

Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 17

Thursday 2 February 2011

UPCOMING EVENTS

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 13 OF SHIELD COMPETITION AT BOX HILL ON THIS SATURDAY FEBRUARY 5 - TWILIGHT MEET

The final round of shield competition will be held at Box Hill this Saturday, with track events starting at 4:00pm.

This is the last round of competition before the finals next week.

The field events to be held will be the Pole Vault (from 2:45pm), Triple Jump (from 3:30pm), Discus (from 3:30pm) and Javelin (from 3:45pm). Please Note: the 3.80m+ pole vault will commence early at 2:45pm.

Track events:

4:00pm: Walk, Hurdles

4:20pm: Steeple Open and U18 Men

4:40pm: Steeple Women, 40+ and U16 Men

4:45pm: 100m Women

5:15pm: 100m Men

5:20pm: 1500m Women

5:40pm: 1500m Men

6:25pm: Relay Women

7:00pm: 400m Women

7:20pm: 400m Men

This is the same program as next week's finals, so it is your last chance to qualify for events for the finals. Remember you cannot do an event in the finals that you have not competed in that event throughout the shield competition season.

Men's Division 1 team is certain to qualify for the finals but must win this week to finish on top of the ladder, while the Women's Division 1 team are clearly on top of the ladder and will also qualify for the finals. Unfortunately all our other teams are either 3rd or 4th on the ladder with only the top 2 teams to qualify for the finals. Our boys Under 16 team, however, are very close and can move up to 2nd on the ladder and make the finals if they win this week. So we need all our under 16 boys competing in as many events as possible this Saturday.

We also need volunteers this Saturday to help with set up, pack up, in the canteen or with invitation entries. If you can help even for a little while please let us know. We especially need help packing up after competition. If you can help please let us know.

FINALS NEXT WEEK, Saturday, FEBRUARY 12 AT KNOX

The Shield competition finals will be held on next Saturday, February 12 at Knox.

This will be an all day event, with the Hurdles, 1500m and 100m held in the morning starting at 10:00am, followed by the walks and steeplechase and then the relays and 400m in the afternoon. The men will have the discus, pole vault and triple jump in the morning and the javelin in the afternoon, with the women's field events being the reverse. See the AV website for details.

CHINESE POLE VAULTERS

The club is currently hosting three of China's best pole vaulters, who are training at Box Hill. Please make them welcome around the track. See the attachment for more details.

RAFFLE

A fundraising raffle is being held. The prize is a VIP Adidas card which entitles 2 people to 30% off retail at Adidas stores including the factory outlets, valid until end of July. Raffle to be drawn at Round 13 at Box Hill this Saturday. The tickets will be sold at the team tables \$1 each of 5 for \$3 and all the money raised will go to the club.

BUNNINGS BBQ

The club will be selling sausages outside Bunnings in Box Hill (off Middleborough Rd) this Sunday. If you can help out for a couple of hours, either cooking or handling the money. please let us know.

RESULTS FROM ROUND 12**Women Division 1**

Angela	Phillips	200	27.05
Hannah	Deal	200	27.27
Vivienne	Lee	200	30.39
Hayley	Tomlinson	800	2:18.73
Hannah	Deal	800	2:21.82
Amy	Carrig	800	2:25.49
Laura	Constable	800	2:26.95
Emily	De Luca	800	2:27.36
Julie	Norney	800	2:28.21
Brooke	Condon	800	2:34.83
Harriet	Hodgkinson	800	2:40.44
Suzanne	Andrews	800	2:40.61
Julie	Norney	5000	18:50.13
Amy	Carrig	5000	19:45.59
Charmaine	McNally	5000	21:40.47
Catherine	McCowan	Hammer	34.68m
Sarah	Hewitt	Hammer	32.05m
Sarah	Hewitt	High Jump	1.31m
Angela	Phillips	Shot Put	11.46m
Simone	Carre	Shot Put	10.02m
Sarah	Hewitt	Shot Put	9.51m
Catherine	McCowan	Shot Put	9.43m

Women U18

Tessa	Budden	200	28.93
Natalie	Ambrose	800	2:17.12
Brigitte	Wolhuter	800	2:43.74
Liselle	Atkin	3000	11:53.01
Tessa	Budden	High Jump	1.56m
Tessa	Budden	Long Jump	4.76m

