

Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 21

Monday 28 February 2011

UPCOMING EVENTS

March 4-6, Victorian Open Championships - Olympic Park
March 10-14 National Junior Championships - Sydney
Saturday, March 12, East Region Post Shield Comp. - Collingwood
Tuesday, March 15, Milers Club - Box Hill
Wednesday, March 16, Rare Air Club - Melbourne Uni
Saturday, March 19, Rare Air Club - Box Hill
Saturday, March 19, East Region Post Shield Comp. - Box Hill

CONGRATULATIONS TO OUR MEDAL WINNERS

Congratulations to all the Box Hill athletes who competed at the Victorian Youth Championships at Olympic Park on the weekend. Special congratulations to our medal winners (and their coaches).

Gold Medals

Nick Paidoussis Under 15 1500m (4:14.12), 800m (2:04.08)
Paris McCathrion Under 20 Pole Vault (3.75m)
William Potter Under 20 3000m Steeplechase (9:45.25)
Chelsea Dyer Under 20 Javelin (40.49m)
Molly Grau Under 20 High Jump (1.72m)
Sarah Ferrier Under 16 Long Jump (5.81m)
Nathan Brill Under 16 3000m Walk (12:32.06)
Brodie Cross Under 18 Pole Vault (4.25m)

Silver Medals

Natalie Ambrose Under 18 1500m (4:46.50)
Miya Ben-Natan Under 17 Pole Vault (2.85m)
Chelsea Dyer Under 20 Discus (38.57m)
Jake Musson Under 18 400m Hurdles (57.47)
Alex Di Medio Under 17 400m Hurdles (57.77), 400m (51.89)
Helen Tower Under 17 400m Hurdles (66.99)
Sarah Ferrier Under 16 100m (12.46)
Michael Dowel Under 20 3000m Steeplechase (9:59.90)
Liselle Atkin Under 20 3000m Steeplechase (12:24.2)
Nathan Spaul Under 17 High Jump (1.90m)
David Grant Under 20 Discus (45.25m)
Tom Cornelius Under 20 Long Jump (6.57m)
Iman Balla Under 16 90m Hurdles (13.56)

Bronze Medals

Laura Constable Under 20 1500m (4:43.37)
Rebecca Marchant Under 20 Pole Vault (3.55m)
David Rankin Under 20 Shot Put (14.48m), Discus (40.64m)
Tessa Budden Under 20 High Jump (1.60m)
William Seton Under 15 Shot Put (10.15m), Discus (38.13m)
Iman Balla Under 16 Long Jump (5.31m)
Dakota Pyke Under 15 200m (27.10)
Emily Taylor-Brown Under 14 Javelin (27.35m)

RESULTS FROM RARE AIR CLUB FEBRUARY 24

Box Hill had a number of good performances at last week's Rare Air Club competition at Melbourne Uni, including a second World Youth Qualifying performance by Brodie Cross and also by Paris McCathrion.

Men Pole Vault:

James Filshie 5.05m
Joel Pocklington 5.05m
Brodie Cross 4.75m (World Youth Qualifier)
Angus McLardie 3.70m

Oliver Kalac 2.90m
Rob Barclay 2.75m

Women Pole Vault:

Paris McCathrion 3.95m (World Youth Qualifier)

Simone Carre 3.30m
Alex Pocklington 3.30m
Abbie Freestone 3.10m
Miya Ben-Natan 2.75m
Nicola Leong 2.45m

STATE DECATHLON CHAMPIONSHIPS

Congratulations to Russell Clowes finished 5th in the state Decathlon Championships on the weekend scoring just over 6000 points.

XCR'11 - CROSS COUNTRY AND ROAD RACING 2011

The calendar for the 2011 winter cross country and road season has been released, with the first event being the cross country relays at Jells Park on May 7. For those not running state or national track championships, it is time to start getting in the miles in preparation for the winter season!