

Box Hill Athletic Club Summer Bulletin 2011 - 2012 No. 05
Monday 31 October 2011

UPCOMING EVENTS

November 4-6, All Schools Championships, Albert Park

Tuesday, November 8, Milers Club, Albert Park

Saturday, November 12, Shield Competition Round 4, Doncaster

Saturday, Sunday, November 12-13, Relay for Life, Box Hill

Saturday, November 19, Shield Competition Round 5, Ringwood

Sunday, November 20, High Velocity Club, Aberfeldie

Thursday, November 24, Victorian 5km Championships, Albert Park

Saturday, November 26, Shield Competition Round 6, Box Hill

Sunday, November 27, Victorian Relay Championships, Albert Park

Sunday November 27, Athletics Victoria Throwers, Ringwood

NEXT ROUND OF SHIELD COMPETITION AT DONCASTER ON NOVEMBER 12

There is no Shield competition this Saturday, due to the All Schools Championships being held at the new Lakeside Stadium at Albert Park. The next round of Shield competition will be at Doncaster on Saturday week, November 12.

Good luck to all club members competing in the All Schools!

SCHOOL ATHLETICS CARNIVALS

Could all members please note that the track will be unavailable for training at the following times, due to school bookings. We hope that this does not inconvenience too many members.

Friday 4th November, 5pm - 7pm

Friday 18th November, 5pm - 7.30pm

Thursday 24th November, 4pm - 7pm

RELAY FOR LIFE

The 24 hour Relay for Life, which raises money for cancer research will be held at the Box Hill track on November 12 and 13. If any members are able to help over this weekend, in particular in the canteen, or if you are interested in organising a team to take part please let us know.

RELAY CHAMPIONSHIPS

The state relay championships will be held at Albert Park on Sunday, November 27 for Open, Under 18, Under 16 and Under 14 age groups. 4x100m, 4x400m, 4x800m and a medley relay will be contested in most age groups. Please let us know if you are available to compete in these relays.

RESULTS FROM ROUND 3 OF SHIELD COMPETITION

A good result this week with both the men's and women's division 1 teams winning. Presently we are 2nd or 3rd on the ladder in most divisions. With the top 2 teams in each division to progress to the finals at the end of the season, it is vital that we keep improving our team performance each week.

Please let us know if any results are missing.

Men Division 1 (Team finished 1st)

Cameron	Baker	High Jump	1.55m
Mohamad	Zeod	400 Hurdles	55.5
Cameron	Baker	400 Hurdles	65.0
Cameron	Baker	Pole Vault	3.55m
Blake	Lucas	Pole Vault	4.15m
James	Filshie	Pole Vault	4.75m
Joel	Pocklington	Pole Vault	4.90m
James	Filshie	200	22.6
Mohamad	Zeod	200	23.0

Cameron	Baker	200	24.4
Marcus	Johnson	200	24.7
Daniel	Clark	800	1:54.3
Daniel	Balassone	800	1:57.8
Tyler	Agius	800	1:58.6
Peter	Green	800	2:09.7
Cameron	Martin	800	2:20.1
Kieran	Shah	800	2:26.5
Stephen	Kelly	5000	14:48.6
Mitchell	Milnes	5000	16:19.7
Ben	Noske	5000	16:54.9
Steven	Griffin	5000	17:04.0
Andrew	Hester	5000	17:56.1
Simon	Evans	5000	19:36.9
Randall	Owen	5000	19:43.4
James	Filshie	Shot Put	7.38m
Blake	Lucas	Shot Put	10.89m
Simon	Evans	3000 Walk	14:45.5
Kait	Chong	3000 Walk	20:49.7

Men 40+ (Team finished 2nd)

