

Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 16

Monday 24 January 2011

UPCOMING EVENTS

Saturday, January 29, Shield Competition, Round 12 - Nunawading

Saturday, January 29, Rare Air Club - Melbourne Uni

Sunday, January 30, AV Throwers - Geelong

Saturday, February 5, Shield Competition Round 13 - Box Hill

Tuesday, February 8, High Velocity Club - Box Hill

Thursday, February 10, AV Throwers - Ringwood

Saturday, February 12, Shield Final - Knox

ROUND 12 OF SHIELD COMPETITION AT NUNAWADING ON THIS SATURDAY JANUARY 29 - TWILIGHT MEET

Round 12 of Shield competition will be held this Saturday, with a twilight meet at Nunawading track (Bill Sewart Reserve, East Burwood). With only 2 weeks to go before the Shield Final, we are hoping for another big effort by all our teams this week.

Track events:

Track competition starts at 4:00pm, with the last event scheduled for 7:30pm.

Please Note: The Hammer throw will be held at Doncaster from 1:00pm

The field events to be held will be the Hammer (1:00pm at Doncaster), Long Jump (from 3:30pm), Shot Put (from 4:00pm) and High Jump (from 4:00pm).

Track events:

4:00pm: Walk, 200m Hurdles

4:15pm: 400m Hurdles

4:30pm: 200m Men

5:10pm: 200m Women, 800m Men

5:50pm: 800m Women

6:10pm: 4x400m Men

6:50pm: 4x400m Women

7:15pm: 3000m (U16, U18)

7:30pm: 5000m (Open)

ONLY TWO MORE ROUNDS BEFORE FINALS

The Shield competition finals will be held on Saturday, February 12. Please make sure that you are available to compete on this day, if you are required. To compete in the finals, you must have competed in at least 3 rounds of competition and have done the event you wish to do in the finals at least once before in the regular season.

CONGRATULATIONS BRODIE!

Congratulations to Brodie Cross who cleared a World Youth qualifying height of 4.75m at the Rare Air Club competition on January 6.

RESULTS FROM ROUND 11

Women Division 1

Angela	Phillips	100	13.16
Hannah	Deal	100	13.21
Simone	Carre	100	14.42
Vivienne	Lee	100	14.77
Hannah	Deal	400	61.31
Anna	Carrig	400	64.40
Emily	De Luca	400	65.60
Katherine	Houston	400	67.48
Vivienne	Lee	400	67.78
Amy	Carrig	400	68.50
Erryn	Barlow	400	69.38
Laura	Constable	1500	4:54.4
Amy	Carrig	1500	5:03.1
June	Petrie	1500	5:21.4
Emily	De Luca	1500	5:22.7

Julie	Norney	1500	5:23.8
Suzanne	Andrews	1500	5:40.1
Charmaine	Mcnally	1500	5:47.6
Harriet	Hodgkinson	1500	5:48.4
Simone	Carre	2000walk	14:21.3
Julie	Norney	3000steeple	13:22.3
Charmaine	Mcnally	3000steeple	14:53.1
Sarah	Hewitt	Discus	34.78m
Catherine	Mccowan	Discus	33.70m
Angela	Phillips	Discus	28.48m
Sarah	Hewitt	Javelin	20.25m
Abbie	Freestone	Pole Vault	3.30m
Hui Nee	Chin	Pole Vault	3.15m
Anna	Carrig	Triple Jump	9.37m

Women Under 18

Tessa	Budden	100	13.70
Katherine	Foley	100	14.29
Natalie	Ambrose	400	61.37
Katherine	Foley	400	66.60
Brigitte	Wolhuter	1500	5:50.1
Tessa	Budden	Javelin	22.02m
Rebecca	Marchant	Pole Vault	3.60m
Tessa	Budden	Triple Jump	8.59m

Women Under 16

Sarah	Ferrier	100	12.7
Emily	Goessler	1500	5:17.9
Amelia	Savige	1500	5:33.2
Emily	Taylor-Brown	Discus	21.53m
Emily	Taylor-Brown	Javelin	21.96m
Paris	McCathrion	Pole Vault	3.75m
Sarah	Ferrier	Triple Jump	11.98m

