On the volunteer application form it says:

"If you would like to work alongside a family member/friend who has also applied to be a volunteer please write their name below and we will endeavour to allocate you to the same job." In the space where you can write the name of a friend or family member, write "AV Box Hill" Thanks in advance to everyone who volunteers.

Applications have been extended.

We urge all available club members to volunteer and help raise money for the club. If you are unsure of the volunteering process just let us know.

RESULTS FROM ROUND 4 OF SHIELD COMPETITION AT RINGWOOD

Please note that these results are sent to us by Athletics Victoria. If there are any incorrect or missing results, please let us know so that we can chase them up.

100 metres

F16

Marchant, Rebecca	12.20
Mabior, Ajok	13.90
Budden, Tessa	14.20

F18

Aughton, Bridget	12.50
George, Ryleigh	12.60
Cross, Breanne	12.90
Turnbull, Olivia	13.00
Cordner, Harriet	13.10
Brock, Catherine	13.20
De Luca, Emily	13.60
Poon Hornett, Kim	13.70
Houston, Katherine	13.80
Mahony, Charlotte	14.60

FOP

Adams, Melanie	13.20
Carabourniotis, Yiota	13.70
Phillips, Angela	14.20

M16

Leardi, Dylan	12.40
---------------	-------

M18

Cornelius, Tom	11.20
Johnson, Marcus	11.70
Brock, Christopher	11.90
Snibson, James	12.20

M40

Gardner, Neville	16.60
------------------	-------

MOP

Zeed, Mohamad	10.90
Baker, Cameron	11.50
Pocklington, Colin	12.40
Nagle, Andrew	12.60

1500 metres

Carrig, Amy	4:55.20
De Luca, Emily	5:18.80

FOP

Johnson, Rachel	5:04.40
Conley, Margie	5:13.80
Suzanne Andrews	5:22.4
Hodgkinson, Harriet	5:34.30

Law, Rebecca 5:49.50

M18

Balassone, Daniel 4:12.20
Potter, William 4:21.60
Baggott, Nicholas 4:24.50
Dyer, Jackson 4:42.10
Farrell, Callum 4:52.20

M40+

Olden, Graeme 4:43.10
Graham, Craig 4:58.70
Dyer, William 5:10.10
Tunne, Andrew 5:48.30
Gardner, Neville 6:21.90

MOP

Boxshall, Paul 4:17.70
Griffin, Steven 4:32.30
Van Eeten, Antony 4:41.10
Featherston, David 4:50.20
Pepper, Adam
Nuske, Brett

200 metres

F16

Mabior, Ajok 27.90
Budden, Tessa 29.40

F18

Turnbull, Olivia 26.70
George, Ryleigh 26.80
Cordner, Harriet 27.00
Cross, Breanne 27.10
Brock, Catherine 27.60
Poon Hornett, Kim 28.40
Carrig, Amy 28.60
Houston, Katherine 28.80
Mahony, Charlotte 30.10

FOP

Ackland, Kathryn 26.60
Carabourniotis, Yiota 29.20
Phillips, Angela 29.40
Ward, Elissa 30.90
Kirby, Alannah 31.10
Julia Matheson

M16

Coughlin, Andrew 25.20
Miller, Andrew 26.40
Leardi, Dylan 26.50
Cross, Brodie 30.00

M18

Cornelius, Tom 22.60
Johnson, Marcus 23.70
Brock, Christopher 24.40
Snibson, James 24.90

MOP	
Zeed, Mohamad	22.40
Haddow, Andrew	23.00
Baker, Cameron	23.30
Pocklington, Joel	23.60
Tirhazouine, Otmane	23.70
Filshie, James	23.90
Nagle, Andrew	24.20
Pocklington, Colin	25.40
Cross, David	25.50
Knott, Peter	26.60
Nuske, Brett	25.90
Featherston, David	27.00

M40+	
Graham, Craig	28.40
Gardner, Neville	35.30

400m Hurdles

F18	
Aughton, Bridget	1:04.00

M18	
Brock, Christopher	1:03.70

MOP1	
Zeed, Mohamad	59.40
Zeed, Imran	1:01.90

Discus

F18	
Cross, Breanne	20.29

M40+	
Gardner, Neville	20.45

MOP1	
Nuske, Brett	38.89
Featherston, David	27.78

Event Javelin

Pocklington, Alexandra	26.39
------------------------	-------

F18	
Cross, Breanne	14.39
FOP1	
Phillips, Angela	31.74

M16	
Cross, Brodie	25.26
Wu, Kenneth	17.16
Cross, Braeden	24.51

M18	
Wu, Kevin	28.75

M40+	
Gardner, Neville	17.55

Event Long Jump

F16

Budden, Tessa 4.05

F18

Cordner, Harriet 4.33

Cross, Breanne 4.12

Carrig, Amy 4.05

FOP1

Spathis, Theodora 5.28

Carabourniotis, Yiota 4.36

M18

Cornelius, Tom 6.43

Johnson, Marcus 5.18

MOP

Pocklington, Joel 6.25

Shot Put

F16

Marchant, Rebecca 7.66

F18

Cross, Breanne 7.85

FOP

Phillips, Angela 10.73

M16

Collins, Sam 6.65

Cross, Braeden 9.19

M20

Spry, Jesse 10.57 (6kg)

MOP

Nuske, Brett 11.84

Baker, Cameron 7.37