

Box Hill Athletic Club Summer Bulletin 2011 - 2012 No. 22
Tuesday 13 March 2012

UPCOMING EVENTS

March 14-18, Australian Junior Championships, Sydney
March 17, Saturday, Post-Shield Comp, Diamond Valley (Willinda Park)
March 18, Sunday, AV Throwers, Frankston
March 18, Sunday, Masters Relay Champs, Glenhuntly
March 22, Thursday, Milers Club, Box Hill
March 24, Saturday, Rare Air Club, Geelong
March 24-25, Victorian Masters Championships, Doncaster
March 31, Saturday, Rare Air Club, Mentone
March 31, Saturday, High Velocity Club, Sandringham
March 31, Saturday, Post-Shield Competition, Collingwood

GOOD LUCK AT NATIONALS

Good luck to all the Box Hill athletes competing at the national junior championships in Sydney this weekend!

POST SHIELD COMPETITION

For those looking for more competition before the track and field season comes to a close, there is a post-shield competition at Diamond Valley (Willinda Park, Greensborough) this Saturday from 3:00pm. The program starts with a walk then 200m, 1500m and 400m with Shot Put, Javelin and High Jump in the field.

VICTORIAN CHAMPIONSHIP RESULTS

Congratulations to all the Box Hill athletes who performed so well at the Victorian Championships. Box Hill finished 2nd in the H.H. Hunter Shield where every club is awarded points according to their athletes performance at the state championships. Special mention to our state champions, Rebecca Marchant, Daniel Clark, Joel Pocklington and Julie Norney.

Congratulations also to Simone Carre who won the inaugural (I think?) state women's decathlon title.

Gold Medals

Daniel Clark, Men 1500, 3:54.23
Julie Norney, Women 3000m Steeplechase, 11:20.88
Joel Pocklington Men Pole Vault 5.10m
Rebecca Marchant, Women Pole Vault, 4.00m
Simone Carre, Decathlon, 6428 points

Silver Medals

Chelsea Dyer, Women Javelin, 37.02m
Brodie Cross, Men Pole Vault, 5.00m
Paris McCathrion, Women Pole Vault, 3.90m

Bronze Medals

Chelsea Dyer, Women's Discus 38.54m
Steve Dinneen, Men 1500m, 3:55.03
Natalia Kremenchutska, Women Triple Jump, 12.11m
Tom Robertson, Men 400m Hurdles 55.54
Angela Phillips, Women Shot Put, 11.60m
James Filshie, Men Pole Vault, 4.80m

Other Results

Men 5000 Meter Race Walk

Simon Evans 24:44.01 (5th)

Women 100m

Bronwyn Sudholz 13.00
Angela Phillips 13.38

Men 400m

Daniel White-Alikakos 49.98 (1st, B Final)

David Mitchell 54.99

Women Discus

Kate McCowan 38.10m (4th)

Men Discus

David Grant 43.90m (4th)

Women 1500m

Grace Brown 4:36.37 (6th)

Men 800m

Daniel Balassone 1:55.41 (9th)

Ben Noske 1:56.79

Nick Baggott 1:58.31

Tyler Agius 2:00.95

Women 800m

HannahDeal 2:17.12

Men 400m Hurdles

Mohamad Zeed 57.41

Women Triple Jump

Yiota Carabourniotis 9.30m (9th)

Men 200m

Daniel White-Alikakos 23.03 (1st, B-Final)

David Mitchell 24.93

Women 200m

Bronwyn Sudholz 26.70

Angela Phillips 27.14

Men Pole Vault

Cameron Sherry 4.60m (5th)

Women Long Jump

Natalia Kremenchutskaya 5.46m (6th)

Yiota Carabourniotis 3.94m (10th)

Women Shot Put

Catherine McCowan 9.96m (4th)

Men Long Jump

Tom Cornelius 6.71m (7th)

Women Hammer Throw

Catherine McCowan 39.92m (5th)

MORE RESULTS

Rare Air Club, Box Hill, March 8

Pole Vault

Joel Pocklington 5.20m

James Filshie 5.00m

Brodie Cross 4.55m

Paris McCathrion 4.00m

Verity Cooper 3.50m

Emily Taylor-Brown 2.70m

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!

Just a reminder that members will be expected to wear the "new" uniforms this winter, although dual Little Aths members can still wear the grey singlet.

ELMA RAHN

A former member of the club is looking for information about Elma Rahn who coached at Box Hill back in the 1950s. If anyone has any information about him, it would be appreciated.