

Box Hill Athletic Club Summer Bulletin 2012 - 2013 No. 09
Tuesday 20 November 2012

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

UPCOMING EVENTS

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

ROUND 6 OF SHIELD COMPETITION AT RINGWOOD THIS SATURDAY

Round 6 of Shield competition will be held at Proclamation Park (Robertson Field), Ringwood this Saturday, November 24.

Field events start at 1.00pm – High jump, Triple Jump, Shot Put, Hammer (12:30pm)

Track events start at 1:30pm – Hurdles, 3000m Walk, 200m, 800m, 4x400m relay, 3000m

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 RELAY CHAMPIONSHIPS THIS SUNDAY

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.

We will be aiming to finalise teams by Wednesday.

24 HOUR RELAY FOR LIFE - ANTI CANCER COUNCIL FUND RAISING EVENT

Box Hill Athletic Club was proud to be associated with the Whitehorse event which was conducted at our Athletic Track on the weekend.

Starting at midday on Saturday, and concluding at midday on Sunday the challenge was for teams to keep the baton moving around the track for 24 hours.

Special thanks are extended to Steve Dinneen for captaining our Box Hill Athletic Club Team and Barbara Johnson for her tireless efforts liaising with the Organising Committee.

Barbara also teamed with Angela Robbie and Julie Milner to operate the BHAC canteen during the event.

Last but not least a huge thank you to all of the members and their families and friends who took to the track to run or walk for the cause; who assisted with the set up or pack up; who donated food for our team participants and who contributed to the fund raising effort.

Thank you to: Steve Dinneen, Barbara Johnson, Angela Robbie, Julie Milner, David Hamer, Steve Griffin, Laughlin Norney, Julie Norney, James Norney, Emma Steer, Diane White, Graeme Olden, Bert Pelgrim, June Petrie, Declan Wilson, Sam Mackie, Cam Baker, Charmaine McNally, Peter Stefanos, David Ayers, Amanda Harper, Colin Organ, Bill Dyer.

FUN RUNNING

Congratulations to our members who have managed to squeeze in some great fun run results in between the Summer Shield Competition.

Burnie 10, Tasmania - 10km

W1 Nikki Chapple 33.48

City2Sea, Melbourne - 14km

2 Steve Kelly 42.06

7 Michael Dowel 46.22

38 Trent Collins 51.19

82 Ben Noske 53.59 *1st M16-19

W22 Helen McRae 58.52

W23 Emma Steer 58.54

Eltham - 5km

7 Laughlin Norney 18.20.5

10 Bert Pelgrim 18.46.6 *1st M50+

W1 Julie Noney 18.20.7

Eltham - 10km
W2 June Petrie 38.58.0

Marysville marathon festival

Congratulation to new Box Hill members Connor Carson who finished 2nd and to Bec Rosel who won the women's division (5th overall) in the half marathon at the Marysville marathon festival. Connor covered the hill half marathon course in 76:41, while Bec ran a time of 88:48.

SIZZLING PBs and SAUSAGES AT MILERS CLUB MEET

Box Hill Athletic track was host to the first Victorian Milers Club event for the season and many who came along for the 800m and 1500m events were rewarded with PBs!

Judging by the results nearly all of the Box Hill competitors did PB's or recent bests. Congratulations to everyone on a great night of racing.

Not to be out done on the night our Team on the Sausage Sizzle / Canteen raised a record \$300.00+ profit for the Club. Thank you to David Stevens, Bill Dyer, Barbara Johnson, Angela Robbie and June Petrie on their efforts.

Results * denotes PB or recent best

800m

Matt Coloe 1.54.8
Nick Paidoussis 1.55.1*
Ben Noske 1.55.6
Mitch Dyer 1.58.2*
Nick Baggott 1.58.4*
Laughlin Norney 1.59.7*
Ned Snibson 2.02.2*
Tom Paidoussis 2.09.8*
Hannah Deal 2.15.0*
Emily Goessler 2.17.5*
Julie Norney 2.22.4*
Katherine Foley 2.25.0*

1500m

Declan Wilson 3.50.2*
Steve Dinneen 3.50.5*
Will Potter 3.54.7*
Joe Hardy 3.55.7*
Michael Dowel 3.57.2*
Harry Noske 4.05.5*
Sam Mackie 4.06.2*
Peter Green 4.17.4*
Matt O'Donnell 4.18.2*
Tom Snibson 4.22.0*
Steve Griffin 4.25.1*
James O'Connell 4.35.9
Andrew Hester 4.39.1
Helen McRae 4.49.0*
Georgia Hansen 4.55.5*

HIGH VELOCITY CLUB - Results

100m

Nana-Adoma Owusa-Afriyie 12.55
Iman Balla 12.64

Long Jump

Iman Balla 5.73m
Nana-Adoma Owusa-Afriyie 4.90m

RESULTS FROM ROUND 5 OF SHIELD COMPETITION

Women Division 1

100m: Alexandra Pocklington 14.04; Tanya Higgs 14.23; Vivienne Lee 14.32; Kristine Hopkins 14.70;
400m: Hannah Deal 61.08; Natalie Ambrose 62.44; Katherine Foley 63.87; Vivienne Lee 64.42; Tanya Higgs 67.32;

