

**Box Hill Athletic Club Summer News 17**  
**Tuesday 27 January 2009**

## **UPCOMING EVENTS**

Thursday, Jan 29 High Velocity Club at Olympic Park  
Saturday, Jan 31 Shield Competition round 12 Box Hill  
Saturday, Feb 7 Shield Region Final Box Hill  
Saturday, Feb 14 Shield Final Meadowglen (Epping)  
Feb 19-22, Victorian Open and U20 Champs Olympic Park  
Feb 20-22, Youth and Masters Relay Champs Olympic Park

## **SHIELD COMPETITION AT BOX HILL THIS SATURDAY**

The last round of Shield Competition before the finals will be held this Saturday, January 31 at Box Hill. The top 4 teams in each division will then contest the region final at Box Hill on February 7 and then, if successful, the association shield final at Meadowglen on February 14.

## **TOP FOUR TEAMS IN EACH DIVISION**

### F16

DIV	55.00
DON	49.00
RUY	40.00
BOH	39.00

### F18

BOH	71.00
ANW	55.00
DON	53.00
DIV	41.00

### FOP1

SSH	61.00
BOH	53.00
COL	46.00
RWD	41.00

### FOP2

SSH	112.00
RIC	100.00
COL	78.00
OLM	74.00
BOH	74.00

### M16

DIV	110.00
RIC	93.00
DON	90.00
CDN	72.00
BOH	63.00

### M18

BOH	81.00
DIV	75.00
RWD	60.00
DON	60.00

### M40+

DIV	67.00
RIC	56.00

COL 46.00  
BOH 38.00

#### MOP1

BOH 70.00  
COL 57.00  
SSH 52.00  
DIV 48.00

#### MOP2

RIC 91.00  
OLM 85.00  
ANW 71.00  
BOH 57.00

#### MOP3

IVA 106.00  
COL 96.00  
RIC 94.00  
OLM 71.00  
CDN 69.00  
BOH 63.00

## AUSTRALIAN OLYMPIC YOUTH FESTIVAL

Congratulations to the Box Hill athlete's who competed at the Australian Olympic Youth Festival in Sydney. Tim Papas won the men's under 18 pole vault with a 3.90m performance. In the women's pole vault Rebecca Marchant (3.50m) was 2nd and Alexandra Pocklington (3.35m) was third and Rebecca's 4x100 relay team was 3rd also.

## ANOTHER RECORD FOR PARIS

Paris McCathrion has set another Victorian under 14 pole Vault record. Last Thursday at Doncaster Paris cleared 3.35m to improve on her own state record.

## RESULTS FROM ROUND 11 OF SHIELD COMPETITION

### Under 16 Women

1500	F16	Atkin, Liselle	5:17.50
1500	F16	Mc Nicol-Davidson, Chloe	7:23.20
2000W	F16	Mc Nicol-Davidson, Chloe	13:10.20
400	F16	Mccathrion, Paris	1:15.10
90H	F16	Dyer, Chelsea	18.4
DT	F16	Dyer, Chelsea	34.63
PV	F16	Marchant, Rebecca	3.50
PV	F16	Mccathrion, Paris	3.35
TJ	F16	Marchant, Rebecca	11.95
TJ	F16	Mccathrion, Paris	9.28

### Under 18 Women

100H	F18	Aughton, Bridget	15.1
100H	F18	George, Ryleigh	19.9
1500	F18	Carrig, Amy	5:08.9
1500	F18	De Luca, Emily	5:21.8
200	F18	Turnbull, Olivia	28.4
200	F18	Carrig, Anna	28.5
200	F18	Poon Hornett, Kimberlie	28.7
200	F18	Brock, Catherine	28.8
200	F18	Carrig, Amy	29.7
200	F18	Houston, Katherine	29.9
3000	F18	Carrig, Amy	11:33.6
400	F18	Aughton, Bridget	1:00.0

400	F18	Turnbull, Olivia	1:00.4
400	F18	Carrig, Anna	1:04.8
400	F18	De Luca, Emily	1:06.2
400	F18	Cross, Breanne	1:08.1
400	F18	Mahony, Charlotte	1:12.4
PV	F18	Cross, Breanne	3.20
PV	F18	Houston, Katherine	2.60
TJ	F18	Carrig, Anna	9.95
TJ	F18	Brock, Catherine	9.37

