

# Box Hill Athletic Club Summer Bulletin 2011 - 2012 No. 06

Monday 7 November 2011

## **UPCOMING EVENTS**

Tuesday, November 8, Milers Club, Albert Park

**Saturday, November 12, Shield Competition Round 4, Doncaster**

Saturday, Sunday, November 12-13, Relay for Life, Box Hill

**Saturday, November 19, Shield Competition Round 5, Ringwood**

Sunday, November 20, High Velocity Club, Aberfeldie

Thursday, November 24, Victorian 5km Championships, Albert Park

**Saturday, November 26, Shield Competition Round 6, Box Hill**

Sunday, November 27, Victorian Relay Championships, Albert Park

Sunday November 27, Athletics Victoria Throwers, Ringwood

### **NEXT ROUND OF SHIELD COMPETITION AT DONCASTER ON THIS SATURDAY**

Round 4 of Shield competition will be held at Doncaster this Saturday, November 12

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

**We encourage athletes to try new events. In most events there are no qualifying distances or times so everyone scores points for the club.**

### **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 18th November, 5pm - 7.30pm

Thursday 24th November, 4pm - 7pm

### **RELAY FOR LIFE**

The 24 hour Relay for Life, which raises money for cancer research will be held at the Box Hill track on November 12 and 13. If any members are able to help over this weekend, in particular in the canteen, or if you are interested in organising a team to take part please let us know.

### **RELAY CHAMPIONSHIPS**

The state relay championships will be held at Albert Park on Sunday, November 27 for Open, Under 18, Under 16 and Under 14 age groups. 4x100m, 4x400m, 4x800m and a medley relay will be contested in most age groups. Please let us know if you are available to compete in these relays.

### **RESULTS ALL SCHOOLS CHAMPIONSHIPS**

Congratulations to all athletes who competed in the Victorian All Schools Championships on the weekend especially our medalists:

Helen Tower, U17 400m Gold, 60.37, 400m Hurdles Silver, 65.98

Verity Cooper U17 Triple Jump Gold, 11.01m, High Jump Gold 1.60m, pole vault Gold 3.10m

Phoebe Sloane, U17 Discus Silver, 33.51m, Shot Put Silver 11.40m

Emily Goessler, U15 800m Bronze, 2:19.46

Alex Di Medio, U17 400m Hurdles, Silver 56.62, 400m Bronze 51.55

Nana-Adoma Owusu-Afriyie U14 100m Gold 12.80, 200m Gold, 25.87

Jonathon Taylor U15, 200m Hurdles, Bronze, 29.42

Monique Hoskin U15, 200m Hurdles, Silver, 30.73, 90m Hurdles Silver, 13.99

Nathan Brill, U16 3000m Walk, Gold, 12:52.7

Nick Paidoussis, U15 1500m Gold, 4:14.10, 800m Gold, 1:59.7

Kyle Martin-Alcaide, U18 1500m Gold, 3:54.85

Emily Taylor-Brown, U14 pole vault Gold, 2.20m, Javelin Bronze, 32.15m  
Paris McCathrion, U18 pole vault Gold, 3.70m  
Brodie Cross, U18 pole vault Gold, 4.40m  
Zoe Schwerkolt, U14 800m Bronze 2:24.48  
Iman Balla U16 long jump Silver, 5.50m  
Will Seton U15 shot put Bronze, 13.66m  
Madeline Hill U14 Shot Put Gold, 11.97m