

**Box Hill Athletic Club Summer Bulletin 2011 - 2012 No. 03**  
**Monday 17 October 2011**

## **UPCOMING EVENTS**

Saturday, October 22, Shield Competition Round 2, Box Hill  
Saturday, October 29, Shield Competition, Round 3, Doncaster  
November 4-6, All Schools Championships, Albert Park  
Saturday, November 12, Shield Competition Round 4, Doncaster

### **ROUND 2 OF SHIELD COMPETITION AT BOX HILL THIS SATURDAY**

We are expecting all registered athletes to be at Box Hill on Saturday afternoon to take part in round 2 of shield competition this Saturday, October 22.

Track events start with the sprint hurdles at 1:00pm, followed by the 3000m, 5000m, 100m, walk, 1500m, 4x100m relay and the 400m. Field events start at 12:30pm with Discus, Long jump, Pole Vault, High Jump and Javelin.

See the attached timetable.

Please report to your team manager before you compete so that we know who will be competing in each event.

### **YOUR CLUB NEEDS YOU!**

This Saturday Shield competition will be held at Box Hill. To ensure the efficient running of the program we need some volunteers, in particular to help set up from 11:00am and also some helpers to pack away equipment at the end of competition. If you can help, or if you have time to assist in the canteen, please let us know.

### **SCHOOL ATHLETICS CARNIVALS**

Could all members please note that the track will be unavailable for training at the following times, due to school bookings. We hope that this does not inconvenience too many members.

Friday 21st October, 5pm - 8.30pm

Wednesday 26th October, 2pm - 6pm

Friday 4th November, 5pm - 7pm

Friday 18th November, 5pm - 7.30pm

Thursday 24th November, 4pm - 7pm

### **SEASON LAUNCH**

Thanks to everyone who attended the season launch last Tuesday. We hope that it was an enjoyable and useful event for all.

### **RESULTS FROM ROUND 1 OF SHIELD COMPETITION**

Final team scores are not yet available, but there were some great performances on Saturday, with quite a number of athletes starting the season with a PB. Let's hope that we can have even more athletes competing this week, especially in the field events. Remember every event you compete in scores points for the club and will hopefully get us to the finals in February.

**Please let us know if any results are missing.**

#### **Men Division 1**

##### **200m**

James Filshie 22.50

Daniel White-Alikakos 22.80

Cameron Baker 24.50

Marcus Johnson 24.80

(Braeden Cross 22.20)

##### **800m**

Kieren Shah 2:28.0

Jack Hill 2:28.3

**3000m**

Steve Kelly 8:26.0  
Daniel Clark 8:38.8  
Michael Dowel 8:57.8  
Will Potter 9:00.5  
Tyler Agius 9:12.1  
David Jiminez 9:34.1

**Division 2**

Steve Griffin 9:48.6  
Dale Bickham 9:50.5  
Mitch Milnes 10:20.8  
Andrew Hester 10:22.4

**400m Hurdles**

Mohamad Zeed 55.20  
Cameron Baker 67.30

**Shot Put**

Cameron Baker 7.35m

**Men 40+****200m**

Andrew Wilcox 23.60  
Mark Stewart 30.30  
Graeme Olden 31.90  
James Tennant 32.60

**800m**

Kynan Dawes 2:06.3  
David Ayers 2:19.3  
Graeme Olden 2:25.5  
Bill Dyer 2:44.3  
James Tennant 2:52.3

**3000m**

David Ayers 10:56.2  
Chris O'Connor 11:03.9  
Graeme Olden 11:04.7  
Bill Dyer 11:56.1  
Andrew Tunne 12:18.3  
James Tennant 12:45.1  
Wayne Noble 12:11.4

**400m Hurdles**

Graeme Olden

**3000m Walk**

Bill Dyer 16:41.4  
Harry Summers 20:02.6

**Triple Jump**

Andrew Wilcox 8.57m

**High Jump**

Mark Stewart 1.35m

**Shot Put**

Mark Stewart 8.28m  
Bill Dyer 7.63m

**Men Under 18****200m**

Tom Robertson 22.70  
Alex Di Medio 23.70  
Brodie Cross 24.40

**800m**

Danny Wong 2:25.3

**3000m**

Kyle Martin-Alcaide 8:36.0

Yohan Phillip 9:56.2

**400m Hurdles**

Alex Di Medio 59.90

Jake Musson 62.10

**Shot Put**

Brodie Cross 9.91m

**Men Under 16**

**200m**

Laughlin Norney 24.80

Jacob Parlevliet 27.60

(Ned Snibson 28.00)

**800m**

Mitchell Dyer 2:07.4

Laughlin Norney 2:19.9

Tom Snibson 2:24.7

Zac Hunter 2:34.0

Jacob Parlevliet 2:41.2

(Ned Snibson 2:24.2)

**3000m**

Mitchell Dyer 10:17.9

**3000m Walk**

Nathan Brill 13:00.0

**High Jump**

Will Seton 1.65m

**Shot Put**

Will Seton 11.45m

Mitchell Dyer 7.49m

**Women Division 1**

**200m**

Angela Phillips 27.00

Simone Carre 28.30

Abbie Freestone 28.90

(Brony Sudholz 25.50)

**800m**

Hannah Deal 2:23.1

Julie Norney 2:26.5

**3000m**

Julie Norney 11:06.7

Sarah Cant 11:21.4

Rachel Johnson 11:40.8

Rachel Law 12:12.1

**Division 2**

Charmaine McNally 13:10.1

**Triple Jump**

Natalia Kremenchutskaya 11.96m

Yiota Carabourniotis 8.81m

**Shot Put**

Simone Carre 10.51m

**Women Under 18**

**200m**

Helen Tower 27.50

Katherine Foley 28.70

**800m**

Katherine Foley 2:35.7

Amelia Savige 2:38.1

**400m Hurdles**

Helen Tower 66.60

**Triple Jump**

Verity Cooper 10.88m

**High Jump**

Verity Cooper 1.60m

**Women Under 16**

**200m**

Non-Adoma Owusu-Afrine 25.90

**800m**

Emily Goessler 2:29.1

Monique Hoskin 2:41.8

(Elissa Garrod 2:46.7)

**3000m**

Rebecca Phillip 12:40.0

**200m Hurdles**

Monique Hoskin 32.90

**Triple Jump**

Jaime Roubin 9.46m

**High Jump**

Jamie Roubin 1.35m

**Shot Put**

Madeline Hill 10.58 (4kg)