

# **Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 10**

## **Monday 29 November 2010**

### **UPCOMING EVENTS**

Tuesday, November 30, Milers Club - Box Hill  
December 4-5, National All Schools Champs - Doncaster  
Tuesday, December 7, Completion of Round 4  
Thursday, December 9, Zatopek Meet  
Saturday, December 11, Shield Competition, Round 8 - Doncaster  
Thursday, December 16, High Velocity Club - Box Hill  
Saturday, December 18, Shield Competition, Round 9 - Box Hill  
Sunday, December 19, AV Throwers - Ringwood

### **MILER'S CLUB AT BOX HILL THIS TUESDAY**

Please note that the Victorian Miler's Club will be holding competition at Box Hill tomorrow night, Tuesday, November 30 from 7:00pm. This will no doubt impact on those who usually train at this time. If you are not competing in the Miler's Club events, you can stay and watch and perhaps buy something at the BBQ!

### **ROUND 4 OF SHIELD COMPETITION TO BE COMPLETED ON TUESDAY DECEMBER 7**

Round 4 of Shield Competition that was held at Doncaster on October 30 (but abandoned midway through due to the weather) is to be completed next Tuesday, December 7 at Doncaster. We have not been advised of the program, but it is believed the events to be held will be the 4x400m relay, the 5000m (3000 for juniors), Shot Put, High Jump, Long Jump and Pole Vault. More details will be sent through as we receive them.

### **ROUND 8 OF SHIELD COMPETITION AT DONCASTER ON SATURDAY WEEK**

There will be no interclub shield competition this Saturday due to the national all schools championships being held at Doncaster. Round 8 of Shield competition will take place at Doncaster on Saturday week, December 11.

### **GOOD LUCK IN THE NATIONALS!**

Good luck to all the Box Hill athletes who are competing in the national all schools championships at Doncaster this weekend! We encourage people to try to get to Doncaster to see some of Australia's top junior athletes in action.

### **STATE RELAY CHAMPIONSHIPS**

Congratulations to all the athletes who competed in sometimes trying conditions in the state relay championships at Doncaster on Sunday. Outstanding performances included silver medals to our women's open 4x800m team (Emily De Luca, Hannah Deal, Amy Carrig and Talitha Crawford) and our women's under 18 4x800m team (Helen Tower, Emily Goessler, Liselle Atkin and Natalie Ambrose). In other results, our boys under 16 medley relay team (Mitchell Wilson, Daniel Bancroft, Laughlin Norney and Alex Di Medio) finished 4th in a strong field and our women's 4x400m relay team (Hannah Deal, Bridget Aughton, Amy Carrig and Talitha Crawford) missed making the final by an excruciating 0.03s

### **RESULTS FROM ROUND 7 OF SHIELD COMPETITION**

Most of round 7 competition was completed before the rain became too heavy to continue with the program. It may or may not be completed at some later date. The men's 400m, the pole vault and the last 2 heats of the triple jump and javelin are to be completed. Special mention must be made of the men's 1500m in which Daniel Clark ran the good time of 3:48.6, but right on his heels was 16 year old Kyle Martin-Alcaide running a world youth qualifying time of 3:49.5. Kyle's performance sets a new Box Hill club record for U17, U18 and U19 and is within 2.6 seconds of Michael Power's long standing state record.

#### **Men Division 1**

Tom	Cornelius	100	11.44
William	Lucas	100	11.61
Andrew	Haddow	100	11.80
Marcus	Johnson	100	12.21
Christopher	Brock	100	12.44
Daniel	Clark	1500	3:48.62

William	Potter	1500	4:03.02
Andrew	Nagle	1500	4:19.3
David	Jimenez	1500	4:27.0
Mitchell	Lefevre	1500	4:27.26
John	Morris	1500	4:32.25
David	Featherston	1500	4:59.68
Christopher	Brock	110mHurdles	18.73
William	Dyer	2000mWalk	10:48.69
James	Spry	Discus	36.12m
David	Featherston	Discus	27.97m
Chris	Davies	Javelin	46.42m
John	Peavey	Javelin	41.97m

### Women Division 1

Angela	Phillips	100	13.14
Bridget	Aughton	100	13.58
Abbie	Freestone	100	13.97
Nicole	Clowes	100	14.48
Amy	Carrig	400	67.09
Hayley	Tomlinson	1500	4:51.2
Amy	Carrig	1500	4:59.3
Julie	Norney	1500	5:12.3
Emily	De Luca	1500	5:16.48
Amanda	Harper	1500	5:33.94
Harriet	Hodgkinson	1500	5:37.09
Natalia	Kremenchutskaya	Triple Jump	11.73m
Catherine	McCowan	Discus	32.41m

### Men 40+

Andrew	Wilcox	100	12.15
David	Cross	100	13.51
William	Dyer	100	17.15
Neville	Gardner	100	21.35
John	Meagher	1500	4:28.03
David	Ayers	1500	4:28.26
Bert	Pelgrim	1500	4:48.05
Graeme	Olden	1500	4:50.07
Chris	O'Connor	1500	5:04.56
Peter	Stefanos	1500	5:11.15
Andrew	Tunne	1500	5:43.02
Graeme	Olden	Steeple	11:17.25
David	Stevens	Steeple	14:38.0
John	Vaitkunas	Steeple	12:34.0
Cameron	Morris	Discus	24.3m
William	Dyer	Discus	23.57m
Neville	Gardner	Discus	20.01m
Mark	Stewart	Discus	13.71m
Todd	Lucas	Javelin	40.81m?
Cameron	Morris	Javelin	36.72m
Colin	Pocklington	Javelin	22.21m

### Men Under 18

Max	Van De Garde	100	12.29
Benjamin	Scholl	100	12.68
Angus	McLardie	100	12.76
Tom	Nathan-Sears	100	13.22
Kyle	Martin-Alcaide	1500	3:49.57
Peter	Green	1500	4:31.46
David	Grant	Discus	43.4m

### Women Under 18

Rebecca	Marchant	100	13.00
Tessa	Budden	100	14.01
Chelsea	Dyer	100	14.81
Natalie	Ambrose	400	62.07
Katherine	Foley	400	68.40
Chelsea	Dyer	2000m Walk	11:28.08
Chelsea	Dyer	Javelin	35.25m
Tessa	Budden	Triple Jump	9.00m

### Men Under 16

Alexander	Di Medio	100	12.09
Nicolas	Paidoussis	1500	4:16.8
Mitchell	Wilson	1500	4:24.3
Laughlin	Norney	1500	4:48.78
James	Norney	1500	4:58.59
Tom	Snibson	1500	5:06.66
Alexander	Di Medio	100mHurdles	14.95
James	Norney	Javelin	22.18m

### Under 16 Women

Emily	Holding	100	14.33
Lauren	Vienet	100	14.98
Helen	Tower	400	64.08
Amelia	Savige	1500	5:17.9
Emily	Taylor-Brown	Discus	22.42m
Helen	Tower	90m H	16.64
Emily	Taylor-Brown	Javelin	21.34m