

Box Hill Athletic Club Summer Bulletin 2012 - 2013 No. 07
Monday 5 November 2012

BOX HILL ATHLETIC CLUB est. 1932 - Celebrating 80 years in 2012!

UPCOMING EVENTS

November 9, 10, 11, Victorian All Schools Championships, Albert Park
November 15, Thursday, Victorian Milers Club, Box Hill
November 17, Saturday, Shield Competition Round 5, Doncaster
November 17-18, Relay for Life, Box Hill
November 18, Sunday, High Velocity Club Meet 1, Albert Park
November 22, Thursday, Victorian 5000m championships, Albert Park
November 24, Saturday, Shield Competition Round 6, Ringwood
November 25, Sunday, Victorian Relay Championships, Albert Park

ENTRIES CLOSING

November 12, Monday, Entries close for Victorian Milers Club Meet 1
November 14, Wednesday, Entries close for High Velocity Club Meet 1
November 15, Thursday, Entries close for Victorian 5000m championships

VOLUNTEERS URGENTLY NEEDED

As well as sometimes supplying volunteers to help with the running of shield competition, each club is asked to supply helpers for one of the championship events each year. Box Hill has been allocated to the All Schools Championships being held at Albert Park this weekend. If anyone is available to help, please let us know as soon as possible, no experience is necessary. The more helpers we get the less time each person will have to spend. We need helpers for Friday evening, Saturday morning and afternoon and Sunday afternoon. If you are able to help at all during those times, please let us know as soon as possible

ROUND 5 OF SHIELD COMPETITION AT DONCASTER ON SATURDAY WEEK

There will be no shield competition this weekend due to the Victorian All Schools Championships that will be held at Albert Park.

The next round of shield competition will be held at Doncaster on Saturday, November 17.

THE SEASON SO FAR

After the first four rounds of shield competition most Box Hill teams are in with a chance to make the Shield Finals, to be held next February. To make the finals we must finish in the top two in our region. Currently our men's Division 1 team and our men's over 40 team are on top of the ladder, while the women are sitting 2nd in Division 1, Over 40 and Under 16. Our men's Under 18 and Under 16 teams are both 4th, but still close enough to move up into the top 2 and our women's Under 18 team are currently 6th on the ladder.

When you arrive at the track each Saturday, please check in to your team manager and write your name down on the event sheet. Chris Muirden is helping with the junior girls teams and David Stevens is assisting with the open and 40+ women, while Chris O'Connor is looking after the men's teams.

The team managers need to know which events are "empty" so that we can encourage athletes to fill those events. We also need to organise relay teams each week.

Also there has been a request for athletes NOT to do the same event twice. Some athletes may throw a javelin (for example) and then return later in the day and take part in the javelin again. This will lead to disqualification. When events are full some athletes may miss out, so we ask competitors to only take part once in each event each Saturday.

WANT TO COMPETE THIS SEASON?

The 2012/13 track and field season is well underway with four rounds of shield competition already completed. There are still some athletes who are planning to compete who have not yet registered, please complete your registration form as soon as possible, before it gets too late!

RELAY FOR LIFE

The relay for life is being held at our track on Saturday November 17th, starting at 12 noon, until Sunday 18th November, finishing at 12noon.

Box Hill have entered a team to raise money for Cancer Council Victoria.

Now we need to recruit lots of people (WE HAVE SOME) to run/walk laps for our team (cost \$20 to register as a team member) throughout the 24 hours that the event is being run. The track will have hundreds of people participating and other events going on to help raise money. Cancer affects 1 in 3 Victorians in their lifetime, making it a very important community event to be associated with. This event is not a race, so we are not trying to win - it is about participation. Hence, we encourage as many people as possible, members, friends, family, to participate by jogging or walking some laps. A nice 30-60 minute walk around the track chatting would be ideal for your health.

With this in mind, we were hoping that we could get as many members as possible to participate. Secondly, we ask everyone to encourage fellow club members, family and friends who may be interested to come along.

Please contact Steve Dinneen via email (stevedinneen@hotmail.com) or mobile phone (0412 230 157) if you are able to take part.

Below is how to **register online** to participate (costs \$20 with money going to Cancer Council Victoria).

