

## **Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 03**

**Monday 11 October 2010**

### **UPCOMING EVENTS**

Saturday, October 16, Shield Competition round 2 - Nunawading  
Saturday, October 23, Shield Competition round 3 - Box Hill  
Saturday, October 30, Shield Competition Round 4 - Doncaster  
Thursday, November 4, Milers Club - Doncaster  
November 5-7, Victorian All Schools Championships - Olympic Park  
Saturday, November 13, Shield Competition Round 5 - Doncaster

### **CLUB CAPTAINS**

Congratulations to James Filshie and Talitha Crawford who have been named the clubs captains for the 2010/2011 season. James and Talitha have set a great example for a number of years with their competitive spirit and support for the club and will undoubtedly continue to do so in the year to come.

### **ROUND 2 OF SHIELD COMPETITION AT NUNAWADING TRACK THIS Saturday**

Round 2 of Shield competition will take place at the Nunawading track, the Bill Sewart Reserve, Burwood Highway, East Burwood. It is vital that we get a good turn out of athletes to get all our teams off to a flying start this season.

Please check in with your team manager before and after your event, so that we can keep track of all performances.

Track events:

1:00pm: 3000/1500m walk, 200m Hurdles

1:15pm: 400m Hurdles

1:30pm: 200m Men

2:10pm: 200m Women, 800m Men

2:50pm: 800m Women

3:10pm: 4x400m Men

3:50pm: 4x400m Women

4:15pm: 3000m

Field events start at 12:30pm, check your summer competition handbooks for times.

**NOTE:** the hammer throw will be held at Doncaster from 4:00pm

### **GET REGISTERED NOW! THE TRACK SEASON IS HERE!**

With the 2010/2011 interclub shield track and field season now underway, we still have a number of athletes who are unregistered. If you are not registered for this season please register as soon as possible. Registration forms can be downloaded from the Box Hill Athletic Club website, or reply to this email and we will send you a form.

### **CALLING FOR VOLUNTEERS**

If you can help setting out equipment, measuring jumps, moving hurdles or writing down results then your club needs you! Most weeks throughout the summer season Box Hill is assigned certain duties. If everyone involved with the club helped out just once throughout the summer, then it would be an easy task. Please let us know if you can help!

## RESULTS FROM ROUND 1 OF SHIELD COMPETITION

Box Hill had some great results in round 1, winning the men's and women's division 1 competitions as well as the men's 40+ and finishing 2nd in the men's under 16. We hope to do even better in the future, when all of our athletes are registered and available to compete and we can fill all of our events. There are no region finals this season, so the team on top of the ladder after all 13 rounds will be declared the region premier. The Premier team and the runners up in each division will proceed to the State Association finals at the end of the season.

Special mention this week to Russell Clowes, David Featherston, Bill Dyer and Bert Pelgrim who all competed in at least 4 events each and to Nathan Brill (2000m walk) and Kyle Martin-Alciade (1500m), two of our junior athletes who defeated all the senior athletes in their respective events.

