

Box Hill Athletic Club Winter News 04

CLUB 5K HANDICAP RACE THIS SATURDAY!

The annual club 5k handicap will be held this Saturday, April 22, starting at 1:00pm. Please contact a member of the winter competition committee and let us know if you will running in this event and what your best recent times are over 5k, 3k or 1500m. (or your expected finish time) so that we can devise an appropriate handicap mark. The handicapper tends to be harsh on those who just turn up on the day! The Race starts at 1:00pm at the car park of the Bennetswood bowling club in Station St. (melway, 61 C4) and runs along Gardiners Creek. Meet at the start or at the track at 12:20pm and make your way to the start from there. The event will be followed by presentations and a BBQ.

We encourage all club members to take part either as a serious race, a training run or as a social event! Bring your family, bring your friends, all are welcome. This event is also a great preparation for the cross country relays the following week.

SATURDAY, APRIL 29: AV CROSS COUNTRY RELAYS, YARRA BEND

At Yarra Bend Park (melway 44 H2 or D2 E5)

To take part in the cross country relays, you must be registered for the 2006/2007 season either before or on the day of competition. We are hoping to enter at least 4 men's and 3 women's teams in the open competition (6km) as well as under 20, under 18 and under 16 (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.

WINTER COMPETITION COMMITTEE

Contact a member of the club winter competition committee if you have any enquiries.

Graeme Olden

ph. 9885 0890 email: golden@sprint.net.au

Ian and Megan Sloane

ph. 9459 4486 email: iansloane@optusnet.com.au

Chris O'Connor

ph: 9882 6108 email: coconnor@swin.edu.au

GET REGISTERED NOW!

All those wishing to run in the winter cross country and road race events need to registered for the 2006/2007 season. If you have not done so already please send in your registration form as soon as possible. If you did not receive one in the mail, a form can be downloaded from the club website www.boxhillathleticclub.org or let us know by return email and a form will be sent out to you. Better yet, come along on Saturday to the club 5k handicap and pay your registration fees then.