

Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 07

Monday 8 November 2010

UPCOMING EVENTS

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 THIS SATURDAY

Round 5 of Shield competition will take place at Doncaster on this Saturday, November 13. There are still a number of registered athletes who have not competed in shield competition this season. Try to make it this Saturday at Doncaster.

Track events are

1:00pm: Hurdles, 2000m Walk

1:20pm: 3000m U14, U16, U18

1:40pm: 5000m

1:45pm: 100m Women

2:15pm: 100m Men

2:20pm: 1500m Women

2:40pm: 1500m Men

3:25pm: 4x100m Relay Women

3:40pm: 4x100m Relay Men

4:00pm: 400m Women

4:20pm 400m Men

The field events, Javelin, Discus, Triple Jump, Pole Vault start at 12:30pm.

VICTORIAN ALL SCHOOLS CHAMPIONSHIPS

Congratulations to all the Box Hill athletes who performed well at the Victorian All Schools Championships at the weekend.

Special mention to our state champions and placegetters (let me know if I have missed anyone!)

Gold Medals

Women Pole Vault U 16

Paris McCathrion, 3.70m

Men 3000 Meter Race Walk U 16

Nathan Brill, 13:11.83

Men 1500 Meter Run U 14

Nick Paidoussis, 4:23.09

Men 1500 Meter Run U 18

Kyle Martin-Alcaide, 3:56.29

Men Pole Vault U 16

Oliver Kalac, 2.70m

Women Pole Vault U 18

Rebecca Marchant, 3.50m

Women 800 Meter Run U 18

Natalie Ambrose, 2:19.66

Silver Medals

Women Triple Jump U 18

Tessa Budden, 9.87m

Women High Jump U 18

Tessa Budden, 1.55m

Men Pole Vault U 18

Brodie Cross, 4.30m

Women 800 Meter Run U 14

Emily Goessler, 2:24.34

Women Javelin Throw U 18

Chelsea Dyer, 46.09m

Women Discus Throw U 18

Chelsea Dyer, 37.46m

Bronze Medals

Men Discus Throw U 18

David Grant, 46.94m

Men 200 Meter Hurdles U 16

Alex Di Medio, 27.74

Women 5000 Meter Race Walk U 18

Cassie Raselli, 27:47.03

Men High Jump U 16

Nathan Spaul, 1.80m

Women Long Jump U 18

Rebecca Marchant, 5.30m

RESULTS FROM MILERS CLUB MEET 1 AT DONCASTER

800m

Emily De Luca 2:24.2

David Ayers 2:11.7

Russell Clowes 2:14.0

1500m

Amy Carrig 4:53.0

Daniel Clark 3:52.3

Kyle Martin-Alcaide 3:53.4

Daniel Balassone 4:01.1

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.