

Box Hill Athletic Club Summer News 09
Monday 23 November 2009

UPCOMING EVENTS

Thursday, November 26, High Velocity Club Aberfeldie
Thursday, November 26, Milers Club (incl. 5k champs) Olympic Park
Saturday, November 28, Shield Rd.7 Nunawading
Saturday, November 28, Rare Air Club Melb. Uni.
Thursday, December 3, B, C, D Grade Zatopek Aberfeldie
Saturday, December 5, Shield Rd 8 Box Hill

ROUND 7 OF SHIELD COMPETITION AT NUNAWADING THIS SATURDAY

Round 7 of shield competition will be held this Saturday, November 28 at Nunawading. Program 1 will be used this week with the track events (Walk, Hurdles, 200m, 800m, 4x400m, 3000m) starting at 1:00pm and the field events starting at 12:00pm with the Hammer, 12:30 for the Long Jump and 1:00 for the Shot Put and High Jump.

Remember that you must compete in at least 4 rounds of competition to be eligible to run in the finals, so we are hoping that all registered athletes can compete this week.

SPECIALIST GROUPS

Most of the specialist groups are holding competition this week. The High Velocity Club hold events for sprints, hurdles long and triple jump. The Victorian Milers Club hold races over distances ranging from 800m to 5000m. The Rare Air Club holds Pole Vault and High Jump competitions. Go to the AV website to the links for more details (www.athsvic.org.au) or turn to pages 81-85 of your summer competition handbook.

RESULTS FROM ROUND 6 OF SHIELD COMPETITION

The results from round 6 of shield competition held at Doncaster on Saturday are listed below. One of the highlights was the continuing Box Hill dominance in the pole vault competition, with the top 4 men and the top 4 women all being Box Hill athletes.

Women's results

100	Sudholz	Bronwyn	12.81
100	Phillips	Angela	13.44
100	Budden	Tessa	13.66
100	Baxter	Holly	13.94
100	Poon Hornett	Kimberlie	13.95
100	Carabourniotis	Panayiota	14.25
100	Houston	Katherine	14.50
100	Matheson	Julia	15.37
400	Ackland	Kate	59.82
400	Tower	Helen	62.67
400	Carrig	Anna	64.06
400	De Luca	Emily	65.22
400	Phillips	Angela	66.52
400	Sudholz	Bronwyn	66.58
400	Savige	Amelia	67.98
400	Garrod	Ellissa	68.66
1500	Ackland	Kate	4:42.7
1500	Johnson	Rachel	4:43.8
1500	Crawford	Talitha	4:49.2
1500	Turnbull	Olivia	4:53.3
1500	Norney	Julie	4:57.2
1500	Ambrose	Natalie	5:02.0
1500	Brown	Grace	5:03.9
1500	Conley	Margie	5:16.1

1500	Savige	Amelia	5:17.7
1500	De Luca	Emily	5:18.0
1500	Barrington	Priscilla	5:29.0
1500	Law	Rebecca	5:35.0
2000W	Mason	Ella	10:41.7
90H	Tower	Helen	15.52
PV	Mccathrion	Paris	3.60m
PV	Adams	Melanie	3.60m
PV	Pocklington	Alexandra	3.45m
PV	Marchant	Rebecca	3.45m
PV	Houston	Katherine	2.25m
TJ	Marchant	Rebecca	11.59m
TJ	Carabourniotis	Panayiota	10.48m
DT	Hewitt	Sarah	34.13m
JT	Dyer	Chelsea	40.49m
JT	Phillips	Angela	35.65m
JT	Hewitt	Sarah	20.51m
1500	Condon	Brooke	5:20.3 INV
2000W	Raselli	Cassandra	9:52.1 INV
PV	Ben-Natan	Miya	2.55m INV
TJ	Carre	Simone	10.13mINV

Mens Results

100	Lucas	Blake	11.37
100	Sherry	Cameron	11.39
100	Mcmillan	Lachlan	11.41
100	Cornelius	Tom	11.45
100	Filshie	James	11.53
100	Cross	Braeden	11.59
100	Zeed	Mohamad	11.64
100	Clowes	Russell	11.89
100	Pocklington	Joel	11.90
100	Van De Gard	Max	12.07
100	Yapanis	Chris	12.31
100	Johnson	Marcus	12.35
100	Pocklington	Colin	12.46
100	Chen	William	12.51
100	Apelis	August	12.55
100	Lockwood	Nick	12.59
100	Mitchell	David	12.63
100	Harkins	Jake	12.74
100	Featherston	David	13.28
100	Lake	Jonathan	13.35
100	Wu	Geoffrey	13.93
100	Norney	Laughlin	14.47
100	Gardner	Neville	17.21
400	Cornelius	Tom	50.37
400	Cross	Braeden	50.97
400	Balassone	Daniel	51.57
400	Robertson	Thomas	52.66
400	Featherston	David	52.93

400	Coughlin	Andrew	53.28
400	Nagle	Andrew	53.93
400	Yapanis	Chris	54.33
400	Zeed	Mo	54.69
400	Clowes	Russell	54.75
400	Baker	Cameron	54.94
400	Apelis	August	54.96
400	White-Alikakos	Daniel	55.48
400	Johnson	Marcus	56.65
400	Chen	William	56.91
400	Ayers	David	57.92
400	Mitchell	David	60.80
400	Gardner	Neville	83.90
1500	Dipnall	Sam	4:05.2
1500	Nagle	Andrew	4:07.8
1500	Yeatman	Luke	4:09.3
1500	Morris	John	4:20.4
1500	Ayers	David	4:20.7
1500	Williams	Max	4:20.9
1500	Lefevre	Mitchell	4:21.5
1500	Baggott	Nicholas	4:22.2
1500	White-Alikakos	Daniel	4:29.1
1500	Griffin	Steven	4:30.2
1500	Green	Peter	4:39.7
1500	Dyer	Jackson	4:40.2
1500	Hardy	Joe	4:42.2
1500	Clements	James	4:45.0
1500	O'Donnell	Matthew	4:46.6
1500	Sturdy	Brook	4:51.0
1500	Taylor	Steve	5:31.0
1500	Tunne	Andrew	5:40.2
1500	Stevens	David	5:51.5
2000W	Summers	Harry	12:48.9
3000S	Kathirasan	Chai	11:33.3
2000S	Potter	William	6:31.7
90H	Lake	Jonathan	16.76
90H	Wu	Geoffrey	17.03
100H	Robertson	Thomas	13.91
110H	Zeed	Mo	15.02
110H	Mcmillan	Lachlan	15.09
110H	Cornelius	Tom	15.55
PV	Pocklington	Joel	5.10m
PV	Lucas	Blake	4.95m
PV	Filshie	James	4.50m
PV	Cross	Brodie	4.35m
PV	Spry	Jesse	3.90m
PV	Baker	Cameron	3.60m
TJ	Farrell	Callum	10.93m
TJ	Norney	James	10.17m
TJ	Norney	Laughlin	8.82m
DT	Grant	David	42.54m

DT	Spry	Jesse	39.05m
DT	Wu	Kenneth	35.74m
DT	Clowes	Russell	33.98m
DT	Wu	Kevin	25.87m
DT	Gardner	Neville	20.10m
JT	Grant	David	43.17m
JT	Lockwood	Nick	37.26m
JT	Clowes	Russell	34.83m
JT	Papas	Tim	31.39m
JT	Farrell	Callum	27.65m