

Cross Country News

Box Hill has been dominant on the track in recent years, but our performances in the winter cross country and road races has been patchy. Now we plan to revive our fortunes in the winter cross country and road racing competition.

This year we aim to keep in touch with all our distance runners and keep you informed with regular email.

If you have any questions or enquiries contact one of the winter competition committee.

Winter Competition Committee

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CLUB 5K HANDICAP

The first event for the winter season is the annual club 5k handicap race which will be held on **Saturday April 23**, along the bike track at Gardiners Creek in Box Hill South.

The Race starts at 1:00pm at the car park of the Bennetswood bowling club in Station St.(melway, 61 C4). All welcome to compete, but please contact the winter competition committee before the day so that a handicap can be allocated. Meet at the clubrooms at 12:30pm or at the start before 1:00pm. Presentations and a BBQ to follow the event at the track. You do not have to be a registered member to take part in this event, but if anyone has not yet payed their fees for this season then this day will be a good chance for you to do so.

Last years results

Place	Name	Time	Handicap	Actual race time
1.	Aaron Holmes	25 m. 13	6:00	19 m. 13
2.	Iain Reitman	25 m. 42	8:30	17 m. 12
3.	Michael Bourne	25 m. 48	8:15	17 m. 33
4.	Chris Hamer	26 m. 16	9:45	16 m. 31
5.	David Ayers	26 m. 23	8:15	18 m. 08
6.	Nick Bourke	26 m. 36	8:20	18 m. 16
7.	Alex de Greenlaw	26 m. 37	9:30	17 m. 07
8.	Chris O'Connor	26 m. 03	10:00	16 m. 43
9.	Jess de Bruin	26 m. 44	7:00	19 m. 44
10.	Wes Windsor	26 m. 52	6:15	20 m. 37
11.	Kate Beever	26 m. 53	6:00	20 m. 53
12.	David Jimenez	27 m. 14	10:40	16 m. 34
13.	Andrew White	27 m. 18	11:10	16 m. 08
14.	Graeme Olden	27 m. 20	10:55	16 m. 25
15.	Catherine Allen	27 m. 23	7:30	19 m. 53
16.	Matt Slater	27 m. 25	9:00	18 m. 25
17.	Adam Tomlinson	27 m. 28	5:15	22 m. 13
18.	Sarah Walker	27 m. 30	5:15	22 m. 15
19.	Adam Pepper	28 m. 03	9:10	18 m. 53
20.	Joc Keage	28 m. 14	9:00	19 m. 14
21.	Joel Pocklington	28 m. 32	8:00	20 m. 32
22.	Fiona Turner	28 m. 33	6:45	21 m. 48
23.	Megan Sloane	28 m. 40	7:30	21 m. 10
24.	Cameron Baker	28 m. 53	6:30	22 m. 23
25.	Kate Wall	29 m. 40	5:30	24 m. 10
26.	Steven Hooker	30 m. 14	7:00	23 m. 14
27.	Juliet Claffey	30 m. 14	6:00	24 m. 14
28.	Cam Sherry	31 m. 31	8:00	23 m. 31

Ran the 4 K Course: Jen Chan 22 m. 37, Georgia White 22 m. 37, Jacinta Lynn 22 m. 56, Jacqui Williams 24 m. 54

CROSS COUNTRY RELAYS

The first AV event for the year is the cross country relay competition.

This year the relays will be held at **Yarra Bend on Saturday April 30**

(Yarra Bend Park melway 44 H2 or D2 E5)

To take part in the cross country relays, you must be registered for the 2005/2006 season either before or on the day of competition.

We are hoping to enter 3 men's and 2 women's teams in the open competition (6km) as well as under 20, under 18 and under 16 teams (6km for under 20 men, 3km for all others) so please let the winter competition committee know of your availability as soon as possible so that teams can be organised.

Helpers! We also need help from people who are not competing, especially on relay day, so please let us know if you can help with time keeping or other organisational duties.



Tim Renowden, Kevin Criagie and Trent Hartshorne (obscured) ready to pounce in the Association finals

PLEASE KEEP US INFORMED!

We are aware that not all winter events will suit all runners, but please let us know in advance when you are likely to be available and for which events you will not be competing.

This will make team planning much easier.

GOOD LUCK!

Good luck for the upcoming winter season. Hopefully every member who competes this winter will have an enjoyable and successful season.