

# **Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 23**

**Tuesday 15 March 2011**

## **UPCOMING EVENTS**

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  
Saturday, March 26, Rare Air Club - Mentone  
Sunday, March 27, AV Throwers - Ringwood  
Sunday, March 27, High Velocity Club - Sandringham  
Saturday, April 2, Rare Air Club - Melbourne Uni  
April 2-3, Victorian Masters Championships - Doncaster

### **MILERS CLUB AT BOX HILL ON TONIGHT**

The Victorian Milers Club will hold their final meeting for the year at Box Hill tonight (Tuesday, March 15), starting at 7:00pm.

### **POST SHIELD COMPETITION AT BOX HILL ON Saturday**

The program for competition at Box Hill on Saturday is shown below. This competition will be held in conjunction with the Rare Air Club meet that begins at 1:00pm.

2:00pm: Sprint Hurdles, Discus (30.00m+) Shot Put (10.00m+), Triple Jump (10.00m+)

2.20pm: 800m

2.30pm: Discus (25.00m-30.00m), Shot Put (8.50m-10.00m), Triple Jump (8.50m-10.00m)

2.50pm: 100m

3.00pm: Discus (18.00m-25.00m), Shot Put (7.00m-8.50m), Triple Jump (7.00m-8.50m)

3.30pm: 3000m/5000m, Discus (<18.00m), Shot Put (<7.00m), Triple Jump (<7.00m)

### **BOX HILL ATHLETES STAND OUT AT JUNIOR NATIONALS**

Box Hill athletes put in a number of commanding performances at the national track and field championships in Sydney over the weekend.

The first day of competition saw Nathan Brill take out a silver medal in the U17 5000m walk, and then the next day he won gold in the U16 3000m walk, smashing the meet record in the process. Iman Bala was a member of the U16 gold medal winning 4x100m relay team and won a bronze in the 90m hurdles, while our star pole vaulters, Brodie Cross and Paris McCathrion were both in outstanding form. Brodie won the U20 event with a PB of 5.05m, breaking Steve Hooker's U18 state record and confirming a place for himself in the team for the world Youth championships in Lille, France later this year. Joining him on the team to Lille will be Paris McCathrion who cleared 3.90m to win the national U18 title, defeating Commonwealth Games representative Liz Parnov of Western Australia.

Nick Paidoussis won gold in the U15 1500m in a time of 4:13.33 and then ran a big PB of 2:02.99 to take silver in the 800m. Sarah Ferrier leapt 5.83, to win the U16 long jump, took a second gold medal in the triple jump with 12.52m. and then won a silver medal in the 100m.

Box Hill's other medalists were Kyle Martin-Alcaide (silver in the U18 1500m), Chelsea Dyer (silver in the U20 javelin), Liam Harris (silver in the U15 high jump), Rebecca Marchant (bronze U20 pole vault) and Phoebe Condon (bronze U14 400m)

### **Box Hill's national Championship results:**

1st Brodie Cross U20 pole vault 5.05m, 1st U18 pole vault 4.55m

1st Paris McCathrion U18 pole vault 3.90m

1st Sarah Ferrier U16 long jump 5.83m, 1st U16 Triple Jump 12.53m, 2nd U16 100m 12.71

1st Nathan Brill U16 3000m walk 12:39.98

1st Iman Bala U16 4x100m relay, 3rd U16 90m Hurdles 13.10

1st Nick Paidoussis U15 1500m 4:13.33, U15 800m

2nd Chelsea Dyer U20 Javelin 41.81m, 8th U20 Discus 39.51m

2nd Kyle Martin-Alcaide U18 1500m 4:55.82

2nd Liam Harris U15 High Jump 1.70m

3rd Rebecca Marchant U20 pole vault 3.55m

3rd Phoebe Condon U14 400m 60.55

5th Tessa Budden U20 High Jump 1.65m

5th Alex Di Medio U17 400m Hurdles 57.94, 6th U17 400m 52.33

5th Helen Tower U17 400m Hurdles 66.78  
6th Cassie Raselli U18 5000m walk 27:20.6  
6th Nathan Spaul U17 High Jump 1.88m  
6th Emily Taylor-Brown U14 Javelin 28.55m, 8th U14 Discus 25.60  
7th David Grant U20 Discus 46.39m  
7th Miya Ben.Natan U17 pole vault 2.70m  
7th Liselle Atkin U20 3000m Steeple 12:41.69  
8th Emily Goessler U15 1500m 4:57.93, U15 800m 2:23.60  
10th Laura Constable U20 1500m 4:55.00  
10th Natalie Ambrise U18 1500m 4:44.46  
11th Will Seton U15 Shot Put 9.87m, 12th U15 Discus 31.80m  
13th Oliver Kalac U17 pole vault 3.00m  
14th Tom Cornelius U20 long jump 6.30m  
(Apologies to anyone we have missed! please let us know)

## **RESULTS FROM POST SHIELD COMPETITION AT COLLINGWOOD**

### **200Meter**

Coughlin,Andrew	24.3h
Baggott,Nicholas	25.4h
Pocklington,Colin	25.5h
Lee,Vivienne	29.4h

### **400Meter**

Featherston,David	54.1h
Baggott,Nicholas	55.8h
Lee,Vivienne	66.3h

### **1500Meter**

Ayers,David	4:39.1h
Crawford,Talitha	4:56.4h
Carrig,Amy	5:00.3h
Tunne,Andrew	5:37.5h
Tennant,James	6:02.3h

## **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!