### RESULTS

#### Female Open Division 1

##### Discus

Angela Phillips 33.46m

##### 100m Hurdles

Bridget Aughton 16.3

##### Pole Vault

Abbie Freestone 2.70m

Hui Nee Chin 2.70m

##### 400m Relay

Box Hill 54.10

##### 100m

Bridget Aughton 13.6

Abbie Freestone 13.8

Kristine Hopkins 14.7

Nicole Clowes Boh 14.7

##### 400m

Hannah Deal 61.2

Bridget Aughton 61.9

Talitha Crawford 62.2

Emily De Luca 62.5

Katherine Houston 65.6

Kris Hopkins 68.1

Harriet Hodgkinson 73.0

##### 1,500m

Hayley Tomlinson 5:06.2

Talitha Crawford 5:14.7

Hannah Deal 5:15.6

Harriet Hodgkinson 5:45.2

##### 5,000m

June Petrie 20:26.2

Charmaine McNally 21:55.8

#### Female Under 18

##### Discus

Chelsea Dyer 35.14m

##### Pole Vault

Rebecca Marchant 3.30m

##### 400m Run

Liselle Atkin 67.5

##### 1,500m

Natalie Ambrose 4:55.0

Liselle Atkin 5:15.0

### **Female Under 16**

#### **90m Hurdles**

Paris Mccathrion 14.0

#### **100m**

Helen Tower 13.8

#### **400m**

Helen Tower 63.8

#### **1,500m**

Emily Goessler 5:11.1

Amelia Savige 5:26.5

Elissa Garrod 5:37.5

### **Men Open Division 1**

#### **Discus**

Russell Clowes Boh 32.07 31.00

David Featherston Boh 23.32 20.00

#### **Javelin**

Russell Clowes Boh 34.95 24.00

David Featherston Boh 23.77 14.00

#### **Pole Vault**

Blake Lucas Boh 4.20 31.00

James Filshie Boh 3.90 28.00

Cameron Baker 3.45m

#### **400m Relay**

Boh 44.40 62.00

#### **100m**

Blake Lucas 11.0

James Filshie 11.2

Braeden Cross 11.2

Scott Mace 11.6

Marcus Johnson 12.0

August Apelis 12.2

#### **400m**

August Apelis 53.8

Patrick Oughtred 54.1

Marcus Johnson 55.4

David Featherston 55.6

Cameron Baker 56.6

Christopher Brock 56.7

Nicholas Baggott 58.1

Sam Dipnall 60.7

#### **1,500m**

Nicholas Baggott 4:12.5

Sam Dipnall 4:19.2

Sam Mackie 4:25.3

Andrew Nagle 4:33.6

David Featherston 4:34.4

Patrick Oughtred 4:38.8

Russell Clowes 5:29.9

#### **5,000m Run**

Sam Dipnall 16:17.3

Steven Griffin 16:44.3

Daniel Balassone 17:43.0

Andrew Nagle 17:43.4

Mitchell Lefevre 17:49.0

Russell Clowes 20:47.6

**Men 40+****Discus**

William Dyer 21.28m

Cameron Morris 20.94m

**Javelin**

Cameron Morris 36.84m

Todd Lucas 22.57m

Bill Dyer 17.37m

**Pole Vault**

Mark Stewart 2.85m

Rob Barclay 2.40m

**400m Relay**

Box Hill 50.90

**100m**

Andrew Wilcox 12.1

Colin Pocklington 12.8

Todd Lucas 13.6

**400m**

Andrew Wilcox 53.2

David Ayers 60.2

Bert Pelgrim 62.8

**1,500m**

David Ayers 4:35.8

Bert Pelgrim 4:53.5

John Vaitkunas 5:12.5

James Tennant 5:44.6

**5,000m**

Bert Pelgrim 17:32.8

Graeme Olden 18:45.6

John Vaitkunas 19:02.1

Peter Stefanos 19:40.0

Bill Dyer 20:04.8

Andrew Tunne 20:34.2

David Stevens 21:12.5

**2,000m Walk**

William Dyer 10:55.1

Harry Summers 13:00.3

**Men Under 18****Discus**

David Grant 46.45m

**Javelin**

David Grant 45.95m

**Pole Vault**

Brodie Cross 4.05m

**100m**

Brodie Cross 12.4

**1,500m**

Kyle Martin-Alcaide 3:59.1

Andrew Coughlin 4:22.2

Hanson Wong 4:46.7

## **Men Under 16**

### **Discus**

Mitchell Dyer 20.38m

### **100m Hurdles**

Alexander Di Medio 14.7

Geoffrey Wu 17.3

### **Javelin**

Mitchell Dyer 20.78m

### **400m Relay**

Box Hill 50.9

### **100m**

Alexander Di Medio 12.2

Geoffrey Wu 13.2

### **400m**

Daniel Bancroft 59.7

### **1,500m**

Nicolas Paidoussis 4:42.5

Daniel Bancroft 4:45.1

Tom Snibson 5:12.3

### **3,000m**

Mitchell Dyer 9:58.6

Laughlin Norney 11:54.6

### **2,000m Walk**

Nathan Brill Boh 8:44.5

## **TEAM RESULTS**

### **FOP Division 1**

Box Hill 268.00

Diamond Valley 255.50

Collingwood 188.50

St Stephens 171.50

Ringwood 117.50

### **FU16**

Croydon 505.50

Collingwood 473.00

Doncaster 352.50

Diamond Valley 209.50

Box Hill 170.50

Collingwood 2 170.00

Ruyton 122.50

Nunawading 99.00

Ringwood 94.50

Diamond Valley 2 16.00

### **FU18**

Doncaster 444.50

Diamond Valley 264.50

Collingwood 190.50

St Stephens 174.50

Box Hill 137.00

Richmond 60.00

### **M40+**

Box Hill 360.50

Collingwood 335.00

Diamond Valley 238.50

Croydon 159.00

Richmond 145.00

Collingwood 2 68.00

Diamond Valley 2 48.00

**MOP Division 1**

Box Hill 748.50  
Collingwood 626.00  
St Kevins 626.00  
St Stephens 380.00  
Diamond Valley 240.50

**MU16**

Collingwood 643.50  
Box Hill 539.50  
Diamond Valley 495.50  
Croydon 486.00  
Doncaster 319.00  
Ringwood 315.50  
Nunawading 198.00  
Richmond 125.00  
Collingwood 2 80.00

**MU18**

Diamond Valley 731.50  
Nunawading 471.00  
Richmond 454.00  
Collingwood 384.50  
Box Hill 266.50  
Doncaster 143.00  
Diamond Valley 2 84.50  
St Stephens 70.00  
Ivanhoe 38.00