

# **Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 13**

**Wednesday 22 December 2010**

## **UPCOMING EVENTS**

Thursday, January 6, Rare Air Club - Melbourne Uni  
Saturday, January 8, Shield Competition, Round 10 - Ringwood  
Saturday, January 15, Shield Competition, Round 11 - Doncaster  
Sunday, January 16, High Velocity Club - Geelong  
Tuesday, January 18, Milers Club - Nunawading  
Saturday, January 29, Shield Competition, Round 12 - Nunawading  
Saturday, January 29, Rare Air Club - Melbourne Uni  
Sunday, January 30, AV Throwers - Geelong

## **MERRY CHRISTMAS!**

**The club committee would like to take this opportunity to thank everyone who has contributed to the success of the club over the past year and wish all members and friends a merry Christmas and best wishes for a happy and successful 2011.**

## **ROUND 10 OF SHIELD COMPETITION AT RINGWOOD ON JANUARY 8**

Please note that the next round of Shield Competition will be held on Saturday, January 8 at Ringwood. As there will be a number of people away at this time of the year, it is essential that all the athletes who are available turn up to Ringwood to take part. Competition between clubs is very close in most divisions and we need good results to make sure that as many of our teams as possible qualify for the Shield finals on February 12.

## **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. There are up to 14 teams in some divisions so this is a great result by the club so far. However, it is important that we have strong performances in January so that we can try to get all our teams through to the finals.

### **EAST REGION SHIELD LADDERS AFTER 9 ROUNDS (Top 5 teams only)**

#### **MEN DIVISION 1**

1. Box Hill 32
2. St. Kevins 31
3. Collingwood 28
4. Diamond Valley 11
5. St. Stephens 10

#### **MEN OVER 40**

1. Collingwood 59
2. Diamond Valley 49
3. Box Hill 46
4. Croydon 34
5. Diamond Valley(2) 26

#### **MEN UNDER 18**

1. Diamond Valley 102
2. Nunawading 100
3. Collingwood 79
4. Box Hill 77
5. Old Xaverians 69

#### **MEN UNDER 16**

1. Collingwood 91
2. Diamond Valley 82
3. Box Hill 78
4. Ringwood 71
5. Croydon 69

#### **WOMEN DIVISION 1**

1. Box Hill 40
2. Diamond Valley 29
3. St. Stephens 20
4. Collingwood 15
5. Ringwood 7

**WOMEN UNDER 18**

1. Doncaster 69
2. Nunawading 65
3. Diamond Valley 56
4. Box Hill 52
5. Collingwood 39

**WOMEN UNDER 16**

1. Collingwood 69
2. Croydon 69
3. Box Hill 49
4. Doncaster 46
5. Diamond Valley 44

**RESULTS FROM ROUND 9 OF SHIELD COMPETITION**

**Women Division 1**

Hannah	Deal	100	13.16
Bridget	Aughton	100	13.39
Emily	De Luca	100	14.24
Hannah	Deal	400	60.32
Laura	Constable	400	62.26
Bridget	Aughton	400	62.43
Anna	Carrig	400	63.8
Julie	Norney	400	67.09
Amy	Carrig	400	67.11
Vivienne	Lee	400	68.77
Erryn	Barlow	400	69.38
Hayley	Tomlinson	1500	4:45.96
Amy	Carrig	1500	4:54.59
Talitha	Crawford	1500	4:55.7
Julie	Norney	1500	5:01.2
Laura	Constable	1500	5:04.34
Hannah	Deal	1500	5:24.4
June	Petrie	1500	5:25.33
Sarah	Hewitt	Discus	25.86m
Sarah	Hewitt	Javelin	21.41m
Simone	Carre	Javelin	28.95m
Nicole	Clowes	Pole Vault	2.65m
Simone	Carre	Pole Vault	2.95m
Abbie	Freestone	Pole Vault	3.25m

**Women Under 16**

Emily	Holding	100	14.27
Lauren	Vienet	100	15.12
Ellissa	Garrod	400	65.80
Amelia	Savige	400	66.64
Lauren	Vienet	400	80.43
Emily	Holding	400	80.47
Amelia	Savige	1500	5:15.1
Emily	TaylorBrown	Discus	23.10m
Paris	McCathrion	Pole Vault	3.70m
Miya	Ben-Natan	Pole Vault	2.65m

