

# **Box Hill Athletic Club Summer Bulletin 2011 - 2012 No. 16**

**Tuesday 31 January 2012**

## **UPCOMING EVENTS**

### **Saturday, February 4, Shield Competition, Round 12, Box Hill**

Thursday, February 9, Rare Air Club, Melbourne Uni.

### **Saturday, February 11, Shield Final, Albert Park**

Tuesday, February 14, High Velocity Club, Albert Park

Thursday, February 16, Milers Club, Melbourne Uni

Saturday, February 18, Rare Air Club, Box Hill

Saturday, February 18, Post Shield Comp, Doncaster

Thursday, February 23, Rare Air Club, Melbourne Uni

Thursday, February 23, 5000m Races, Melbourne Uni

February 24-26, Vic Junior Championships, Albert Park

February 24-26, Vic Open Multi-Events, Albert Park

Saturday, February 25, AV Throwers, Ringwood

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

The final round of shield competition for the 2011/2012 season will be held at Box Hill this Saturday afternoon.

Competition will run on Program 2. The events are 100m, 400m, 1500m, Steeple, Hurdles, 2000m Walk, 4x100m relay, Discus, Javelin, Long Jump and Pole Vault. Track events start at 1:00pm and field events at 12:30pm.

At present the men's division 1, men's over 40, women's division 1 and women's under 18 teams are in a position to make the finals, but several other teams, in particular the men's under 18 team and the women's division 2 team are still in with a chance if we have good results this Saturday.

### **FINALS!**

If your team is a chance to make the finals then please make sure that you are available to compete on February 11. This will be an all day program, starting at 10:00am. Please confirm with your team manager this Saturday.

### **VOLUNTEERS NEEDED**

We need help in setting and packing away equipment for competition at Box Hill this Saturday. Please let us know if you can help.

### **LOST SPIKES**

A pair of spikes were left behind at Ringwood on Saturday. They're Green and Black Adidas spikes in a red and blue Athlete's Foot bag. If anyone picked them up please let us know so that they can be returned to their owner.

Also some found a pair of Saucony spikes some weeks ago, left in the Box Hill area at Doncaster. If they are yours please claim them!

### **RESULTS FROM ROUND 11 OF SHIELD COMPETITION AT RINGWOOD**

#### **Men Open**

Daniel	White-Alikakos	200	22.69
Tom	Cornelius	200	23.09
Mohamad	Zeed	200	24.96
David	Mitchell	200	25.05
Marcus	Johnson	200	25.16
Daniel	Balassone	800	1:54.1
Daniel	White-Alikakos	800	1:57.4
Stephen	Kelly	800	1:58.8
Tyler	Agius	800	1:59.2
Nicholas	Baggott	800	1:59.3

Ryan	Green	800	2:01.6
Andrew	Coughlin	800	2:06.4
Peter	Green	800	2:11.8
David	Jimenez	3000	9:44.4
Steven	Griffin	3000	9:46.3
Andrew	Hester	3000	9:59.2
Stephen	Kelly	3000	14:49.2
Mohamad	Zeed	400 Hurdles	55.66
Simon	Evans	3000 Walk	14:50.8
Chris	Davies	Shot Put	13.66m
Spry	James	Shot Put	12.08m
Spry	James	High Jump	1.87m
Michael	McCowan	High Jump	1.72m
Simon	Evans	High Jump	1.25m
Marcus	Johnson	Triple Jump	10.22m

### Men Over 40

Andrew	Wilcox	200	23.94
Hendrick	Dreyer	200	26.31
David	Cross	200	26.74
Colin	Pocklington	200	28.15
James	Tennant	200	30.89
John	Meagher	200	36.94
John	Meagher	800	2:10.9
David	Ayers	800	2:13.7
Bert	Pelgrim	800	2:21.1
Graeme	Olden	800	2:25.0
John	Meagher	3000	9:46.9
Bert	Pelgrim	3000	10:26.1
Christopher	O'Connor	3000	10:59.4
Graeme	Olden	3000	11:23.8
Andrew	Tunne	3000	12:17.9
Hendrick	Dreyer	400 Hurdles	63.73
Andrew	Wilcox	400 Hurdles	70.39
William	Dyer	3000 Walk	16:51.7
Graeme	Olden	3000 Walk	20:09.1
Harry	Summers	3000 Walk	20:40.9
Hendrick	Dreyer	Shot Put	10.00m
Michael	Seton	Shot Put	9.73m
Cameron	Morris	Shot Put	9.57m
David	Cross	Shot Put	8.95m
William	Dyer	Shot Put	7.91m
David	Cross	Hammer	25.69m
Hendrick	Dreyer	Hammer	25.20m
Cameron	Morris	Hammer	24.18m
Michael	Seton	Hammer	19.08m
David	Cross	High Jump	1.42m
Michael	Seton	High Jump	1.25m
Andrew	Wilcox	Triple Jump	9.37m
Hendrick	Dreyer	Triple Jump	8.74m

### Men Under 18

Alexander	Di Medio	200	23.86
Jake	Musson	200	24.58
Daniel	Bancroft	200	24.83
Hanson	Wong	800	2:08.8
Daniel	Bancroft	800	2:11.6
James	O'Connell	800	2:28.0
Hanson	Wong	3000	11:02.4
Thomas	Robertson	400 Hurdles	57.25
Alexander	Di Medio	400 Hurdles	58.25
Jake	Musson	400 Hurdles	59.83
Jake	Musson	Shot Put	9.98m
Alexander	Di Medio	Shot Put	8.65m
Daniel	Bancroft	Shot Put	8.48m

### Men Under 16

Nicolas	Paidoussis	800	1:58.1
Mitchell	Dyer	800	2:05.6
Thomas	Paidoussis	800	2:18.4
William	Seton	Shot Put	13.10m
William	Seton	Hammer	30.54m
Liam	Harris	High Jump	1.77m

### Women Open

Bronwyn	Sudholz	200	26.65
Angela	Phillips	200	27.39
Talitha	Crawford	200	27.57
Tessa	Budden	200	27.64
Alexandra	Pocklington	200	29.06
Hannah	Deal	800	2:22.9
Julie	Norney	800	2:26.4
Helen	MCrae	800	2:28.1
June	Petrie	800	2:46.5
Grace	Brown	3000	10:29.6
Julie	Norney	3000	11:15.3
Rachel	Johnson	3000	11:18.5
June	Petrie	3000	12:12.1
Charmaine	McNally	3000	12:31.6
Vivienne	Lee	400m Hurdles	73.49
Chelsea	Dyer	3000 Walk	18:40.0
Natalia	Kremenchutskaya	Triple Jump	11.89m
Catherine	McCowan	Hammer	41.45m
Chelsea	Dyer	Hammer	18.09m
Chelsea	Dyer	Shot Put	10.34m
Catherine	McCowan	Shot Put	9.93m

### Women Under 18

Helen	Tower	200	28.74
Verity	Cooper	200	29.13
Natalie	Ambrose	800	2:18.6
Katherine	Foley	800	2:35.4
Amelia	Savige	800	2:40.0
Amelia	Savige	3000	12:47.1

Helen	Tower	400 Hurdles	70.54
Verity	Cooper	High Jump	1.47m
Verity	Cooper	Shot Put	7.65m
Helen	Tower	Shot Put	5.96m
Natalie	Ambrose	Shot Put	5.36m
Verity	Cooper	Triple Jump	10.34m

**Women Under 16**

Olivia	Gray	200	31.02
Emily	Goessler	800	2:26.1
Ellissa	Garrod	800	2:42.8
Madeline	Hill	Shot Put	12.27m