

Box Hill Athletic Club Summer Bulletin 2011 - 2012 No. 20
Tuesday 28 February 2012

UPCOMING EVENTS

March 1, Thursday, Rare Air Club, Melbourne Uni
March 2-3 AA Tour - IAAF World Challenge, Albert Park
March 8, Thursday, Rare Air Club, Box Hill
March 9-11, Victorian Open Championships, Albert Park
March 14-18, Australian Junior Championships, Sydney
March 18, Sunday, AV Throwers, Frankston
March 18, Sunday, Masters Relay Champs, Glenhuntly
March 22, Thursday, Milers Club, Box Hill

LIFE MEMBERSHIP OF AA FOR EFIM

Long time member of the Box Hill coaching fraternity Efim Shuravetsky has been honoured by being awarded a life membership of Athletics Australia. Efim started his coaching career in the Ukraine before coming to Australia over 30 years ago. Over this time he has coached at the AIS and the VIS as well as being appointed coach to numerous national teams. Efim has coached many Box Hill athletes over the years and continues to coach and support the club. Congratulations to Efim on being awarded this well deserved honour.

CONGRATULATIONS TO BOX HILL'S STATE CHAMPIONS

Congratulations to all the Box Hill athletes who performed so well at the Victorian Junior Championships at Albert Park on the weekend. Box Hill athletes won an impressive 36 medals during these championships. Special mention to Paris McCathrion whose performance of 4.15m in the pole vault broke the state U17 record and equalled the U18 record. (Apologies if we have missed any results)

Gold Medals

Paris McCathrion U20 Pole Vault 4.15m
Brodie Cross U20 Pole Vault 4.80m
Chelsea Dyer U20 Javelin 39.26m
David Grant U20 Discus 49.65m
Verity Cooper U18 Pole Vault 3.45m
Latisha Marranya U18 Javelin 41.81
Iman Balla U17 Long Jump 5.75m
Liam Harris U16 High Jump 1.87m
Rachel Limburg U16 Triple Jump 11.55m
Nick Paidoussis U16 1500m 4:13.16
Nick Paidoussis U16 800m 2:00.32
Emily Taylor-Brown U15 Pole Vault 2.60m
Tom Paidoussis U14 400m 56.96
Nana-Adoma Owusu-Afriye U14 100m 12.80
Nana-Adoma Owusu-Afriye U14 200m 26.08

Silver Medals

Rebecca Marchant U20 Pole Vault 3.85m
Chelsea Dyer U20 Discus 36.92m
Tessa Budden U20 High Jump 1.63m
Alex Di Medio U18 400m 50.90
Verity Cooper U18 Long Jump 5.18m
Verity Cooper U18 100m Hurdles 15.48
Verity Cooper U18 Triple Jump 11.05m
Jaime Roubin U17 Pole Vault 2.30m
Iman Balla U17 100m 12.17
Emily Goessler U16 400m 59.40

Will Seton U16 Shot Put 13.92m
Emily Taylor-Brown U15 Discus 27.61m
Ned Snibson U15 800m 2:08.67
Kate Boulter U14 Javelin 21.58m
Bronze Medals
Tom Robertson U20 400m Hurdles 55.79
Alex Di Medio U18 400m Hurdles 57.79
Monique Hoskin U16 Discus 27.36m
Will Seton U16 Discus 46.83m
Will Seton U16 Pole Vault 2.50m
Emily Taylor-Brown U15 Javelin 32.76m
Kate Boulter U14 Shot Put 9.87m

MULTI EVENT CHAMPIONSHIPS

Congratulations to Simone Carre who won a silver medal at the state Multi-Event championships.
Heptathlon, Simone Carre, Silver Medal 4385 points
Decathlon, James Spry 13th 4808 points

OTHER RESULTS

Rare Air Club, Melbourne Uni. Feb. 23
Joel Pocklington 5.10m
James Filshie 5.00m
Brodie Cross 4.80m
5000m Races, Melbourne Uni. Feb. 23
Dale Bickham 16:38.3
Steve Griffin 17:11.0
Andrew Hester 17:20.7
Peter Stefanos 18:45.4
Amanda Harper 20:05.0
Charmaine McNally 20:38.3
AV Throwers, Ringwood, Feb. 25
Kate McCowan, Discus 33.35m, Hammer 43.08m

WINTER IS COMING!

The winter cross country and road racing season (XCR'12) is just around the corner. The first event will be the cross country relays at Jells Park on Saturday, April 21. So if your track season is coming to an end, it is time to get in shape for the winter racing season!