

Box Hill Athletic Club Summer Bulletin 2012 - 2013 No. 10
Thursday 29 November 2012

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

UPCOMING EVENTS

Nov 30, Dec 1, 2 National All Schools Championships, Hobart
December 1, Saturday, Shield Competition Round 7, Box Hill
December 4, Tuesday, Zatopek 10,000m lower divisions, Essendon
December 6, Thursday, Shield Competition round 8, Albert Park
December 8, Saturday, Zatopek: 10, Albert Park
December 15, Saturday, Shield Competition Round 9, Box Hill
December 16, Sunday, High Velocity Club, Geelong
December 16, Sunday, AV Throwers, Geelong
December 20, Thursday, Milers Club, Albert Park
December 20, Thursday, AV Throwers, Frankston
December 22, Saturday, Rare Air Club, Box Hill

ROUND 7 OF SHIELD COMPETITION AT BOX HILL THIS SATURDAY

Round 7 of Shield competition will be held at Box Hill this Saturday. If you can help with setting up equipment before the start of competition or packing away afterwards, or helping in the canteen during the day, please let us know as soon as possible.

Track events start at 1:30pm with Hurdles, Steeplechase, Walk, 100m, 1500m, 4x100 relay, 400m.

Field events start at 12:45pm with pole vault, discus, javelin, long jump.

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.

THE FINALS ARE COMING

Many of our teams, including our men's and women's division open 1 teams are poised to make the Shield Finals to be held on February 16. The finals this year will be held over the same program that is running this Saturday.

To be eligible to compete in the finals you must have competed in at least 4 rounds of competition **and** you must have competed in that particular event at least once throughout the season. Please make every effort to make yourself eligible for the finals in as many events as possible!

KELLY WINS STATE TITLE

Congratulations to Steve Kelly, who ran a PB of 13:53 to win the state 5000m title last Thursday night at Albert Park. In an exciting race that saw Essendon's Liam Adams kick away with 4 laps to run, Steve held his pace and then kicked home with a 60 second last lap to 4run down Adams in the final straight.

CONGRATULATIONS TO OUR VICTORIAN RELAY CHAMPIONS

Box Hill won 3 gold medals, 2 silver and 2 bronze at the state relay championships on the weekend. Congratulations to Jackie Fredrickson, Annabel Cator, Jess Muirden and Nana-Adoma Owusu-Afriyie who won gold in the under 16 4x100m. Box Hill's over 40 men won 2 gold medals. David Cross pulled a muscle but limped and hooped to the line in the first leg of the 4x400m, leaving it to David Ayers, John Meagher and Kynan Dawes to take the team back into the lead and win the gold medal. In the 4x1500m Ayers, Meagher and Dawes teamed with Connor Carson, having his first run for the club, to win by over 400m and take another gold medal.

Our Open Men's team had 2 close misses. Cam Sherry, Daniel White-Alikakos, Blake Lucas and Mohamad Zeed ran well to take the bronze medal in a hotly contested 4x100m. Their time of 42.76 was just 0.1sec behind the gold medalists. In the 4x800m Will Potter, Declan Wilson, Nick Baggott and Matt Coloe won also won a bronze after Matt had come from behind to take the lead with 200m to run, but was passed in the final straight.

The U18 boys (Laughlin Norney, Danny Smith, Mitch Dyer and Nick Paidoussis) took silver in the 4x800m, while the open women (Nat Ambrose, Talitha Crawford, Helen McRae and Hannah Deal) also took silver in the 4x800m and in the 4x400m, Kate Ackland, Nat Ambrose, Talitha Crawford and Hannah Deal won their heat (final on Zatopek night).

BOX HILL RUNNERS IN JAPAN

Congratulations to Rebecca Rosel and Vanessa Bourne who competed in the Mt. Fuji marathon last Sunday. Rebecca finished 3rd in this spectacular event in a time of 3:00:37

ZATPEK LOWER GRADES

Here is your opportunity to run a 10,000m track race.

The Zatopek 10K Lower Grades (B, C, D) is on again this year at Moonee Valley Athletics Track. It is hosted by Athletics Essendon.

December 4th 2012 from 6PM

Usually they run two graded heats (cut-off around 37 minutes)

Entries are via the AV site and close soon!

Prizes: Fastest male and fastest Female \$100, Age division medallions (for first place)

PHOTO FINISH

Box Hill requires people to learn how to use our newly installed photo-finish equipment. If anyone is interested please let us know.

