

**Box Hill Athletic Club Summer Bulletin 2012 - 2013 No. 05**  
**Tuesday 23 October 2012**

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

**UPCOMING EVENTS**

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  
November 18, Sunday, High Velocity Club Meet 1, Albert Park

**ENTRIES CLOSING**

October 29, Monday Entries close for Victorian All Schools Championships  
November 12, Monday, Entries close for Victorian Milers Club Meet 1  
November 14, Wednesday, Entries close for High Velocity Club Meet 1

**SHIELD COMPETITION RETURNS TO BOX HILL THIS WEEK – HOME GROUND ADVANTAGE!**

The third round of Shield competition for the 2012/13 season will be held at Box Hill this Saturday, October 27.

Field events start at 1.15pm – Pole Vault, Long Jump, High Jump, Discus, Javelin

Track events start at 1:30pm – 100m, 400m, 1500m, Hurdles, Steeplechase, 4x100m relay, 2000m Walk

When you arrive on Saturday, please report in to the Team managers, and sign up for your events.

**The timetable for the day is attached – Program 2 (Rounds 3,7,9 and 11)**

**WELCOME TO NEW MEMBERS**

Apologies to new members, Beau Williams and Lucy Steele, whose results we missed last week.

Another warm welcome to all our new members, including Declan Wilson, Jessie Muirden, Christina Bell, Stefan Harper and Mitchell Cooper who ran for the club for the first time on Saturday. Please let us know if you require any help, want to contact one of our coaches or need any other information about the club.

**VICTORIAN ALL SCHOOLS TRACK AND FIELD CHAMPIONSHIPS**

Please note that the deadline for entry into these Championships has been extended to 5pm Monday 29 October (the Summer handbook shows Thursday 25-October). This is a great opportunity to compete at the new Lakeside Stadium Albert Park against those in your age group. Age groups are: U14, U15, U16, U17, U18.

Please go to the Athletics Victoria website to enter online [www.athsvic.org.au](http://www.athsvic.org.au)

**DISTANCE RUNNERS CHASING A PB**

Each summer season, in addition to the Shield Competition, the Victorian Milers Club (VMC) stages a number of event specific track meetings. These meetings are held mid week at night and provide the opportunity for all registered AV athletes of all ability to compete in **graded competition** in events from 800m through to 5000m. All races are graded by the organisers so that athletes of similar ability run together in fast paced events and push each other to personal bests.

**You need to enter / register on-line at [www.vicmilers.com](http://www.vicmilers.com) by the Monday prior, and pay the \$5 entry fee on the night.**

Meet 1	Thu 15-Nov	800m and 1500m	Box Hill track	Entries close Mon 12-Nov
Meet 2	Thu 20-Dec	1000m and 3000m	Albert Park track	Entries close Mon 17-Dec

\*Refer to the Summer Competition Handbook page 69 for more information

**ONE FOR THE SPRINTERS, HURDLERS AND HORIZONTAL JUMPERS**

The High Velocity Club (HVC) provides sprinters, hurdlers and horizontal jumpers with the opportunity to participate in fast paced, event specific, high quality competition. AV registered athletes who meet the entry criteria are welcome to compete.

Meet 1 Sun 18-Nov Albert Park, 100m/200m/400m/Sprint & Long Hurdles/Long Jump/Triple Jump  
Meet 2 Sun 16-Dec Geelong, 100m/200m/400m/Sprint & Long Hurdles/Long Jump/Triple Jump  
For athletes looking for further opportunities to compete, there are various specialist groups in addition to the VMC and the HVC. Check out the details on pages 66-69 of the 2012/13 Summer Competition Handbook for more details and to get involved.

### **COVER GIRL PHOEBE**

Congratulations to our own Phoebe Sloane who has been chosen as the cover athlete on the Athletics Victoria 2012/13 Summer Competition Handbook. Phoebe is competing in our Women U18 team this season. Pick up your Handbook when you report in to the Team Managers on competition days.

### **DON'T LEAVE IT UNTIL AFTER CHRISTMAS FOR YOUR SUMMER COMP!**

With 9 rounds of the 12 round AV Shield Competition scheduled for before Christmas we encourage everyone to make a start on their track and field season sooner rather than later!!!

The AV Shield is a weekly interclub competition with the emphasis on getting involved and having fun. Representing our club, you will have the opportunity to run, throw and jump in a team based competition. As an individual you compete against others of the same ability, and at the same time, at the Team level, you automatically score premiership points for our club based on placings against other teams in the same division. At the end of the season the top 2 teams in each age group division advance to the Shield Final.

This season Box Hill has entered Teams in the following divisions:

Men: Open; Over 40; U18; U16

Women: Open; Over 40; U18; U16

There is no limit on the number of competitors per Team so we look forward to seeing as many as possible come along and be a part! We encourage everyone to try and compete in at least 4 rounds of competition so that they are eligible to represent the Club in the Shield Final (should we progress).

### **WEEKLY RESULTS**

If you would like to check out the full results from the Shield competition visit the AV website at

[www.aths.vic.org.au](http://www.aths.vic.org.au)

Home > Competition > AV Shield > Metro-East

Here you will find up to date details on: Clubs, Venue programs, Timetables, Results

### **ONE TO THINK ABOUT**

The Victorian Relay Championships are not too far away, and we will soon be asking who is available to represent the Club. The Relays will be held on Sunday 25 November at Albert Park and are for all age groups – Open, Masters and Underage. So mark the date in your diary and let one of the Team Managers know if you are available.

### **RESULTS FROM ROUND 2 OF SHIELD COMPETITION**

Box Hill again had some good results in the second round of shield Competition at Doncaster last Saturday, but in some age groups we need more of our registered athletes taking part, particularly in field events, so why not have a go!

