

# *Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 12*

*Wednesday 15 December 2010*

## **UPCOMING EVENTS**

Thursday, December 16, High Velocity Club - Box Hill

Saturday, December 18, Shield Competition, Round 9 - Box Hill

Sunday, December 19, AV Throwers - Ringwood

## **ROUND 9 OF SHIELD COMPETITION AT BOX HILL THIS SATURDAY**

Round 9 of Shield competition will take place at Box Hill on this Saturday, December 18.

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. Competition is extremely close (as can be seen by the ladders below) and it is vital that we have as many athletes as possible competing this Saturday.

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 and High Jump start at 12:30pm.

## **HELPERS URGENTLY NEEDED**

We require some volunteers to make sure that competition runs smoothly this Saturday. If you can put in some time to help out it would be greatly appreciated.

We need people to help with the set up from 11:30am until about 1:00pm and we also need people who can stay behind after competition to pack away equipment. We also need help in the canteen throughout the afternoon and also some one on the invitations table. If you can help in any way, please let us know as soon as possible.

## **BBQ THIS Saturday!**

As this is the last round of competition before the Christmas break, we invite all members to stay around after competition for a BBQ. This is a great opportunity to relax and socialise with other club members. We hope to see you all staying around after you compete this Saturday

## **HIGH VELOCITY CLUB**

The sprinters will be taking over the track on Thursday night! The High Velocity Club competition starts at 7:00pm. For those training on the track on Thursday night please be aware that this competition will be taking place.

## **ZATPEK**

Congratulations to all the Box Hill athletes who performed well at the Zatopek meet at Olympic Park last week

### **Zatopek 10k Men**

Steve Kelly 9th (5th Australian) 29:29.12

Andrew White 30:16.55

### **Zatopek 10k Women**

Brooke Condon 9th (3rd in Vic Championship) 36:15.4

### **1500m**

Daniel Clark 5th 3:45.58

Kyle Martin-Alcaide 3:52.24 (World Youth qualifying time)

### **800m Under 18**

Andrew Coughlin 1:55.75

### **3000m Under 20 (B-Race)**

Daniel Balassone 2nd 8:39.4

### **Triple Jump Women**

Natalia Kremenchutskaya 4th 11.51m

**Discus Women**

Sarah Hewitt 4th 35.16m

Kate McCowan 5th 34.98m

Chelsea Dyer 6th 33.13m

**LADDERS**

As you can see from the ladders below, Box Hill is on top of the ladder in both the Men's and Women's Division 1 Shield Competition. In the other divisions we are still within touch of the top two which will progress to the Association Finals at the end of the season on February 12. It is important that we have a strong performance this Saturday and for the remaining rounds in January so that we can try to get all our teams through to the finals. Even our Division 1 teams could slip from the top of the ladder if we do not get a big turn up of athletes this Saturday. Hope to see you all at the track!