RESULTS FROM ROUND 6 OF SHIELD COMPETITION

Women Division 1

200m: Hannah Deal 26.75; Angela Phillips 27.86; Vivienne Lee 28.94;

800m: Hayley Tomlinson 2:28.3h; Harriet Hodgkinson 2:41.6h;

3000m: Caitlin Harrison 13:54.7h;

Triple Jump: Natalia Kremenchutskaya 12.26m; Panayiota Carabourniotis 9.73m;

Women 40+

200m: Talitha Crawford 27.67;

800m: Julie Norney 2:22.5h; June Petrie 2:34.6h;

3000m: Julie Norney 10:35.9h; June Petrie 11:25.0h; Amanda Harper 12:14.6h;

Women U18

200m: Olivia Gray 28.80;

800m: Bethany Hosking 2:51.8h;

Shot Put: Phoebe Sloane 12.23m;

Women U16

200m: Jessie Muirden 27.62;

800m: Georgia Chester 2:32.7h; Lucy Steele 2:42.6h; Emma Marsden 2:52.0h;

Triple Jump: Rachel Limburg 11.12m;

High Jump: Lucy Steele 1.37m; Jessie Muirden 1.32m;

Shot Put: Rachel Limburg 8.79m; Emma Marsden 7.43m;

Men Division 1

200m: Daniel White-Alikakos 22.30; Braeden Cross 22.68; Victor Jakobsson 23.24; Mohamad Zeed 23.38; Cameron Baker 23.92; Marcus Johnson 24.73; Christopher Lindsay 24.79; Russell Clowes 27.10;

800m: Matthew Coloe 1:53.8h; Declan Wilson 1:55.9h; Ben Noske 1:57.1h; Sam Dipnall 2:05.5h;

Russell Clowes 2:14.6h;

3000m: Sam Dipnall 9:22.8h; Andrew Hester 10:05.8h; Danny Wang 11:35.0h;

400m Hurdles: David Featherston 59.07;

Triple Jump: David Featherston 9.87m; Cameron Baker

High Jump: Etienne Helberg 1.87m; Cameron Baker 1.57m;

Shot Put: David Featherston 8.41m; Cameron Baker 7.81m;

Hammer: David Featherston 20.72m;

Men 40+

200m: Hendrik Dreyer 25.67; David Cross 26.82; James Tennant 30.77; Graeme Olden 31.75;

800m: John Meagher 2:11.6h; Bert Pelgrim 2:24.2h; Graeme Olden 2:25.9h; James Tennant 2:48.3h;

3000m: John Meagher 9:30.5h; Bert Pelgrim 11:02.3h; Graeme Olden 11:56.7h; Christopher O'Connor 12:13.2h; Andrew Tunne 13:17.1h;

400m Hurdles: Hendrik Dreyer 62.86;

3000m Walk: Graeme Olden 18:43.3h;

Triple Jump: Hendrik Dreyer 8.82m;

High Jump: David Cross 1.37m; Michael Seton 1.27m;

Shot Put: Michael Seton 9.08m; David Cross 8.71m; Hendrik Dreyer 8.35m;

Hammer: David Cross 26.56m; Michael Seton 20.67m; Hendrik Dreyer 17.41m;

Men U18

200m: Jacob Parlevliet 26.62;
800m: Joe Hardy 1:56.6h; Harry Noske 2:02.3h; Laughlin Norney 2:06.9h; Mitchell Cooper 2:10.0h;
James O'Connell 2:17.2h;
3000m: Tom Snibson 10:26.1h; Zac Hunter 10:54.8h;
400m Hurdles: Jacob Parlevliet 71.15;

Men U16

200m: Connor Sullivan 25.83;
800m: Ned Snibson 2:07.7h; Zac Mason-Virtue 2:22.9h;
3000m: Matthew O'Donnell 9:52.7h;
200m Hurdles: Harvey Edmanson 32.14;
300m Hurdles: Matthew Harcourt 46.88;
Triple Jump: Matthew Harcourt 11.51m; Harvey Edmanson 10.32m; Elliot Taylor 9.22m;
High Jump: Matthew Harcourt 1.72m;
Shot Put: Ned Snibson 8.31m; Zac Mason-Virtue 7.78m;

CHRIS HAS A NEW EMAIL ADDRESS

Please note that this email has been sent from a new address. This new email address can be used for all future correspondence