

Box Hill Athletic Club Summer Bulletin 2012 - 2013 No. 08
Tuesday 13 November 2012

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

UPCOMING EVENTS

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
Nov 30, Dec 1, 2 National All Schools Championships, Hobart
December 1, Saturday, Shield Competition Round 7, Box Hill

ENTRIES CLOSING

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

ROUND 5 OF SHIELD COMPETITION AT DONCASTER THIS SATURDAY

The fifth round of Shield competition will be held at Doncaster this Saturday, November 17. Field events start at 12.45pm – Pole Vault, Long Jump, Discus, Javelin
Track events start at 1:30pm – 3000m, Hurdles, 2000m walk, 100m, 1500m, 4x100m relay, 400m

When you arrive on Saturday, please report in to the Team managers, and sign up for your events.

The timetable for the day is attached.

VICTORIAN MILERS CLUB

The first miler's club for the season will be held at Box Hill this Thursday. Please be aware that competition will begin at 7:00pm and training on the track must be completed before this.

VICTORIAN RELAY CHAMPIONSHIPS

The state relay championships are to be held at Albert Park on Sunday November 25. We are entering teams in Open, Under 16, Under 18, and Over 40 men's and women's divisions. Relay distances are 4x100m, 4x400m, 4x800m and Medley (4x1500 instead of 4x800 for 40+). Please let us know if you are available to run.

THANK YOU

A big thank you to all those who helped out as volunteers at the all schools championships last weekend.

Michael Seton, Elle Fredrickson, Lisa Langtree, Rob Schwerkolt, Doug Smith, Julie Norney, Sue Noske, Tess Brooks, Katie Cooper, Kelli Gorman, Grant O'Donnell, Bill Dyer and Cath Snibson all gave up some time to act as the officials that the club was required to supply. Your efforts are much appreciated.

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.

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

RESULTS FROM VICTORIAN ALL SCHOOLS CHAMPIONSHIPS

Congratulations to all the Box Hill athletes who competed so well at the state all schools championships on the weekend. Many Box Hill athletes made finals and/or produced PB's. A special congratulations to our state champions and medal winners listed below.

Gold Medals

Will Seton, 55.85m Men Discus Throw U 16
Nathan Brill, 21:12.13 Men 5000 metres Race Walk U 17
Nana-Adoma Owusu-Afriyie, 12.45 Women 100 metres U14
Nana-Adoma Owusu-Afriyie, 24.71 (Vic Rec) Women 200 metres U 14
Nana-Adoma Owusu-Afriyie, 5.46m Women Long Jump U 14
Joe Hardy, 6:08.26 Men 2000 metres Steeple U 18
Latisha Marranya, 11.91m Women Shot Put U 18
Verity Cooper, 3.45m Women Pole Vault U 18
Beau Williams, 3.80m Men Pole Vault U 18
Emily Taylor Brown, 3.00m Women Pole Vault U 15
Ned Snibson, 2:03.91 Men 800 metres U 15
Phoebe Sloane, 40.26m Women Discus Throw U 18
Iman Balla, 5.73m Women Long Jump U 18

Silver Medals

Iman Balla, 12.41 Women 100 metres U 17
Iman Balla, 14.97 Women 100 metres Hurdles U 18
Harry Noske, 6:35.75 Men 2000 metres Steeple U 18
Phoebe Sloane, 11.85m Women Shot Put U 18
Jackie Fredrickson, 5.19m Women Long Jump U 15
Claire O'Brien, 2.40m Women Pole Vault U 14
Kathryn Brooks, 38.88m Women Javelin Throw U 16
Jaime Roubin, 2.70m Women Pole Vault U 17
Will Seton, 15.00m Men Shot Put U 16
Latisha Marranya, 36.31m Women Javelin Throw U 18
Joe Hardy, 8:30.68 Men 3000 metres U 18

Bronze Medals

Matt O'Donnell, 9:45.77 Men 3000 metres U 16
Liam Harris, 1.86m Men High Jump U 16
Will Seton, 47.04m Men Javelin Throw U 16
Beau Williams, 49.15m Men Javelin Throw U 18