

Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 05

Wednesday 27 October 2010

UPCOMING EVENTS

Saturday, October 30, Shield Competition Round 4 - Doncaster

Thursday, November 4, Milers Club - Doncaster

November 5-7, Victorian All Schools Championships - Olympic Park

Saturday, November 13, Shield Competition Round 5 - Doncaster

ROUND 4 OF SHIELD COMPETITION AT DONCASTER THIS Saturday

Round 4 of Shield competition will take place at Doncaster this Saturday. Our men's and women's division 1 teams are on top of the ladder, now we need to consolidate our position and hopefully improve our placing in the age group competitions.

Please check in with your team manager before and after your event, so that we can keep track of all performances.

Remember you must compete in at least 4 rounds of competition to be eligible for the finals at the end of the season. Don't leave it until it is too late. We encourage all athletes to try as many events as possible. The more events you do the points your team will score!

Track events:

1:00pm: 3000/1500m walk, 200m Hurdles

1:15pm: 400m Hurdles

1:30pm: 200m Men

2:10pm: 200m Women, 800m Men

2:50pm: 800m Women

3:10pm: 4x400m Men

3:50pm: 4x400m Women

4:15pm: 3000m

4:30pm: 5000m

Field events (Hammer, shot Put, Long Jump, High Jump, Pole Vault) start at 12:00pm, Check your summer competition handbooks for times.

RESULTS FROM ROUND 3

Box Hill again won the men's and women's Division 1 competition, but it was good to also see the Under 16 boys taking victory this week

MEN DIVISION 1

100	Andrew	Haddow	11.58
100	Braeden	Cross	11.64
100	James	Filshie	11.64
100	Scott	Mace	11.84
100	Marcus	Johnson	12.21
100	David	Mitchell	13.03
400	Andrew	Haddow	53.45
400	Marcus	Johnson	55.31
400	Chris	Brock	56.46
400	David	Featherston	57.07
400	Nicholas	Baggott	57.69
400	Sam	Dipnall	59.67
400	David	Mitchell	60.91
1500	Stephen	Kelly	3:53.7
1500	Daniel	Clark	3:55.21
1500	Daniel	Balassone	4:03.98
1500	Sam	Dipnall	4:07.92
1500	Nicholas	Baggott	4:14.02
1500	Andrew	Nagle	4:22.08
1500	Steven	Griffin	4:33.5
1500	David	Featherston	4:42.48
1500	Russell	Clowes	5:07.1
Steeple Relay	Michael	Dowel	10:36.03 44.81
Discus	David	Featherston	28.58m
Discus	Russell	Clowes	31.74m
HighJump	Russell	Clowes	1.80m
HighJump	John	Peavey	1.75m
HighJump	Braeden	Cross	1.50m
Javelin	John	Peavey	44.81m
Javelin	David	Featherston	32.33m
Javelin	Russell	Clowes	32.02m
PoleVault	James	Filshie	4.70m
TripleJump	David	Featherston	9.37

MEN 40+

100	Andrew	Wilcox	12.2
100	Craig	Graham	14.66
100	Neville	Gardner	19.25
400	Andrew	Wilcox	52.41
400	Neville	Gardner	87.81
1500	David	Ayers	4:46.9
1500	Craig	Graham	5:04.92
1500	Peter	Stefanos	5:16.59
1500	David	Stevens	5:36.47
1500	Andrew	Tunne	5:43.42
Steeple	Graeme	Olden	11:17.21
Discus	Neville	Gardner	19.26m
HighJump	Andrew	Wilcox	1.15m
Javelin	Cameron	Morris	35.90m
Javelin	Colin	Pocklington	23.92m
PoleVault	Rob	Barclay	2.60m
Relay			54.07

MEN UNDER 18

100	Max	Van de Garde	12.4
100	Brodie	Cross	12.67
400	Hanson	Wong	57.51
1500	Kyle	MartinAlcaide	3:59.71
1500	Andrew	Coughlin	4:17.43
1500	Hanson	Wong	4:30.3
Discus	David	Grant	45.29m
Javelin	David	Grant	52.53m
PoleVault	Brodie	Cross	4.10m

MEN UNDER 16

100	Alexander	Di Medio	12.57
100	Daniel	Bancroft	12.74
100	Geoffrey	Wu	13.57
400	Daniel	Bancroft	57.44
400	Laughlin	Norney	62.26
1500	Nicolas	Paidoussis	4:25.4
1500	James	Norney	4:57.8
1500	Laughlin	Norney	4:58.27
1500	Tom	Snibson	5:08.08
1500	Cameron	Powell	5:10.43
Hurdles	Alexander	Di Medio	15.99
Relay			50.46
Discus	James	Norney	28.32m

HighJump	Liam	Harris	1.65m
HighJump	Laughlin	Norney	1.35m
Javelin	James	Norney	27.42m
TripleJump	Geoffrey	Wu	10.25m

WOMEN DIVISION 1

100	Katherine	Houston	14.58
100	Molly	Grau	14.66
100	Nicole	Clowes	14.91
400	Bridget	Aughton	61.69
400	Katherine	Houston	63.2
400	Anna	Carrig	65.2
400	Erryn	Barlow	71.82
1500	Hayley	Tomlinson	4:56.96
1500	Grace	Brown	5:00.84
1500	Talitha	Crawford	5:06.36
1500	Emily	De luca	5:16.6
1500	Harriet	Hodgkinson	5:46.35
Hurdles	Bridget	Aughton	16.4
Relay			53.51
Discus	Sarah	Hewitt	35.62m
HighJump	Molly	Grau	1.70m
Javelin	Sarah	Hewitt	21.65m
Javelin	Molly	Grau	16.75m
Pole Vault	Abbie	Freestone	3.05m
Pole Vault	Katherine	Houston	2.60m
Pole Vault	Nicole	Clowes	2.45m
TripleJump	Anna	Carrig	9.80m
TripleJump	Sarah	Hewitt	6.79m

WOMEN UNDER 18

100	Tessa	Budden	13.97
100	Katherine	Foley	14.97
400	Natalie	Ambrose	59.8
400	Liselle	Atkin	67.93
400	Katherine	Foley	71.85
1500	Natalie	Ambrose	4:51.34
1500	Liselle	Atkin	5:08.93
1500	Brigitte	Wolhuter	5:28.37
Pole Vault	Rebecca	Marchant	3.65m
High Jump	Tessa	Budden	1.55m
Javelin	Tessa	Budden	18.31m
TripleJump	Tessa	Budden	9.80m

WOMEN UNDER 16

100	Helen	Tower	13.83
400	Helen	Tower	63.08
400	Emily	Goessler	64.82
400	Ellissa	Garrod	66.04
400	Amelia	Savige	70.77
1500	Emily	Goessler	5:01.56
1500	Amelia	Savige	5:24.72
Javelin	Paris	McCathrion	17.30m
PoleVault	Paris	McCathrion	3.65m
Discus	Emily	Taylor-Brown	20.88m

ANDREW IN FORM IN TASSIE

Andrew White performed well in the Burnie 10, recently in Tasmania. In a strong field, Andrew finished 5th in the windy conditions running the 10k in 30:46. Steve Kelly was 10th in 31:19.

BARGAIN PRICE SPIKES!

Thanks to Neil Ryan from Runners World, Box Hill has a number of pairs of Nike Zoom LJ spikes for sale for the bargain price of \$50. These are specialist jumping spikes but they are also suitable for other events. We have a full range of sizes but only 1 pair in each size, so get in quick! Reply via email if you are interested or inspect the spikes at the track during competition this Saturday.