

Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 18
Monday 7 February 2011

UPCOMING EVENTS

Tuesday, February 8, High Velocity Club - Box Hill

Thursday, February 10, AV Throwers - Ringwood

Saturday, February 12, Shield Final - Knox

Thursday, February 17, Milers Club - Melbourne Uni

Thursday, February 17, High Velocity Club - Doncaster

Saturday, February 19, Rare Air Club - Geelong

FINALS AT KNOX THIS SATURDAY, FEBRUARY 12

The Shield Competition finals will be held this Saturday, February 12 at Knox Athletic Track, near the corner of Ferntree Gully Rd. and Scoresby Rd.

Box Hill has 3 teams that have qualified for the finals, Men Open Division 1, Women Open Division 1 and Men Under 16. Congratulations to all the members of these teams for getting through to the top two in our region. Unfortunately our other teams all finished 3rd or 4th on the ladder and will not progress to the finals.

Our finals teams will compete against the top teams from the other 2 metropolitan venues and the country venues.

The finals teams will be sent out over the next day or two.

The program is shown below (see the AV website for the full timetable)

Men Division 1

10:00am: 110m Hurdles, 1500m, Discus, Pole Vault (>3.80m)

11:10am: 100m, Triple Jump

11:45am: Pole Vault (3.00m - 4.00m)

12:25pm: 2000m Walk

1:30pm: Javelin

1:45pm: 3000m Steeple

3:00pm: 4x100m Relay

4:10pm: 400m

Women Division 1

10:00am: Javelin

10:34am: 100m Hurdles,

11:25am: 1500m

11:45am: Pole Vault (3.00m - 4.00m)

12:13pm: 100m

12:25pm: 2000m Walk

1:30pm: Pole Vault (2.50m - 3.20m)

2:10pm: 3000m Steeple

2:40pm: Discus

3:40pm: 4x100m Relay

3:50pm: Triple Jump

5:15pm: 400m

Men Under 16

10:30am: 100m Hurdles,

11:05am: 1500m

11:55am: 100m

1:00pm: 2000m Walk

1:30pm: Discus

2:40pm: Triple Jump

3:30pm: 4x100m Relay

5:00pm: 400m, Javelin

BUNNINGS BBQ

A big thank you to all the volunteers who helped with the sausage sizzle at Bunnings on Saturday.

Thanks to the work of club members, the club raised over \$1700 for the day.

BRODIE DOES IT AGAIN

Brodie Cross cleared 4.85m in the pole vault on Saturday to again break the qualifying height for the world youth championships. Congratulations Brodie on a great performance.

RESULTS FROM ROUND 13

Women Division 1

Angela	Phillips	100	13.21
Talitha	Crawford	400	60.97
Emily	De Luca	400	65.01
Julie	Norney	400	67.55
Katherine	Houston	400	68.14
Hayley	Tomlinson	1500	4:39.67
Laura	Constable	1500	4:42.78
Julie	Norney	1500	4:55.80
Emily	De Luca	1500	5:13.17
Suzanne	Andrews	1500	5:34.17
Harriet	Hodgkinson	1500	5:40.82
Charmaine	McNally	1500	5:49.18
Simone	Carre	100hurdles	17.83
Sarah	Hewitt	100hurdles	26.09
Charmaine	McNally	Steeple	15:01.98
Sarah	Hewitt	Discus	32.59m
Simone	Carre	Javelin	29.39m
Sarah	Hewitt	Javelin	17.55m
Abbie	Freestone	Pole Vault	3.20m
Simone	Carre	Pole Vault	3.20m
Hui Nee	Chin	Pole Vault	3.05m
Simone	Carre	Triple Jump	10.32m

Women U18

Tessa	Budden	100	13.73
Katherine	Foley	100	14.19
Katherine	Foley	400	66.95
Natalie	Ambrose	1500	4:48.05
Brigitte	Wolhuter	1500	5:38.78
Liselle	Atkin	2000mSteeple	8:05.16
Tessa	Budden	Discus	19.35m
Tessa	Budden	Javelin	20.72m
Alexandra	Pocklington	Pole Vault	3.20m
Rebecca	Marchant	Pole Vault	3.80m
Tessa	Budden	Triple Jump	10.03m

