

Box Hill Athletic Club Summer News 07
Tuesday 10 November 2009

UPCOMING EVENTS

Saturday, November 14 Shield Rd.5 Ringwood
Saturday, November 21 Shield Rd.6 Doncaster
Thursday, November 26 High Velocity Club Aberfeldie
Thursday, November 26 Milers Club (incl. 5k champs) Olympic Park
Saturday, November 28 Shield Rd.7 Nunawading

ROUND 5 OF SHIELD COMPETITION AT RINGWOOD ON SATURDAY

Round 5 of shield competition will be held this Saturday, November 14 at Ringwood. Program 1 will be used this week with the track events (Walk, 400m Hurdles, 200m, 800m, 4x400m, 5000m) starting at 1:00pm and hammer throw starting at 12:00pm, Long Jump and 12:30 and the other field events start at 1:00pm.

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.

VOTE FOR STEVE HOOKER

Steve has been nominated for the Sports Performer of the Year award - but he needs your help! The winner is decided by public vote so if Steve's high flying indoor season or his injury-defying performance to win the world title in Berlin inspired you, follow the below link to register your vote and help get him across the line.

Each voter also receives an entry into the draw to win \$5000!

To vote for Steve, follow this link

http://www.performerawards.com.au/index.php?option=com_content&view=article&id=58:steve-hooker&catid=3

Steve is a life member of Box Hill and not only became the second highest vaulter of all time with a clearance of 6.06m in Boston in February, but defied injury to win the world championship in Berlin in spectacular fashion.

NEWSLETTER

As well as this weekly email, the club is planning to re-establish a more detailed bi-monthly newsletter. If you would like to contribute to the newsletter, or have any suggestions for articles that could be included please let us know as soon as possible.

CONGRATULATIONS JUNE!

Congratulations to June Petrie who on October 31st finished 4th in the world 50km road championships in Gibraltar. June completed the tough course in 3:44:45 to set a new age group (45-49) Australian record.

HANNY CONQUERS THE HILLS

While most of us were relaxing over the Cup Day long weekend, nearly 300 people took part in the Bright Alpine Climb, also known as the 4 Peaks. This consists of four races on four consecutive days, ranging from 11km to 16km. The first day they run up Mystic Hill, the next day up Mt. Feathertop, then Mount Hotham, then Mount Buffalo! There is between 1000m and 2000m of vertical climb each day. Box Hill's Hanny Allston not only won the "Queen of the Mountains" title but finished 2nd overall defeating all the men on two of the four climbs! A truly spectacular performance.

RESULTS FROM ALL SCHOOLS CHAMPIONSHIPS

Box Hill had many athletes put in good performances at the Victorian All Schools Championships last weekend. Congratulations to everyone who took part and especially our medal winners.

Special mention must be made of Paris McCathrion who smashed her own Victorian U15 and U16 records with a brilliant effort of 3.75m in the pole vault.

Among the other outstanding performances were Kyle Martin-Alcaide, who won the 1500m/3000m double in the U16 age group and Sarah Ferrier who won 3 gold medals in the under 14s. Apologies to any one we missed!

Under 18 Boys

Tom Cornelius: Long Jump 1st (7.00m), 400m Hurdles 2nd (55.27), 200m 3rd (22.43)

Braeden Cross: 400m 4th (50.36)

William Potter: 2000m steeple 2nd (6:24.9), 800m 4th (1:57.7)

Anthony Aloisio: 3000m 2nd (9:05.7)

Lachlan McMillan: 110m Hurdles 2nd (15.03), Long Jump 7th (6.11m)

William Chen: Long Jump 11th (4.99m)

Under 17 Boys

Max Van De Garde 100m semi 6th (11.91), 200m heat 4th (24.13), 400m heat 5th (55.81)

Nick Lockwood Shot Put 4th (14.26m), Discus 4th (38.49m), 100m heat 7th (12.80)

Andrew Coughlin 800m heat 3rd (2:01.6)

David Grant Discus 2nd (41.27m), Javelin 5th (40.32m), Shot Put 5th (13.66m)

Under 16 Boys

Brodie Cross: Pole Vault 1st (4.40m)

Kyle Martin-Alcaide: 1500m 1st (4:03.1), 3000m 1st (9:20.1)

Tom Robertson 200m Hurdles 1st (26.45), 100m Hurdles 3rd (13.98), 400m 6th (52.96)

Under 15 Boys

Oliver Kalac: Pole Vault 1st (2.40m)

Joe Hardy 1500m 6th (4:36.7), 3000m 7th (10:22.7)

Under 14 Boys

James Clements: 1500m 8th (4:51.1)

Under 17 Girls

Rebecca Marchant: Pole Vault 1st (3.70m), Triple Jump 2nd (12.25m), Long Jump 2nd (5.24m), High Jump 2nd (1.55m)

Alex Pocklington: Pole Vault 2nd (3.60m)

Tessa Budden: High Jump 3rd (1.55m), Long Jump 5th (4.57m)

Chelsea Dyer: Javelin 2nd (39.06m), Discus 3rd (35.45m), Shot Put 3rd (8.96m)

Eliose O'Brien: 3000m 4th (11:05.8)

Under 16 Girls

Ella Mason: 3000m Walk 3rd (17:08.9)

Natalie Ambrose: 800m 4th (2:24.1)

Under 15 Girls

Paris McCathrion: Pole Vault 1st (3.75m), High Jump 5th (1.50m), 90m Hurdles 7th (14.38), 200m Hurdles 6th (32.62),

Helen Tower: 400m 4th (63.44), 200m Hurdles 5th (32.27)

Under 14 Girls

Emily Goessler: 1500m 7th (4:59.8)

Sarah Ferrier: 100m 1st (12.46), Long Jump 1st (5.47m), Triple Jump 1st (11.52m), High Jump 3rd (1.61m)