

**Box Hill Athletic Club Summer News 10**  
**Tuesday 1 December 2009**

## **UPCOMING EVENTS**

Thursday, December 3, B, C, D Grade Zatopek, Aberfeldie  
Saturday, December 5, Shield Rd 8 Box Hill  
Dec 4-7, Australian All Schools Championships, Hobart  
Thursday, December 10, Zatopek Meet, Olympic Park  
Saturday, December 12, Shield Rd 9, Doncaster

### **ROUND 8 OF SHIELD COMPETITION AT BOX HILL THIS SATURDAY**

Round 8 of shield competition will be held this Saturday, December 5 at Box Hill. Program 2 will be used this week with the track events (Walk, Hurdles, 3000m, 100m, 1500m, 4x100m, 400m,) starting at 1:00pm and the field events (Javelin, Discus, Triple Jump, Pole Vault, High Jump) starting at 12:30. 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.

### **NIKKI CHAPPLE WINS GREAT AUSTRALIAN RUN!**

Congratulations to Nikki Chapple who won the Great Australian run and with it the Australian Road Running Championship. Nikki pulled away from Benita Willis, English woman Helen Clitheroe and former Olympic 10,000m champion Fernanda Ribeiro of Portugal to win the 15km event in a course record time of 50:18.

Other Box Hill athletes to perform well in this event included:

Women:

Rachel Johnson 17th, 57:28

Julie Norney 25th, 59:51

June Petrie 29th 61:06

Rebecca Law 116th 74:22

Men:

Mitch LeFevre 43rd 55:06

John Morris 49th 55:31

Peter Stefanos 332nd 66:42

Andrew Tunne 775th 74:22

### **HANNY CONQUERS MT. WELLINGTON**

The Hobart Point to Pinnacle event is a 21.4km race that starts at Wrest Point and finishes at the top of Mt. Wellington. With an elevation of 1,270m it must rate as one of the toughest "fun runs" in Australia. Last week Box Hill's Hanny Allston won the event in a record time of 1:40:04, a fantastic effort!

### **ANDREW DOES IT TOUGH**

Andrew White suffered injury problems and struggled through the final stages of the Lake Kawaguchi marathon in Japan on the weekend. Despite these problems Andrew still finished 16th in the very respectable time of 2:35:23 in his debut marathon.

### **BOX HILL CHRISTMAS FUNCTION**

Another great opportunity to meet other Box Hill members and start Christmas on a high note. BBQ. Snags and drinks available 6pm til 8pm during the milers club event at the track on December 15. (Milers club starts at 7 pm) All welcome

### **HAVE YOU LOST SOMETHING?**

A number of items have been left behind at the track after training in recent times, including a mobile phone, an ipod and a pair of reading glasses. Please let us know if you have lost these or any other items.

### **CONGRATULATIONS DANIEL**

Congratulations to Daniel Clark and his beautiful wife Teneil on their wedding last weekend. At least Daniel had a good excuse for not racing at interclub on Saturday!

### **MILERS CLUB**

The state 5000m championships were held in conjunction with the Milers Club 800m events on Thursday night.

Highlights of the night included a Huge PB by Steve Kelly to take the bronze medal in the state 5000m championships and an U16 club record by Kyle Martin-Alcaide in the 800m.

800m

Daniel Clark 1:52.48

Matt Coloe 1:53.22

Daniel Balassone 1:57.30

Kyle Martin-Alcaide 1:58.00

Navin Arunasalam 1:59.02

Andrew Coughlin 1:59.89

David Ayers 2:06.96

Olivia Turnbull 2:16.67

Natalie Ambrose 2:24.97

5000m

Steve Kelly 14:16.08 (3rd)

Luke Yeatman 15:10.09

Mitch LeFevre 16:40.07

John Morris 16:40.12

Rachel Johnson 17:56.58 (9th)

### **RARE AIR CLUB**

The first Rare Air Club event for the season was held at Melbourne University last Saturday. This competition was for athletes competing in the Australian All Schools Championships in Hobart. The boys competition was won by Brodie Cross with a new personal best of 4.70m. This height breaks the Victorian U16 record (which stood at 4.55m) and equals James Filshie's U17 record. The girls competition was won by Rebecca Marchant on a count back from Paris McCathrion, with both girls clearing 3.75m. for Paris this height equals her U15 and U16 Victorian records.

1 Brodie Cross Box Hill 4.70 PB Vic u16 rec & eq Vic u17 rec

2 Tim Papas Box Hill 3.75

3 Jack Ingram MUAC 3.75

4 Travis Rickard Brunswick 3.60 eq PB

5 Tim Welch Ivanhoe 3.30

6 James Alavuk Ivanhoe 2.95 PB

7 Jacob Wahba MUAC 2.55 eq PB

8 Oliver Kalac Box Hill 2.55 PB

1 Rebecca Marchant Box Hill 3.75 PB

2 Paris McCathrion Box Hill 3.75 eq PB & eq Vic u15 & u16 rec

3 Alex Pocklington Box Hill 3.45

4 Madi Heather Ivanhoe 3.30 eq PB

5 Alana Green Sth Coast 3.30

6 Anna Jakobson MUAC 3.15

7 Jessie Layman MUAC 2.85

8 Haylee Lawrence-Simons Ryton 2.70

9 Genevive Morris MUAC 2.40

10 Mariana Velo MUAC 2.10 eq PB

11 Mariana Giliberto MUAC 1.95

### **HIGH VELOCITY CLUB**

Several Box Hill athletes competed at the High Velocity club races at Aberfeldie on Thursday. Unfortunately the hurdles results are not yet available.