**Women Under 18**

Tessa	Budden	100	13.83
Katherine	Foley	100	14.24
Chelsea	Dyer	100	14.68
Liselle	Atkin	400	63.19
Katherine	Foley	400	65.82
Liselle	Atkin	1500	5:15.93
Chelsea	Dyer	Discus	34.52m
Tessa	Budden	High Jump	1.50m
Chelsea	Dyer	Javelin	41.05m
Tessa	Budden	Javelin	17.67m
Rebecca	Marchant	Pole Vault	3.55m
Tessa	Budden	Triple Jump	10.01m
Chelsea	Dyer	Walk	11:24

**Men Over 40**

Andrew	Wilcox	100	12.24
Colin	Pocklington	100	13.82
David	Cross	100	14.19
William	Dyer	100	16.21
Andrew	Wilcox	400	55.79
Bert	Pelgrim	400	62.22
Colin	Pocklington	400	70.88
David	Ayers	1500	4:38.33
Bert	Pelgrim	1500	4:41.63
Christopher	O'Connor	1500	4:49.48
Peter	Stefanos	1500	5:10.24
David	Stevens	1500	5:38.43
Andrew	Tunne	1500	5:39.85
William	Dyer	2000 Walk	10:39.28
John	Meagher	Steeple	10:59.9
Graeme	Olden	Steeple	11:41.3
John	Vaitkunas	Steeple	12:01.8
David	Stevens	Steeple	13:42.2
Cameron	Morris	Discus	26.62m
William	Dyer	Discus	24.09m
Neville	Gardner	Discus	19.23m
David	Cross	High Jump	1.35m
Colin	Pocklington	High Jump	1.25m
Cameron	Morris	Javelin	35.53m
Colin	Pocklington	Javelin	29.30m
Todd	Lucas	Javelin	22.29m
Rob	Barclay	Pole Vault	2.65m
Mark	Stewart	Pole Vault	2.65m
Andrew	Wilcox	Triple Jump	9.02m
David	Stevens	Triple Jump	6.43m

**Men Division 1**

William	Lucas	100	11.65
Andrew	Haddow	100	12.10
Marcus	Johnson	100	12.12
Peter	Knott	100	12.15
Cameron	Baker	100	12.33
Christopher	Brock	100	12.44
Russell	Clowes	100	12.97
William	Lucas	400	53.24
Marcus	Johnson	400	55.13
David	Featherston	400	55.85
Christopher	Brock	400	55.85
Nicholas	Baggott	400	56.44

Russell	Clowes	400	62.09
Nicholas	Baggott	1500	4:07.49
Andrew	Nagle	1500	4:11.49
Sam	Dipnall	1500	4:14.90
Dale	Bickham	1500	4:26.02
Steven	Griffin	1500	4:31.50
Samuel	Mackie	1500	4:31.75
David	Featherston	1500	4:41.91
Christopher	Brock	110 H	19.27
William	Potter	Steeple	9:58.0
Russell	Clowes	Discus	33.54m
James	Spry	Discus	30.15m
David	Featherston	Discus	27.29m
Russell	Clowes	High Jump	1.80m
David	Featherston	Javelin	40.66m
James	Filshie	Pole Vault	4.90m
Tim	Papas	Pole Vault	3.85m
Russell	Clowes	Pole Vault	3.55m
Cameron	Baker	Pole Vault	3.40m
Joel	Pocklington	Pole Vault	3.10m
William	Potter	Triple Jump	11.41m
William	Lucas	Triple Jump	10.75m
Marcus	Johnson	Triple Jump	10.09m

**Men Under 16**

Alexander	Di Medio	100	12.03
Alexander	Di Medio	400	53.83
Mitchell	Wilson	400	55.19
Nicolas	Paidoussis	400	56.37
Laughlin	Norney	400	61.30
Cameron	Powell	400	64.27
Tom	Snibson	400	70.39
Nicolas	Paidoussis	1500	4:32.65
Mitchell	Wilson	1500	4:37.19
Laughlin	Norney	1500	4:39.98
Tom	Snibson	1500	5:06.2
Alexander	Di Medio	100 H	15.51
Liam	Harris	High Jump	1.70m
Laughlin	Norney	High Jump	1.50m
Tom	Snibson	Javelin	16.87m
Oliver	Kalac	Pole Vault	2.80m

**Men Under 18**

Max	VanDeGarde	100	12.21
Tom	NathanSears	100	13.28
Hanson	Wong	400	54.17
Kyle	MartinAlcaide	400	53.12
Andrew	Coughlin	400	53.36
Tom	NathanSears	400	59.67
Andrew	Coughlin	1500	4:12.06
Hanson	Wong	1500	4:20.83
Peter	Green	1500	4:31.94
Richard	JacksonGrose	1500	4:37.83
David	Grant	Discus	47.82m
Brodie	Cross	Pole Vault	4.30m