Women U16

Helen	Tower	200	28.55
Emily	Goessler	800	2:21.51
Ellissa	Garrod	800	2:34.87
Helen	Tower	400H	68.89
Iman	Balla	Long Jump	5.33m

Men Division 1

William	Lucas	200	23.65
Russell	Clowes	200	24.25
Cameron	Baker	200	24.75
Andrew	Haddow	200	24.76
Marcus	Johnson	200	25.16
David	Mitchell	200	25.55
Christopher	Brock	200	26.12
Nicholas	Baggott	800	1:58.55
Stephen	Kelly	800	2:02.41
Sam	Dipnall	800	2:03.31
David	Featherston	800	2:05.39
Jack	Hill	800	2:31.20
Russell	Clowes	800	2:46.65
Andrew	White	5000	14:36.83
David	Jimenez	5000	16:19.9
Steven	Griffin	5000	16:59.3
Jack	Hill	5000	19:20.28

Michael	Dowel	5000	19:20.9
Andrew	Nagle	5000	19:22.08
Christopher	Brock	400H	63.39
John	Peavey	High Jump	1.91m
James	Spry	High Jump	1.91m
Russell	Clowes	High Jump	1.81m
Russell	Clowes	Long Jump	6.43m
James	Spry	Shot Put	9.96m
Russell	Clowes	Shot Put	9.81m
Cameron	Baker	Shot Put	8.06m
William	Lucas	Shot Put	7.99m

Men Over 40

Andrew	Wilcox	200	24.85
Colin	Pocklington	200	26.57
Bert	Pelgrim	200	28.37
Todd	Lucas	200	31.22
Graeme	Olden	200	32.15
John	Meagher	800	2:13.35
Bert	Pelgrim	800	2:16.67
John	Vaitkunas	800	2:23.24
Graeme	Olden	800	2:25.83
Peter	Stefanos	800	2:32.62
William	Dyer	800	2:44.48
John	Meagher	5000	16:27.44
Bert	Pelgrim	5000	17:37.3
Christopher	O'Connor	5000	17:53.6
David	Ayers	5000	18:30.7
John	Vaitkunas	5000	19:01.43
Peter	Stefanos	5000	19:16.68
David	Stevens	5000	21:34.44
William	Dyer	3000W	16:49.51
Harry	Summers	3000W	20:41.81
Andrew	Wilcox	400H	70.87
Graeme	Olden	400H	74.14
David	Cross	Hammer	23.70m
Colin	Pocklington	Hammer	17.53m
David	Cross	High Jump	1.36m
Peter	Stefanos	High Jump	1.36m
Colin	Pocklington	Long Jump	4.28m
Andrew	Wilcox	Long Jump	3.93m
David	Cross	Shot Put	8.31m
Todd	Lucas	Shot Put	8.06m

Men U18

Max	Van De Garde	200	25.39
Benjamin	Scholl	200	26.40
Andrew	Coughlin	800	1:57.54
Hanson	Wong	800	2:05.8
Peter	Green	800	2:13.68
Max	Van De Garde	800	2:14.57
Tom	Nathan-Sears	800	2:22.54
Kyle	Martin-Alcaide	3000	9:08.65
Tom	Nathan-Sears	Long Jump	3.03m

Men U16

Alexander	Di Medio	200	24.32
Geoffrey	Wu	200	28.22
Nicolas	Paidoussis	800	2:05.78
Daniel	Bancroft	800	2:12.52
James	Norney	800	2:21.36
Laughlin	Norney	800	2:21.84
Tom	Snibson	800	2:35.02

Laughlin	Norney	3000	10:45.74
Geoffrey	Wu	200Hurdles	34.25
Nathan	Brill	3000W	12:41.57
Alexander	Di Medio	400Hurdles	62.07
Nathan	Spaull	High Jump	1.81m
Liam	Harris	High Jump	1.71m
Alexander	Di Medio	Long Jump	5.56m
Nathan	Spaull	Long Jump	5.49m
Geoffrey	Wu	Long Jump	4.87m
William	Seton	Shot Put	8.18m