

Box Hill Athletic Club Summer Bulletin 2011 - 2012 No. 18
Tuesday 14 February 2012

UPCOMING EVENTS

Tuesday, February 14, High Velocity Club, Albert Park
Thursday, February 16, Milers Club, Melbourne Uni
Saturday, February 18, Rare Air Club, Box Hill
Saturday, February 18, Post Shield Comp, Doncaster
Thursday, February 23, Rare Air Club, Melbourne Uni
Thursday, February 23, 5000m Races, Melbourne Uni
February 24-26, Vic Junior Championships, Albert Park
February 24-26, Vic Open Multi-Events, Albert Park
Saturday, February 25, AV Throwers, Ringwood

BOX HILL WOMEN GO BACK TO BACK!

Box Hill have won the Athletics Victoria women's division 1 shield premiership for the second year in a row. A great team performance saw Box Hill run out easy winners from Melbourne Uni and Glenhuntly. Congratulations to Vivienne Lee, Hannah Deal, Simone Carre, Chelsea Dyer, Kate McCowan, Tessa Budden, Natalia Kremenchutska, Amy Carrig, Grace Brown, Amanda Harper, Julie Norney, Rachel Johnson, Talitha Crawford, Brony Sudholz, Angela Phillips, Abbie Freestone and team manager Cathy Tilley. Thanks also to all the women who competed so well throughout the season to get the team to the finals.

WOMEN DIVISION 1

400m Hurdles

1. Vivienne Lee 71.42
2. Hannah Deal 74.27

3000m Walk

1. Simone Carre 21:46.7

5000m

1. Grace Brown 18:13.2
2. Julie Norney 18:33.0
3. Rachel Johnson 19:06.3
4. Amanda Harper 20:02.2

200m

1. Brony Sudholz 26.61
2. Angela Phillips 27.36
3. Hannah Deal 27.37
4. Tessa Budden 27.94

800m

1. Talitha Crawford 2:21.49
2. Hannah Deal 2:24.14
2. Amy Carrig 2:28.46
4. Julie Norney 2:29.09

4x400m Relay

1. Hannah Deal 4:18.24
2. Talitha Crawford
3. Grace Brown
4. Abbie Freestone

Shot Put

1. Simone Carre 10.84m
2. Chelsea Dyer 10.03m

Hammer Throw

1. Kate McCowan 42.84m
2. Chelsea Dyer 19.07m

High Jump

1. Simone Carre 1.60m
 2. Tessa Budden 1.65m
- Triple Jump**
1. Natalia Kremenchutskaya 12.11m
 2. Simone Carre 11.17m

OTHER FINALS RESULTS

WOMEN DIVISION 2

Despite not having enough athletes to fill all the events, our women's division 2 team performed outstandingly to finish second in the shield final.

5000m

June Petrie 20:25.8

Charmaine McNally 21:21.5

200m

Simone Carre 28.56

Alex Pocklington 29.34

Viv Lee 29.73

800m

Helen McRae 2:27.99

June Petrie 2:42.44

4x400m Relay

Alex Pocklington 4:24.26

Julie Norney

Helen McRae

Viv Lee

Shot Put

Angela Phillips 11.19m

Kate McCowan 9.68m

Triple Jump

Yiota Caarabourniotis 9.55m

MEN DIVISION 1

Unfortunately we were not able to field our best team for the finals and finished a disappointing 5th, behind premiers Essendon. Next year we must do our best to put our men's team back on top where it belongs! Nevertheless there were some great performances and everyone who competed for the team on the day should be congratulated.

400m Hurdles

1. Mohamad Zeed 54.00

2. Will Potter 59.87

3000m Walk

1. Simon Evans 14:33.4

5000m

1. Steve Kelly 15:21.0

2. David Jiminez 16:25.2

3. Ben Noske 16:34.0

4. Steve Griffin 17:02.9

5. Andrew Hester 17:17.4

6. Simon Evans 20:19.5

200m

1. Daniel White-Alikakos 23.11

2. Tom Cornelius 23.15

3. Mohamad Zeed 23.37

4. Marcus Johnson 24.19

5. Cameron Baker 25.21

6. David Mitchell 26.27

800m

1. Daniel Clark 1:55.4

2. Daniel Balassone 1:56.0
3. Daniel White-Alikakos 1:59.9
4. Nick Baggott 2:01.9
5. Steve Kelly 2:02.5
6. Tyler Agius 2:03.8

4x400m Relay

1. Daniel White-Alikakos 3:31.44
2. Mohamad Zeed
3. Ryan Green
4. Will Potter

Shot Put

1. Chris Davies 12.53m
2. David Grant 11.73m
3. Tom Cornelius 9.02m

Hammer Throw

1. Cameron Baker 15.80m

High Jump

1. Cameron Baker 1.60m
2. Simon Evans 1.30m

Triple Jump

1. Marcus Johnson 10.17m
2. Cameron Baker 9.67m
3. Simon Evans 8.80m

MEN OVER 40

Our 40+ men's team made the finals for the first time this year and despite defeating last years winners (Collingwood) we finished second behind a very strong Waverley team. Congratulations to all the team and thanks to Andrew Wilcox for all his work in organising the team this year.