#### **Men Open Division 1**

200	Daniel	White-Alikakos	22.94
200	Blake	Lucas	23.14
200	Cameron	Sherry	23.42
200	Brodie	Cross	23.62
200	James	Filshie	23.78
200	Cameron	Baker	24.73
200	Victor	Jakobbson	24.97
200	Stephen	Vincent	25.31
200	Russell	Clowes	25.47
200	Marcus	Johnson	25.79

200	David	Featherston	26.18
800	William	Potter	1:56.6
800	Michael	Dowel	1:57.7
800	Hanson	Wong	1:57.9
800	Nicholas	Baggott	2:00.1
800	Sam	Dipnall	2:01.9
800	David	Featherston	2:10.7
800	Russell	Clowes	2:24.7
800	Marcus	Johnson	2:50.0
3000	Andrew	Hester	10:02.7
3000	Simon	Evans	11:15.5
3000	Danny	Wang	11:26.8
3000	Russell	Clowes	11:30.5
3000	Stephen	Kelly	8:17.0
3000	Declon	Wilson	8:31.3
3000	Daniel	Balassone	8:39.0
3000	Ben	Noske	9:11.6
3000	Matthew	Coloe	9:18.1
3000	Peter	Green	9:18.7
3000	Samuel	Mackie	9:32.2
3000	Stephen	Dinneen	9:47.6
3000 Walk	Simon	Evans	14:35.3
400 Hurdle	David	Featherston	62.8
Hammer	David	Featherston	18.81m
High Jump	David	Featherston	1.45m
High Jump	Cameron	Baker	1.60m
High Jump	Russell	Clowes	1.65m
High Jump	Etienne	Helberg	1.90m
Shot Put	Cameron	Baker	7.90m
Shot Put	David	Featherston	9.14m
Shot Put	Russell	Clowes	9.36m

## Men Over 40

200	Andrew	Wilcox	24.98
200	Hendrik	Dreyer	26.33
200	Andrew	Egginton	27.46
200	David	Cross	28.43
200	James	Tennant	32.04
800	Kynan	Dawes	2:04.6
800	Andrew	Egginton	2:13.6
800	Steven	Griffin	2:16.8
800	David	Ayers	2:22.7
800	Graeme	Olden	2:26.0
3000	Graeme	Olden	10:53.5
3000	Peter	Stefanos	11:01.6
3000	Andrew	Tunne	13:12.3

3000	John	Meagher	9:25.9
3000	Steven	Griffin	9:51.2
3000 Walk	Harry	Summers Snr	21:52.2
400 Hurdle	Hendrik	Dreyer	63.22
Hammer	Michael	Seton	19.49m
Hammer	Hendrik	Dreyer	22.86m
Hammer	David	Cross	24.85m
High Jump	Mark	Stewart	1.25m
High Jump	David	Cross	1.35m
Shot Put	Hendrik	Dreyer	7.88m
Shot Put	David	Cross	8.74m
Shot Put	Andrew	Egginton	9.03m
Shot Put	Michael	Seton	9.90m
Triple Jump	Hendrik	Dreyer	7.63m
Triple Jump	Andrew	Wilcox	9.44m

### Men Under 18

200	Jacob	Parlevliet	26.95
800	Laughlin	Norney	2:01.5
800	Mitchell	Cooper	2:11.2
3000	Tom	Snibson	10:05.5
3000	Zac	Hunter	10:28.3
3000	Laughlin	Norney	10:35.0
3000	Joe	Hardy	8:36.7
3000	James	O'Connell	9:58.9
400 Hurdle	Jacob	Parlevliet	68.9

### Men Under 16

200	William	Seton	25.49
200	Connor	Sullivan	26.17
200	Stefan	Harper	28.43
800	Ned	Snibson	2:05.0
3000	Matthew	O'Donnell	9:33.0
3000	Ned	Snibson	10:26.7
Shot Put	William	Seton	13.95m

### Women Open Division 1

200	Hannah	Deal	27.25
200	Katherine	Foley	28.63
200	Tanya	Higgs	28.95
200	Vivienne	Lee	29.02
800	Helen	McRae	2:22.4
800	Katherine	Foley	2:27.2
800	Hayley	Tomlinson	2:29.7
800	Harriet	Hodgkinson	2:44.2
3000	Helen	McRae	10:55.3
3000	Hannah	Deal	11:21.4
3000	Rachel	Johnson	11:43.1

High Jump	Tanya	Higgs	1.45m
Shot Put	Tanya	Higgs	10.12m

### **Women Over 40**

200	Talitha	Crawford	28.07
200	Amanda	Harper	34.43
800	Julie	Norney	2:24.9
800	Talitha	Crawford	2:30.2
800	June	Petrie	2:35.4
800	Amanda	Harper	2:57.6
3000	Julie	Norney	10:44.9
3000	June	Petrie	11:26.4
3000	Pia	Hunter	12:18.2
3000	Amanda	Harper	12:43.8
Triple Jump	Amanda	Harper	6.28m
Triple Jump	Talitha	Crawford	7.87m

### **Women Under 18**

200	Iman	Balla	26.16
200	Olivia	Gray	30.29
800	Amelia	Savige	2:35.8
Shot Put	Phoebe	Sloane	12.43m

### **Women Under 16**

200	Annabel	Cator	27.01
200	Jessie	Muirden	28.12
200	Christina	Bell	31.11
800	Lucy	Steele	2:35.2
800	Christina	Bell	2:50.7
200 Hurdle	Monique	Hoskin	31.11
200 Hurdle	Imogen	Purcell	32.03
Shot Put	Jessie	Muirden	5.07m
Shot Put	Monique	Hoskin	7.52m
Triple Jump	Christina	Bell	7.39m