

## **Box Hill Athletic Club Winter News 07**

### **SANDOWN ROAD RACE RESULTS**

Box Hill had a successful day at the Sandown Road Racing Championships last Saturday, with the Women's Division 1 and 2 teams both finishing in second place, while the Men's Division 1 team finished in fourth place. In the best conditions at Sandown for several years, Alice Baquie finished in 5th place in the Open women's race while Andrew White finished in 9th place.

A full report and photos will hopefully be available on the web site within the next week.

### **HEALEVILLE MOUNTAIN RUN**

The 2006 Healesville Mountain Run originally scheduled for the 28th May has been postponed. The race will be rescheduled for September 2006, and will be held over an up-down course. This will enable the race to act as the selection trials for the 2007 Australian Mountain Running Championship. Those already holding entries for the event will not be required to re-enter. Holders of a Series Ticket will be automatically entered.

### **FRANKSTON CROSS COUNTRY**

The next event on the winter calendar is the cross country championships at Frankston on Saturday 3 June 2006. Please remember that if you have not already entered for this event by obtaining a season's entry, then you must enter directly with Athletics Victoria by Monday 29th May. We had several runners who competed at Sandown on the weekend who had to run by invitation due to not being entered beforehand which meant that they had to pay the higher invitation fee, and also did not score points towards our teams.

The men's 16 km cross country events is one of the least popular for the season, however it is a great chance for our teams to beat some of the other clubs if we can field our strongest team. Even if you are not too keen on running a hard 16 km, it is a great help to the team if you run the race as a solid training session and help score points for the Club. We need to have at least 11 finishers to make sure that we score points in both Divisions 1 and 3.

### **WORKING BEE - SATURDAY 20 MAY 2006**

You are reminded that a working bee is being held at the track this Saturday 20th May, from 12:00 noon until 5:00 pm. With the disabled ramp almost completed to the upstairs rooms, there are a number of tasks which need to be complete so that we can use the rooms such as:

- Painting of skirting boards and door frames
- Painting the floors on the new club rooms.
- Staining the timber framing around the internal windows on the new upstairs rooms.
- Painting of new hurdle tops, repair of broken hurdles and stacking away hurdles in the shed.
- Painting and repair of throwing implements
- Installing covers over long jump pits
- General clean-up of the track and rooms and disposal of rubbish.

We also need to have a big clean up to throw out rubbish and broken equipment which has accumulated over the past few years as well as to repair and pack away equipment not required for the winter months. With the track season now finished, there are a number of maintenance tasks that need to be attended to in preparation for the opening of the club rooms and to repair and pack away equipment for the winter.

A BBQ lunch will be provided at about 2:00 pm for those who assist at the working bee.

## **WINTER COMPETITION COMMITTEE**

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

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