

Box Hill Athletic Club Summer Bulletin 2012 - 2013 No. 12
Tuesday 11 December 2012

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

UPCOMING EVENTS

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

January 5, Saturday. Rare Air Club, Box Hill
January 5, Saturday, junior multi events, Bendigo
January 6, Sunday, High Velocity Club. Knox
January 12, Saturday, Shield Competition Round 10, Doncaster

ROUND 9 OF SHIELD COMPETITION AT BOX HILL THIS SATURDAY

Round 9 of Shield competition will be held at Box Hill this Saturday.

Track events start at 1:30pm with the Hurdles, Steeple, Walk, 100m, 1500m, 4x100m Relay and 400m. Field events start at 12:45pm with pole vault, discus, javelin, high jump and long jump.

When you arrive on Saturday, please report in to the Team managers.

The timetable is attached.

We also need volunteers to help with set up, canteen and packing up after competition. Let us know if you can help.

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. The top two teams from each division will advance. For an athlete 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. The finals program will be similar to this week's program (minus the high jump). Please make every effort to make yourself eligible for the finals in as many events as possible!

ZATOPEK 10

Congratulations to all the Box Hill athletes who performed so well at the Zatopek:10 on Saturday night. Special mention to Verity Cooper and to Declan Wilson who won their events and to Steve Kelly and Steve Dinneen who performed outstandingly in the main event of the night.

Results:

Steve Kelly 10,000m 28:52, 7th (5th Australian, 3rd Victorian)

Steve Dinneen 10,000m 29:18, 10th (7th Australian, 4th Victorian)

Verity Cooper pole vault 1st 3.60m

Declan Wilson 3000m (U20), 1st, 8:07.90

Joe Hardy 3000m (U20) 8th, 8:24.75

Nana-Adoma Owusu-Afriyie 100yards 11.59 7th

Osei-Kwame Owusu-Afriyie 100m (U13) 13.46 6th

Matt Coloe 800m 1:55.41 8th

Women's 4x400m Relay Talitha Crawford, Hannah Deal, Natalie Ambrose, Kate Ackland) 7th

Will Potter 3000m steeple, 6th, 9:38.38

RESULTS FROM ROUND 8 OF SHIELD COMPETITION

Women Division 1 (Ladder position: 2nd)

200m: Talitha Crawford 27.93; Vivienne Lee 29.36; Alexandra Pocklington 29.53;
800m: Hannah Deal 2:16.3h; Helen McRae 2:19.7h; Katherine Foley 2:23.9h; Laura Constable 2:30.9h;
5000m: Hannah Deal 19:43.1h;
Medley Relay: Box Hill 4:18.80; Box Hill 4:35.13;
400m Hurdles: Tanya Higgs 71.21;
Triple Jump: Panayiota Carabourniotis 9.44m;
Shot Put: Tanya Higgs 9.92m;
Hammer: Chelsea Dyer 19.99m;

Women Under 18 (Ladder position: 7th)

800m: Amelia Savige 2:34.1h;

Women Under 16 (Ladder position: 2nd)

200m: Annabel Cator 26.98; Emily Bertacco 28.89; Emma Marsden 29.12; Christina Bell 31.97;
800m: Zoe Schwerkolt 2:30.2h; Georgia Chester 2:31.1h; Christina Bell 2:45.4h;
Medley Relay: Box Hill 4:37.94;
300m Hurdles: Zoe Schwerkolt 53.92;
1500m Walk: Zoe Schwerkolt 8:09.3h;

Men Division 1 (Ladder position: 1st)

200m: Daniel White-Alikakos 22.87; Blake Lucas 23.93; Cameron Baker 24.60;
800m: Ben Noske 1:54.1h; Michael Dowel 1:58.5h; Nicholas Baggott 1:59.8h; Samuel MacKie 2:00.5h; Peter Green 2:04.7h; Sam Dipnall 2:05.4h;
5000m: Hanson Wong 17:05.7h; Cameron Martin 19:39.2h;
Medley Relay: Box Hill 3:40.48;
400m Hurdles: Mohamad Zeed 57.34;
3000m Walk: Simon Evans 17:29.7h;
Pole Vault: Blake Lucas 4.85m; Brodie Cross 4.55m; Cameron Baker 3.10m;
Shot Put: James Spry 11.95m; Cameron Baker 7.46m;

Men Over 40 (Ladder position: 1st)

200m: Andrew Wilcox 24.21; Kynan Dawes 28.22; James Tennant 31.20; Neville Gardner 43.09;
800m: Kynan Dawes 2:04.4h; John Meagher 2:14.4h; David Ayers 2:23.4h; Andrew Tunne 3:01.9h;
5000m: Connor Carson 16:21.1h; Steven Griffin 16:32.4h; Christopher O'Connor 19:44.7h;
Medley Relay: Box Hill 4:42.20;
Triple Jump: Andrew Wilcox 8.40m;
High Jump: Michael Seton 1.25m; George Schillinger 1.10m; Mark Stewart 1.10m;
Pole Vault: Rob Barclay 2.80m; George Schillinger 2.65m;
Shot Put: Michael Seton 9.00m; David Cross 7.89m;
Hammer: David Cross 22.70m; Michael Seton 20.05m;

Men Under 18 (Ladder position: 4th)

200m: Jacob Parlevliet 25.06; Beau Williams 25.79;
800m: Mitchell Dyer 1:56.6h; Liam Fahey 2:04.4h; Mitchell Cooper 2:09.2h; Tom Snibson 2:09.5h; Zac Hunter 2:10.3h; James O'Connell 2:13.8h;
Medley Relay: Box Hill 3:58.80;
400m Hurdles: Jacob Parlevliet 70.35;
High Jump: Tom Snibson 1.25m;
Pole Vault: Beau Williams 4.25m;

Men Under 16 (Ladder position: 3rd)

200m: George Asu 27.93;
800m: Nicolas Paidoussis 1:54.7h; Ned Snibson 2:02.6h; Thomas Paidoussis 2:09.3h; Zac Mason-Virtue 2:24.6h;
3000m: Elliot Taylor 12:32.6h;

300m Hurdles: Matthew Harcourt 43.92;

Triple Jump: Matthew Harcourt 11.22m; William Seton 9.97m; George Asu 9.63m;

High Jump: William Seton 1.75m; Matthew Harcourt 1.65m; Zac Mason-Virtue 1.35m; Elliot Taylor 1.15m;

Shot Put: William Seton 15.19m;

Hammer: William Seton 37.33m;

LOST PROPERTY

A wallet was lost at the track last Saturday week. If anyone has seen this please let us know.

CAR DAMAGE

Last week an athlete returned to his car after training to find that it had been damaged apparently hit by another car. If anyone has any knowledge of this please let us know.

CHRIS HAS A NEW EMAIL ADDRESS

Please note that as of December 14 this email will be sent from a new address. This new email address can be used for all future correspondence: coconnor1428@gmail.com