

Box Hill Athletic Club Summer Bulletin 2011 - 2012 No. 07
Tuesday 15 November 2011

UPCOMING EVENTS

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
Saturday, December 3, Shield Competition Round 7, Doncaster

NEXT ROUND OF SHIELD COMPETITION AT RINGWOOD ON THIS SATURDAY

Round 5 of Shield competition will be held at Ringwood this Saturday, November 19.
Track events start with the 200m/400m hurdles and 3000m walk at 1:00pm, followed by the 200m, 800m, 4x400m relay and the 3000m. Field events start with the hammer throw from 12:00pm, Triple Jump from 12:30pm and the Shot Put and High Jump from 1:00pm.
See the attached timetable.

You can see from the attached ladders, that after 4 rounds, Box Hill is on top of the ladder in men's Division 1 and women's Division 1 and 2nd on the ladder in the women's U18s. But we are 3rd on the ladder in the men's U16, men's U18 and men's 40+ and 4th in the women's U16. With the top 2 teams in each division proceeding to the finals next February, we need strong effort from all members to make sure all our teams make the finals.

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" was held at Box Hill over the weekend and raised over \$54,000 for the Cancer Council of Victoria. Thanks to all those who helped out over the weekend.

MILERS CLUB

There were a number of outstanding performances by Box Hill athletes at the milers club competition at the new Lakeside stadium last week, including a great win by Kyle Martin-Alcaide in the men's A-Division 1500m race in a time of 3:49.5

Other results:

1500m:

Sam Mackie 4:12.1

Matthew O'Donnell 4:26.0

Grace Brown 4:34.5

Jocelyn Keage 4:51.0

Zoe Schwerkolt 4:55.0

Sophie Schwerkolt (LA's) 5:40.8

800m:

Daniel Balassone 1:54.3

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

Last week the Box Hill All Schools medalists were listed but we missed one fine performance. Mitchell Dyer ran 9:24.45 to take the Bronze medal in the U16 3000m event. Well done Mitchell.

STEVE KELLY WINS THE CITY TO SEA

Steve Kelly beat over 12,000 runners to be the inaugural winner of the Melbourne City to Sea 14km run. Steve finished the run from the city around Albert Park Lake and down to St. Kilda beach in a time of 43:43. Michael Dowel also ran very well to be 9th across the line in 47:14.

RESULTS OF ROUND 4 OF SHIELD COMPETITION AT DONCASTER

Once again there were some fine results at round 4 of Shield competition on Saturday. But as you can see from the results below, we are still not filling all the positions in all the events. We hope to fill nearly all events this week to help our teams qualify for the finals.

Men Division 1 (Team finished 1st)

100m (6 competitors to score)

Blake Lucas 11.31

Daniel White-Alikakos 11.45

Joel Pocklington 11.5

James Filshie 11.64

Marcus Johnson 12.0

Cameron Baker 12.49

400m (6 competitors to score)

Daniel White-Alikakos 49.82

Mohamad Zeed 51.55

David Featherston 55.17

David Mitchell 58.92

Marcus Johnson 59.59

1500m (6 competitors to score)

Andrew White 3:57.7

Michael Dowel 4:04.6

Tyler Agius 4:07.9

Will Potter 4:09.3

Sam Mackie 4:15.5

Peter Green 4:22.0

Division 2

David Jiminez 4:22.8

Dale Bickham 4:31.0

Steve Griffin 4:31.5

Andrew Hester 4:38.2

3000m Steeple (2 competitors to score)

Will Potter 9:36.9

2000m Walk (2 competitors to score)

Simon Evans 9:49.5

Kait Chong DQ

110m Hurdles (2 competitors to score)

No Competitor

Pole Vault (3 competitors to score)

James Filshie 4.65m

Joel Pocklington 4.80m

Blake Lucas 4.50m

Long Jump (3 competitors to score)

Cameron Baker 4.94m

Marcus Johnson 4.05m

Discus (3 competitors to score)

Blake Lucas 27.99m

David Featherston 25.95m

Cameron Baker 24.02m
Javelin (3 competitors to score)
Blake Lucas 41.90m
David Featherston 40.08m

Men 40+ (Team finished 3rd)

100m (4 competitors to score)

Andrew Wilcox 11.89
Hendrick Dreyer 13.32
Peter Stefanos 15.46
Graeme Olden 15.87

400m (4 competitors to score)

Andrew Wilcox 52.87
David Ayers 64.14
Graeme Olden 66.62
Peter Stefanos 69.52

1500m (4 competitors to score)

John Meagher 4:23.8
David Ayers 4:51.1
Graeme Olden 4:55.5

Bert Pelgrim 5:05.2

Peter Stefanos 5:12.2

Andrew Tunne 5:44.1

3000m Steeple (2 competitors to score)

Graeme Olden 18:12.6

110m Hurdles (2 competitors to score)

No Competitor

2000m Walk (2 competitors to score)

Harry Summers 13:35.5
Graeme Olden 13:36.3

Pole Vault (2 competitors to score)

Mark Stewart 2.55m

Long Jump (2 competitors to score)

Andrew Wilcox 4.10m

Discus (2 competitors to score)

Michael Seton 20.24m

Nev Gardner 15.44m

Javelin (2 competitors to score)

