

Box Hill Athletic Club Summer Bulletin 2011 - 2012 No. 15

Tuesday 24 January 2012

UPCOMING EVENTS

Saturday, January 28, Shield Competition Round 11, Ringwood

Saturday, February 4, Shield Competition, Round 12, Box Hill

Thursday, February 9, Rare Air Club, Melbourne Uni.

Saturday, February 11, Shield Final, Albert Park

ROUND 11 OF SHIELD COMPETITION AT RINGWOOD THIS SATURDAY

The penultimate round of shield competition for the 2011/2012 season will be held at Ringwood this Saturday afternoon.

Competition will run on Program 1, the same program that will be used for the finals. The events are 200m, 800m, 3000m/5000m, 400m Hurdles, 3000m Walk, 4x400m relay, Shot Put, Hammer, Triple Jump, and High Jump. Track events start at 1:00pm and field events at 12:00pm.

To compete in the finals you must have competed at least once in **that event** in shield competition and have competed in at least 3 rounds of competition. This Saturday is your last chance to compete in these events.

At present the men's division 1, women's division 1 and women's under 18 teams are in a position to make the finals, but several other teams are still in with a chance if the results fall their way over these last 2 rounds. See ladders below.

LADDERS

These ladders just show the top 4 teams in each division. The top 2 teams in each division will contest the Shield finals on February 11 at Albert Park.

Men Open Division 1

St Kevins	51.00
Box Hill	46.00
Richmond	36.00
Collingwood	36.00

Men 40+

Collingwood	59.00
Box Hill	56.00
Diamond Valley	56.00
Diamond Valley 2	31.00

Men Under 18

Nunawading	139.00
Diamond Valley	116.00
Box Hill	114.00
Doncaster	95.00

Men Under 16

Collingwood	93.00
Diamond Valley	80.00
Box Hill	73.00
Old Xaverians	55.00

Women Open Division 1

Box Hill	45.00
Diamond Valley	36.00
Doncaster	34.00
St Stephens	16.50

Women Open Division 2

Richmond	121.00
Ringwood	85.50
Box Hill	83.00
Nunawading	80.00

Women Under 18

Nunawading	88.00
Box Hill BOH	70.00

Doncaster	67.00
Collingwood	67.00
Women Under 16	
Diamond Valley	75.00
Doncaster DAC	74.00
Collingwood	66.00
Box Hill BOH	59.00

STATE RECORD!

We have just become aware of a state record run last November. Congratulations to Nana-Adoma Owusu-Afriyie who broke the state under 13 200m record with a time of 25.60. Nana-Adoma ran this time at the Victorian All Schools Championships last November.

WELL DONE STEVE

Congratulations to Steve Dinneen who defeated Essendon's Mitch Brown to win the Portsea Twilight 8k on the 7th of January.

MILERS CLUB JANUARY 17

Results:

800m

Daniel Clark 1:53.08
 Tyler Agius 1:57.6
 Laughlin Norney 2:05.3
 Sam Mackie 2:06.0
 Yohan Philip 2:07.9
 Hanson Wong 2:08.5
 Emily Goessler 2:23.0
 Rebecca Philip 2:43.1

1500m

Steve Dinneen 3:47.9
 Steve Kelly 3:49.1
 Chris Hamer 3:53.9
 Daniel Balassone 4:00.0
 Michael Dowel 4:09.2
 John Meagher 4:23.0
 Steve Griffin 4:33.84
 Bert Pelgrim 4:45.32
 James O'Connell 5:01.08
 David Ayers 4:52.20

HIGH VELOCITY CLUB JANUARY 22

Results

100m

Tom Cornelius 11.76 (-3.0)
 Iman Bala 12.91 (-2.5)
 Nana Owusa-Afriyie 13.53 (-2.5)

400m Hurdles

Tom Robertson 56.83
 Alex Di Medio 61.90
 Helen Tower 71.11

200m

David Mitchell 25.77 (-3.8)

Triple Jump

Natalia Kremenchutskaya 12.10 (+5.4)

RESULTS FROM ROUND 10 OF SHIELD COMPETITION AT BOX HILL

Congratulations to Brodie Cross who cleared a PB of 5.00m on Saturday to qualify for the World Junior Championships!

Women Open

100	Bronwyn	Sudholz	13.05
100	Angela	Phillips	13.35
100	Natalia	Kremenchutskaya	13.58
100	Tessa	Budden	13.82
400	Talitha	Crawford	61.65
400	Hannah	Deal	63.38
1500	Jocelyn	Keage	4:55.3h
1500	Hannah	Deal	5:05.2h
1500	Julie	Norney	5:05.6h
1500	Rachel	Johnson	5:13.8h
1500	June	Petrie	5:38.3h
1500	Charmaine	Mcnally	5:41.3h
100m Hurdles	Simone	Carre	16.7h
2000 Walk	Chelsea	Dyer	11:19.1h
Discus	Catherine	Mccowan	37.88m
Discus	Simone	Carre	34.29m
Discus	Chelsea	Dyer	33.52m
Discus	Angela	Phillips	32.54m
Javelin	Chelsea	Dyer	36.56m
Javelin	Catherine	Mccowan	24.67m
Long Jump	Natalia	Kremenchutskaya	5.41m
Long Jump	Simone	Carre	5.13m
Long Jump	Tessa	Budden	4.89m
Pole Vault	Rebecca	Marchant	3.95m
Pole Vault	Simone	Carre	3.50m

