

Box Hill Athletic Club Summer Bulletin 2012 - 2013 No. 06
Wednesday 31 October 2012

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

UPCOMING EVENTS

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
November 22, Thursday, Victorian 5000m championships, Albert Park
November 24, Saturday, Shield Competition Round 6, Ringwood
November 25, Sunday, Victorian Relay Championships, Albert Park

ENTRIES CLOSING

November 12, Monday, Entries close for Victorian Milers Club Meet 1
November 14, Wednesday, Entries close for High Velocity Club Meet 1
November 15, Thursday, Entries close for Victorian 5000m championships

ROUND 4 OF SHIELD COMPETITION AT DONCASTER THIS SATURDAY

The fourth round of Shield competition for the 2012/13 season will be held at Doncaster this Saturday, November 3.

Field events start with the hammer throw at 12.30pm, the Pole Vault at 12:45pm and the Triple Jump, High Jump and Shot Put at 1:00pm

(please see the attachment for the new version of the field events timetable)

Track events start at 1:30pm with the walk and the 200m hurdles (timetable is attached, note this attachment has the correct track timetable but incorrect field timetable, see the other attachment for the correct field timetable). followed by the 400m hurdles, 200m, 800m, Medley Relay and 3000m/5000m

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

TRACK BOOKING FOR THURSDAY NIGHT

The track has been booked for school sports this Thursday night, November 1, from 5:00pm till 7:00pm, so use of the track will be restricted during these times. Apologies for any inconvenience and for the late notice.

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 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.

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 3 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

100	Mo	Zeed	11.39
100	Braeden	Cross	11.44
100	Daniel	White-Alikakos	11.61
100	Cam	Sherry	11.94
100	James	Filshie	12.17
100	Brodie	Cross	12.36
100	Marcus	Johnson	12.45
100	Chris	Davies	12.47
100	Russell	Clowes	12.52
100	Cam	Baker	12.66
100	Stephen	Vincent	13.02
100	David	Featherston	13.34
400	Mo	Zeed	52.88
400	Ben	Noske	52.91
400	Daniel	Balassone	53.78
400	Matt	Coloe	54.07
400	Victor	Jakobsson	54.82
400	Cam	Baker	56.07
400	Nick	Baggott	56.39
400	David	Featherston	57.71
400	Marcus	Johnson	58.04
400	Sam	Dipnall	59.50
400	Danny	Wang	65.13
1500	Declan	Wilson	3:52.6
1500	Daniel	Balassone	3:57.0
1500	Michael	Dowel	4:01.4

1500	William	Potter	4:02.6
1500	Sam	Dipnall	4:03.7
1500	Nicholas	Baggott	4:09.0
1500	Sam	Mackie	4:13.8
1500	Andrew	Hester	4:42.9
1500	David	Featherston	4:51.5
1500	Jack	Hill	4:53.6
1500	Danny	Wang	5:04.5
1500	Russell	Clowes	5:09.9
110m H	David	Featherston	20.36
3k Steeple	Will	Potter	9:39.6
Long Jump	David	Featherston	4.44m
2000 Walk	Simon	Evans	9:18.6
Pole Vault	Joel	Pocklington	4.70m
Pole Vault	James	Filshie	4.70m
Pole Vault	Brodie	Cross	4.55m
Pole Vault	Cam	Baker	3.35m
High Jump	Cameron	Baker	1.50m
High Jump	Russell	Clowes	1.85m
High Jump	Etienne	Helberg	1.90m
Javelin	Etienne	Helberg	39.70m
Javelin	Cam	Baker	36.73m
Javelin	David	Featherston	35.26m
Javelin	Russell	Clowes	32.64m
Discus	David	Grant	47.06m
Discus	Chris	Davies	40.45m
Discus	David	Featherston	28.04m
Discus	Mo	Zeed	18.16m

Men Over 40

100	Andrew	Wilcox	13.42
100	Hendrik	Dreyer	13.06
100	James	Tennant	15.77
100	David	Cross	13.78
400	Kynan	Dawes	57.06
400	Hendrick	Dreyer	57.59
400	Andrew	Egginton	60.17
400	David	Cross	61.44
400	Steven	Griffin	61.87
400	David	Ayers	62.97
1500	John	Meagher	4:21.4
1500	Steven	Griffin	4:28.6
1500	Andrew	Eggington	4:31.8
1500	David	Ayers	4:40.1
1500	Graeme	Olden	4:56.9
1500	Peter	Stefanos	5:06.7

