

**Box Hill Athletic Club Summer News 01**  
**Monday 29 September 2008**

## **UPCOMING EVENTS**

Saturday, Oct 4 12:30-4:30 Working Bee  
Saturday, Oct 4 7:00pm Winter Premiership celebration  
Saturday, Oct 11 Opening of Track season, Box Hill  
Saturday, Oct 18 Shield Competition Round 1, Nunawading

## **WINTER PREMIERSHIP CELEBRATION**

All club members, especially those who have been a part of the 2008 winter competition are invited to the clubrooms, on Saturday, October 4 from 7:00pm to celebrate Box Hill's most successful winter competition season in nearly 30 years. This is a chance to congratulate the runners, the coaches, the helpers and supporters who have helped throughout the winter season and celebrate our three premierships, in particular the coveted men's division 1 title. There will be some presentations, a slide show and time to socialise. Food and drink provided.

## **WORKING BEE - SATURDAY 4 OCTOBER 2008**

To prepare the grounds, club rooms and equipment for the official track opening and Shield competition at the ground, a working bee is being held at Box Hill on Saturday 4th October, from 12:30 pm to 4:30 pm. Some of the tasks which need to be completed prior to the start of the season include:

- Painting and repair of competition throwing equipment
- Repair of hurdles
- Repair of the wire netting on the hammer cage gates
- Repair of shade sails
- Laying additional sections of the old track on the terracing in front of the canteen
- Mowing throwing sectors and poisoning grass along the sector lines
- Blowing sand off the track
- General cleaning of the club rooms, track and grounds and removal of rubbish

Lunch will be provided for those who assist.

It is important that we have as many people as possible assist with these tasks so that the ground is ready for competition on 11th October.

## **TRACK OPENING COMPETITION: CHANGE OF PROGRAM**

The 2008 - 2009 summer track and field season is almost upon us! The season commences on Saturday week, October 11, with a special competition at Box Hill to mark the official opening of our "new" redeveloped track. All athletes are encouraged to take part on this day.

Program:

12:30pm: Official Opening  
1:00pm: Long Jump  
1:00pm: 100m  
1:30pm: 200m  
2:00pm: 800m (VMC)  
2:30pm: 3000m (VMC)  
3:00PM: Over 40, 4x1500m world record attempt

Long Jump, 100m, 200m: enter on the day. Entry Fee \$2

800m, 3000m: enter prior to the day via the Victorian Milers Club  
([www.vicmilers.coolrunning.com.au](http://www.vicmilers.coolrunning.com.au)) or email: [victorianmilersclub@hotmail.com](mailto:victorianmilersclub@hotmail.com)

## **TAN RELAYS**

Special thanks to all those who helped out as time keepers and officials at the Tan relays last week: Ian Sloane, Julie Milner, Rob Falkenberg, Kate Beever, David Boyd, Russell Clowes, Gary Dowel, Chris Hamer and Paul Milnes.

## **COMMONWEALTH YOUTH GAMES**

Best of luck to Blake Lucas who will be representing Australia in the Commonwealth Youth Games in Pune, starting on October 12. Let's hope he can perform up to his best in India.

## **CONGRATULATIONS NIKKI**

Congratulations to Nikki Chapple who put in an outstanding performance in the 12km City to Bay fun run in Adelaide. In a field of over 28,000 Nikki was the first woman across the line, over a minute ahead of national cross country champion Eliza Stewart. It was an impressive run with only 13 men finishing ahead of her.