

**Box Hill Athletic Club Summer Bulletin 2011 - 2012 No. 24**  
**Wednesday 28 March 2012**

## **UPCOMING EVENTS**

March 31, Saturday, Rare Air Club, Mentone  
March 31, Saturday, High Velocity Club, Sandringham  
April 1, Sunday, AV Throwers, Casey Fields  
April 5-9, Australian Masters Championships, Albert Park  
April 7, Saturday, AV Throwers, Ringwood  
April 13-15, Australian Championships, Albert Park

### **BUNNINGS BBQ - FUNDRAISING EVENT - Sunday 22 April - Calling for Volunteers PLEASE**

Exciting news!!

Box Hill Athletic Club has been successful in the winning a spot in the 2012 ballot to hold a Bunnings Community Fundraiser BBQ.

We have been allocated Sunday 22 April and if you can help out with BBQing, playing cashier or sourcing donors for sausages, bread or drinks it would be greatly appreciated!

**Date: Sunday 22 April 2012**

**Time: 0830 am to 5.00pm**

**Where: Bunnings Box Hill, Corner Middleborough Road and Clarice Road Box Hill**

**4 volunteers per time slot are required**

**Time slots: 8.30 to 10.30; 10.30 to 12.30; 12.30 to 2.30; 2.30 to 5.00pm**

\*Bunnings require that you do need to be 15 or over to handle the food however we welcome volunteers under 15 to help out as cashiers

Funds raised from the BBQ are being earmarked for the Box Hill Athletic Club Junior Development Program and one of the first initiatives will be to subsidise our Junior Athletes competing in the 2012 Winter Competition Season (cross country and road racing). Unlike the Summer Competition an entry fee is payable for every event on the winter program and to encourage our Junior athletes to compete for the Club in Winter we would like to help by offering a subsidy on entry fees.

If you are able to donate just 2 hours of your time to help staff the BBQ and raise funds for this worthy cause we would love to hear from you.

Please email or text to sign up for one of the time slots.

David Stevens: [davidmstevens@bigpond.com](mailto:davidmstevens@bigpond.com)

June Petrie M 0413 772 874

### **POST SHIELD COMPETITION CANCELLED**

The finals post shield competition scheduled for March 31 at Collingwood has been cancelled.

### **MORE AUSTRALIAN JUNIOR CHAMPIONSHIP RESULTS**

Apologies to Laughlin Norney who ran a PB of 2:01.46 in the U17 800m at the national junior championships in Sydney last week. If we missed any other results please let us know!

### **VICTORIAN MASTERS CHAMPIONSHIPS**

**Box Hill has a number of medalists at these championships held at Doncaster over the weekend. Congratulations to all our "senior" athletes who performed so well. Let us know if we have missed any results!**

Angela Phillips (30-34) Gold 60m 8.37, Gold 100m 13.22, Gold shot put 11.03m

Talitha Crawford (40-44) Gold 400m 60.76, Silver 200m 27.80

Julie Norney (40-44) Gold 800m 2:24.12, Gold 1500m 4:58.72, Gold 5000m 18:26.07

June Petrie (45-49) Gold 5000m 19:48.11, Silver 1500m 5:28.13, Silver 800m 2:39.94

Cameron Baker (30-34) Gold 60m 7.82, Gold 100m 12.23, Gold 200m 24.99, Gold pole vault 3.10m

Andrew Wilcox (40-44) Gold 400m 52.70, Silver 200m 23.78, Silver 100m 11.89

Kynan Dawes Gold 800m 2:05.12

Hendrick Dreyer (40-44) Silver 110m hurdles 18.72, Silver 400m hurdles 62.75  
Colin Pocklington (50-54) Silver 60m 8.12, Silver 100m 12.80, 5th 200m 26.78  
Simon Evans (50-54) Silver 1500m walk 6:50.91, Silver 3000m walk 14:32.90  
Cameron Morris (50-54) Silver javelin 39.01m, Silver hammer throw 26.84m  
Bert Pelgrim (55-59) Gold 800m 2:21.43, Gold 1500m 4:52.33, Gold 5000m 17:56.56  
Robin Barclay (70-74) Gold pole vault 2.65m

### **MILERS CLUB AT BOX HILL, MARCH 22**

There were some great results with a huge number of PB's and SB's at the Milers Club meet at Box Hill last week.

#### **RESULTS**

##### **800m**

**Hannah Deal 2:14.04**

##### **1500m**

**Daniel Clark 3:47.51**

**Steve Dinneen 3:50.19**

**Will Potter 3:55.96**

**Daniel Balassone 3:57.44**

**Ben Noske 4:01.46**

**Sam Mackie 4:07.88**

**Steve Griffin 4:26.05**

**Danny Wang 5:09.63**

**Grace Brown 4:32.80**

**Helen McRae 4:57.13**

##### **5000m**

**Michael Dowel 14:58.66**

**Dale Bickham 16:32.74**

**James Whelan 16:45.86**

**Adrian Elderhurst 18:05.63**

### **RARE AIR CLUB GEELONG MARCH 24**

**Simone Carre 3.40m**

### **WINTER IS COMING!**

The winter cross country and road racing season (XCR'12) is just around the corner. The first event will be the cross country relays at Jells Park on Saturday, April 21. So if your track season is coming to an end, it is time to get in shape for the winter racing season!

Just a reminder that members will be expected to wear the "new" uniforms this winter, although dual Little Aths members can still wear the grey singlet.