

**Box Hill Athletic Club Summer News 21**  
**Monday 3 March 2008**

## **UPCOMING EVENTS**

March 8	World Cross Country Trials	Canberra
March 8, 9	Victorian Masters Championships	Olympic Park
March 14, 15, 16	National U20 & U23 Champs	Gold Coast
Saturday, April 12	Club 5km handicap	Box Hill South
Friday, April 18	Presentation Night	Box Hill

## **CONGRATULATIONS TO BOX HILL ATHLETES AT THE NATIONALS**

Congratulations to the Box Hill athletes who performed well at the national championships in Brisbane over the weekend. In particular our medalists, Dora Spathis who won a silver medal as the 2nd Australian in the Heptathlon, Rosie Ditton who cleared 4.20m to win a bronze medal in the pole vault ahead of Melanie Adams who finished 4th and in the men's pole vault, James Filshie, who jumped a PB of 5.25m to also grab a bronze while Joel Pocklington came 4th. Daniel Clark ran a PB of 3:45.8 in his heat of the 1500m

## **PRESENTATION NIGHT**

Mark down Friday April 18 in your diary. The club will be holding its annual presentation night at the club rooms on this night. We are hoping as many members as possible will be able to attend.

## **XCR08**

With the track and field season now drawing to a close, members are reminded that the cross country and road racing season for 2008 starts soon, with the club 5k handicap race on Saturday, April 12. The first AV event for the winter season will be the cross country relays at Jells Park on Saturday, April 19. We encourage as many athletes as possible to be a part of the winter series. With distances that range from 3.8km to 21.1km (for the open age athletes) there is a great variety of events.

## **FACEBOOK**

Some new photos have been added to the Box Hill Athletic Club facebook page...check it out!