

Box Hill Athletic Club Summer Bulletin 2011 - 2012 No. 11
Tuesday 13 December 2011

UPCOMING EVENTS

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 AT RINGWOOD THIS SATURDAY!

Round 9 of Shield competition will be held this Saturday, December 17 Ringwood (Proclamation Park).

Track events start with the 200m/400m hurdles and 3000m walk at 1:00pm, followed by the

200m, 800m, 4x400m relay and the 3000m. Field events start with the hammer throw

from 12:00pm, Triple Jump 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.

This is a similar program to the one that will be used in the finals, so this is one of the last chances to compete in events to qualify yourself for the finals. Remember that you cannot compete in an event in the finals if you have not done it throughout the season.

CONGRATULATIONS KYLE AND MADELINE

More results from National All Schools

Last week we missed the results of some of the Box Hill athletes competing at the National All Schools Championships. Congratulations to Kyle Martin-Alcaide who convincingly won the U18 1500m event in a time of 3:54.4. Congratulations also to Madeline Hill who won a bronze medal in the U14 Shot Put with a distance of 11.94m.

ZATOPEK:10

Box Hill athletes put in a number of good performances at the Zatopek:10 at Albert Park on Saturday night. Special mention to a couple of our juniors, Nana-Adoma Owusu-Afriyie who won the Victoria's Fastest Kid, running 12.91 for the 100m and Nick Paidoussis who won the U15 1500m event in 4:09.06. Box Hill athletes also dominated the pole vault event, with Joel Pocklington winning from Blake Lucas.

RESULTS

Women U20 3000m

Grace Brown 7th, 9:52.57

Women Triple Jump

Natalia Kremenchutskaya 4th 12.28m

Women 100m U13 (Victoria's Fastest Kid)

Nana-Adoma Owusu-Afriyie 1st, 12.91

Men Pole Vault

Joel Pocklington 1st, 4.80m

Blake Lucas 2nd, 4.60m

Cam Sherry 3rd, 4.60m

James Filshie 4th, 4.40m

Men 3000m Steeplechase

Will Potter 9th, 9:37.47

Men 1500m

Daniel Clark 10th, 3:49.98

Kyle Martin-Alcaide 15th, 3:59.25

Men 10,000m

Chris Hamer 11th, 29:51.54

Steve Kelly 20th, 32:31.62

Women U15 1500m

Emily Goessler 12th, 5:07.58

Men U15 1500m

Nick Paidoussis 1st, 4:09.06
Matthew O'Donnell 9th, 4:26.30
Men U20 3000m (B-Race)
Michael Dowel 2nd, 8:42.84
Women 4x400m Relay
Abbie Freestone, Taltiha Crawford, Dakota Pyke, Hannah Deal 7th, 4:06.58
Men 4x400m Relay
Daniel White-Alikakos, Mo Zeed, Andrew Wilcox, Tom Robertson 4th, 3:21.67

