

**Box Hill Athletic Club Summer News 11**  
**Tuesday 8 December 2009**

## **UPCOMING EVENTS**

Thursday, December 10, Zatopek Meet, Olympic Park  
Saturday, December 12, Shield Rd 9, Doncaster  
Tuesday, December 15, Milers Club, Box Hill  
Tuesday, December 15, Box Hill Christmas Function!  
Saturday, December 19, Rare Air Club, Box Hill  
Sunday, December 20, AV Throwers, Ringwood

### **ROUND 9 OF SHIELD COMPETITION AT DONCASTER THIS SATURDAY**

To compete for the club in the Shield Finals in February, you must compete in at least 4 rounds of competition throughout the season. Having completed 8 rounds already there are now just 4 to go, one this weekend at Doncaster and the next 3 will be held in January. Of course to compete in the finals our teams must first of all qualify! Most of our teams are placed in the top 4 in their division, but it is important we get as many athletes as possible competing and hopefully competing in multiple events, to help all our teams get through.

Round 9 this Saturday, December 12 at Doncaster will use Program 1. Track events (Walk, Hurdles, 200m, 800m, 5000m, 4x400m,) start at 1:00pm and the field events (Shot Put, Long Jump, Pole Vault, High Jump) start at 12:30, with the exception of the Hammer Throw that starts at 12:00.

### **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.

### **GOOD LUCK AT THE ZATOPEK**

Good luck to all the Box Hill athletes competing at the Zatopek meet at Olympic Park on this Thursday night.

Hanny Allston (10,000m), Nikki Chapple (10,000m), Steve Kelly (10,000m), Daniel Clark (1500m), Matt Coloe (1500m), Rebecca Marchant (Triple Jump), Chelsea Dyer (Discus)

### **CONGRATULATIONS JOHN!**

If you were feeling a little lazy on Saturday, spare a thought for John Meagher who completed the Iran Man triathlon in Busselton, Western Australia. After nearly an hour of swimming, he spent five hours on the bike and then ran the marathon distance in just over three and a half hours to complete the course in 9 hours and 43 minutes and finish 2nd in the 45-49 years age group and qualify for next years Hawaii Iron Man event.

### **NATIONAL ALL SCHOOLS**

Several Box Hill athletes have put in sensational performances at the Australian All Schools championships in Hobart over the weekend. Congratulations to all our competitors especially to our national champions, Sarah Ferrier, Tom Cornelius, Rebecca Marchant, Paris McCathrion and Brodie Cross

#### **Boys Results:**

Tom Cornelius U18 400mH 1st 53.59, LJ 3rd 6.98m

Brodie Cross U16 PV 1st 4.50m, U18 PV 1st 4.55m

**Kyle Martin-Alcaide U16 1500m 2nd 4:01.02, 800m 2:02.18 (heat)**

Tim Papas U18 PV 3rd 4.05m

Braeden Cross U18 400m 51.72 (heat)

Tom Robertson U16 200mH 5th 26.39, 400m 53.13 (heat) , 100mH 13.97 (heat)

Lachlan McMillan U18 110mH 8th 15.54

Andrew Coughlin U17 800m 2:01.53 (heat)

Nick Lockwood U17 Shot Put 6th 14.34m

Oliver Kalac U15 PV 7th 2.55m

William Potter U18 2000m Steeple 8th 6:22.0, 800m 2:02.05 (heat), 1500m 15th 4:20.45

James Clements U14 1500m 13th 4:35.67

### Girls Results:

Sarah Ferrier U14 TJ 1st 11.59m, LJ 1st 5.39m, 100m 4th 12.63, 200m 5th 26.25

Paris McCathrion U15 PV 1st 3.60m, U17 PV 2nd 3.80m

Rebecca Marchant U17 PV 1st 3.80m, LJ 5th 5.47m, TJ 2nd 12.20m

Chelsea Dyer U17 Jav 2nd 40.61m, Discus 3rd 38.46m

Alexandra Pocklington U17 PV 3rd 3.70m

Miya Ben-Natan U14 PV 3rd 2.70m

Ella Mason U16 3000m Walk 7th 16:19.40

### ZATPEK LOWER DIVISIONS

Box Hill had 2 competitors run the 10,000m in windy conditions at Abelfeldie last Thursday. Chris O'Connor finished the 25 laps in 35:42, while Rebecca Law ran a PB of 42:33

### RESULTS FROM ROUND 8 OF SHIELD COMPETITION

The results from round 8 of shield competition held at Box Hill on Saturday are listed below.

