

Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 08

Wednesday 17 November 2010

UPCOMING EVENTS

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
Tuesday, November 30, Milers Club - Box Hill

ROUND 6 OF SHIELD COMPETITION AT RINGWOOD THIS SATURDAY

Round 6 of Shield competition will take place at Ringwood (Proclamation Park, Sylvia Grove, Ringwood, Melway Ref: 49 F12) on this Saturday, November 20. They are predicting sunny weather for this Saturday so please try to make it to this competition!

AV and the region committee are try to organise extra competition to complete the 2 rounds of Shield competition that were started but then abandoned. We will let you know if we receive any further information.

Track events for this Saturday are:

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

Field events:

Hammer from 12:00pm, Long Jump from 12:30pm, High Jump from 1:00pm and Shot Put from 1:00pm.

TWELVE TOP BOX HILL JUNIORS SELECTED FOR VICTORIA

Congratulations to the following athletes who have been selected to represent Victoria in the national All Schools Championships to be held at Doncaster on December 4 and 5.

Under 14

Liam Harris High Jump

Nick Paidoussis 1500m

Emily Goessler 800m

Under 16

Nathan Brill 3000m Walk

Oliver Kalac Pole Vault

Paris McCathrion Pole Vault

Sarah Ferrier Long Jump, Triple Jump

Under 18

Kyle Martin-Alcaide 1500m

Brodie Cross Pole Vault

Natalie Ambrose 800m

Rebecca Marchant Pole Vault, Long Jump

Chelsea Dyer Discus, Javelin

RELAY CHAMPIONSHIPS

The state relay championships (4x100, 4x400, 4x800 and Medley relays) will be held for under 14, under 16, under 18 and open age groups on Sunday, November 28 at Doncaster, except for the men's and women's open 4x400m events will be held at Olympic on December 9 at the Zatopek meet. Please let us know as soon as possible if you are available to take part in these events

RESULTS FROM ROUND 5 OF COMPETITION (Before the wash out!)

Open Women

Catherine McCowan Discus 33.40m

Sarah	Hewitt	Discus	34.76m
Katherine	Houston	Hurdles	19.00
Sarah	Hewitt	Javelin	22.46m
Rachel	Johnson	5000	18:10.94
Amanda	Harper	5000	20:46.08
Katherine	Houston	100	14.79
Angela	Phillips	100	13.83
Molly	Grau	100	14.45
Abbie	Freestone	100	14.21

Under 18 Women

Chelsea	Dyer	Discus	36.73m
Chelsea	Dyer	2000mWalk	11:51.26
Rebecca	Marchant	100	13.22

Under 16 Women

Helen	Tower	100	14.07
Emily	Holding	100	14.34

Open Men

Simon	Evans	2000mWalk	9:50.73
Braeden	Cross	100	11.68
Scott	Mace	100	11.88
James	Filshie	100	12.05
Marcus	Johnson	100	12.32
Sam	Dipnall	5000	16:19.1
Steven	Griffin	5000	16:40.6
Mitchell	Lefevre	5000	17:35.2
John	Morris	5000	18:36.9
David	Featherston	Javelin	28.52m
James	Filshie	Pole Vault	4.50m
Scott	Mace	Discus	18.40m
David	Featherston	Discus	25.40m
Chris	Davies	Discus	37.63m

Over 40

William	Dyer	2000mWalk	10:39.2
Graeme	Olden	5000	18:27.9
John	Vaitkunas	5000	18:39.4
Peter	Stefanos	5000	19:10.6
David	Stevens	5000	21:34.6
William	Dyer	Discus	24.51m
David	Cross	Javelin	15.90m
Colin	Pocklington	Javelin	24.04m

Under 18

Brodie Cross Pole Vault 3.75m

Brodie Cross 100m 12.50

Under 16

Nathan Brill 2000m Walk 8:38.1

Alex Di Medio 100m Hurdles 15.87

Geoffrey Wu 100m Hurdles 20.88

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.