**EAST REGION SHIELD LADDERS AFTER 8 ROUNDS (Top 5 teams only)**

**MEN DIVISION 1**

1. Box Hill 28
2. St. Kevins 25
3. Collingwood 25
4. St. Stephens 9
5. Diamond Valley 9

**MEN OVER 40**

1. Collingwood 52
2. Diamond Valley 40
3. Box Hill 40
4. Croydon 29
5. Diamond Valley(2) 22

**MEN UNDER 18**

1. Diamond Valley 88
2. Nunawading 82
3. Collingwood 69
4. Box Hill 64
5. Old Xaverians 59

**MEN UNDER 16**

1. Collingwood 77
2. Diamond Valley 72
3. Box Hill 67
4. Croydon 60
5. Ringwood 59

**WOMEN DIVISION 1**

1. Box Hill 34
2. Diamond Valley 25
3. St. Stephens 17
4. Collingwood 13
5. Ringwood 6

**WOMEN UNDER 18**

1. Doncaster 60
2. Nunawading 54
3. Diamond Valley 50
4. Box Hill 44
5. Collingwood 34

**WOMEN UNDER 16**

1. Collingwood 60
2. Croydon 58
3. Box Hill 42
4. Doncaster 42
5. Diamond Valley 36

## RESULTS FROM ROUND 8 OF SHIELD COMPETITION

### Men Division 1

William	Lucas	200	23.85
Marcus	Johnson	200	24.54
Andrew	Haddow	200	24.69
Cameron	Baker	200	24.73
David	Mitchell	200	24.74
Russell	Clowes	200	27.60
William	Potter	800	1:57.26
Nicholas	Baggott	800	2:00.0
Andrew	Nagle	800	2:08.82
David	Featherston	800	2:10.35
Russell	Clowes	800	2:20.13
Steven	Griffin	5000	16:47.05
David	Jimenez	5000	16:35.86
Dale	Bickham	5000	17:00.01
John	Morris	5000	17:50.3
James	Spry	High Jump	1.90m
Tim	Papas	High Jump	1.70m
Russell	Clowes	High Jump	1.60m
Cameron	Baker	High Jump	1.50m
Russell	Clowes	Long Jump	5.24m
William	Lucas	Long Jump	4.90m
Marcus	Johnson	Long Jump	4.35m
Tim	Papas	Pole Vault	3.80m
Russell	Clowes	Pole Vault	2.60m
Cameron	Baker	Pole Vault	2.45m
James	Spry	Shot Put	10.82m
Russell	Clowes	Shot Put	9.56m
David	Featherston	Shot Put	8.08m
Cameron	Baker	Shot Put	7.63m
William	Lucas	Shot Put	7.60m

### Women Division 1

Hannah	Deal	200	27.01
Angela	Phillips	200	27.43
Bridget	Aughton	200	27.63
Anna	Carrig	200	28.35
Kristine	Hopkins	200	30.02
Erryn	Barlow	200	30.24
Vivienne	Lee	200	30.84
Hayley	Tomlinson	800	2:22.05
Amy	Carrig	800	2:24.4
Emily	De Luca	800	2:26.7
Anna	Carrig	800	2:33.24
Julie	Norney	800	2:33.78
Kristine	Hopkins	800	2:41.86
June	Petrie	800	2:47.5
Amy	Carrig	5000	18:54.33
Julie	Norney	5000	19:52.47
Amanda	Harper	5000	20:30.03
June	Petrie	5000	20:56.75
Sarah	Hewitt	Hammer	31.42m
Nicole	Clowes	Long Jump	4.63m
Nicole	Clowes	Pole Vault	2.75m
Hui Nee	Chin	Pole Vault	2.90m
Abbie	Freestone	Pole Vault	3.05m
Nicole	Clowes	Shot Put	6.92m
Sarah	Hewitt	Shot Put	9.02m
Angela	Phillips	Shot Put	11.48m

### Men Over 40

Andrew	Wilcox	200	24.70
Bert	Pelgrim	200	28.15
Colin	Pocklington	200	29.93
William	Dyer	200	33.09
David	Ayers	800	2:09.48
Bert	Pelgrim	800	2:19.02
John	Vaitkunas	800	2:25.25
William	Dyer	800	2:42.8
William	Dyer	3000W	16:19.0
Bert	Pelgrim	5000	18:24.03
John	Vaitkunas	5000	18:50.13
Peter	Stefanos	5000	19:23.55
Andrew	Tunne	5000	20:53.81
David	Stevens	5000	21:20.28
Andrew	Wilcox	Long Jump	4.52m
David	Cross	Shot Put	9.09m
Cameron	Morris	Shot Put	8.61m
William	Dyer	Shot Put	8.20m
Rob	Barclay	Pole Vault	2.75m
David	Cross	Pole Vault	2.45m
Cameron	Morris	Hammer	25.77m
David	Cross	Hammer	24.74m
David	Cross	High Jump	1.35m
Colin	Pocklington	High Jump	1.20m

### Men Under 18

Max	Van De Garde	200	24.46
Andrew	Coughlin	200	24.53
Brodie	Cross	200	25.00
Hanson	Wong	800	2:04.67
Peter	Green	800	2:13.55
Brodie	Cross	Pole Vault	4.10m
David	Grant	Shot Put	13.80m

### Women Under 18

Natalie	Ambrose	200	27.41
Katherine	Foley	200	30.04
Liselle	Atkin	800	2:35.55
Katherine	Foley	800	3:11.36
Rebecca	Marchant	Pole Vault	3.65m
Tessa	Budden	High Jump	1.60m
Tessa	Budden	Long Jump	4.59m

### Men Under 16

Alexander	Di Medio	400mH	61.57
Nicolas	Paidoussis	800	2:08.37
Daniel	Bancroft	800	2:11.46
Laughlin	Norney	800	2:20.09
Tom	Snibson	800	2:34.09
Cameron	Powell	3000	11:56.46
Laughlin	Norney	3000	11:12.5
Alexander	Di Medio	Long Jump	5.43m
Geoffrey	Wu	Long Jump	4.76m
Nathan	Spaull	High Jump	1.80m
Liam	Harris	High Jump	1.70m

### Women Under 16

Helen	Tower	200	27.89
Emily	Holding	200	29.88
Lauren	Vienet	200	31.15
Helen	Tower	400H	67.79
Emily	Goessler	800	2:27.4
Amelia	Savage	800	2:34.35

Ellissa	Garrod	800	2:34.41
Paris	McCathrion	Pole Vault	3.80m
Miya	Ben-Natan	Pole Vault	2.75m
Emily	Holding	Long Jump	3.65m
Lauren	Vienet	Long Jump	3.96m