

**Box Hill Athletic Club Summer Bulletin 2011 - 2012 No. 09**  
**Tuesday 29 November 2011**

## **UPCOMING EVENTS**

Saturday, December 3, Shield Competition Round 7, Doncaster

Thursday, December 8, Shield Competition Round 8, Albert Park

Saturday, December 10, Zatopek:10 meeting, Albert Park

**Saturday, December 17, Shield Competition Round 9, Ringwood**

Sunday, December 18, AV Throwers, Geelong

Tuesday, December 20, Milers Club, Box Hill

Saturday, December 24, Rare Air Club, Box Hill

### **NEXT ROUND OF SHIELD COMPETITION AT DONCASTER ON THIS SATURDAY**

Round 7 of Shield competition will be held at Doncaster this Saturday, December 3.

Track events start with the 200m/400m hurdles and 3000m walk at 1:00pm, followed by the 200m, 800m, 4x400m relay and the 3000m/5000m. Field events start with the hammer throw from 12:00pm, Triple Jump and Pole Vault from 12:30pm, and the Shot Put and High Jump from 1:00pm.

Please report to your team manager before you compete so that we know who will be competing in each event.

We are now half way through the season and Box Hill is well placed to make the finals in every division, with all our teams in the top three places of their division. However only the top two teams will make it through to the finals, so we need as many athletes as possible taking part over the next few weeks so that our teams can score as many points as possible.

### **CONGRATULATIONS ANDREW**

Congratulations to Andrew White who completed his comeback from injury by winning a bronze medal in the state 5000m championship at Albert Park on Thursday night. Fighting a breeze down the front straight Andrew finished in 14:18.76 ahead of team mate Chris Hamer who was 10th in 14:27.84.

In the women's race Jocelyn Keage was 7th in 17:52.35.

Other results:

Michael Dowel 15:28.5

Ruben Arunasalam 17:47.6

Simon Evans 19:34.6

### **VICTORIAN RELAY CHAMPIONSHIPS**

Congratulations to all athletes who represented the club in the state relay championships on Sunday.

Special mention to our medal winners:

Silver Medals

Women Open 4x800m (Grace Brown, Hannah Deal, Amy Carrig, Julie Norney)

Men U18 Medley Relay (Hanson Wong, Daniel Bancroft, Jake Musson, Alex Di Medio)

Men U16 4x400m (Laughlin Norney, Jonathan Taylor, James Davy, Darcy Moore)

Bronze Medals

Women Open Medley Relay (Amy Carrig, Talitha Crawford, Angella Phillips, Natalia Kremenchutskaya)

Men U18 4x400m (Hanson Wong, Daniel Bancroft, Jake Musson, Alex Di Medio)

Men U16 4x100m (Jacob Parlevliet, Jonathan Taylor, James Davy, Darcy Moore)

Also congratulations to our men's and women's open 4x400m teams which both qualified for the finals to be held at the Zatopek meeting on December 10.

### **AV THROWERS**

David Grant had a good throw of 50.95m with the 1.75kg discus at the first of the AV Throwers meets at Ringwood on Sunday.

## RESULTS FROM ROUND 6 OF SHIELD COMPETITION

Despite the rain, we managed to get enough fine weather to get through most of the program on Saturday. It turned out to be a good day for Box Hill with men's Division 1, Over 40 and Under 16 teams and the women's Under 16 teams all winning on the day and the women's Division 1 team just missing out by a few points.