Harry	Summers	Hammer	18.53m
Peter	Stefanos	High Jump	1.25m
Michael	Seton	High Jump	1.25m
Graeme	Olden	400 Hurdles	73.6h
Rob	Barclay	Pole Vault	2.80m
Andrew	Wilcox	200	23.9
Graeme	Olden	200	31.5
William	Dyer	200	33.6
David	Stevens	200	36.6
David	Ayers	800	2:22.3
Bert	Pelgrim	800	2:23.7
Graeme	Olden	800	2:24.4
Bert	Pelgrim	5000	18:24.0
Graeme	Olden	5000	18:58.9
Peter	Stefanos	5000	19:37.7
Wayne	Noble	5000	21:07.1
Andrew	Tunne	5000	21:48.7
David	Ayers	5000	22:11.4
David	Stevens	Shot Put	5.27m
William	Dyer	Shot Put	7.75m
Michael	Seton	Shot Put	8.91m
Andrew	Wilcox	Triple Jump	8.52m
William	Dyer	3000 Walk	16:33.6
Harry	Summers	3000 Walk	19:47.6

Men Under 18 (Team placed 3rd)

Alexander	Di Medio	400 Hurdles	59.8h
Angus	Mclardie	Pole Vault	3.70m
Brodie	Cross	Pole Vault	4.15m
Thomas	Robertson	200	22.7
Brodie	Cross	200	24.0

Sean	O'Farrell	200	26.6
Hanson	Wong	800	2:06.3
Yohan	Philip	800	2:18.6
Danny	Wang	800	2:26.9
James	O'Connell	800	2:28.9
Danny	Wang	3000	11:48.4
Sean	O'Farrell	Shot Put	9.85m
Sean	O'Farrell	Triple Jump	12.00m

Men Under 16 (Team Placed 3rd)

William	Seton	Hammer	22.98m
Jonothan	Taylor	High Jump	1.60m
William	Seton	High Jump	1.65m
Laughlin	Norney	200	25.1
Jacob	Parlevliet	200	28.0
Nicolas	Paidoussis	800	2:00.4
Mitchell	Dyer	800	2:06.6
Thomas	Paidoussis	800	2:19.0
Tom	Snibson	800	2:21.5
Laughlin	Norney	800	2:22.5
Zac	Hunter	800	2:28.2
Jacob	Parlevliet	800	2:36.0
Matthew	O'Donnell	3000	10:04.8
Mitchell	Dyer	Shot Put	7.92m
Jonothan	Taylor	Shot Put	8.91m
William	Seton	Shot Put	13.15m
Nathan	Brill	3000 Walk	13:03.1

Women Division 1 (Team placed 1st)

Hannah	Deal	High Jump	1.35m
Tessa	Budden	High Jump	1.55m
Natalia	Kremenchutskaya	High Jump	1.55m
Hannah	Deal	400 Hurdles	74.3h
Simone	Carre	Pole Vault	3.25m
Rebecca	Marchant	Pole Vault	3.40m
Hannah	Deal	200	27.5
Abbie	Freestone	200	28.1
Amy	Carrig	800	2:23.6
Julie	Norney	800	2:26.7
Grace	Brown	5000	18:01.5
Julie	Norney	5000	18:50.0
Amy	Carrig	5000	19:20.7
June	Petrie	Shot Put	5.08m
Natalia	Kremenchutskaya	Shot Put	7.61m
Simone	Carre	Shot Put	10.51m
Natalia	Kremenchutskaya	Triple Jump	11.84m

Women Under 18 (Team placed 3rd)

Helen	Tower	Hurdles	65.9
Paris	McCathrion	Pole Vault	3.55m
Helen	Tower	200	27.2
Katherine	Foley	200	28.8

Brigitte	Wolhuter	800	2:37.3
Amelia	Savige	800	2:40.6
Katherine	Foley	800	2:41.1
Phoebe	Sloane	Shot Put	11.24m

Women Under 16 (Team placed 4th)

Monique	Hoskin	200 Hurdles	31.3h
Emily	Taylor-Brown	Pole Vault	2.05m
Monique	Hoskin	200	26.6
Emily	Holding	200	28.6
Emily	Goessler	800	2:23.0
Zoe	Schwerkolt	800	2:28.2
Rebecca	Philip	800	2:46.2
Alice	Wolhuter	800	2:51.5
Emily	Holding	800	3:11.6
Madeline	Hill	Shot Put	10.69m
Zoe	Schwerkolt	1500 Walk	7:57.4