#### Open Women

100H	FOP	Spathis, Theodora	16.0
1500	FOP	Ackland, Kathryn	4:56.4
1500	FOP	Law, Rebecca	5:57.3
200	FOP	Sudholz, Bronwyn	26.1
200	FOP	Spathis, Theodora	27.4
200	FOP	Carabourniotis, Panayiota	30.0
200	FOP	Barlow, Erryn	31.1
200	FOP	Matheson, Julia	33.7
400	FOP	Ackland, Kathryn	59.3
5000	FOP	Johnson, Rachel	18:06.9
5000	FOP	Conley, Margie	20:38.8
PV	FOP	Ditton, Rosanna	3.50
SP	FOP	Spathis, Theodora	10.99
SP	FOP	Phillips, Angela	9.65
TJ	FOP	Gagovska, Samantha	10.05
TJ	FOP	Carabourniotis, Panayiota	9.43

#### Under 16 Men

1500	M16	Martin-Alcaide, Kyle	4:14.7
1500	M16	Tree, Jonathan	4:42.3
1500	M16	Tyson, Don	4:52.2
400	M16	Coughlin, Andrew	54.0
400	M16	Tyson, Don	58.5

#### Under 18 Men

110H	M18	Brock, Christopher	16.5
110H	M18	Miller, Andrew	19.7
1500	M18	Aloisio, Anthony	4:15.6
1500	M18	Baggott, Nicholas	4:28.4
1500	M18	Dyer, Jackson	4:42.7
1500	M18	Balassone, Daniel	
200	M18	Cornelius, Tom	23.4
200	M18	Johnson, Marcus	24.3
200	M18	Schneider, Danny	
400	M18	Johnson, Marcus	53.4
400	M18	Cross, Braeden	55.5
400	M18	Brock, Christopher	56.5
SP	M18	Schneider, Danny	9.71
SP	M18	Johnson, Marcus	8.86
TJ	M18	Cornelius, Tom	12.96
TJ	M18	Cross, Braeden	10.88
TJ	M18	Johnson, Marcus	10.81
TJ	M18	Farrell, Callum	10.74
TJ	M18	Schneider, Danny	10.57

#### Over 40 Men

1500	M40+	Dyer, William	5:19.1
200	M40+	Gardner, Neville	35.2
400	M40+	Gardner, Neville	1:18.1

5000	M40+	Stevens, David	21:10.9
5000	M40+	Tunne, Andrew	21:28.6
5000	M40+	Gardner, Neville	24:29.7
DT	M40+	Gardner, Neville	20.56
TJ	M40+	Gardner, Neville	6.76

#### Open Men

110H	MOP	Pocklington, Joel	16.9
110H	MOP	Wong, Hiu Yeung	18.2
110H	MOP	Zeed, Imran	18.2
110H	MOP	Baker, Cameron	19.6
1500	MOP	Clark, Daniel	3:51.1
1500	MOP	Kelly, Stephen	3:56.5
1500	MOP	Chefnaoui, Bouchaib	3:58.90
1500	MOP	Arunasalam, Navin	4:09.1
1500	MOP	Lynch, Barry	4:11.0
1500	MOP	Ayers, David	4:29.3
1500	MOP	Featherston, David	4:32.6
1500	MOP	Coloe, Matthew	5:03.4
1500	MOP	Nagle, Andrew	5:47.9
2000W	MOP	Evans, Simon	10:20.5
2000W	MOP	Dyer, William	10:23.8
2000W	MOP	Olden, Graeme	11:34.6
200	MOP	Filshie, James	24.2
200	MOP	Baker, Cameron	24.3
200	MOP	Zeed, Imran	24.7
200	MOP	Spry, Jesse	25.0
200	MOP	Pocklington, Joel	26.2
200	MOP	Cross, David	26.8
200	MOP	Wong, Hiu Yeung	26.8
200	MOP	Zeed, Mohamad	27.6
400	MOP	Lucus, Blake	51.2
400	MOP	Tirhazouine, Otmane	52.1
400	MOP	Nagle, Andrew	52.5
400	MOP	Schneider, Danny	54.1
400	MOP	Zeed, Imran	54.6
400	MOP	Knott, Peter	54.7
400	MOP	Filshie, James	54.9
400	MOP	Ayers, David	1:00.2
400	MOP	Cross, David	1:00.3
5000	MOP	White, Andrew	14:30.0
5000	MOP	Dinneen, Stephen	14:45.5
5000	MOP	Griffin, Steven	17:11.4
5000	MOP	O'connor, Christopher	18:06.4
5000	MOP	Olden, Graeme	18:39.3
5000	MOP	Featherston, David	18:54.5
DT	MOP	Spry, Jessie	
SP	MOP	Scherma, Sam	10.48
SP	MOP	Featherston, David	7.02
TJ	MOP	Featherston, David	11.30
TJ	MOP	Baker, Cameron	8.93

## **DON'T FORGET!**

A DATE FOR YOUR DIARIES.....A NIGHT WITH THE HOOKER ...(Steve), Monday the 2nd of March 2009 Olympic Gold Medalist, Steve Hooker will be coming back to his old club to talk about his triumph in Beijing and his plans for the future. More Details coming soon!