Women U16

100	Nana-Adoma	Owusu-Afriyie	13.29
100	Emily	Holding	14.33
100	Olivia	Gray	14.62
400	Emily	Goessler	62.76
400	Ellissa	Garrod	68.74
400	Emily	Holding	78.36
1500	Emily	Goessler	5:21.2h
1500	Rebecca	Philip	5:35.2h
2000 Walk	Zoe	Schwerkolt	12:45.5h
90 Hurdles	Monique	Hoskin	14.59
100 Hurdles	Iman	Balla	15.1h
Discus	Monique	Hoskin	24.36m
Javelin	Emily	Taylor-Brown	31.20m
Long Jump	Monique	Hoskin	4.54m
Pole Vault	Emily	Taylor-Brown	2.45m
Pole Vault	Jamie	Roubin	2.15m

Women U18

100	Katherine	Foley	14.45
400	Helen	Tower	63.1
400	Katherine	Foley	65.13
400	Amelia	Savige	74.77

1500	Natalie	Ambrose	4:47.8h
1500	Louise	Rait	5:03.5h
1500	Amelia	Savage	5:31.9h
Discus	Natalie	Ambrose	11.59m
Discus	Phoebe	Sloane	35.52m
Pole Vault	Paris	Mccathrion	3.80m
Pole Vault	Verity	Cooper	3.35m

Men 40+

100	Andrew	Wilcox	12.31
100	Hendrick	Dreyer	13.2
100	David	Cross	13.76
100	Graeme	Olden	16.18
400	Andrew	Wilcox	53.87
400	Hendrick	Dreyer	57.35
400	David	Cross	63.44
400	Bert	Pelgrim	63.53
400	David	Ayers	63.83
400	James	Tennant	73.57
1500	David	Ayers	4:35.0h
1500	John	Meagher	4:35.9h
1500	Bert	Pelgrim	4:48.0h
1500	Graeme	Olden	4:56.9h
1500	Peter	Stefanos	5:00.5h
1500	James	Tennant	5:37.3h
1500	Andrew	Tunne	5:48.3h
3000 Steeple	John	Meagher	11:31.3h
3000 Steeple	Graeme	Olden	11:38.4h
2000 Walk	William	Dyer	10:48.2h
2000 Walk	Harry	Summers	13:22.0h
Discus	Cameron	Morris	26.23m
Discus	David	Cross	26.16m
Discus	William	Dyer	23.94m
Discus	Neville	Gardner	16.59m
Discus	Michael	Seton	16.24m
110 Hurdles	Hendrick	Dreyer	19.0h
Javelin	Cameron	Morris	37.95m
Javelin	Hendrick	Dreyer	33.82m
Javelin	Michael	Seton	19.29m
Javelin	William	Dyer	16.71m
Long Jump	Hendrick	Dreyer	4.69m
Long Jump	Andrew	Wilcox	4.64m
Long Jump	David	Cross	4.62m
Pole Vault	Mark	Stewart	3.35m
Pole Vault	Rob	Barclay	2.75m

Men Open

100	Blake	Lucas	11.28
100	Daniel	White-Alikakos	11.47
100	Mohamad	Zeed	11.52

100	Tom	Cornelius	11.54
100	James	Filshie	11.59
100	Cameron	Baker	12.48
100	Marcus	Johnson	12.88
400	Daniel	White-Alikakos	49.32
400	Ryan	Green	52.89
400	Cameron	Baker	55.04
400	Andrew	Coughlin	55.12
400	Marcus	Johnson	61.45
1500	Stephen	Dinneen	3:52.5h
1500	Chris	Hamer	3:56.6h
1500	Tyler	Agius	4:05.0h
1500	Michael	Dowel	4:08.4h
1500	Samuel	Mackie	4:13.1h
1500	Mitchell	Lefevre	4:21.7h
1500	David	Jimenez	4:28.3h
1500	Andrew	Hester	4:29.4h
1500	Steven	Griffin	4:31.3h
1500	Peter	Green	4:32.5h
1500	Dale	Bickham	4:33.4h
1500	Cameron	Martin	4:47.3h
Discus	Chris	Davies	36.99m
Discus	Mohamad	Zeed	21.33m
Discus	Simon	Evans	16.11m
Javelin	Chris	Davies	43.01m
Javelin	David	Mitchell	15.13m
Long Jump	Marcus	Johnson	4.45m
Long Jump	Simon	Evans	4.31m
Pole Vault	James	Filshie	4.85m
Pole Vault	Blake	Lucas	4.85m
Pole Vault	Cameron	Baker	3.50m
2000 Walk	Simon	Evans	9:33.0h

Men U16

100	Jonothan	Taylor	12.98
100	Jacob	Parlevliet	13.91
100	Ned	Snibson	14.01
400	Laughlin	Norney	54.91
400	Thomas	Paidoussis	57.95
400	Ned	Snibson	61.25
1500	Nicolas	Paidoussis	4:11.6h
1500	Mitchell	Dyer	4:17.4h
1500	Matthew	O'Donnell	4:33.5h
1500	Tom	Snibson	4:49.5h
1500	Laughlin	Norney	4:52.5h
2000 Steeple	Jacob	Parlevliet	8:24.0h
Discus	William	Seton	34.93m
100 Hurdles	Jonothan	Taylor	14.96
100 Hurdles	William	Seton	17.6

Long Jump	William	Seton	5.22m
Long Jump	Jonothan	Taylor	5.04m
Men U18			
100	Alexander	Di Medio	12.13
100	Brodie	Cross	12.44
400	Thomas	Robertson	50.82
400	Alexander	Di Medio	52.26
400	Daniel	Bancroft	55.31
400	Danny	Wang	62.03
1500	Hanson	Wong	4:30.8h
1500	Yohan	Philip	4:36.1h
1500	James	O'Connell	4:54.8h
1500	Danny	Wang	5:05.0h
Pole Vault	Angus	Mclardie	3.65m
Pole Vault	Brodie	Cross	5.00m