

Winter News 02

CROSS COUNTRY RELAYS – THIS SATURDAY!

The first big event for the year is the is the AV cross country relay competition. This year the relays will be held at **Yarra Bend** on this **Saturday, April 30**. (Yarra Bend Park - Melway 44 H2 or D2 E5).

The race start times are:
Open Men and Women, Under 20 Men: 1:30 pm
All other junior teams: 2:00 pm.

A map of the course can be downloaded from the Athletics Victoria web site at:
http://www.athsvic.org.au/new_news/newsfile.php?newsFileID=194

Please make sure that you are at the course at least 45 minutes prior to the start of your race so that you have a chance to collect your numbers and get warmed up prior to running.

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 planning to enter at least 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.

We are hoping to have as many runners as possible there to start the season off on a winning note.

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.

Afternoon Tea. Stay around after your run on Saturday and enjoy some afternoon tea and cheer on your team mates.

RUMOUR HAS IT

....that Kevin Craigie, Alan Craigie and Lachlan Aspinall spent their ANZAC day, long weekend away on training camp, they should all be in good form!

....that John Meagher's training group have been flying around Bundoora Park in training, leaving the selectors in a quandary as to who to select in the men's open division 1 team (some of the junior's are in great form!)

....that Luke Yeatman is fit again after several years of frustration with injuries and will race this Saturday.

CLUB 5 km HANDICAP

Twenty nine athletes took part in the first event for the winter season on Saturday 23rd April 2005, the 14th running of the Box Hill 5 km handicap race along the bike track at Gardiner's Creek. John Vaitkunas snuck under the handicapper's guard to win the race by 5 seconds from Fiona Turner with evergreens Chris O'Connor and Megan Sloane also separated by just 5 seconds, a further 30 seconds behind in third and fourth places respectively. Andrew White ran the fastest time for the day with a time of 16:25, closely followed by Iain Reitman with a time of 16:33. For a full report and results, please visit the club web site at www.boxhillathleticclub.org.

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.

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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