

Box Hill Athletic Club Summer News 13
Monday 22 December 2008

UPCOMING EVENTS

Saturday, Jan 10 Shield Competition round 9 Box Hill
Thursday, Jan 15 Milers Club at Sandringham
Saturday, Jan 17 Shield Competition round 10 Nunawading
Thursday, Jan 22 Shield Competition round 11 Doncaster
Thursday, Jan 29 High Velocity Club at Olympic Park
Saturday, Jan 31 Shield Competition round 12 Box Hill

MERRY CHRISTMAS

Best wishes to everybody associated with the club for a merry Christmas and a happy new year. Let's hope that 2009 is a good year for the club and all its members. Remember that shield competition re-commences on January 10, we hope to see most of you there fit and refreshed in the new year!

SPECIALIST CLUBS RESULTS

Although there was no shield competition held last week there have been a number of specialist events held.

HIGH VELOCITY CLUB at Box Hill Dec 16

100m

Brony Sudholz 13.40
Catherine Brock 13.80
Blake Lucas 11.59
Tom Cornelius 11.65
Joel Pocklington 11.66
Tim Papas 11.69
James Filshie 12.07
Jesse Spry 12.29

100m Hurdles

Bridget Aughton 14.99

200m

Bridget Aughton 26.87
Catherine Brock 28.26
James Filshie 24.38

400m Hurdles

Chris Brock 1.01.7

Long Jump

Samantha Gagovska 4.69m
Tim Papas 6.06m
Jesse Spry 5.78m
Tom Cornelius 6.19m

MILER'S CLUB at Aberfeldie Dec 16

1 Mile

Emily De Luca 5:41.5
Navin Arunasalam 4:31.7
Sam Dipnall 4:40.3
Steve Griffin 4:56.7

800m

Otmame Tirhazouine 1:55.0

Andrew Nagle 2:00.9

David Ayers 2:14.7

Ollie Turnbull 2:17.4

Claire O'Shea 2:20.2

RARE AIR CLUB at Box Hill Dec 20

Pole Vault

Men

Joel Pocklington, 5.06

Cameron Sherry, 4.46

Tim Papas, 4.31, pb

Brodie Cross, 3.86

Cam Baker, 3.71

Women

Rosanna Ditton, 3.77

Alex Pocklington, 3.46

Paris McCathron, 3.26

Rebecca Marchant, 3.11

AV THROWERS at Ringwood Dec 20

Chelsea Dyer 34.99 Discus and 39.60m with the javelin

Sam Sherma 47.33m Hammer

HALF-MILER'S CLUB at Bendigo Dec 20

800m

Navin Arunasalam 1:53.19

Matt Coloe 1:53.55

Kyle Martin-Alcaide 1:59.17

3000m

Steve Kelly 8:29.16

Daniel Clark 8:44.61

Anthony Aloisio 9:18.12

Victor Shelamoff 9:29.31