

# **Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 09**

**Monday 22 November 2010**

## **UPCOMING EVENTS**

Saturday, November 27, Shield Competition Round 7 - Box Hill

Sunday, November 28, Relay Championships - Doncaster

Tuesday, November 30, Milers Club - Box Hill

December 4-5, National All Schools Champs, Doncaster

Thursday, December 9, Zatopek Meet

### **ROUND 7 OF SHIELD COMPETITION AT BOX HILL THIS SATURDAY**

Round 7 of Shield competition will take place at Box Hill on this Saturday, November 27.

At this stage of the season it is crucial that those athletes that have not competed, or may have competed only once or twice take part to make sure that they are qualified for the finals in February.

Track events for this Saturday are:

1:00pm: Hurdles, 2000m Walk

1:20pm: Steeple Open U18 Men

1:40pm: Steeple Women, 40+, U16 Men

1:45pm: 100m Women

2:15pm: 100m Men

2:20pm: 1500m Women

2:40pm: 1500m Men

3:25pm: 4x100m Relay Women

3:40pm: 4x100m Relay Men

4:00pm: 400m Women

4:20pm 400m Men

The field events, Javelin, Discus, Triple Jump, Pole Vault start at 12:30pm.

### **HELPERS URGENTLY NEEDED**

Volunteers urgently needed to help at Shield on Sat. 27<sup>th</sup> Nov at Box Hill.

No Skills required!

For: Set up (11.00am-1.00pm)

Canteen (1.00pm-5.00pm)

Pack up (4.00pm-6.00pm)

If you could give just one hour to help out on any of these tasks, it would be greatly appreciated.

Please let us know via email as soon as possible.

### **RELAY CHAMPIONSHIPS**

The state relay championships (4x100, 4x400, 4x800 and Medley relays) will be held for under 14, under 16, under 18 and open age groups on Sunday, November 28 at Doncaster, except for the men's and women's open 4x400m events will be held at Olympic on December 9 at the Zatopek meet. Please let us know as soon as possible if you are available to take part in these events

### **RESULTS FROM ROUND 6 OF SHIELD COMPETITION**

#### **Men Division 1 Team Result: 2nd**

Tom	Cornelius	200	22.7
Cameron	Baker	200	24.2
Marcus	Johnson	200	24.3
David	Mitchell	200	24.6
Peter	Knott	200	24.7
Christopher	Brock	200	25.1
Daniel	Clark	800	1:53.0
Nicholas	Baggott	800	2:01.0
Sam	Dipnall	800	2:04.8
Russell	Clowes	800	2:07.0
Daniel	Balassone	3000	8:47.1
Daniel	Clark	3000	8:50.6
Michael	Dowel	3000	8:58.1

Steven	Griffin	3000	9:36.9
John	Morris	3000	10:24.5
Marcus	Hanley	3000	10:31.5
Christopher	Brock	400H	64.4
David	Featherston	Hammer	21.75m
John	Peavey	High Jump	1.90m
James	Spry	High Jump	1.85m
Russell	Clowes	High Jump	1.75m
James	Spry	Shot Put	10.99m
Russell	Clowes	Shot Put	9.61m
David	Featherston	Shot Put	8.20m
Cameron	Baker	Shot Put	7.58m
Peter	Knott	Shot Put	6.16m
Russell	Clowes	Long Jump	6.47m
Tom	Cornelius	Long Jump	6.27m
Marcus	Johnson	Long Jump	4.48m

#### **Women Division 1 Team Result: 1st**

Abbie	Freestone	200	28.2
Anna	Carrig	200	28.3
Erryn	Barlow	200	30.5
Talitha	Crawford	800	2:21.3
Hayley	Tomlinson	800	2:22.8
Amy	Carrig	800	2:25.0
Hannah	Deal	800	2:25.3
Harriet	Hodgkinson	800	2:37.1
Kate	Ackland	3000	13:12.0
Bridget	Aughton	400H	70.9
Katherine	Houston	400H	75.1
Catherine	McCowan	Hammer	33.47m
Sarah	Hewitt	Hammer	32.89m
Sarah	Hewitt	High Jump	1.35m
Molly	Grau	High Jump	1.60m
Catherine	McCowan	Long Jump	3.85m
Sarah	Hewitt	Long Jump	3.62m
Catherine	McCowan	Shot Put	9.75m
Sarah	Hewitt	Shot Put	8.97m

#### **Men 40+ Team Result: 3rd**

Andrew	Wilcox	200	28.3
David	Cross	200	29.9
Neville	Gardner	200	40.1
David	Ayers	800	2:14.2
Bert	Pelgrim	800	2:24.4
John	Vaitkunas	800	2:26.5
Neville	Gardner	800	3:33.1
John	Vaitkunas	3000	10:32.4
Graeme	Olden	3000	10:32.8
Bert	Pelgrim	3000	10:51.5
Peter	Stefanos	3000	11:06.4
David	Stevens	3000	12:03.7
Andrew	Tunne	3000	12:17.4

Neville	Gardner	3000	16:27.6
William	Dyer	3000 Walk	16:15.1
Cameron	Morris	Hammer	27.46m
David	Cross	Hammer	27.06m
David	Cross	High Jump	1.45m
David	Cross	Long Jump	3.98m
Andrew	Wilcox	Long Jump	3.88m
David	Cross	Shot Put	9.19m
Cameron	Morris	Shot Put	9.13m
William	Dyer	Shot Put	8.07m

#### **Men Under 18 Team Result: 6th**

James	Shaw	200	24.0
Hanson	Wong	800	2:07.8
Kyle	Martin-Alcaide	800	1:54.5
Peter	Green	800	2:15.3
Tom	Nathan-Sears	800	2:24.8
David	Grant	Shot Put	13.95m
Max	Van de Garde	200	

#### **Women Under 18 Team Result: 1st**

Tessa	Budden	200	28.3
Katherine	Foley	200	30.5
Chelsea	Dyer	200	30.7
Natalie	Ambrose	800	2:20.0
Liselle	Atkin	800	2:34.6
Chelsea	Dyer	800	2:52.0
Liselle	Atkin	3000	13:12.2
Tessa	Budden	High Jump	1.55m
Rebecca	Marchant	Long Jump	5.36m
Nicola	Leong	Long Jump	4.70m
Chelsea	Dyer	Shot Put	10.93m

#### **Men Under 16 Team Result: 5th**

Laughlin	Norney	200	27.6
Geoffrey	Wu	200	27.8
Mitchell	Wilson	800	2:05.1
Laughlin	Norney	800	2:42.8
Laughlin	Norney	3000	11:15.6
Nathan	Brill	3000Walk	13:49.0
Alexander	Di Medio	400H	61.3
Geoffrey	Wu	Long Jump	5.04m

#### **Under 16 Women Team Result: 4th**

Emily	Holding	200	31.2
Lauren	Vienet	200	31.8
Emily	Goessler	800	2:26.5
Amelia	Savige	800	2:36.7
Helen	Tower	Hurdles	69.8
Emily	Holding	Long Jump	3.61m
Lauren	Vienet	Long Jump	3.52m

#### **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.