

Box Hill Athletic Club Summer Bulletin 2012 - 2013 No. 11
Tuesday 4 December 2012

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

UPCOMING EVENTS

December 4, Tuesday, Zatopek 10,000m lower divisions, Essendon

December 6, Thursday, Shield Competition round 8, Albert Park

December 8, Saturday, Zatopek: 10, Albert Park

December 15, Saturday, Shield Competition Round 9, Box Hill

December 16, Sunday, High Velocity Club, Geelong

December 16, Sunday, AV Throwers, Geelong

December 20, Thursday, Milers Club, Albert Park

December 20, Thursday, AV Throwers, Frankston

December 22, Saturday, Rare Air Club, Box Hill

ROUND 8 OF SHIELD COMPETITION AT ALBERT PARK THIS THURSDAY

Round 8 of Shield competition will be held at Lakeside Stadium this Thursday night.

Track events start at 6:00pm with the Walk, 400m Hurdles, 200m, 800m, Medley Relay and 3000m/5000m. Field events start at 6:00pm with pole vault, hammer, shot put, high jump and triple jump.

When you arrive on Thursday, please report in to the Team managers, who will be sitting in the main stand near the finish line.

The timetable is attached.

THE FINALS ARE COMING

Many of our teams, including our men's and women's division open 1 teams are poised to make the Shield Finals to be held on February 16.

To be eligible to compete in the finals you must have competed in at least 4 rounds of competition **and** you must have competed in that particular event at least once throughout the season. Please make every effort to make yourself eligible for the finals in as many events as possible!

CONGRATULATIONS TO OUR NATIONAL CHAMPIONS

Congratulations to all the Box Hill athletes who competed at the national all schools championships in Hobart last weekend. Special mention to our national champions, Nana-Adoma Owusu-Afriyie, Nathan Brill, Joe Hardy and Iman Bala. Nana-Adoma dominated her age group winning three gold medals!

Results:

Under 14 women

Nana-Adoma Owusu-Afriyie: 100m 1st 12.35, 200m 1st 25.19, Long Jump 1st 5.21m

Claire O'Brien: pole vault 2nd 2.70m

Under 16 women

Kathryn Brooks: javelin 5th 36.98m

Emily Taylor-Brown: pole vault 6th 2.60m

Under 18 women

Iman Bala: long jump 1st 5.86m

Verity Cooper: pole vault 2nd 3.60m

Phoebe Sloane: shot put 6th 12.36m, discus 7th 38.40m

Latisha Marranya: javelin 6th 41.21m, shot put 7th 12.12m

Under 16 men

Will Seton: discus 10th 46.49m, shot put 10th 13.94m

Under 18 men

Nathan Brill: 5000m walk 1st 21:05.7

Joe Hardy: 2000m steeple 1st 5:55.6, 3000m 2nd 8:32.5

Beau Williams: pole vault 4th 4.00m

Harry Noske: 2000m steeple 5th 6:22.8

Apologies if we have missed any results

STATE 5000m TRACK CHAMPIONSHIPS

As reported last week, Steve Kelly won the state 5000m championships last week, but there were also a number of other good Box Hill performances including a time of 14:13 by Steve Dinneen to take out 4th place.

Other results are shown below.

Will Potter 15.20.2

Sam Mackie 15.31.8

Peter Green 16.04.2

Michael Dowel 16.24.4

Steve Griffin 16.41.9

CONGRATULATIONS JULIE

Congratulations to Julie Norney who ran a time of 17:42 to finish 2nd in the 5km event at the Sussan Women's 5k on Sunday.

RESULTS FROM ROUND 7 OF SHIELD COMPETITION

Women Division 1

100m: Talitha Crawford 13.71; Alexandra Pocklington 14.03;

400m: Hannah Deal 60.80; Talitha Crawford 61.23; Katherine Foley 63.90; Helen McRae 65.25; Tanya Higgs 66.35;

1500m: Helen McRae 4:42.6h; Julie Norney 4:49.8h; Hannah Deal 4:51.1h; Hayley Tomlinson 4:57.4h;

June Petrie 5:09.4h; Katherine Foley 5:10.6h; Pia Hunter 5:51.5h;

4x100m Relay: Box Hill 53.69;

100m Hurdles: Tanya Higgs 17.20;

