

**Box Hill Athletic Club Summer Bulletin 2012 - 2013 No. 04**  
**Tuesday 16 October 2012**

**BOX HILL ATHLETIC CLUB est. 1932 - Celebrating 80 years in 2012!**

**UPCOMING EVENTS**

October 20, Saturday, Shield Competition Round 2, Doncaster  
October 27, Saturday, Shield Competition Round 3, Box Hill  
November 3, Saturday, Shield Competition Round 4, Doncaster  
November 9, 10, 11, Victorian All Schools Championships, Albert Park  
November 15, Thursday, Victorian Milers Club, Box Hill  
November 17, Saturday, Shield Competition Round 5, Doncaster

**ROUND 2 OF SHIELD COMPETITION ON THIS SATURDAY AT DONCASTER**

The second round of Shield competition for the 2012/13 season will be held at Doncaster this Saturday, October 20. The track events (200m, 800m, 3000m, 400m Hurdles, Walk and Relay) start at 1:30pm. While the field events (high jump, triple jump and shot put) also start at 1:30pm, but the hammer starts early at 12:30pm.

**The timetable for the day is attached.**

When you arrive on Saturday, please report in to the team managers.

**TRACK BOOKING ON THURSDAY NIGHT**

The track will be unavailable for training this Thursday, October 18 from 5:00pm to 8:00pm. As a school twilight meeting will be held. We apologise for any inconvenience that this may cause.

**WELCOME TO NEW MEMBERS**

It was also great to see many new faces at round 1 of Shield competition on Saturday. A special welcome to our new members, Tanya Higgs, Danica Dreyer, Annabel Cator, Etienne Helberg, Steven Vincent, Victor Jakobsson, Mitchell Cooper, Connor Sullivan, Matthew Harcourt and Imogen Purcell who all competed for the first time on Saturday (Let us know if we have missed anyone!)

Please let us know if you require any help, want to contact one of our coaches or need any other information about the club.

**RULES FOR TRAINING AT HAGENAUER RESERVE**

We ask all members who use the track for training to please read the attached document outlining the rules for training at Box Hill. If everyone follows the rules it can help to ensure that everyone who uses the track can train safely and effectively.

**LOST AND FOUND**

A pair of glasses were lost at the track on Saturday. If any has found or seen these please let us know as soon as possible.

**MELBOURNE MARATHON RESULTS**

Congratulations to all box hill athletes who took part in the Melbourne Marathon festival on Sunday.

Special mention to Nikki Chapple who put in another outstanding performance to win the half marathon in a time of 1:12:56.

New club member Rebecca Rosel finished 18<sup>th</sup> in 2:57:44, an impressive performance in her debut marathon and Vanessa Bourne finished in a time of 3:27:19.

In the 10km race, Box Hill juniors Peter Green (34:02) and Matthew O'Donnell (35:02) both ran big PB's.

**RESULTS FROM ROUND 1 OF SHIELD COMPETITION**

Box Hill had some good results in the first round of shield Competition on Saturday.

### **Women open and Over 40**

|             |           |            |          |
|-------------|-----------|------------|----------|
| 100 Hurdles | Tanya     | Higgs      | 17.89    |
| Javelin     | Tanya     | Higgs      | 31.42m   |
| Long Jump   | Talitha   | Crawford   | 3.44m    |
| Long Jump   | Tanya     | Higgs      | 4.60m    |
| 100         | Angela    | Phillips   | 13.59    |
| 100         | Talitha   | Crawford   | 14.32    |
| 100         | Kate      | Ackland    | 14.38    |
| 100         | Katherine | Foley      | 14.48    |
| 100         | Liselle   | Atkin      | 14.64    |
| 100         | Kristine  | Hopkins    | 14.82    |
| 400         | Hannah    | Deal       | 62.21    |
| 400         | Talitha   | Crawford   | 63.59    |
| 400         | Katherine | Foley      | 64.93    |
| 400         | Helen     | Mcrae      | 65.18    |
| 400         | Vivienne  | Lee        | 65.81    |
| 400         | Kristine  | Hopkins    | 66.88    |
| 400         | Liselle   | Atkin      | 67.54    |
| 1500        | Helen     | Mcrae      | 4:54.6h  |
| 1500        | Hannah    | Deal       | 4:57.9h  |
| 1500        | Hayley    | Tomlinson  | 5:08.0h  |
| 1500        | Julie     | Norney     | 5:09.2h  |
| 1500        | June      | Petrie     | 5:24.4h  |
| 1500        | Talitha   | Crawford   | 5:27.0h  |
| 1500        | Harriet   | Hodgkinson | 5:59.2h  |
| 5000        | Julie     | Norney     | 18:05.5h |
| 5000        | June      | Petrie     | 19:35.7h |
| 5000        | Pia       | Hunter     | 21:10.7h |
| 5000        | Charmaine | Mcnally    | 22:21.2h |
| 5000        | Caitlin   | Harrison   | 24:23.2h |