#### Women's results

100	Sudholz	Bronwyn	12.89
100	Baxter	Holly	13.61
100	Roden	Alicia	13.73
100	Carre	Simone	14.77
100	Matheson	Julia	15.29
400	Ackland	Kate	60.64
400	Crawford	Talitha	61.21
400	Constable	Laura	62.71
400	McRae	Helen	64.98
400	Savige	Amelia	70.14
400	Barlow	Erryn	73.34
1500	McRae	Helen	4:48.8
1500	Ackland	Kate	4:49.9
1500	Tomlinson	Hayley	4:50.3
1500	Constable	Laura	4:54.2
1500	Ambrose	Natalie	4:55.8
1500	Norney	Julie	4:57.2
1500	Goessler	Emily	5:08.1
1500	Conley	Margie	5:11.2
1500	Savige	Amelia	5:15.5
1500	Townshend	Penny	5:20.9
1500	Garrod	Ellissa	5:27.9
1500	Law	Rebecca	5:34.4
3000	Johnson	Rachel	10:05.3
3000	Petrie	June	11:04.9
3000	Harper	Amanda	11:19.3
2000W	Carre	Simone	15:42.2
PV	Adams	Melanie	3.80m
TJ	Baxter	Holly	10.16m
TJ	Carre	Simone	10.22m
TJ	Carabourniotis	Panayiota	10.70m
TJ	Sudholz	Bronwyn	9.94m
DT	McCowan	Catherine	39.31m
DT	Hewitt	Sarah	34.91m
JT	Carre	Simone	32.82m
JT	McCowan	Catherine	24.98m

JT	Hewitt	Sarah	21.16m
1500	Condon	Brooke	5:12.2 (INV)
3000	Condon	Brooke	10:47.6 (INV)

### Mens Results

100	Zeed	Mohamad	11.30
100	Henricus	Salvador	11.55
100	Filshie	James	11.70
100	Apelis	August	12.01
100	Van De Garde	Max	12.12
100	Baker	Cameron	12.17
100	Spry	Jesse	12.29
100	Mitchell	David	12.51
100	Johnson	Marcus	12.60
100	Pocklington	Colin	12.64
100	Brock	Christopher	12.71
100	Dare	Timothy	12.78
100	Moore	Darcy	13.51
100	Creelman	Fraser	13.79
100	Lake	Jonathan	13.84
100	Norney	James	14.17
100	Norney	Laughlin	14.33
100	Gardner	Neville	17.91
400	Zeed	Mohamad	53.30
400	Nagle	Andrew	54.29
400	Van De Garde	Max	54.58
400	Dare	Timothy	54.80
400	Apelis	August	55.52
400	Johnson	Marcus	57.09
400	Brock	Christopher	58.26
400	Mitchell	David	64.10
400	Taylor	Steve	65.86
400	Norney	James	68.10
400	Norney	Laughlin	69.45
400	Gardner	Neville	81.60
1500	Dipnall	Sam	4:04.2
1500	Nagle	Andrew	4:11.0
1500	Ayers	David	4:20.7
1500	Featherston	David	4:35.6
1500	Green	Peter	4:49.8
1500	Snibson	Tom	5:14.2
1500	Taylor	Steve	5:19.2
1500	Norney	Laughlin	5:24.7
1500	Gardner	Neville	6:39.3
3000	Morris	John	9:37.5
3000	Griffin	Steven	9:44.7
3000	Hanley	Marcus	10:18.0
3000	Stefanos	Peter	11:30.1
3000	Tunne	Andrew	12:04.6
3000	Stevens	David	12:44.2
2000W	Summers	Harry	12:43.0

110H	Zeed	Mohamad	15.07
100H	Lake	Jonathan	18.19
HJ	Spry	Jesse	1.90m
HJ	Dare	Timothy	1.60m
HJ	Norney	Laughlin	1.45m
HJ	Norney	James	1.35m
PV	Pocklington	Joel	5.00m
PV	Filshie	James	4.55m
PV	Barrett	Glen	3.95m
PV	Baker	Cameron	3.65m
PV	Mclardie	Angus	2.95m
TJ	Johnson	Marcus	10.09m
TJ	Norney	James	9.84m
DT	Spry	Jesse	39.26m
DT	Norney	James	24.54m
DT	Gardner	Neville	20.45m
DT	Zeed	Mohamad	20.26m
JT	Grant	David	42.55m
JT	Norney	James	21.37m
JT	Gardner	Neville	16.05m
JT	Norney	Laughlin	13.69m