Men Division 1

Andrew	Haddow	100	11.65
William	Lucas	100	11.72
James	Filshie	100	11.74
Russell	Clowes	100	12.00
Cameron	Baker	100	12.22
Marcus	Johnson	100	12.28
David	Mitchell	100	12.31
Christopher	Brock	100	12.52
James	Spry	100	12.55
Daniel	Clark	400	52.2
David	Featherston	400	54.5
Marcus	Johnson	400	55.1
Andrew	Nagle	400	55.8
Nicholas	Baggott	400	56.0
David	Mitchell	400	59.2
Daniel	Balassone	1500	4:04.0
Nicholas	Baggott	1500	4:08.2
Andrew	Nagle	1500	4:18.8
Samuel	Mackie	1500	4:29.0
David	Jimenez	1500	4:30.8
David	Featherston	1500	4:33.5
John	Morris	1500	4:40.7
Cameron	Baker	110h	19.18
David	Featherston	110h	19.27
Christopher	Brock	110h	19.27
Simon	Evans	2000w	10:22.3
Michael	Dowel	3000steeple	10:13.3
Dale	Bickham	3000steeple	10:55.9

Chris	Davies	Discus	40.18m
James	Spry	Discus	36.55m
Russell	Clowes	Discus	34.14m
Cameron	Baker	Discus	22.77m
Russell	Clowes	Javelin	45.02m
Cameron	Baker	Javelin	30.71m
James	Filshie	Pole Vault	4.65m
Chris	Davies	Pole Vault	3.75m
Cameron	Baker	Pole Vault	3.15m
William	Lucas	Triple Jump	10.83m
Marcus	Johnson	Triple Jump	10.28m
Cameron	Baker	Triple Jump	???

Men Over 40

Andrew	Wilcox	100	12.33
Bert	Pelgrim	100	14.3
Peter	Stefanos	100	15.28
David	Stevens	100	16.79
Andrew	Wilcox	400	55.0
David	Ayers	400	58.2
Bert	Pelgrim	400	61.2
John	Vaitkunas	400	64.7
Bert	Pelgrim	1500	4:42.9
John	Vaitkunas	1500	5:01.0
Graeme	Olden	1500	5:07.1
Peter	Stefanos	1500	5:11.6
Andrew	Tunne	1500	5:39.9
David	Stevens	1500	5:56.4
Graeme	Olden	2000w	13:06.3
Harry	Summers	2000w	13:54.7
John	Vaitkunas	3000steeple	12:26.8
Graeme	Olden	3000steeple	12:30.9
David	Stevens	3000steeple	15:07.9
Cameron	Morris	Discus	25.04m
Andrew	Wilcox	Discus	23.35m
Neville	Gardner	Discus	18.23m
John	Meagher	Discus	18.11m
Cameron	Morris	Javelin	37.11m
John	Meagher	Javelin	15.82m
Mark	Stewart	Pole Vault	3.30m
Rob	Barclay	Pole Vault	2.55m
Andrew	Wilcox	Triple Jump	9.79m
David	Stevens	Triple Jump	6.11m

Men Under 18

Brodie	Cross	100	12.17
Max	Van De Garde	100	12.27
Andrew	Coughlin	400	53.0
Hanson	Wong	1500	4:27.8
Peter	Green	1500	4:34.6
Tom	Nathan-Sears	1500	5:18.0
Brodie	Cross	Pole Vault	4.65m
Angus	Mclardie	Pole Vault	3.15m

Men Under 16

Alexander	Di Medio	100	12.29
Liam	Harris	100	13.62
Alexander	Di Medio	400	53.6
Mitchell	Wilson	1500	4:25.8
James	Norney	1500	4:42.7
Laughlin	Norney	1500	4:52.8
Tom	Snibson	1500	5:13.6
Alexander	Di Medio	100h	15.91

Nathan	Brill	2000w	8:15.5
William	Seton	Discus	33.78m
Nathan	Spaull	Javelin	21.28m
James	Norney	Triple Jump	10.26m

