

**Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 04**  
**Monday 18 October 2010**

## **UPCOMING EVENTS**

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

### **ROUND 3 OF SHIELD COMPETITION AT BOX HILL THIS Saturday**

Round 3 of Shield competition will take place at Box Hill this Saturday. 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: 2000m walk, Sprint Hurdles  
1:20pm: Steeplechase (open, U18 Men)  
1:40pm: Steeplechase (Women, 40+, U16 Men)  
1:45pm: 100m Women  
2:15pm: 100m Men  
2:20pm: 1500m Women  
2:40pm: 1500m Men  
3:25pm: 4x100m Women  
3:40pm: 4x100m Men  
4:00pm: 400m Women  
4:20pm: 400m Men

Field events (Javelin, Discus, Triple Jump, Pole Vault, High Jump) start at 12:30pm, check your summer competition handbooks for times.

### **URGENT CALL 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!

### **ROUND 2 TO BE RESCHEDULED**

Round 2 of Shield competition was cancelled last Saturday due to the weather. All members should have received a text message from Athletics Victoria to inform them of the cancellation. Apologies to any members who did not get this information in time. If any members did receive this text message please email [info@athsvic.org.au](mailto:info@athsvic.org.au) with your name and mobile number so that you do not miss out next time. We have been told that round 2 will be rescheduled, but have not yet been told when.

### **NIKKI 12TH AT WORLD CHAMPIONSHIPS!**

Congratulations to Nikki Chapple who finished 12th in the world half marathon championships in Nanning, China on Saturday. The lead group in this race, consisting of 5 Kenyans, 5 Ethiopians and Nikki sped through the first 5km in 15:53. Given the warm, humid conditions this proved a little too fast as Nikki faded slightly to finish in a time of 71:25. This was, nevertheless a great performance. The Australian team of Nikki, Jessica Trengrove (24th) and Benita Willis (26th) finished 4th in the teams competition behind, Kenya, Ethiopia and Japan.

**BARGAIN PRICE SPIKES!**

Thanks to Neil Ryan from Runners World, Box Hill has a number of pairs of Nike Zoom LJ spikes for sale for the bargain price of \$50. These are specialist jumping spikes but they are also suitable for other events. We have a full range of sizes but only 1 pair in each size, so get in quick! Reply via email if you are interested or inspect the spikes at the track during competition this Saturday.