2000m Walk: Pia Hunter 13:09.9h;

Long Jump: Tanya Higgs 4.83m; Panayiota Carabourniotis 4.30m;

Javelin: Tanya Higgs 31.77m;

Discus: Tanya Higgs 33.32m;

Women Under 18

100m: Olivia Gray 13.59;

400m: Amelia Savige 67.30; Bethany Hosking 73.15;

1500m: Amelia Savige 5:18.7h; Bethany Hosking 6:02.4h;

Women Under 16

100m: Lucy Steele 15.25;

400m: Lucy Steele 68.35; Christina Bell 72.87;

1500m: Lucy Steele 5:36.9h; Christina Bell 6:04.9h;

Discus: Emma Marsden 16.77m;

Men Division 1

100m: Cameron Baker 12.09; Christopher Lindsay 12.27; Marcus Johnson 12.56;

400m: David Featherston 53.59; Nicholas Baggott 55.40; Christopher Lindsay 57.24; Marcus Johnson 57.31; Cameron Baker 62.35; Danny Wang 67.64;

1500m: Stephen Dinneen 3:54.3h; Michael Dowel 4:02.0h; Nicholas Baggott 4:05.1h; Sam Dipnall

4:07.0h; William Potter 4:09.3h; Peter Green 4:15.9h; Hanson Wong 4:27.3h; David Featherston

4:33.1h; Andrew Hester 4:34.9h; Jack Hill 4:59.7h; Danny Wang 5:07.7h;

4x100m Relay: Box Hill 48.98;

2000m Walk: Simon Evans 9:30.3h;

3000m Steeple: William Potter 9:45.6h;

Pole Vault: James Filshie 4.60m; Cameron Sherry 4.30m; Cameron Baker 3.65m;

Javelin: James Spry 47.97m; Cameron Baker 35.89m; Daniel Clark 33.76m;

Discus: James Spry 41.54m; Cameron Baker 20.99m; Thomas Cornelius 19.96m;

Men Over 40

100m: Andrew Wilcox 12.00; Hendrik Dreyer 12.97; John Meagher 14.37; James Tennant 14.96;

Neville Gardner 20.42;

400m: Andrew Wilcox 52.96; Hendrik Dreyer 55.65; David Ayers 64.32; James Tennant 72.39; Neville Gardner 1:43.26;

1500m: Connor Carson 4:26.4h; John Meagher 4:30.6h; David Ayers 4:39.8h; Peter Stefanos 5:01.3h;

Graeme Olden 5:03.0h; Andrew Tunne 5:57.8h;

4x100m Relay: Box Hill 51.60;

110m Hurdles: Hendrik Dreyer 18.70;

2000m Walk: William Dyer 10:59.7h; Graeme Olden 13:26.1h;

3000m Steeple: John Meagher 11:16.7h; Graeme Olden 11:54.1h;
Long Jump: Hendrik Dreyer 4.75m; Neville Gardner 2.13m;
Pole Vault: George Schillinger 2.75m; Rob Barclay 2.60m;
Javelin: Andrew Egginton 35.22m; Hendrik Dreyer 30.62m; Christopher O'Connor 17.98m; Neville Gardner 12.54m;
Discus: Andrew Egginton 26.25m; William Dyer 25.95m; Hendrik Dreyer 22.08m; Neville Gardner 21.47m;

Men Under 18

100m: Jacob Parlevliet 13.36;
400m: Mitchell Dyer 53.99; Jacob Parlevliet 61.48;
1500m: Laughlin Norney 4:21.4h; Mitchell Cooper 4:28.0h; Tom Snibson 4:34.2h; Zac Hunter 4:48.3h;
2000m Steeple: Mitchell Dyer 6:48.7h; Jacob Parlevliet 8:41.4h;

Men Under 16

100m: Stefan Harper 12.55; Connor Sullivan 12.76; Samuel McDonald 14.33;
1500m: Matthew O'Donnell 4:21.1h; Ned Snibson 4:26.2h;
90m Hurdles: Harvey Edmanson 14.40;
100m Hurdles: Matthew Harcourt 15.04;
Long Jump: Matthew Harcourt 4.92m; Harvey Edmanson 4.61m; Elliot Taylor 4.25m;
Javelin: Samuel McDonald 32.79m; Elliot Taylor 15.15m;