Women U16

Iman	Balla	100	12.83
Helen	Tower	100	13.98
Emily	Holding	100	14.50
Lauren	Vienet	100	15.10
Helen	Tower	400	63.46
Amelia	Savige	1500	5:24.45
Iman	Balla	90Hurdles	13.69
Helen	Tower	90Hurdles	16.18
Emily	Taylor-Brown	Javelin	23.02m
Miya	Ben-Natan	Pole Vault	3.10m
Paris	Mccathrion	Pole Vault	3.80m

Men Division 1

Cameron	Baker	100	12.13
Marcus	Johnson	100	12.24
David	Mitchell	100	12.35

Christopher	Brock	100	12.38
Peter	Knott	100	12.52
Andrew	Haddow	400	51.80
Cameron	Baker	400	53.83
David	Featherston	400	54.64
Marcus	Johnson	400	55.46
David	Mitchell	400	55.59
Christopher	Brock	400	56.80
Nicholas	Baggott	400	57.13
Daniel	Clark	1500	3:49.25
Andrew	White	1500	3:51.68
Daniel	Balassone	1500	3:48.08
Nicholas	Baggott	1500	4:07.48
Michael	Dowel	1500	4:11.73
Sam	Dipnall	1500	4:12.1
David	Jimenez	1500	4:25.92
David	Featherston	1500	4:33.96
Christopher	Brock	110Hurdles	19.13
Russell	Clowes	110Hurdles	20.11
William	Potter	Steeple	9:50.51
Samuel	Mackie	Steeple	10:47.75
Simon	Evans	2000Walk	10:16.83
Chris	Davies	Discus	38.02
Russell	Clowes	Discus	37.72
James	Spry	Discus	37.63
Chris	Davies	Javelin	45.12
Russell	Clowes	Javelin	39.56
James	Filshie	Pole Vault	4.70m
Joel	Pocklington	Pole Vault	4.10m
Cameron	Baker	Pole Vault	2.35m
Cameron	Baker	Triple Jump	9.82m

Men Over 40

Andrew	Wilcox	100	12.55
Colin	Pocklington	100	12.90
Andrew	Wilcox	400	56.94
David	Stevens	400	78.41
David	Ayers	1500	4:47.20
Bert	Pelgrim	1500	4:47.77
Peter	Stefanos	1500	5:06.45
William	Dyer	1500	5:39.45
Andrew	Tunne	1500	5:43.92
David	Stevens	1500	5:48.82
David	Stevens	Steeple	13:57.14
William	Dyer	2000Walk	10:47.38
Harry	Summers	2000Walk	13:30.31
William	Dyer	Discus	22.75m
Neville	Gardner	Discus	17.53m
David	Stevens	Triple Jump	6.43m

Men U18

Tom	Nathan-Sears	100	13.4
Andrew	Coughlin	400	52.89
James	Shaw	400	53.78
Tom	Nathan-Sears	400	61.15
Hanson	Wong	1500	4:23.00
Peter	Green	1500	4:33.81
Richard	Jackson-Grose	1500	4:42.43
David	Grant	Discus	40.99m
Brodie	Cross	Pole Vault	4.85m
Angus	Mclardie	Pole Vault	3.35m

Men U16

Alexander	Di Medio	100	12.23
James	Davy	100	12.24
Daniel	Bancroft	100	12.79
Geoffrey	Wu	100	13.44
Liam	Harris	100	14.09
Alexander	Di Medio	400	52.71
James	Davy	400	54.77
Mitchell	Wilson	400	56.31
Daniel	Bancroft	400	59.19
Laughlin	Norney	400	60.63
James	Norney	400	61.53
Nicolas	Paidoussis	1500	4:19.17
Mitchell	Wilson	1500	4:30.79
Laughlin	Norney	1500	4:40.41
James	Norney	1500	4:44.63
Daniel	Bancroft	1500	4:45.3
Mitchell	Dyer	1500	4:53.45
Tom	Snibson	1500	5:02.3
Alexander	Di Medio	100Hurdles	15.39
Geoffrey	Wu	100Hurdles	17.41
William	Seton	Discus	31.93
Nathan	Spaull	Discus	19.53
Nathan	Spaull	Javelin	23.59
William	Seton	Javelin	20.08
Nathan	Spaull	Triple Jump	11.73
William	Seton	Triple Jump	9.91
Geoffrey	Wu	Triple Jump	9.82