### **Women Under 18**

|             |        |        |        |
|-------------|--------|--------|--------|
| Discus      | Phoebe | Sloane | 36.80m |
| 100 Hurdles | Iman   | Balla  | 15.47  |
| Long Jump   | Verity | Cooper | 4.94m  |
| Long Jump   | Iman   | Balla  | 5.67m  |
| Pole Vault  | Jamie  | Roubin | 2.55m  |
| Pole Vault  | Verity | Cooper | 3.00m  |
| 100         | Iman   | Balla  | 12.73  |
| 100         | Olivia | Gray   | 14.33  |
| 400         | Amelia | Savige | 68.92  |

### **Women Under 16**

|            |         |        |       |
|------------|---------|--------|-------|
| 90 Hurdles | Monique | Hoskin | 14.33 |
| Long Jump  | Danica  | Dreyer | 3.16m |
| Long Jump  | Annabel | Cator  | 4.34m |

|            |            |                |       |
|------------|------------|----------------|-------|
| Long Jump  | Nana-Adoma | Owusu-Afriyie  | 5.05m |
| Pole Vault | Emily      | Taylor-Brown   | 2.55m |
| 100        | Nana-Adoma | Owusu-Afriyie  | 12.66 |
| 100        | Monique    | Hoskin         | 13.16 |
| 100        | Annabel    | Cator          | 13.26 |
| 100        | Danica     | Dreyer         | 16.92 |
| 100        | Imogen     | Purcellc (inv) | 13.56 |

### Men Open

|             |          |                |         |
|-------------|----------|----------------|---------|
| Discus      | Cameron  | Baker          | 22.60m  |
| Discus      | David    | Featherston    | 26.44m  |
| Discus      | Russell  | Clowes         | 29.40m  |
| Discus      | David    | Grant          | 45.88m  |
| 110 Hurdles | Cameron  | Baker          | 20.02   |
| 110 Hurdles | David    | Featherston    | 21.12   |
| Javelin     | David    | Featherston    | 34.45m  |
| Javelin     | Etienne  | Helberg        | 41.64m  |
| Long Jump   | David    | Featherston    | 4.13m   |
| Long Jump   | Russell  | Clowes         | 4.24m   |
| Long Jump   | Victor   | Jakobbson      | 5.82m   |
| Pole Vault  | Cameron  | Baker          | 3.30m   |
| Pole Vault  | Brodie   | Cross          | 4.05m   |
| Pole Vault  | Cameron  | Sherry         | 4.20m   |
| Pole Vault  | James    | Filshie        | 4.50m   |
| Pole Vault  | Joel     | Pocklington    | 4.95m   |
| 100         | Mohamad  | Zeed           | 11.43   |
| 100         | Daniel   | White-Alikakos | 11.53   |
| 100         | Cameron  | Sherry         | 11.74   |
| 100         | Brodie   | Cross          | 11.88   |
| 100         | James    | Filshie        | 11.92   |
| 100         | Joel     | Pocklington    | 11.95   |
| 100         | Victor   | Jakobbson      | 12.21   |
| 100         | Stephen  | Vincent        | 12.59   |
| 100         | Cameron  | Baker          | 12.64   |
| 100         | Russell  | Clowes         | 12.73   |
| 100         | David    | Featherston    | 14.59   |
| 400         | Victor   | Jakobbson      | 54.65   |
| 400         | Cameron  | Baker          | 57.63   |
| 400         | Russell  | Clowes         | 63.05   |
| 400         | David    | Featherston    | 63.23   |
| 400         | Danny    | Wang           | 66.21   |
| 400         | Marcus   | Johnson        | 79.38   |
| 1500        | Daniel   | Balassone      | 3:56.3h |
| 1500        | William  | Potter         | 3:56.8h |
| 1500        | Michael  | Dowel          | 4:06.1h |
| 1500        | Sam      | Dipnall        | 4:06.6h |
| 1500        | Nicholas | Baggott        | 4:08.8h |

