

## **Box Hill Athletic Club Winter News 18**

### **BALLARAT CROSS COUNTRY THIS SATURDAY**

The Ballarat cross country is being held this Saturday, August 5 at the University of Ballarat, Mt. Helen.

The events to be held will be:

1:20pm: 2km, Under 14 men & women

1:30pm: 4km, Under 18 men, Under 20 men and women

1:50pm: 3km, Under 18 women, Under 16 men and women

2:10pm: 6km, Open women

2:45pm: 8km, Open men

This is the third last event for the winter season, with just the half marathon and tan relays in September to conclude the season. Our position on the ladder at the end of the year may depend on our performance in this event, so all runners are urged to make the trip to Ballarat to compete.

If you have not put in a season's entry, make sure you either enter through AV or contact Chris O'Connor as soon as possible.

### **UPCOMING EVENTS**

#### **CLUB 10 MILE CHAMPIONSHIP**

The next event after the Ballarat cross country will be the club 10 mile championship. This traditional event will be held on Sunday morning, August 20.

Come along on this day to race or just to have a run and stay around for the breakfast afterwards!

#### **NATIONAL CHAMPIONSHIPS**

The national cross country championships will be held near Hobart on Saturday, August 26

#### **HALF MARATHON**

The Victorian half marathon will be held along the Yarra Boulevard at Burnley on Sunday morning, September 3.

#### **TAN RELAYS**

The last event for the winter season will be held at the famous Tan track around the Botanic Gardens on Saturday morning, September 16.

#### **TRIVIA NIGHT A GREAT SUCCESS**

Thanks to everyone who took part in the trivia night and helped to make it such a great success. It was good to see the distance runners winning this year!

#### **WINTER COMPETITION COMMITTEE**

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

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