

Box Hill Athletic Club Summer News 02

SEASON STARTS WITH A COME AND TRY DAY

The season got off to a start with the "Come and Try" day at Box Hill last Saturday. There were some great performances particularly from Andrew White and Daniel Clark running 8:23 in the 3000m. We hope to have full results available next week.

MILERS CLUB

For the middle distance runners the Victorian milers club will be holding graded 800m and 1500m races at Box Hill on Thursday night, November 2. 800m events start at 7:00pm and the 1500m events start at 7:30pm Entries close on Monday 30th October at 5:00pm. Field lists will be posted on the website and emailed to all competitors. Please enter by sending the following information to victorianmilersclub@hotmail.com

- o Name
- o Event to be entered
- o Email Address
- o Contact Number
- o Club & Registration Number
- o Recent Best performance for the event entered. Performances from 01/11/05 will be accepted and used for grading purposes
- o Personal Best performance for the event entered

The Entry Fee of \$5 is payable when registering at the track. Please make sure you register at least 30min before the start of your event.

INTERCLUB STARTS ON NOVEMBER 11

Remember that the first round of interclub will be held on Saturday, November 11 at Doncaster

GOOD LUCK

Good luck to all the junior athletes who are taking part in the All Schools championships on this weekend