

Box Hill Athletic Club Summer News 10
Monday 10 December 2007

UPCOMING EVENTS

Thursday, December 13	Zatopek	Olympic Park
Thursday, December 13	Milers Club (before Zatopek)	Olympic Park
Saturday, December 15	Shield Round 8 – Program 2	Doncaster
Saturday, December 15	Premier League 3	Aberfeldie
Tuesday, January 8	Shield Round 9	Doncaster
Thursday, January 10	Premier League 4	Olympic Park
Saturday, January 12	Under 23 State Champs	Doncaster
Sunday, January 13	Under 23 State Champs	Doncaster
Tuesday, January 15	Shield Round 10	Nunawading
Saturday, January 19	National Club Champs	Hobart
Tuesday, January 22	Shield Round 11	Doncaster
Saturday, February 2	Shield Region Final	Doncaster

BOX HILL TRACK IS CLOSED

Another reminder that the Box Hill track is being resurfaced and redeveloped and is no longer available for training. The club rooms and gym are still open. Note that the Nunawading track is now available to Box Hill club members.

ROUND 8 OF SHIELD COMPETITION AT DONCASTER THIS SATURDAY, DECEMBER 15

The last round of competition before the Christmas break will be held at Doncaster this Saturday.

INTERCLUB LADDERS

At the end of the season only those teams in the top 4 will contest the region finals and have a chance to progress to the Association State finals. Most of our teams are in a good position, let's hope that those teams not in the top 4 can improve their positions in the second half of the season. The best way to make sure your team makes the finals is to compete in multiple events. Don't be afraid to try something new!

The ladder positions of our teams is as follows

Women Under 14: 2nd
Women Under 16: 5th
Women Under 18: 1st
Women Open Div. 1: 1st
Women Open Div. 2: 6th

Men Under 16: 1st
Men Under 18: 7th
Men Open Div. 1: 1st
Men Open Div. 2: 3rd
Men Open Div. 3: 5th
Men Open Div. 4: 3rd

OFFICIALS AND HELPERS

The club is distributing letters asking people to help supply an official for at least one round of competition. Of course anyone who would like to volunteer is encouraged to help as an official. This might involve data entry or raking a long jump pit or standing on the judges stand. We are grateful to anyone who can help.

PLAN AHEAD!

The most important dates in this season's athletics calendar for club competition are the Eastern Region Shield Final on Saturday, February 2 and the Association Shield Final on Saturday, February 16. Please mark these dates in your diary, we need our best possible teams available on these days. For open age athletes there is also the possibility of competing in the National Club Championships in Hobart on Saturday, January 19. Box Hill has a proud tradition of representing Victoria in this national competition and we are hoping to have a strong team make the trip across Bass Strait again this year.

NATIONAL ALL SCHOOLS CHAMPIONSHIPS

Congratulations to all athletes who performed so well at the national all schools championships in Sydney. Apologies to any results we missed.

Boys

Under 16 pole vault: Tim Pappas, 3.80m 1st
Under 15 pole vault: Brodie Cross, 3.70m 1st
Under 15 pole vault: Dominic Poole, 3.45m 4th
Under 16 high jump: Tim Hare, 1.84m 5th Club Record

Girls

Under 15 pole vault: Alexandra Pocklington, 3.40m 2nd Club Record Under 16 3000m: Penny Townshend, 10:42, 4th Under 18 triple jump: Natalia Kremesnchutskaya, 11.78m 3rd Under 17 pole vault: Emily Zerella 3.20m 3rd Under 14 pole vault: Haylee Lawrence-Simons 2.70m 4th

RESULTS FROM ROUND 7 OF SHIELD COMPETITION

Due to some technical problems, some results have been missing from these emails in the past few weeks, apologies to anyone who has not seen their results. If there are any discrepancies, check the results section of the AV website www.athsvic.org.au

F100	F14	McArthur, Caitlin	15.68
FHJ	F14	Ridge, Kaitlyn	1.50
FLJ	F14	Ridge, Kaitlyn	4.30
FLJ	F14	Ridge, Kaitlyn	4.30
FLJ	F14	Mcarthur, Caitlin	4.30
Walk	F14	Mcnicol - Davidson,Chloe	9:11.9
F800	F16	Mahoney, Charlotte	2:52.7
F100	F18	George, Ryleigh	13.79
F100	F18	Poon Hornett, Kimberlie	13.99
F100	F18	De Luca, Emily	14.07
F100	F18	Oakes, Georgina	14.13
F100	F18	Whittle, Stacey	14.94
F1500	F18	Hodgkinson, Harriet	5:23.9
F1500	F18	De Luca, Emily	5:31.5
F200	F18	Poon Hornett, Kimberlie	28.12
F200	F18	Oakes, Georgina	29.49
F200	F18	Whittle, Stacey	31.02
F800	F18	Turnbull, Olivia	2:27.5
FHJ	F18	Carabourniotis,P.	1.45
F100	FOP1	Turnbull, Hannah	13.27
F100	FOP1	Adams, Melanie	13.41
F100	FOP1	Phillips, Angela	13.67
F100	FOP2	Lee, Vivienne	14.32
F200	FOP1	Ackland, Kathryn	26.77
F200	FOP1	Spathis, Theodora	27.04
F200	FOP1	Turnbull, Hannah	27.49
F200	FOP2	Phillips, Angela	28.47