1500m: Hannah Deal 4:45.5h; Natalie Ambrose 4:46.2h; Kristine Hopkins 5:56.9h;

3000m: Caitlin Harrison 13:50.6h;

4x100m Relay: Box Hill 52.73;

100m Hurdles: Tanya Higgs 20.64;

Long Jump: Tanya Higgs 4.90m; Panayiota Carabourniotis 4.29m;

Discus: Catherine McCowan 32.51m;

Women Over 40

1500m: Julie Norney 4:56.6h; June Petrie 5:18.0h;

3000m: June Petrie 11:09.5h; Amanda Harper 12:06.2h;

Women Under 18

100m: Verity Cooper 13.49; Olivia Gray 13.77; Abbey Tanner 13.81;

400m: Amelia Savige 69.45;

1500m: Amelia Savige 5:16.9h;

100m Hurdles: Verity Cooper 20.01;

Pole Vault: Verity Cooper 3.30m; Jamie Morgan Roubin 2.70m;

Discus: Phoebe Sloane 35.39m;

Women Under 16

100m: Jackie Fredricksen 13.25; Kate Boulter 13.85; Jessie Muirden 13.95;

400m: Emily Goessler 60.29; Lucy Steele 70.18;

1500m: Lucy Steele 5:28.2h;

4x100m Relay: Box Hill 53.72;

Long Jump: Jackie Fredricksen 5.11m; Jessie Muirden 4.24m;

Pole Vault: Emily Taylor-Brown 2.85m; Claire O'Brien 2.40m;

Discus: Kate Boulter 24.86m;

Men Division 1

100m: Daniel White-Alikakos 11.14; Mohamad Zeed 11.29; Braeden Cross 11.50; Victor Jakobsson 11.73; Brodie Cross 11.83; James Filshie 11.88; Marcus Johnson 12.58; Cameron Baker 12.62; Stephen Vincent 12.63; Joel Pocklington 12.73; David Featherston 13.50;

400m: Daniel White-Alikakos 50.63; Nicholas Baggott 53.95; Mohamad Zeed 54.21; David Featherston 55.47; Marcus Johnson 56.50; Cameron Baker 57.27;

1500m: David Featherston 4:40.7h;

3000m: William Potter 9:00.3h; Hanson Wong 9:53.5h; Danny Wang 11:18.3h; David Featherston 11:53.8h;

4x100m Relay: Box Hill 43.55;

110m Hurdles: David Featherston 19.0h;

2000m Walk: Simon Evans 9:27.7h;

Long Jump: Cameron Baker 5.11m;

Pole Vault: Joel Pocklington 4.80m; Brodie Cross 4.65m; James Filshie 4.50m; Cameron Sherry 4.35m;

Discus: David Grant 45.44m; Cameron Baker 22.53m;

Men Over 40

100m: Hendrik Dreyer 12.96; David Cross 13.51; Andrew Egginton 14.00; James Tennant 15.81;

400m: Kynan Dawes 56.19; Hendrik Dreyer 57.41; David Cross 61.39;

1500m: John Meagher 4:26.2h; David Ayers 4:42.4h; Graeme Olden 4:54.1h; Bert Pelgrim 5:08.2h;

Andrew Egginton 5:10.5h; James Tennant 5:48.4h; Andrew Tunne 6:24.9h;

3000m: John Meagher 9:13.6h; Graeme Olden 10:33.5h; Bert Pelgrim 10:48.0h; Peter Stefanos 10:58.0h; Andrew Tunne 12:58.3h;

4x100m Relay: Box Hill 54.02;

100m Hurdles: David Cross 21.33;

110m Hurdles: Hendrik Dreyer 19.03;

2000m Walk: Graeme Olden 12:25.2h;

Long Jump: David Cross 4.65m; Hendrik Dreyer 4.47m;

Pole Vault: Mark Stewart 3.00m; Rob Barclay 2.70m; George Schillinger 2.70m;

Javelin: Andrew Egginton 33.90m; Hendrik Dreyer 31.44m; Michael Seton NM;

Discus: David Cross 24.47m; Andrew Egginton 23.75m; Michael Seton 21.88m; Hendrik Dreyer 21.40m;

Men Under 18

100m: Jacob Parlevliet 13.37;
400m: Danny Smith 52.78; Mitchell Dyer 54.07; Jacob Parlevliet 61.39;
1500m: Danny Smith 4:06.4h; Mitchell Cooper 4:31.5h; James O'Connell 4:38.6h; Tom Snibson
5:13.4h;
3000m: Tom Snibson 9:40.8h;
110m Hurdles: Jacob Parlevliet 21.22;

Men Under 16

100m: Stefan Harper 13.18;
400m: Nicolas Paidoussis 52.66; Thomas Paidoussis 55.53;
1500m: Ned Snibson 4:28.8h; Zac Mason-Virtue 5:24.0h;
3000m: Matthew O'Donnell 9:31.6h;
90m Hurdles: Harvey Edmanson 14.58;
Long Jump: Harvey Edmanson 4.46m; Samuel McDonald 4.30m;
Javelin: Samuel McDonald 32.98m;
Discus: Samuel McDonald 25.30m;