1500	Bill	Dyer	5:34.8
1500	Andrew	Tunne	5:52.5
2000 Walk	Bill	Dyer	10:43.6
2000 Walk	Graeme	Olden	13:39.4
3k steeple	Graeme	Olden	11:51.8
3k steeple	James	Tennant	14:46.4
110 H	Hendrik	Dreyer	18.71
Long Jump	Hendrik	Dreyer	4.86m
Long Jump	David	Cross	4.48m
High Jump	Peter	Stefanos	1.25m
High Jump	Michael	Seton	1.25m
High Jump	David	Cross	1.35m
Pole Vault	George	Schillinger	2.60m
Discus	Handrick	Dreyer	33.24m
Discus	Andrew	Eggington	27.02m
Discus	David	Cross	26.76m
Discus	Bill	Dyer	25.41m
Discus	Micahel	Seton	20.84m
Javelin	Andrew	Egginton	36.04m
Javelin	Hendrik	Dreyer	33.98m
Javelin	Michael	Seton	17.50m

Men Under 18

100	Jacob	Parlevliet	13.40
400	Mitchell	Dyer	56.75
400	Jacob	Parlevliet	61.99
1500	Jo	Hardy	3:58.9
1500	Harry	Noske	4:07.4
1500	Danny	Smith	4:08.0
1500	Mitchell	Dyer	4:12.4
1500	Tom	Snibson	4:27.2
1500	Mitchell	Cooper	4:30.0
1500	James	O'Connell	4:31.7
1500	Zac	Hunter	4:38.3
2000 Walk	Nathan	Brill	7:52.5
2k Steeple	Jacob	Parlevliet	8:32.2

Men Under 16

100	William	Seton	12.79
100	Connor	Sullivan	12.65
100	Stefan	Harper	13.36
100	Osei-Kwame	Owusu-Afiyie	14.05
100	Zac	Mason-Virtue	14.46
400	Sam	McDonald	69.34
1500	Matthew	O'Donnell	4:23.2
1500	Ned	Snibson	4:27.1
100m H	Matthew	Harcourt	16.28
Long Jump	Matthew	Harcourt	4.46m

High jump	Matthew	Harcourt	1.65m
High Jump	William	Seton	1.70m
Discus	William	Seton	50.87m
Javelin	William	Seton	43.33m

Women Open Division 1

100	Angela	Phillips	13.81
100	Kate	Ackland	14.15
100	Katherine	Foley	14.46
100	Vivienne	Lee	14.51
100	Chelsea	Dyer	15.54
400	Hannah	Deal	61.00
400	Katherine	Foley	63.30
400	Viv	Lee	65.35
1500	Helen	McRae	4:49.6
1500	Hannah	Deal	4:52.9
1500	Nat	Ambrose	4:56.1
1500	Hayley	Tomlinson	4:57.2
1500	Charmiane	McNally	6:03.3
100m H	Tanya	Higgs	18.17
2000 Walk	Chelsea	Dyer	12:08.3
Long Jump	Natalia	Kremenchutska	5.28m
Long Jump	Tanya	Higgs	4.94m
Discus	Kate	McCowan	36.43m
Discus	Chelsea	Dyer	32.59m
Discus	Angela	Phillips	30.75m
High Jump	Tanya	Higgs	1.45m
Javelin	Chelsea	Dyer	27.90
Javelin	Tanya	Higgs	32.92m

Women Over 40

100	Talitha	Crawford	14.03
100	Amanda	Harper	16.70
400	Amanda	Harper	77.27
1500	June	Petrie	5:17.8
1500	Pia	Hunter	5:46.6
1500	Amanda	Harper	5:43.5
2000 Walk	Pia	Hunter	13:59.4
2000 Walk	Amanda	Harper	15:50.1

Women Under 18

100	Iman	Balla	13.01
100	Abbey	Tanner	13.62
100	Verity	Cooper	13.69
100	Olivia	Gray	14.43
400	Abbey	Tanner	64.18
400	Amelia	Savige	68.24
1500	Amelia	Savige	5:18.3
Long Jump	Iman	Balla	5.52m

Long Jump	Verity	Cooper	5.04m
Long Jump	Abbey	Tanner	4.07m
Pole Vault	Verity	Cooper	3.20m
Javelin	Latisha	Marranya	32.51m
Discus	Phoebe	Sloane	32.02m

Women Under 16

100	Annabel	Cator	13.42
100	Gemma	Watkins	14.08
100	Kate	Boulter	14.13
100	Jessie	Muirden	14.42
400	Emily	Goessler	60.49
400	Annabel	Cator	62.50
400	Kate	Boulter	66.24
400	Jessie	Muirden	66.55
400	Lucy	Steele	68.83
1500	Zoe	Schwerkolt	5:20.8
1500	Lucy	Steele	5:30.4
1500	Claire	O'Brien	5:56.9
1500	Christina	Bell	6:11.3
Long Jump	Annabel	Cator	4.73m
Long Jump	Claire	O'Brien	4.27m
High jump	Lucy	Steele	1.30m
Pole Vault	Emily	Taylor-Brown	2.60m
Pole Vault	Claire	O'Brien	2.15m
Javelin	Kathryn	Brooks	35.07m
Javelin	Emily	Taylor-Brown	30.64m
Javelin	Monique	Hoskin	17.34m
Discus	Kate	Boulter	25.16m
Discus	Monique	Hoskin	24.71m
Discus	Jessie	Muirden	10.77m