Cameron Morris 35.70m

Chris O'Connor 16.97m

Michael Seton 13.51m

Nev Gardner 11.93m

Men Under 18 (Team placed 2nd)

100m (4 competitors to score)

Alex Di Medio 11.99
Brodie Cross 12.36
Sean O'Farrell 12.90

400m (4 competitors to score)

Tom Robertson 51.15
Alex Di Medio 52.54
Hanson Wong 57.26

Daniel Bancroft 53.48

Danny Wang 61.72

1500m (4 competitors to score)

Hanson Wong 4:21.6

Yohan Philip 4:23.4

James Norney 4:46.8
Danny Wang 5:04.4
3000m Steeple (2 competitors to score)
No Competitor
110m Hurdles (2 competitors to score)
No Competitor
2000m Walk (2 competitors to score)
No Competitor
Pole Vault (2 competitors to score)
Brodie Cross 4.35m
Angus McLardie 3.60m
Long Jump (2 competitors to score)
Sean O'Farrell 5.48m
Discus (2 competitors to score)
James Norney 26.28
Javelin (2 competitors to score)
Sean O'Farrell 30.78m

Men Under 16 (Team Placed 4th)

100m (4 competitors to score)
William Seton 13.39
Ned Snibson 13.70
Jacob Parlevliet 13.85
400m (4 competitors to score)
Ned Snibson 59.28
Tom Snibson 64.86
1500m (4 competitors to score)
Mitchell Dyer 4:21.9
Matthew O'Donnell 4:28.4
Laughlin Norney 4:44.9
Nathan Brill 4:49.5
Tom Snibson 4:49.8
2000m steeple (2 competitors to score)
No Competitor
90m Hurdles (2 competitors to score)
Jonothan Taylor 13.75
Jacob Parlevliet 16.05
2000m Walk (2 competitors to score)
Nathan Brill 8:20.1
Pole Vault (2 competitors to score)
No Competitor
Long Jump (2 competitors to score)
Jonothan Taylor 5.03m
William Seton 4.91m
Discus (2 competitors to score)
Will Seton 39.08m
Javelin (2 competitors to score)
Will Seton 31.72m
Mitchell Dyer 19.86m

Women Division 1 (Team placed 1st)

100m (4 competitors to score)
Natalia Kremenchutskaya 13.00
Hannah Deal 13.32
Angela Phillips 13.36
Viv Lee 15.01
400m (4 competitors to score)

Hannah Deal 61.48
Grace Brown 61.81
Viv Lee 68.03
Kate Ackland 73.5
1500m (4 competitors to score)
Grace Brown 4:41.7
Talitha Crawford 5:07.9
Rachel Johnson 5:15.3
Julie Norney 5:19.2
Division 2
Amanda Harper 5:37.5
3000m steeple (2 competitors to score)
Julie Norney 11:44.4
2000m Walk (2 competitors to score)
No Competitor
100m Hurdles (2 competitors to score)
No Competitor
Pole Vault (2 competitors to score)
Rebecca Marchant 3.75m
Long Jump (2 competitors to score)
Natalia Kremenchutskaya 5.09m
Yiota Carabourniotis 4.01m
Discus (2 competitors to score)
Natalia Kremenchutskaya 30.47m
Simone Carre 30.15m
Division 2
Angela Phillips 27.89
June Petrie 14.27m
Javelin (2 competitors to score)
Sarah Burke 19.32m
Natalia Kremenchutskaya 17.13m

Women Under 18 (Team placed 2nd)

100m (4 competitors to score)
Verity Cooper 13.17
Helen Tower 13.20
400m (4 competitors to score)
Helen Tower 60.00
Katherine Foley 66.14
Amelia Savige 70.16
1500m (4 competitors to score)
Amelia Savige 5:19.3
2000m steeple (2 competitors to score)
No Competitor
100m Hurdles (2 competitors to score)
Helen Tower 16.69
Pole Vault (2 competitors to score)
Paris McCathrion 3.75m
Verity Cooper 3.30m
Long Jump (2 competitors to score)
Verity Cooper 5.14m
Discus (2 competitors to score)
Phoebe Sloane 35.37m
Latisha Marranya 26.78m
Helen Tower 11.62m
Javelin (2 competitors to score)
Latisha Marranya 34.14m

Women Under 16 (Team placed 3rd)

100m (4 competitors to score)

Nana-Adoma Owusu-Afriyie 12.71

Iman Balla 12.73

Monique Hoskin 12.77

Dakota Pyke 13.28

Emily Holding 14.18

Olivia Gray 14.35

Emma Marsden 14.03

400m (4 competitors to score)

Emily Holding 74.26

1500m (4 competitors to score)

Zoe Schwerkolt 5:01.3

2000m steeple (2 competitors to score)

No Competitor

90m Hurdles(2 competitors to score)

No Competitor

Pole Vault (2 competitors to score)

Emily Taylor-Brown 2.10m

Long Jump (2 competitors to score)

Iman Balla 5.46m

Dakota Pyke 4.55m

Monique Hoskin 4.26m

Olivia Gray 3.47m

Discus (2 competitors to score)

Monique Hoskin 25.02m

Javelin (2 competitors to score)

Emily Taylor Brown 30.91m