### Open Men

100m

Mohamad Zeed 10.8

Daniel White-Alikakos 10.9

Marcus Johnson 11.7

Cameron Baker 12.0

400m

Daniel White-Alikakos 50.6

Mohamad Zeed 53.6

David Featherston 54.8

Nick Baggott 56.2

Marcus Johnson 56.2

Cameron Martin 58.5

Ian Schaeffer 60.1

1500m

Daniel Clark 3:49.0

Tyler Agius 4:03.6

William Potter 4:03.9

Michael Dowel 4:05.0

Sam Mackie 4:10.7

Nick Baggott 4:11.5

Peter Green 4:22.6

David Featherston 4:38.6

Cameron Martin 4:47.9

5000m

David Jiminez 16:20.1

Andrew Hester 17:43.7

110m H

Mohamad Zeed 15.1

2000m Walk

Simon Evans 9:36.7

Pole Vault

Cameron Baker 3.20m

### 40+ Men

100m

Andrew Wilcox 11.3

Hendrick Dreyer 12.8

Colin Pocklington 14.2

Neville Gardner 23.7

400m

Andrew Wilcox 54.1

Bert Pelgrim 64.5

Graeme Olden 67.8

James Tennant 74.3

1500m

Graeme Olden 4:49.4

John Vaitkunas 5:06.5

Bert Pelgrim 5:08.6

James Tennant 5:44.8  
Bill Dyer 5:49.0  
5000m  
Bert Pelgrim 18:07.2  
Graeme Olden 18:18.4  
David Ayers 18:30.2  
John Vaitkunas 18:52.8  
Peter Stefanos 19:08.2  
Chris O'Connor 19:53.7  
Bill Dyer 20:08.7  
Andrew Tunne 20:50.5  
110m H  
Hendrick Dreyer 20.1  
2000m Walk  
Bill Dyer 11:25.6  
Long Jump  
Hendrick Dreyer 4.86m  
Andrew Wilcox 3.89m  
Pole Vault  
Rob Barclay 2.70m  
David Cross 2.15m

#### U18 Men

100m  
Jake Musson 11.1  
400m  
Alex Di Medio 52.5  
Daniel Bancroft 53.1  
Jake Musson 54.3  
Danny Wang 61.3  
1500m  
Kyle Martin-Alcaide 3:48.7  
Hansom Wong 4:22.5  
Yohan Philip 4:31.1  
James O'Connell 4:57.5  
Danny Wang 5:05.9  
Long Jump  
Sean O'Farrell 5.28m  
Pole Vault  
Brodie Cross 3.95m

#### U16 Men

100m  
Darcy Moore 11.7  
James Davy 11.9  
Jonathan Taylor 12.3  
Jacob Parlevliet 13.4  
Ned Snibson 13.7  
400m  
Tom Paidoussis 58.4  
Ned Snibson 59.2  
1500m  
Mitchell Dyer 4:18.4  
Laughlin Norney 4:35.0  
Tom Snibson 4:48.4  
Jacob Parlevliet 5:18.5  
3000m

Matthew O'Donnell 9:36.5  
James Whelan 9:49.8  
Zac Hunter 11:21.6  
100m H  
Jonathan Taylor 14.7

**Open Women**

100m  
Natalia Kremenchutskaya 13.2  
Hannah Deal 13.4  
400m  
Hannah Deal 61.7  
1500m  
Grace Brown 4:38.6  
Helen McRae 5:05.3  
Talitha Crawford 5:13.4  
Julie Norney 5:14.6  
Sarah Burke 6:00.9  
5000m  
Rachel Johnson 19:11.6  
Amanda Harper 19:54.8  
Julie Norney 20:14.3  
Long Jump  
Natalia Kremenchutskaya 5.01m

**U18 Women**

100m  
Helen Tower 13.1  
Katherine Foley 14.2  
400m  
Katherine Foley 65.8  
Amelia Savige 70.9  
1500m  
Amelia Savige 5:22.0

**U16 Women**

100m  
Monique Hoskin 12.7  
Nana-Adoma Owusu-Afriyie 12.8  
Dakota Pyke 13.2  
Emily Holding 13.9  
Olivia Gray 14.2  
400m  
Emily Goessler 61.8  
Dakota Pyke 64.2  
Elissa Garrod 67.2  
(Phoebe Condon - inv - 61.0)  
1500m  
Emily Goessler 4:53.4  
Rebecca Philip 5:38.5  
3000m  
Zoe Schwerkolt 11:29.9  
90m Hurdles  
Monique Hoskin 13.8  
Long Jump  
Iman Balla 5.60m  
Pole Vault

Emily Taylor-Brown 2.30m

**NEW EQUIPMENT IN THE GYM**

The committee have purchased a Lifting Platform and set of Iron Edge bumper plates (25kg, 20kg, 15kg 10kg x2) to improve our power lifting facilities in the gymnasium.

This equipment was very expensive and we expect all member to take care when using this equipment to ensure it stays in good, usable condition.

The only weights to be used on this platform are the new Iron Edge branded weights. These are a rubber plate designed to be dropped onto a rubberised surface. Dropping steel plates onto the platform will damage the wood and split the rubber, and dropping the new plates on the gym's hard floor will significantly shorten the life of the plates. So please ensure the new plates are only used on the new lifting platform. If you have not used this equipment before and would like to, please ask one of the regular gym users for assistance and I am sure they would be happy to talk you through it.