

Box Hill Athletic Club Summer Bulletin 2011 - 2012 No. 14
Tuesday 17 January 2012

UPCOMING EVENTS

Tuesday, January 17, Milers Club, Albert Park

Saturday, January 21, Shield Competition Round 10, Box Hill

Sunday, January 22, High Velocity Club, Albert Park

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

SHIELD COMPETITION RESUMES THIS SATURDAY AT BOX HILL

Shield competition will resume after the Christmas break with competition at Box Hill on this Saturday, January 21, with program 2 (100m. 400m. 1500m, steeple, hurdles, 2000m walk, javelin, discus, long jump, pole vault). Track events start at 1:00pm and field events at 12:30pm (not 3:00pm as listed on the AV website).

With only 3 rounds of competition before the finals we are hoping that all available athletes will compete for the club over the next few weeks.

COUNTRY CHAMPIONSHIPS

Several Box Hill athletes travelled up to Bendigo to compete in the Victorian Country Championships. The highlight was a PB and world junior qualifying performance by Paris McCathrion in the Pole Vault.

Paris McCathrion U20 Pole Vault 4.00m

Chelsea Dyer U20 Discus 31.18m, Javelin 37.68m, Shot Put 9.40m

Phoebe Sloane U18 Discus 32.47m, Shot Put 11.88m

Abbie Freestone Open 400m 64.12

Catherine McCowan Open Discus 34.51m, Hammer 40.51m, Shot Put 10.10m

Nathan Spaul U18 Triple Jump 11.78m, High Jump 1.80m, Long Jump 5.37m, Javelin 30.80m

AV THROWERS

Tuesday, January 10, Ringwood

Phoebe Sloane: Discus 36.54m, Shot Put 11.39m

BRISBANE TRACK CLASSIC

Daniel Balassone 800m 1:55.82