

**Box Hill Athletic Club Summer News 01**  
**Wednesday 10 October 2007**

## **UPCOMING EVENTS**

Saturday, October 13 - WORKING BEE 12:00 noon - 5:00 pm

Sunday, October 14 - CLUB 10 MILE CHAMPIONSHIP - 9:00 am start Saturday October 20

- Summer Track and Field season commences: Round 1 Shield Competition - Nunawading

Saturday, October 27 – Round 2 Shield Competition – Box Hill Thursday, November 1 –

Round 3 Shield Competition – Box Hill

## **WORKING BEE THIS SATURDAY, 12:00NOON – 5:00PM**

There is a working bee on this Saturday to get the track ready for the start of the track season. Please come along and help with painting, repairs, sorting and cleaning, even if you can just make it for an hour or two, all help will be appreciated. Lunch will be provided...who said there was no such thing as a free lunch?

Note that because there is a need to paint lines across the track, it will be necessary to close the track for training from about 2:00 pm onwards.

## **CLUB 10 MILE CHAMPIONSHIP, THIS SUNDAY AT 9:00AM**

With the crowded winter competition program this year, the annual Club 10 Mile Championship has been held back until the end of the winter season. The event will start at 9:00am, this Sunday, October 14 at the Frank Sedgman Reserve near Station Street and run along the bike track beside the Eastern Freeway. Everyone is encouraged to race, run or jog the 10 mile, or take the shorter 5 mile option, then stay for the morning tea.

## **TRACK SEASON COMMENCES NEXT WEEK!**

The track season is upon us, with Shield competition starting next Saturday, October 20 at Nunawading (Bill Stewart Athletics Track, East Burwood, off Burwood Highway). Let's hope we can start the season well with all athletes competing from the very first week. When you arrive at the track to compete, please report in to your team manager. Report back to them again after your event so that your performance can be recorded. Team Managers: Open Men: Rob Falkenberg Open Women: Cathy Tilley and Elissa Ward Junior Men: Dave Boyd Junior Women: Cathy Tilley and Elissa Ward If you have not yet registered do so as soon as possible so that you will be eligible to score points for the club. The Program for round 1 starts at 12:45 and includes the 100m, 200, 800m, 1500m, 4x400m relay, 400m Hurdles and the walk. Field events are the javelin, discus, high jump and long jump. The full program is available on the AV website.

## **MELBOURNE MARATHON**

Congratulations to Neville Gardner whodespite some recent injuries, finished his 30th consecutive Melbourne Marathon last Sunday, truly an amazing achievement. Box Hill finishers:

Marathon:

Sam Hassett 3:17:57

Wes Windsor 3:28:17

David Stevens 3:42:39

Chris O'Connor 3:42:39

Scott Boxshall 3:51:15

Emma Steer 4:18:31

Neville Gardner 4:35:04

There were also some other good performances on the day.

#### Half Marathon:

Steve Griffin 1:22:09

Fiona Turner 1:27:18

Jocelyn Keage 1:31:57

Jess De Bruin 1:33:13

Barry Whittle 1:36:12

#### 10k

Antony Van Eeten 36:47

Hayley Tomlinson 39:36

## **FACEBOOK**

Long time club member, Tin Renowden, presently in the UK has set up a Box Hill Athletic Club page on Facebook. Check it out!

## **ATHLETIC DEVELOPMENT FOR KIDS**

Club coach and former world leading heptathlete, Larisa Turchinskaya is developing a program to teach safe and technically correct technique to primary school aged children. Contact Larisa on 0411 641 512 if you would like more details.