RESULTS FROM ROUND 8 OF SHIELD COMPETITION AT ALBERT PARK

Open Men

100m

Mohamad Zeed 11.29

Cameron Baker 12.41

400m

Daniel White-Alikakos 50.17

Mohamad Zeed 52.83

Ryan Green 54.40

Nick Baggott 55.57

Cam Baker 56.48

1500m

Ben Noske 4:07.1

Nick Baggott 4:08.7

Ryan Green 4:24.4

Andrew Hester 4:36.4

Cameron Martin 4:49.4

Simon Evans 5:23.8

110m H

Mohamad Zeed 15.21

2000m Walk

Simon Evans 9:32.9

Long Jump

Simon Evans 3.80m

High Jump

Simon Evans 1.35m

Pole Vault

Joel Pocklington 5.10m

Cameron Baker 3.30m

Javelin

David Grant 28.92m

Discus

David Grant 47.20m

Mohamad Zeed 21.69m

Simon Evans 17.79m

40+ Men

100m

Andrew Wilcox 12.39

Hendrick Dreyer 13.18

David Cross 13.81

Colin Pocklington 14.27

400m

Andrew Wilcox 54.25

David Ayers 61.42

Bert Pelgrim 64.95

Graeme Olden 67.15

James Tennant 73.77

1500m

David Ayers 4:42.8

Bert Pelgrim 4:55.4

Graeme Olden 4:57.0

Peter Stefanos 5:09.8

James Tennant 5:38.1

Andrew Tunne 5:44.2

110m H

Hendrick Dreyer 19.80

3000m Steeple

Graeme Olden 11:00.2

2000m Walk

Bill Dyer 11:04.5

Graeme Olden 13:36.4

Long Jump

Hendrick Dreyer 4.16m

Dabid Cross 4.11m

High Jump

David Cross 1.45m

Mark Stewart 1.40m

Peter Stefanos 1.25m

Michael Seton 1.25m

Pole Vault

Mark Stewart 3.00m

Rob Barclay 2.70m

Javelin

Hendrick Dreyer 23.85m

Bill Dyer 20.41m

Michael Seton 19.25m

Discus

Bill Dyer 25.02m

David Cross 23.01

Hendrick Dreyer 22.92m

Michael Seton 21.03m

U18 Men

100m

No Competitor

400m

Alex Di Medio 51.33

Daniel Bancroft 53.48

Danny Wang 61.27

1500m

James Norney 4:47.8

James O'Connell 4:58.6

Danny Wang 5:02.2

Long Jump

James Norney 5.01m

High Jump

Nathan Spaul 1.75m

Javelin

James Norney 29.46m

Discus

James Norney 27.35m

U16 Men

100m

Jacob Parlevliet 13.48

400m

Laughlin Norney 53.17

Tom Paidoussis 57.35

Jacob Parlevliet 58.79

1500m

Tom Snibson 4:46.2

Ned Snibson 4:51.3

Zac Hunter 5:01.4

Discus

Will Seton 46.30m

Open Women

100m

Hannah Deal 13.19

Simone Carre 13.40

Angela Phillips 13.41

Tessa Budden 13.58

Alex Pocklington 14.22

Liselle Atkin 14.42

400m

Hannah Deal 60.29

Abbie Freestone 62.24

Helen McRae 64.95

Viv Lee 66.95

Julie Norney 67.36

Liselle Atkin 69.20

Alex Pocklington 73.82

1500m

Jocelyn Keage 4:48.5

Helen McRae 5:00.0

Julie Norney 5:01.2

Talitha Crawford 5:02.8

Sarah Burke 5:57.2

Long Jump

Tessa Budden 4.67m

Yiota Carabourniotis 3.84m

High Jump

Simone Carre 1.60m

Tessa Budden 1.57m

Pole Vault

Simone Carre 3.30m

Javelin

Simone Carre 32.67

Alex Pocklington 21.94m

June Petrie 11.09m

Discus

Angella Phillips 27.80

June Petrie 12.14

U18 Women

100m

No Competitor

400m

No Competitor

1500m

Louise Rait 5:13.5

Amelia Savige 5:18.9
Long Jump
Verity Cooper 4.94m
Phoebe Sloane 3.06m
Pole Vault
Verity Cooper 3.45m
Javelin
Latisha Marranya 30.62m
Phoebe Sloane 18.53m
Discus
Phoebe Sloane 38.55m
Latisha Marranya 29.68m

U16 Women

100m
Iman Balla 12.55
Monique Hoskin 12.97
Dakota Pyke 13.43
Emily Holding 14.08
Olivia Gray 14.10
400m
Dakota Pyke 63.82
Elissa Garrod 68.37
1500m
No Competitor
90m Hurdles
Monique Hoskin 14.32
Long Jump
Iman Balla 5.21m
Monique Hoskin 4.34m
Dakota Pyke 4.26m
Pole Vault
Emily Taylor-Brown 2.40m
Discus
Monique Hoskin 25.45m
Dakota Pyke 21.12m