100m: Lachlan McMillan 11.44

Long Jump: Tom Cornelius 6.69m

### **RESULTS FROM ROUND 7 OF SHIELD COMPETITION**

The results from round 7 of shield competition held at Nunawading on Saturday are listed below.

**Women's results**

200	Sudholz	Bronwyn	25.67
200	Phillips	Angela	27.35
200	Ambrose	Natalie	27.61
200	Houston	Katherine	27.64
200	Garrod	Ellissa	29.3
200	Carabourniotis	Yiota	30.15
200	Matheson	Julia	31.84
800	Crawford	Talitha	2:17.4
800	MCrae	Helen	2:25.3
800	Tomlinson	Hayley	2:26.9
800	Tower	Helen	2:27.6
800	Savige	Amelia	2:36.4
800	Mason	Ella	3:00.0
3000	O'Brien	Eloise	11:03.4
3000	Conley	Margie	11:19.6
3000	Harper	Amanda	11:24.3
3000	Townshend	Penny	11:36.5
3000	Law	Rebecca	12:15.9
3000W	Mason	Ella	16:35.5
200H	Tower	Helen	32.42
HJ	Carre	Simone	1.50m
LJ	Carabourniotis	Yiota	4.68m
LJ	Carre	Simone	4.54m
SP	Phillips	Angela	10.90m
SP	Hewitt	Sarah	9.34m
SP	Dyer	Chelsea	9.55m
SP	Carre	Simone	9.75m
HT	Hewitt	Sarah	31.31m
HT	Dyer	Chelsea	20.23m

**Mens Results**

200	Lucas	Blake	21.7
200	Sherry	Cameron	22.3
200	McMillan	Lachlan	22.3
200	Cross	Braeden	22.5
200	Robertson	Thomas	22.6
200	Filshie	James	22.7
200	Zeed	Mohamad	23.38
200	Pocklington	Joel	23.7
200	Wilcox	Andrew	23.75
200	Baker	Cameron	24.1
200	Johnson	Marcus	24.38
200	Van De Garde	Max	24.38
200	Featherston	David	24.5
200	Coughlin	Andrew	24.84
200	Mitchell	David	24.92
200	Apelis	August	24.95
200	Pocklington	Colin	25.03
200	Dare	Timothy	25.1
200	Chen	William	25.15

200	Norney	Laughlin	28.62
200	Gardner	Neville	36.2
800	Coloe	Matthew	1:56.7
800	Dipnall	Sam	2:01.9
800	Nagle	Andrew	2:04.5
800	White-Alikakos	Daniel	2:06.8
800	Baggott	Nicholas	2:06.8
800	Wong	Hanson	2:12.7
800	Apelis	August	2:16.3
800	Dyer	Mitchell	2:22.6
800	Green	Peter	2:23.1
800	Dyer	William	2:36.3
800	Snibson	Tom	2:42.2
800	Powell	Cameron	2:44.0
3000	Dowel	Michael	9:11.8
3000	Griffin	Steven	9:49.1
3000	O'Connor	Chris	9:55.4
3000	Hardy	Joe	9:58.7
3000	Olden	Graeme	10:40.1
3000	Taylor	Steve	11:44.2
3000	Tunne	Andrew	12:23.7
3000	Baker	Cameron	12:33.8
3000	Stevens	David	12:38.6
3000	Gardner	Neville	14:32.0
3000W	Dyer	William	15:53.2
3000W	Summers	Harry	19:34.6
400H	Cornelius	Tom	56.06
400H	Zeed	Mohamad	56.23
400H	Wong	Boaz	64.66
200H	Robertson	Thomas	28.59
200H	Lake	Jonathan	32.74
200H	Wu	Geoffrey	45.25
HJ	Spry	Jesse	1.95m
HJ	Peavey	John	1.85m
HJ	Chen	William	1.60m
HJ	Baker	Cameron	1.55m
HJ	Norney	Laughlin	1.50m
HJ	Norney	James	1.35m
LJ	Spry	Jesse	6.02m
LJ	Featherston	David	5.93m
LJ	Sherry	Cameron	5.84m
LJ	Baker	Cameron	5.15m
LJ	Chen	William	4.66m
LJ	Wu	Geoffrey	4.54m
LJ	Norney	James	4.30m
LJ	Norney	Laughlin	3.98m
SP	Lockwood	Nick	14.02m
SP	Grant	David	13.55m
SP	Farrell	Callum	11.39m
SP	Wu	Kenneth	9.99m
SP	Wu	Kevin	9.34m

SP	Featherston	David	8.53m
SP	Cross	David	7.48m
SP	Baker	Cameron	7.48m
SP	Johnson	Marcus	6.63m
SP	Gardner	Neville	5.35m