

Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 06

Monday 1 November 2010

UPCOMING EVENTS

Thursday, November 4, Milers Club - Doncaster
November 5-7, Victorian All Schools Championships - Olympic Park
Saturday, November 13, Shield Competition Round 5 - Doncaster
Saturday, November 20, Shield Competition Round 6 - Ringwood
Sunday, November 21, High Velocity Club - Aberfeldie
Sunday, November 21, AV Throwers - Ringwood
Saturday, November 27, Shield Competition Round 7 - Box Hill
Sunday, November 28, Relay Championships - Doncaster

ROUND 5 OF SHIELD COMPETITION AT DONCASTER ON SATURDAY WEEK

Round 5 of Shield competition will take place at Doncaster on Saturday week, November 13.
There is no shield competition this week due to the All Schools Championships at Olympic Park.

ALL SCHOOLS THIS WEEKEND

Good luck to all the Box Hill athletes competing in the state all schools championships this weekend at Olympic Park.

RESULTS FROM ROUND 4

Unfortunately Saturday's competition will not count for points as it was abandoned half way through. there were, however some good performances before the wash out. Special mention to our junior walkers Nathan Brill and Cassie Raselli. Nathan finished the 3000m walk in a time of 13:10.0 which is an under 15, under 16, under 17 and under 18 club record. Mark Fletcher's under 18 record of 13:22 has stood since 1988. Cassie also set a club record. Her time of 15:28.1 breaks the under 17 and under 18 club record of 15:37.9 which has also stood for nearly 20 years. Congratulations to both Nathan and Cassie.

Another fine performance was a PB of 1:54.7 by Kyle Martin-Alciade in the under 18 800 metres.

Open Women

200 Meter

Phillips, Angela 27.6
Carrig, Anna 28.0
Houston, Katherine 29.8
Barlow, Erryn 29.8
Clowes, Nicole 30.8

800 meters

Carrig, Amy 2:22.3
Crawford, Talitha 2:24.1
Deal, Hannah 2:28.5
Carrig, Anna 2:36.6
Hodgkinson, Harriet 2:36.8

400m Hurdles

Houston, Katherine 72.9

High Jump

Grau, Molly 1.70m
Hewitt, Sarah 1.30m

Shot Put

Phillips, Angela 10.78m
McCowan, Catherine 9.79m
Hewitt, Sarah 9.73m
Clowes, Nicole 6.48m

Long Jump

Clowes, Nicole 4.40m

Hammer

McCowan, Catherine 40.03m
Hewitt, Sarah 30.98m

Under 18 Women**200 meters**

Budden, Tessa 28.7

Foley, Katherine 29.6

800 meters

Ambrose, Natalie 2:21.3

Atkin, Liselle 2:31.4

Wolhuter, Brigitte 2:35.3

3000m Walk

Raselli, Cassandra 15:28.1

Long Jump

Marchant, Rebecca 5.50m

Under 16 Women**200 meters**

Tower, Helen 28.2

Holding, Emily 29.0

800 meters

Goessler, Emily 2:24.7

Garrod, Ellissa 2:32.8

Savage, Amelia 2:36.2

400m Hurdles

Tower, Helen 71.0

Pole Vault

McCathrion, Paris 3.55m

Open Men**200 Meter**

Cornelius, Tom 22.7

Johnson, Marcus 24.1

Baker, Cameron 24.2

Knott, Peter 24.5

Clowes, Russell 25.2

Mitchell, David 25.3

800 meters

Kelly, Stephen 1:54.4

Clark, Daniel 1:55.3

Balassone, Daniel 1:58.1

Nagle, Andrew 2:00.8

Baggott, Nicholas 2:01.5

Dipnall, Sam 2:03.2

3000m Walk

Evans, Simon 15:27.6

400m Hurdles

Brock, Chris 62.4

High Jump

Clowes, Russell 1.70

Shot Put

Clowes, Russell 9.71m

Baker, Cameron 7.60m

Long Jump

Clowes, Russell 5.79m

Johnson, Marcus 4.63m

Over 40 Men**200 meters**

Wilcox, Andrew 24.7

Graham, Craig 29.0

Dyer, William 33.1

Gardner, Neville 40.30

800 meters

Ayers, David 2:17.1

Vaitkunas, John 2:29.9

Graham, Craig 2:33.8

Dyer, William 2:46.1

3000m Walk

Dyer, William 16:24.8

High Jump

Wilcox, Andrew 1.10m

Shot Put

Dyer, William 8.36m

Morris, Cameron 8.14m

Gardner, Neville 5.13m

Long Jump

Wilcox, Andrew 4.60m

Gardner, Neville 4.27m

Pole Vault

Stewart, Mark 1.75m

Hammer

Morris, Cameron 27.34m

Under 18 Men**200 meters**

Van DE Garde, Max 24.5

Grannon, Joshua 28.2

800 meters

Martin-Alcaide, Kyle 1:54.7

Wong, Hanson 2:08.4

Green, Peter 2:12.7

Shot Put

Grant, David 14.52m

Under 16 Men**200 meters**

WU, Geoffrey 27.0

800 meters

Bancroft, Daniel 2:08.9

Paidoussis, Nicolas 2:13.3

Powell, Cameron 2:27.1

Snibson, Tom 2:36.7

3000m Walk

Brill, Nathan 13:10.0

200m Hurdles

Di Medio, Alexander 36.9

High Jump

Spaul, Nathan 1.70m

Long Jump

Di Medio, Alexander 5.59m

Spaul, Nathan 5.43m

WU, Geoffrey 5.08m

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.