

Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 24
Monday 21 March 2011

UPCOMING EVENTS

Saturday, March 26, Rare Air Club - Mentone
Sunday, March 27, AV Throwers - Ringwood
Sunday, March 27, High Velocity Club - Sandringham
Saturday, April 2, Rare Air Club - Melbourne Uni
April 2-3, Victorian Masters Championships - Doncaster
Tuesday, April 5, High Velocity Club - Box Hill
Saturday, April 9, Rare Air Club - Box Hill
Sunday, April 10, AV Throwers - Ringwood
April 15-17, National championships - Olympic Park
Saturday, April 30, Presentation Night - The Manningham Club

PRESENTATION NIGHT - SATURDAY, APRIL 30

Book this date right now! This year the Box Hill Athletic Club presentation night will be held at the Manningham Club in Bulleen. We hope that all members will be able to attend this function. Full details next week.

RESULTS OF MILERS CLUB

800m

Daniel Balassone 1:51.7

1500m

Daniel Clark 3:46.5

Andrew Nagle 4:17.4

David Ayers 4:40.2

Russell Clowes 4:46.6

5000m

David Jiminez 16:17.5

Dale Bickham 16:22.7

Steve Griffin 16:35.1

Brooke Condon 17:26.6

Dylan Eeles 17:35.6

RESULTS FROM THE RARE AIR CLUB

Wednesday Pole Vault Comp.

Joel Pocklington 4.90m

Brodie Cross 4.90m

James Filshie 4.70m

Blake Lucas 4.50m

Angus McLardie 3.75m

Rebecca Marchant 3.60m

Paris McCathrion 3.60m

Abbie Freestone 3.40m

Miya Ben-Natan 2.80m

Saturday Pole Vault Comp.

James Filshie 5.05m

Joel Pocklington 4.90m

Blake Lucas 4.75m

Russell Clowes 4.00m

Abbie Freestone 3.40m

Simone Carre 3.40m

Alex Pocklington 3.40m

Rob Barclay 2.60m

RESULTS FROM POST SHIELD COMPETITION

100m

Andrew Wilcox 11.9
Marcus Johnson 12.0
Colin Pocklington 12.3
Bon Pocklington 12.5
Hanson Wong 12.7
Hannah Deal 13.0
Geoffrey Wu 13.2

800m

Andrew Coughlin 1:58.5
Ruben Arunasalam 1:59.3
Nick Baggott 2:02.0
Marcus Johnson 2:10.7
David Ayers 2:12.5
Talitha Crawford 2:16.6
Hannah Deal 2:24.0
Julie Norney 2:32.9
James Tennant 2:51.5

3000m

Daniel Clark 8:21.3
Steve Kelly 8:33.6
Dale Bickham 9:38.7
Hayley Tomlinson 10:53.1
Julie Norney 10:54.2
Amy Carrig 11:10.6
Bill Dyer 11:30.2
Andrew Tunne 11:51.5
David Stevens 12:01.0

Shot Put

Sarah Hewitt 9.88m
Bill Dyer 8.00m

Triple Jump

Geoffrey Wu 10.56m

Discus

Sarah Hewitt 38.89m
Bill Dyer 25.27m

XCR'11 - CROSS COUNTRY AND ROAD RACING 2011

The calendar for the 2011 winter cross country and road season has been released, with the first event being the cross country relays at Jells Park on May 7. For those not running state or national track championships, it is time to start getting in the miles in preparation for the winter season!