Step 1

Go to www.relayforlife.com.au

Step 2

CLICK ON: *Join: sign up with a Relay Team*

Step 3

1. select your state: CLICL ON: *Victoria*
2. select relay year: CLICK ON: *2012*
3. Find a relay location: CLICK ON: *Whitehorse*
4. Then CLICK ON: *JOIN*

Step 4

Read waiver, if ok, then CLICK ON: *Accept Waiver*

Then CLICK ON: *NEXT*

Step 5

CLICK ON: *Join a team*

Step 6

CLICK ON either:

Adult registration \$20

Or

Under Age Participant \$20

Step 7

Team Name: Type in *Box Hill Athletics Club*

Step 8

CLICK ON: *Box Hill Athletics Club, Stephen Dinneen*

Step 9

Fill out *contact detail, Additional info, Payment, Register*

To organise a time to run/walk, we have attached below the current up to date roster of available run/walk slots. As you can see, there is a lot free! The roster is set up so there are

three available positions for each hour. But more than happy if say the pole vault crew (subtle hint!) wanted to block out 2 hours and have their group jump in and out during that period. A few of the distance boys are taking this approach. So please email Steve with the time you would like to participate, or 2 or 3 possible times, just in case these times are filled.

Below is the current up to date roster

DATE	TIME	ACTIVITY		NAME	PHONE NUMBER
Saturday 17th November	10:00am	SET UP	1	Stephen Dinneen	0412 230 157
			2		
			3		
Saturday 17th November	11:00am	SET UP	1	Stephen Dinneen	0412 230 157
			2		
			3		
Saturday 17th November	12noon	Run Walk	1	Leahlin	0421 42...
			2		
			3		
Saturday 17th November	1:00pm	Run Walk	1	Stephen Dinneen	0412 230 157
			2		
			3		
Saturday 17th November	2:00pm	Run Walk	1		
			2		
			3		
Saturday 17th November	3:00pm	Run Walk	1		
			2		
			3		
Saturday 17th November	4:00pm	Run Walk	1	Andrew White	0414 44...
			2	Zac Hunter	0466 63....
			3		
Saturday 17th November	5:00pm	Run Walk	1		
			2		
			3		
Saturday 17th November	6:00pm	Run Walk	1	Steve Griffin	0400 51...
			2	Sam Mackie	0459 15...
			3	Declan Wilson	0416 14...
Saturday 17th November	7:00pm	Run Walk	1		
			2		
			3		
Saturday 17th November	8:00pm	Run Walk	1		
			2		
			3		
Saturday 17th November	9:00pm	Run Walk	1		
			2		
			3		
Saturday 17th November	10:00pm	Run Walk	1		
			2		
			3		
Saturday 17th November	11:00pm	Run Walk	1		
			2		
			3		
Sunday 18th November	12:00mid	Run Walk	1		
			2		
			3		
Sunday 18th November	1:00am	Run Walk	1		
			2		
			3		
Sunday 18th November	2:00am	Run Walk	1		
			2		
			3		
Sunday 18th November	3:00am	Run Walk	1		
			2		
			3		
Sunday 18th November	4:00am	Run Walk	1		
			2		
			3		
Sunday 18th November	5:00am	Run Walk	1		
			2		
			3		
Sunday 18th November	6:00am	Run Walk	1		
			2		
			3		
Sunday 18th November	7:00am	Run Walk	1	Charmaine McNally	0421 50...
			2		
			3		
Sunday 18th November	8:00am	Run Walk	1	Peter Stefanos	0408 42....
			2		
			3		
Sunday 18th November	9:00am	Run Walk	1	Peter Stefanos	0408 42....
			2	Zac Hunter	0466 63....
			3		
Sunday 18th November	10:00am	Run Walk	1		
			2		
			3		
Sunday 18th November	11:00am	Run Walk	1	David Avres	0410 51....
			2		
			3		
Sunday 18th November	12 noon	PACK UP	1		
			2		
			3		

RESULTS FROM ROUND 4 OF SHIELD COMPETITION

We had a number of athletes missing this weekend but Box Hill again had some good results. We hope to have all registered members competing at the next round of competition on November 17.

Men Open Division 1

David	Featherston	High Jump	1.55m
Russell	Clowes	High Jump	1.85m
Mohamad	Zeed	400mHurdles	56.66
David	Featherston	400mHurdles	62.59
Cameron	Baker	Pole Vault	3.10m
Blake	Lucas	Pole Vault	4.15m
Cameron	Sherry	Pole Vault	4.30m
Brodie	Cross	Pole Vault	4.45m
James	Filshie	Pole Vault	4.45m
Joel	Pocklington	Pole Vault	4.90m
Cameron	Sherry	200	23.28
Brodie	Cross	200	23.61
James	Filshie	200	23.66
Victor	Jakobbson	200	23.9
Mohamad	Zeed	200	24.09
Cameron	Baker	200	25.01
Russell	Clowes	200	25.15
Marcus	Johnson	200	25.23
Stephen	Vincent	200	25.63
David	Featherston	200	27.33
Ben	Noske	800	1:54.9
Nicholas	Baggott	800	1:59.1
Samuel	Mackie	800	2:04.3
Russell	Clowes	800	2:16.2
David	Featherston	800	2:19.1
Danny	Wang	800	2:27.8
Stephen	Dinneen	5000	14:52.0
Declan	Wilson	5000	15:10.3
William	Potter	5000	15:21.5
Sam	Dipnall	5000	15:35.9
Samuel	Mackie	5000	16:14.4
Peter	Green	5000	16:17.5
Michael	Dowel	5000	16:23.9
Andrew	Hester	5000	17:42.6
Trent	Collins	5000	19:48.5
Cameron	Baker	Shot Put	7.70m
David	Featherston	Shot Put	8.65m
Russell	Clowes	Shot Put	9.21m