RESULTS FROM ROUND 10

Women Division 1

Angela	Phillips	200	27.2
Laura	Constable	200	28.0
Erryn	Barlow	200	30.1
Vivienne	Lee	200	30.2
Catherine	McCowan	200	36.4
Sarah	Hewitt	200	38.3
Talitha	Crawford	800	2:18.4
Hayley	Tomlinson	800	2:24.41
Julie	Norney	800	2:29.26
Hannah	Deal	800	2:29.91
Emily	De Luca	800	2:34.11
June	Petrie	800	2:42.1
Suzanne	Andrews	800	2:46.57
Julie	Norney	3000	11:14.1
Amy	Carrig	3000	11:15.9
June	Petrie	3000	12:04.3
Catherine	McCowan	Hammer	40.40m
Sarah	Hewitt	Hammer	33.92m
Molly	Grau	High Jump	1.65m
Sarah	Hewitt	High Jump	1.35m
Sarah	Hewitt	Long Jump	3.51m
Catherine	McCowan	Long Jump	3.47m
Angela	Phillips	Shot Put	10.98m
Catherine	McCowan	Shot Put	9.47m
Sarah	Hewitt	Shot Put	9.13m

Women Under 18

Rebecca	Marchant	200	26.6
Tessa	Budden	200	28.9
Alexandra	Pocklington	200	29.6
Katherine	Foley	800	2:52.2
Tessa	Budden	High Jump	1.55m
Rebecca	Marchant	Long Jump	5.17m

Women Under 16

Amelia	Savige	800	2:36.1
Helen	Tower	400 hurdles	69.7

Men Division 1

Andrew	Haddow	200	22.1
Braeden	Cross	200	22.6
William	Lucas	200	22.9
Marcus	Johnson	200	23.8
Russell	Clowes	200	24.1
David	Mitchell	200	24.5
Daniel	Clark	800	1:53.2
Daniel	Balassone	800	1:56.4
Nicholas	Baggott	800	2:01.9
David	Featherston	800	2:06.3

Russell	Clowes	800	2:35.1
Stephen	Kelly	3000	8:22.9
Michael	Dowel	3000	9:05.7
David	Jimenez	3000	9:34.2
Dale	Bickham	3000	9:45.9
Andrew	Nagle	3000	9:50.7
Steven	Griffin	3000	9:56.3
Simon	Evans	3000 Walk	15:50.0
James	Spry	High Jump	1.85m
Russell	Clowes	High Jump	1.80m
Russell	Clowes	Long Jump	6.68m
Chris	Davies	Long Jump	5.75m
William	Lucas	Long Jump	4.75m
Marcus	Johnson	Long Jump	4.62m
Chris	Davies	Shot Put	15.00m
James	Spry	Shot Put	10.37m
Russell	Clowes	Shot Put	9.47m
William	Lucas	Shot Put	8.00m

Men Over 40

Andrew	Wilcox	200	24.8
Colin	Pocklington	200	26.3
William	Dyer	200	32.3
David	Ayers	800	2:16.2
Bert	Pelgrim	800	2:18.7
John	Vaitkunas	800	2:24.5
William	Dyer	800	2:47.7
Bert	Pelgrim	3000	10:27.5
David	Ayers	3000	10:31.7
John	Vaitkunas	3000	10:42.4
Peter	Stefanos	3000	11:14.5
Andrew	Tunne	3000	11:58.3
David	Stevens	3000	12:08.1
William	Dyer	3000 Walk	16:45.1
Harry	Summers	3000 Walk	21:08.1
David	Cross	400 Hurdles	75.3
Cameron	Morris	Hammer	26.34m
David	Cross	Hammer	26.00m
David	Cross	High Jump	1.40m
Andrew	Wilcox	Long Jump	4.41m
Colin	Pocklington	Long Jump	4.38m
Cameron	Morris	Shot Put	9.58m
William	Dyer	Shot Put	8.63m
David	Cross	Shot Put	8.52m

Men Under 18

Brodie	Cross	200	23.9
Benjamin	Scholl	200	26.9
Hanson	Wong	800	2:05.7
Peter	Green	800	2:15.8
Tom	Nathan-Sears	800	2:27.7
Richard	Jackson-Grose	3000	10:00.6
Brodie	Cross	Long Jump	5.02m

Men Under 16

James Davy	200	24.4
Laughlin Norney	200	25.8
Daniel Bancroft	800	2:09.8
James Norney	800	2:25.5
Cameron Powell	800	2:31.5
Tom Snibson	800	2:32.6
James Norney	3000	10:47.9
Laughlin Norney	3000	12:38.9
Nathan Brill	1500 Walk	5:59.1
Alexander Di Medio	400 Hurdles	61.1
Nathan Spaul	High Jump	1.75m
Alexander Di Medio	Long Jump	5.19m