|           |         |             |          |
|-----------|---------|-------------|----------|
| 1500      | Hanson  | Wong        | 4:17.9h  |
| 1500      | Zachary | Openstein   | 4:21.7h  |
| 1500      | David   | Featherston | 5:11.7h  |
| 1500      | Danny   | Wang        | 5:13.3h  |
| 5000      | Stephen | Kelly       | 14:22.1h |
| 5000      | Andrew  | Hester      | 17:47.1h |
| 5000      | Jack    | Hill        | 19:22.4h |
| 5000      | David   | Featherston | 19:26.5h |
| 5000      | Russell | Clowes      | 19:35.2h |
| 5000      | Simon   | Evans       | 19:46.2h |
| 2000 Walk | Simon   | Evans       | 10:13.0h |

### Men Over 40

|             |         |          |          |
|-------------|---------|----------|----------|
| Discus      | Michael | Seton    | 21.93m   |
| Discus      | David   | Cross    | 24.26m   |
| Discus      | Andrew  | Egginton | 27.53m   |
| 110 Hurdles | Hendrik | Dreyer   | 19.68    |
| Javelin     | Michael | Seton    | 21.42m   |
| Javelin     | Hendrik | Dreyer   | 22.59m   |
| Javelin     | Andrew  | Egginton | 28.09m   |
| Long Jump   | Andrew  | Wilcox   | 4.10m    |
| Long Jump   | Hendrik | Dreyer   | 4.42m    |
| Pole Vault  | Mark    | Stewart  | 2.40m    |
| 100         | Andrew  | Wilcox   | 12.11    |
| 100         | Hendrik | Dreyer   | 12.91    |
| 100         | Andrew  | Egginton | 13.62    |
| 100         | David   | Cross    | 14.22    |
| 400         | Andrew  | Wilcox   | 55.13    |
| 400         | Hendrik | Dreyer   | 57.22    |
| 400         | Andrew  | Egginton | 62.65    |
| 400         | David   | Ayers    | 65.16    |
| 1500        | Kynan   | Dawes    | 4:21.4h  |
| 1500        | Steven  | Griffin  | 4:34.3h  |
| 1500        | Andrew  | Egginton | 4:44.6h  |
| 1500        | David   | Ayers    | 4:54.6h  |
| 1500        | Graeme  | Olden    | 4:59.4h  |
| 5000        | Steven  | Griffin  | 16:52.9h |
| 5000        | Graeme  | Olden    | 19:09.0h |
| 5000        | Peter   | Stefanos | 19:19.2h |
| 5000        | Andrew  | Tunne    | 22:10.7h |
| 2000 Walk   | William | Dyer     | 10:50.3h |

### Men Under 18

|        |          |         |         |
|--------|----------|---------|---------|
| Discus | Zac      | Hunter  | 16.14m  |
| Discus | Tom      | Snibson | 16.69m  |
| 400    | Tom      | Snibson | 61.68   |
| 1500   | Harrison | Noske   | 4:08.6h |
| 1500   | Mitchell | Dyer    | 4:11.1h |

|      |          |         |          |
|------|----------|---------|----------|
| 1500 | Laughlin | Norney  | 4:41.3h  |
| 1500 | Mitchell | Cooper  | 4:47.4h  |
| 3000 | Zac      | Hunter  | 10:39.8h |
| 3000 | Tom      | Snibson | 9:54.3h  |

### **Men Under 16**

|             |         |          |        |
|-------------|---------|----------|--------|
| Discus      | William | Seton    | 41.95m |
| 100 Hurdles | Matthew | Harcourt | 16.24  |
| Javelin     | William | Seton    | 34.67m |
| Long Jump   | Matthew | Harcourt | 4.78m  |
| 100         | Ned     | Snibson  | 12.82  |
| 100         | Connor  | Sullivan | 13.22  |
| 400         | Ned     | Snibson  | 56.28  |