

Box Hill Athletic Club Summer Bulletin 2011 - 2012 No. 10
Monday 5 December 2011

UPCOMING EVENTS

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

SHIELD COMPETITION THIS THURSDAY!

Round 8 of Shield competition will be held at the new Lakeside Stadium at Albert Park this Thursday evening.

Track events start at 6:00pm with the hurdles and steeplechase followed by the Walk (6:40pm), 100m (6:45pm), 1500m (7:20pm), 4x100m (8:25pm), 400m (9:10pm).

Field events start at 6:30pm with the High Jump, Pole Vault, Long Jump, Discus and Javelin. See the attachment for the full timetable.

It is important that we get as many athletes as possible competing this Thursday.

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

CONGRATULATIONS TO OUR NATIONAL CHAMPIONS!

Congratulations to our Nathan Brill, Brodie Cross and Paris McCathrion who won gold medals at the national All Schools Championships in Brisbane on the weekend.

Nathan won the U16 3000m walk in 12:58.04, while Brodie and Paris won the men's and women's U18 pole vault. Brodie cleared 4.75m and Paris won with a height of 3.65m.

Congratulations also Iman Bala who won a silver medal in the U16 women's long jump with a distance of 5.75m and a bronze medal in the relay and to Emily Taylor-Brown who cleared a height of 2.40m to win a bronze medal in the women's U14 pole vault.

Nana-Adoma Owusu-Afriyie won a silver medal in the relay and also competed in the U14 100m (12.79), 200m (26.22)

Other results:

Helen Tower U18 400m (59.64), 400m Hurdles (67.51)

Nick Paidoussis U16 1500m (4:12.17)

Mitchell Dyer U16 3000m 9:35.50

ZATOPEK:10

Good luck to all Box Hill athletes who are competing in the Zatopek meet at Albert Park on Saturday night.

RESULTS FROM ROUND 7 OF SHIELD COMPETITION

Open Men

200m

Mohamad Zeed 23.2

800m

Daniel Clark 1:54.0

Daniel Balassone 1:54.4

Will Potter 1:59.3

Nick Baggott 1:59.8

David Featherston 2:06.4

Cameron Martin 2:16.2

Jack Hill 2:38.7
Marcus Johnson 2:41.1
5000m
Andrew Hester 17:27.8
Simon Evans 19:47.3
400m H
Mohamad Zeed 57.1
Will Potter 60.3
3000m Walk
Simon Evans 14:45.2
Triple Jump
Simon Evans 7.77m
High Jump
No Competitor
Shot Put
David Grant 14.22m
Marcus Johnson 6.67m
Simon Evans 5.84m
Hammer
David Grant 23.32m
Pole Vault
Joel Pocklington 5.00m

40+ Men

200m
Andrew Wilcox 23.9
Hendrick Dreyer 26.6
Colin Pocklington 30.5
James Tennant 31.7
800m
David Ayers 2:14.5
Graeme Olden 2:20.8
Bert Pelgrim 2:23.1
John Vaitkunas 2:24.0
James Tennant 2:50.6
5000m
Bert Pelgrim 18:07.6
Chris O'Connor 18:43.3
Graeme Olden 18:48.7
John Vaitkunas 18:50.6
Peter Stefanos 19:20.7
Andrew Tunne 21:21.0
James Tennant 22:13.0
400m H
Graeme Olden 72.5
3000m Walk
Neville Gardner 24:56.6
Triple Jump
Andrew Wilcox 8.79m
Graeme Olden 7.48m
High Jump
David Cross 1.40m
Michael Seton 1.30m
Peter Stefanos 1.25m
Shot Put
Michael Seton 9.02m
Hendrick Dreyer 8.75m

David Cross 8.46m
Hammer
David Cross 25.49m
Michael Seton 18.35m
Harry Summers 16.65m
Pole Vault
Rob Barclay 2.85m
David Cross 2.55m

U18 Men

200m

Jake Musson 23.7
Daniel Bancroft 24.1

800m

Hanson Wong 2:02.6
Danny Wang 2:20.5
James Norney 2:23.1
James O'Connell 2:25.9

3000m

Yohan Philip 9:46.7

400m H

Jake Musson 57.8
Alesx Di Medio 57.9
Daniel Bancroft 61.3

3000m Walk

No Competitor

Triple Jump

Nathan Spaul 12.06m
Sean O'Farrell 11.59m
James Norney 10.06m

High Jump

Nathan Spaul 1.80m
Sean O'Farrell 1.50m

Hammer

No competitor

Shot Put

Sean O'Farrell 9.70m

Pole Vault

Brodie Cross 3.95m

U16 Men

200m

Jonathan Taylor 25.2
Jacob Parlevliet 27.1
Ned Snibson 13.7

800m

Laughlin Norney 2:11.1
Ned Snibson 2:13.7
Tom Snibson 2:22.0
Jacob Parlevliet 2:24.3

3000m

Matt O'Donnell 9:48.5
Zac Hunter 11:19.0

200m H

Jonathan Taylor 29.7

Hammer

Will Seton 27.97m

Shot Put
Will Seton 12.86m
High Jump
No Competitor
Triple Jump
No competitor

Open Women

200m
Rebecca Marchant 26.2
Angela Phillips 27.0
Simone Carre 28.4
Alex Pocklington 29.6
Liselle Atkin 29.7
Viv Lee 30.1
800m
Hannah Deal 2:19.9
Talitha Crawford 2:20.7
Helen McRae 2:27.4
Julie Norney 2:28.7
5000m
Rachel Johnson 19:23.1
Amanda Harper 20:08.9
Sarah Burke 22:48.9
High jump
No Competitor
Pole Vault
No Competitor
Triple Jump
Natalia Kremenchutskaya 11.78m
Shot Put
Simone Carre 10.78m
Angela Phillips 10.51m
Natalia Kremenchutskaya 8.85m
Alex Pocklington 8.30m
Rebecca Marchant 7.38m
Kate Ackland 5.48m
Hammer
No competitor

U18 Women

200m
Katherine Foley 28.9
800m
Katherine Foley 2:37.3
Amelia Savige 2:37.9
3000m
No competitor
High Jump
No Competitor
Pole Vault
Verity Cooper 3.45m
Triple Jump
No competitor
Shot Put
No Competitor
Hammer

No Competitor

U16 Women

200m

Monique Hoskin 26.2

800m

Emily Goessler 2:20.3

Rebecca Philip 2:48.4

3000m

No Competitor

High Jump

No Competitor

Pole Vault

No Competitor

Triple Jump

No Competitor

Shot Put

No Competitor

Hammer

No Competitor