

**Box Hill Athletic Club Summer News 07**  
**Monday 10 October 2008**

## **UPCOMING EVENTS**

Saturday, Nov 15 Shield Competition Round 4, Ringwood Saturday, Nov 22 Shield Competition Round 5, Doncaster Saturday, Nov 29 Shield Competition Round 6, Box Hill

## **NEXT ROUND OF SHIELD COMPETITION AT RINGWOOD THIS SATURDAY**

Round 4 of competition will be held at Ringwood on this Saturday, November 15. See the summer competition handbook or the AV website for the timetable.

## **MILERS CLUB, RARE AIR CLUB, HIGH VELOCITY CLUB**

A number of Box Hill athletes competed well at these competitions last week.

Steve Dinneen won the 5000m event in a time of 14.24.6

Other results:

5000m

Steve Kelly 14.56.1

Tristan Harradine 16.54.1 PB

Bill Dyer Box Hill 18.45.1

1500m

Daniel Clark 3.52.0

Matthew Coloe 3.53.2

Barry Lynch 4.06.4

Michael Dowel 4.21.6 PB

Jackson Dyer 4.41.9

Kate Ackland 5.01.5

Emily De Luca 5.17.4 PB

Pole Vault

Men

Joel Pocklington 4.90

Blake Lucas 4.90

Tim Papas 4.20

Cameron Sherry 4.00

Brodie Cross 4.00

Women

Rebecca Marchant 3.20

Alex Pocklington 3.00

Paris McCathron 2.80,

## **WINTER COMPETITION PRESENTATION FUNCTION**

Athletics Victoria have organised a presentation function to be held at the Backstage Room at Olympic Park on Sunday, November 16, commencing at 3:30pm (not at 1:00pm as previously advertised) Their will be presentations to the individual and team champions, light refreshments and former world marathon record holder, Derek Clayton has been confirmed as the guest speaker. Box Hill won three winter premierships this year, Men's Division 1, Division 3 and Under 20. We urge all members of these teams and any other athletes who took part in the winter season competition to come along and celebrate these victories and to hear the great Derek Clayton speak. We need to let AV know how many people from our club will be attending, so please RSVP via return email AS SOON AS POSSIBLE if you are able to attend.

# VICTORIAN ALL SCHOOLS TRACK AND FIELD CHAMPIONSHIPS

A number of Box Hill athletes put in outstanding performances at the Victorian All Schools Championships at the weekend. As results are listed under the athletes school (rather than club) we have probably missed some results but special mention must be made of three athletes. Kyle Martin-Alcaide put in a wonderful performance to win 3 gold medals, in the under 15 800m, 1500m and 3000m. Bridget Aughton won 2 gold medals, winning the under 18 100m Hurdles and 400m Hurdles and Rebecca Marchant won the under 16 Pole Vault and High Jump, broke a Victorian and Box Hill open club record while finishing 2nd in the triple jump and also came 4th in the long jump.

## Men 800 Meter Run Under 15

1. Kyle Martin-Alcaide, 2:00.63

## Men 1500 Meter Run Under 15

1. Kyle Martin-Alcaide, 4:17.79

## Men 3000 Meter Run Under 15

1. Kyle Martin-Alcaide, 9:03.81

## Men Pole Vault Under 15

1. Brodie Cross, 4.00m

## Men 400 Meter Run Under 16

8. Andrew Coughlin, 55.25

## Men 100 Meter Sprint Under 17

3. Tom Cornelius, 11.55

## Men 200 Meter Sprint Under 17

6. Tom Cornelius, 22.83

## Men 400 Meter Run Under 17

7. Danny Schneider, 52.89

## Men 800 Meter Run Under 17

6. Danny Schneider, 2:02.80
8. William Potter, 2:05.52

## Men 1500 Meter Run Under 17

6. William Potter, 4:19.51
7. Michael Dowel, 4:20.16

## Men 3000 Meter Run Under 17

3. Anthony Aloisio, 9:12.61

## Men 110 Meter Hurdles Under 17

5. Lachlan McMillan, 15.48

## Men Long Jump Under 17

4. Tom Cornelius, 6.22m
6. Tim Papas, 6.13m
8. Lachlan McMillan, 5.78m

## Men Triple Jump Under 17

3. Tom Cornelius, 12.89m

## Men 800 Meter Run Under 18

5. Daniel Balassone, 1:59.12

Men 3000 Meter Run Under 18

6. Jackson Dyer, 9:59.73

Men 400 Meter Hurdles Under 18

4. Chris Brock, 60.52

Women 80 Meter Hurdles Under 14

6. Paris McCathrion, 13.64

Women Pole Vault Under 14

1. Paris McCathrion, 3.00m

Women 400 Meter Run Under 15

9. Ajok Mabior, 63.44

Women 800 Meter Run Under 15

10. Ajok Mabior 2:32.15

Women 3000 Meter Race Walk Under 15

2. Cassie Raselli, 15:26.7

Women High Jump Under 16

1 Rebecca Marchant, 1.63m

Women Pole Vault Under 16

1 Rebecca Marchant, 3.30m

Women Long Jump Under 16

4 Rebecca Marchant, 5.37m

Women Triple Jump Under 16

2 Rebecca Marchant, 12.35m

Women Shot Put Under 16

3 Chelsea Dyer, 9.99m

Women Javelin Throw Under 16

1 Chelsea Dyer, 38.99m

Women 200 Meter Sprint Under 17

9 Harriet Cordner, 27.52

Women 400 Meter Run Under 17

7 Harriet Cordner, 61.74

Women 800 Meter Run Under 17

5. Amy Carrig, 2:18.51

Women 100 Meter Sprint Under 18

2. Ryleigh George, 13.24

Women 800 Meter Run Under 18

3 Olivia Turnbull, 59.51

Women 800 Meter Run Under 18

4 Olivia Turnbull, 2:18.77

Women 1500 Meter Run Under 18

6. Emily Deluca, 5:18.61

Women 100 Meter Hurdles Under 18

1 Bridget Aughton, 14.87

Women 400 Meter Hurdles Under 18

1 Bridget Aughton, 65.05

Women Pole Vault Under 18

1 Breanna Cross, 3.20m

## **GREETINGS FROM PARIS!**

Club registrar Viv Lee has sent a postcard from France (where she is no doubt training hard ready for a big return to racing at Box Hill!)

"Bonjour tort lemonde! Thought it was time I sent a few words your way!

I have been living in Paris now for nearly 2 months and have loved every minute of being immersed in a French society! I spent September taking French classes and have been working at an Anglo-Franco Financial Cabinet for the last 4 weeks as an intern. There has been plenty of sightseeing and travel in between including to London where I caught up with Tim Renowden and weekends in Berlin, Switzerland and the beautiful wine region, Burgundy. I have found an aths track very close to my place and right next to the Eiffel Tower, it makes a fantastic backdrop when it is lit up in the evenings although it is only 350m and mostly full of football (sorry - soccer!) teams training. This weekend I am off to Normandy where we will visit the stunning abbey of Mont St Michel and the D-day beaches. I hope that you are all well and enjoying the start of the track season. All the best for Christmas and the New Year.

Bisous - Vivienne xo"