Men Over 40

Andrew	Egginton	Hammer	17.04m
Michael	Seton	Hammer	18.83m
Peter	Stefanos	High Jump	1.25m
Michael	Seton	High Jump	1.30m
Rob	Barclay	Pole Vault	2.65m
George	Schillinger	Pole Vault	2.80m
Andrew	Egginton	200	27.29
James	Tennant	200	31.88
Neville	Gardner	200	44.13
Andrew	Egginton	800	2:14.4
David	Ayers	800	2:21.0
James	Tennant	800	2:47.3
Neville	Gardner	800	4:04.6
Steven	Griffin	5000	16:47.0
Peter	Stefanos	5000	19:29.9
Andrew	Tunne	5000	22:21.7
Neville	Gardner	Shot Put	5.30m
Andrew	Egginton	Shot Put	9.32m
Michael	Seton	Shot Put	9.57m
Harry	Summers Snr	3000mWalk	21:32.2

Men Under 18

Jacob	Parlevliet	400mHurdles	68.2
Jacob	Parlevliet	200	27.15
Joe	Hardy	800	1:55.9
Danny	Smith	800	1:58.5
Laughlin	Norney	800	2:03.5
James	O'Connell	800	2:17.0
Zac	Hunter	3000	10:12.1
Tom	Snibson	3000	9:49.9
Nathan	Brill	3000mWalk	12:33.8

Men Under 16

William	Seton	Hammer	38.14m
William	Seton	High Jump	1.50m
Matthew	Harcourt	High Jump	1.65m
Harvey	Edmanson	200mHurdles	32.86
Stefan	Harper	200	25.85
Connor	Sullivan	200	26.1
Osei-Kwame	Owusu-Afriyie	200	28.46
Nicolas	Paidoussis	800	1:57.5
Ned	Snibson	800	2:05.0
Tom	Paidoussis	800	2:11.7
Matthew	O'Donnell	3000	9:39.7
William	Seton	Shot Put	14.35m
Matthew	Harcourt	Triple Jump	10.62m
Harvey	Edmanson	Triple Jump	9.77m

Women Open Division 1

Kate	Ackland	200	27.49
Katherine	Foley	200	28.32
Angela	Phillips	200	28.35
Vivienne	Lee	200	28.88
Hannah	Deal	800	2:18.4
Katherine	Foley	800	2:29.4
Helen	McRae	5000	19:47.6
Charmaine	Mcnally	5000	22:50.3
Caitlin	Harrison	5000	24:16.6
Natalia	Kremenchutskaya	Triple Jump	12.07m
Panayiota	Carabourniotis	Triple Jump	9.71m

Women Over 40

Talitha	Crawford	200	27.4
Amanda	Harper	200	34.83
Talitha	Crawford	800	02:24.4
Julie	Norney	800	2:25.9
June	Petrie	800	2:35.2
Amanda	Harper	800	2:52.7
Pia	Hunter	5000	21:03.9
Amanda	Harper	Triple Jump	6.71m
Talitha	Crawford	Triple Jump	7.86m

Women Under 18

Jamie	Roubin	Pole Vault	2.80m
Verity	Cooper	Pole Vault	3.40m
Olivia	Gray	200	29.74
Amelia	Savige	800	2:33.9

Women Under 16

Lucy	Steele	High Jump	1.25m
Monique	Hoskin	200mHurdles	30.87
Claire	O'Brien	Pole Vault	2.35m
Emily	Taylor-Brown	Pole Vault	2.95m
Nana-Adoma	Owusu-Afriyie	200	24.88
Annabel	Cator	200	26.24
Jackie	Fredricksen	200	26.91
Jessie	Muirden	200	28.17
Gemma	Watkins	200	28.49
Sarah	Driscoll	200	29.42
Emily	Goessler	800	2:20.7
Imogen	Purcell	800	2:25.6
Lucy	Steele	800	2:42.3
Jessie	Muirden	Shot Put	6.48m
Monique	Hoskin	Shot Put	8.14m