

Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 19

Monday 14 February 2011

UPCOMING EVENTS

Thursday, February 17, Milers Club - Melbourne Uni
Thursday, February 17, High Velocity Club - Doncaster
Saturday, February 19, Rare Air Club - Geelong
Sunday, February 20, AV Throwers (juniors) - Ringwood
Thursday, February 24, Rare Air Club - Melbourne Uni
February 25-27, Victorian Youth Championships - Olympic Park
February 26-27, Vic. Multi Event Championships - Olympic Park
March 4-6, Victorian Open Championships - Olympic Park

BOX HILL WOMEN WIN THE PREMIERSHIP!

For the first time since 2001, Box Hill have won the Athletics Victoria track and field women's team premiership.

With a great team effort, Box Hill lead from the start of the day to clearly win the Division 1 premiership from Glenhuntly and the Geelong Region team.

Congratulations to our finals team: Simone Carre, Bridget Aughton, Talitha Crawford, Sarah Hewitt, Kate McCowan, Abbie Freestone, Hannah Deal, Hayley Tomlinson, Laura Constable, Amy Carrig, Katherine Houston, Angela Phillips, Julie Norney, Charmaine McNally and Emily De Luca and to all the women who competed throughout the season to get our team to the finals.

Results:

1. Box Hill 625.5
2. Glenhuntly 505
3. Geelong 487
4. Melb Uni 479.5
5. Keilor St B. 464
6. Ballarat 365
7. Diamond Valley 318
8. Knox 227

100m:

Angela Phillips 13.43
Hannah Deal 13.54
Abbie Freestone 14.07
Kat Houston 15.18

400m:

Hannah Deal 61.35
Laura Constable 61.40
Talitha Crawford 62.19
Emily De Luca 64.87

1500m:

Hayley Tomlinson 4:45.3
Talitha Crawford 4:54.6
Laura Constable 4:54.9
Amy Carrig 5:04.5

4x100m Relay

Angela Phillips
Simone Carre
Abbie Freestone
Hannah Deal 52.08

100m Hurdles:

Bridget Aughton 16.79
Simone Carre 18.35

3000m Steeple:

Julie Norney 12:07.1
Charmaine McNally 14:32.4

2000m Walk:

Simone Carre 14:35.9

Javelin

Simone Carre 33.70m

Sarah Hewitt 21.04m

Discus

Kate McCowan 35.88m

Sarah Hewitt 34.83m

Pole Vault

Simone Carre 3.40m

Abbie Freestone NH

Triple Jump

Simone Carre 10.61m

Hannah Deal 9.40m

BOX HILL MEN FINISH 3RD

Struggling with the unavailability of a number of our best athletes through injury our men's Division 1 team put in a good performance to challenge for the premiership, only to fall behind at the end of the day. The windy conditions prevented fast times but James Filshie's win in the pole vault and Daniel Clark's win in the 1500m were 2 of a number of very good results.

Results:

1. St Kevins 1,431.5

2. Glenhuntly 1,358.5

3. Box Hill 1,300.5

4. Essendon 1,282

5. Melb Uni 1,019.5

6. Knox 882.5

7. Bendigo 819.5

8. Geelong 480.5

9. Ballarat 230.5

100m:

Will Lucas 11.96

James Filshie 11.98

Andrew Haddow 12.05

Marcus Johnson 12.49

David Mitchell 12.65

Cameron Baker 12.81

400m:

Will Lucas 52.06

Dave Featherston 53.54

Cameron Baker 53.67

Marcus Johnson 53.83

Andrew Haddow 54.12

Nick Baggott 55.43

1500m:

Daniel Clark 3:50.7

Steve Kelly 4:01.5

Will Potter 4:06.8

Nick Baggott 4:07.7

Sam Dipnall 4:09.1

Michael Dowel 4:15.7

4x100m Relay

James Filshie

Braeden Cross

Will Lucas

Andrew Haddow 43.70

110m Hurdles:

Chris Brock 19.48

Cameron Baker 19.53

3000m Steeple:

Will Potter 9:51.5

Michael Dowel 10:05.1

2000m Walk:

Simon Evans 9:58.3

Javelin

John Peavey 40.92m

Chris Davies 38.99m

Russell Clowes 36.44m

Discus

Chris Davies 35.76m
Russell Clowes 32.78m
Cameron Baker 24.22m

Pole Vault

James Filshie 5.00m
Tim Papas 3.80m
Chris Davies 3.80m

Triple Jump

Will Potter 11.14m
Marcus Johnson 11.02m
Will Lucas 10.69m

UNDER 16 BOYS FINISH 4TH

The Box Hill Under 16 boys team finished 4th the Shield finals at Knox on the weekend. Some bad luck on the day meant that the team narrowly missed 3rd place. All the boys put in a great effort with most of them doing multiple events on the day. Next year we hope to have strong U18 team as well as the U16s and can hopefully place even better in the finals.

Results:

1. Knox 697
2. Essendon 640
3. Casey Cardinia 449.5
4. Box Hill 446
5. Ballarat 442.5
6. Preston 405
7. Bendigo 374
8. Collingwood 320
9. Geelong 223

100m:

Alex Di Medio 12.04
Daniel Bancroft 12.82
Geoffrey Wu 13.39

400m:

Alex Di Medio 53.74
Mitchell Wilson 54.72
Laughlin Norney 56.63
Daniel Bancroft 57.37

1500m:

Mitchell Wilson 4:34.3
James Norney 4:46.4
Laughlin Norney 4:48.2
Daniel Bancroft 4:56.0

4x100m Relay

Alex Di Medio
Liam Harris
Geoffrey Wu
Daniel Bancroft

100m Hurdles:

Alex Di Medio 15.21
Geoffrey Wu 19.24

2000m Walk

Nathan Brill 8:10.4

Javelin

James Norney 27.60m
Nathan Spaul 24.45m

Discus

James Norney 27.06m

Triple Jump

Nathan Spaul 11.58m
Geoffrey Wu 11.25m

RESULTS FROM HIGH VELOCITY CLUB

100m (-2.3m/s)

Ferrier, Sarah 12.92
Balla, Iman 13.39
Pyke, Dakota 14.05

400 Meter Hurdles Open

Brock, Chris 63.29

400 Meter Hurdles Under 18

Di Medio, Alexander 60.08

Tower, Helen 69.75

Women Long Jump

Ferrier, Sarah 5.49m

RESULTS FROM AV THROWERS

Hammer

Kate McCowan 37.95m
Sarah Hewitt 34.64m

Discus

Kate McCowan 35.07m
Sarah Hewitt 33.54m

David Grant (U20) 43.99m

Shot Put

Kate McCowan 9.48m
Sarah Hewitt 8.78m

CONGRATULATIONS PARIS!

Congratulations to Paris McCathrion who cleared 3.85m in the pole vault at the Australian Athletics Tour Meet in Brisbane on the weekend. This is a qualifying height for the World Youth Championships.