F200	FOP2	Lee, Vivienne	29.22	
F200	FOP2	Anderson, Laura		31.04
F200	FOP2	Ward, Elissa	31.11	
F400H	FOP1	Anderson, Laura		1:14.4
F800	FOP1	Conley, Marguerite		2:31.7
F800	FOP1	Andrews, Suzanne		2:37.8
FDT	FOP2	Adams, Melanie		23.02
FDT	FOP1	Mccowan, Catherine	24.46	
FDT	FOP1	Carre, Simone	28.38	
FHJ	FOP1	Carre, Simone	1.60	
FHJ	FOP1	Adams, Melanie		1.70
FJT	FOP2	Mccowan, Catherine	28.83	
FJT	FOP1	Phillips, Angela	32.06	
FJT	FOP1	Spathis, Theodora		32.74
FLJ	FOP2	Adams, Melanie		4.95
FLJ	FOP2	Carre, Simone	5.15	
FLJ	FOP1	Turnbull, Hannah		5.24
FLJ	FOP1	Spathis, Theodora		5.52
M100	M16	Johnson, Marcus		12.54
M100	M16	Nourish, Simon	12.73	
M100	M16	Goldsmith, Timothy		13.30
M100	M16	Chapman, Tom	13.93	
M1500	M16	Dowel, Michael	4:37.4	
M1500	M16	Milnes, Mitchell		4:51.1
M200	M16	Johnson, Marcus		24.54
M200	M16	Snibson, James	26.44	
M200	M16	Goldsmith, Timothy		27.57
M200	M16	Nourish, Simon	28.01	
M200	M16	Chapman, Tom	28.06	
M800	M16	Snibson, James	2:14.7	
MHJ	M16	Nourish, Simon	1.55	
MLJ	M16	Johnson, Marcus		5.10
Walk	M16	Mcnicol - Davidson,Cody		10:18.8
M100	M18	Ting, Steven	11.90	
M100	M18	Maginn, Tim	12.22	
M1500	M18	Nagle, Cameron		5:00.0
M800	M18	Nagle, Cameron		2:15.3
MLJ	M18	Maginn, Tim	5.46	
M100	MOP1	Medford, Rhett	11.36	
M100	MOP1	Sherry, Cameron		11.61
M100	MOP1	Haddow, Andrew		11.66
M100	MOP2	Ashmore, Reagan		11.77
M100	MOP2	Filshie, James	11.98	
M100	MOP2	Pocklington, Joel		12.40
M100	MOP3	Pocklington, Colin		12.65
M100	MOP3	Gardner, Neville		16.30
M1500	MOP1	Kelly, Stephen	3:58.4	
M1500	MOP1	Vincent, Adrian	4:00.1	
M1500	MOP1	Meagher, John	4:13.4	
M1500	MOP2	O'Connor, Matthew		4:30.5
M1500	MOP2	Olden, Graeme	4:38.0	
M1500	MOP2	Graham, Craig	5:32.9	
M1500	MOP3	Gardner, Neville		6:10.6
M200	MOP1	Haddow, Andrew		23.07
M200	MOP1	Filshie, James	24.02	
M200	MOP1	Pocklington, Colin		25.83
M200	MOP2	Graham, Craig	29.39	

M400H	MOP1	Zeed, Imran	59.2	
M400H	MOP1	Pocklington, Joel		1:01.1
M800	MOP1	Dinneen, Stephen		1:53.4
M800	MOP1	Lynch, Barry	1:57.3	
M800	MOP1	Nagle, Andrew	2:03.0	
M800	MOP2	Boxshall, Paul	2:07.5	
M800	MOP	Taylor, M	2:08.3	
M800	MOP2	Griffin, Steven	2:12.8	
M800	MOP2	Evans, Simon	2:30.8	
MDT	MOP1	Gardner, Neville		23.85
MHJ	MOP1	Featherston, David		1.10
MHJ	MOP1	Peavey, John	1.90	
MJT	MOP2	Gardner, Neville		19.08
MJT	MOP1	Nagle, Andrew	24.04	
MJT	MOP1	Featherston, David		37.73
MLJ	MOP1	Ashmore, Reagan		5.00
MLJ	MOP1	Sherry, Cameron		5.94