400m Hurdles

1. Hendrick Dreyer 62.58
2. Andrew Wilcox 70.18

3000m Walk

1. Bill Dyer 16:34.9
2. Harry Summers 20:09.6

5000m

1. John Meagher 16:36.0
2. Bert Pelgrim 17:58.3
3. Chris O'Connor 18:53.1
4. Peter Stefanos 18:56.4

200m

1. Andrew Wilcox 24.42
2. Hendrick Dreyer 26.11
3. Colin Pocklington 27.52
4. James Tennant 31.37

800m

1. Kynan Dawes 2:10.4
2. John Meagher 2:17.4
3. David Ayers 2:16.2
4. John Vaitkunas 2:23.2

4x400m Relay

1. Andrew Wilcox 3:48.49
2. Handrick Dreyer
3. Kynan Dawes
4. David Ayers

Shot Put

1. Hendrick Dreyer 9.90m
2. Cameron Morris 9.29m

Hammer Throw

- 1. David Cross 27.37m**
- 2. Cameron Morris 27.82m**

High Jump

- 1. David Cross 1.40m**
- 2. Peter Stefanos 1.25m**

Triple Jump

- 1. Andrew Wilcox 9.12m**
- 2. Hendrick Dreyer 9.31m**

WOMEN UNDER 18

Our Under 18 girls were low on numbers this season, but did a great job to make the finals eventually finishing 7th out of 9 teams in the final.

400m Hurdles

- 1. Helen Tower 67.04**

3000m

- 1. Amelia Savige 12:02.4**

200m

- 1. Helen Tower 28.28**
- 2. Katherine Foley 29.21**
- 3. Verity Cooper 28.36**

800m

- 1. Natalie Ambrose 2:23.99**
- 2. Katherine Foley 2:31.03**
- 3. Amelia Savige 2:38.92**

4x400m Relay

- 1. Helen Tower 4:23.06**
- 2. Natalie Ambrose**
- 3. Katherine Foley**
- 4. Amelia Savige**

Shot Put

- 1. Phoebe Sloane 11.42m**
- 2. Verity Cooper 7.83m**

Triple Jump

- 1. Verity Cooper 10.38m**

POST-SHIELD COMPETITION THIS SATURDAY AT DONCASTER

The East region will be running some post-shield competition for anyone wishing to get in some more racing. The first of these competition will be held at Doncaster this Saturday starting at 2:00pm with the 200/400m Hurdles, followed by the 800m, 100m and then the 3k/5k scheduled for 3:00pm. There will also be Shot Put, Hammer and Long Jump events.

RARE AIR CLUB

Results from Thursday, February 9, Rare Air Club, Melbourne Uni.

Women's Pole Vault:

Simone Carre 3.82m

Verity Cooper 3.37m

Emily Taylor-Brown 2.52m

Men's Pole Vault:

Brodie Cross 4.87m

RESULTS FROM AUSTRALIAN ATHLETICS TOUR, PERTH

Box Hill's junior pole vault champions, Paris McCathrion and Rebecca Marchant, mixed it with the best open competitors in the country at the Perth Track Classic finishing equal 4th with a height of 3.90m.

In the men's pole vault, Joel Poicklington finished 2nd to American Mark Hollis with 5.15m. Brodie Cross and James Filshie both cleared 4.85m and Cameron Sherry 4.70m

MELBOURNE TRACK CLASSIC

Discount tickets to the Melbourne Track Classic to be held at Albert Park on March 2 and 3
The discounted price must be accessed via a link, and when purchasing, include the word 'flame'. The discount can't be found by trawling around Ticketmaster.
Follow the links below:

<http://www.ticketmaster.com.au/event/13004768D7A89330?did=flame> (Fri 2nd March)

<http://www.ticketmaster.com.au/event/13004769C4B99737?did=flame> (Sat 3rd March)

Also see the attached flyer