

Box Hill Athletic Club Summer News 02
Monday 6 October 2008

UPCOMING EVENTS

Saturday, Oct 11 Opening of Track season, Box Hill
Saturday, Oct 18 Shield Competition Round 1, Nunawading
Saturday, Oct 25 Shield Competition Round 2, Box Hill
Thursday, Oct 30 Shield Competition Round 3, Doncaster

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) or email: victorianmilersclub@hotmail.com

HELPING IS EASY!

You do not need any special expertise to help out with officiating on competition days, but the smooth running of our sport depends on volunteers helping out. If you can help with officiating this Saturday, please contact Chris O'Connor. The club is also required to supply officials throughout the summer Shield Competition season. See the information below.

CLUB OFFICIALS DUTY ROSTER - SHIELD COMPETITION

Due to the dwindling number of officials who volunteer to officiate each Saturday afternoon at Shield competition, Athletics Victoria has implemented a duty roster for each club to undertake a certain number of set duties during Shield competition for the coming season. The duties will vary slightly from week to week and we only need to provide officials/helpers on 9 out of the 12 rounds of competition, however there will be heavy penalties for not providing enough helpers when required so it is critical that we comply with our requirements.

We are required to provide helpers on the following dates (the number of helpers required is listed in brackets): 18/10/2008 - Nunawading (4) 25/10/2008 - Box Hill (8) 30/10/2008 - Doncaster (4) 22/11/2008 - Doncaster (4) 29/11/2008 - Box Hill (8) 13/12/2008 - Doncaster (4) 10/1/2009 - Box Hill (8) 17/1/2009 - Nunawading (4) 31/1/2009 - Box Hill (8)

Each member will be asked to help with officiating themselves (or providing a friend or family member to officiate on their behalf) on one occasion throughout the season, so if you would like to volunteer your services on a particular date that suits before another date is allocated to you, please contact Chris O'Connor or Graeme Olden (email - golden@sprint.net.au).

Note that you do not have to have any particular expertise to assist - there will be officials there to show you what to do. You just need to provide a few hours of your time.

ARE YOU REGISTERED?

With the track season opening this Saturday, there are still many athletes who have not paid their registration fees for this season. We urge everyone who intends to compete this summer to register as soon as possible, so that you can earn points in interclub competition.

MELBOURNE MARATHON

Good luck to all club members taking part in the Melbourne marathon this Sunday. Special mention to life member Neville Gardner, who will be lining up for his 31st Melbourne Marathon! In conjunction with the Melbourne Marathon, the national half marathon championships will be held. Congratulations to Andrew White and Nikki Chapple who have been chosen to represent Victoria in this event, and good luck to both of them as they chase a national title.

PENS FOR SALE

For just \$2 you can purchase a Box Hill Athletic Club pen!
See Chris O'Connor to get yours now.

POLE VAULT COMPETITION

Box Hill athletes continue to perform well in the pre-season pole vault competitions. Competition, Melbourne Uni Winter Pole Vault Competition,

Date, 4-Oct-08

Men

- 1, Joel Pocklington, Box Hill, 4.95
- 2, Blake Lucas, Box Hill, 4.95
- 3, Max Mishchenko, Mentone, 4.50
- 4, Jake Holler, MUAC, 3.75
- 5, Travis Rickards, MUAC, 3.15

Women

- 1, Jacqui Shaples, MUAC, 3.30
- 2, Cathrine McCrae, MUAC, 3.30
- 3, Rebecca Marchant, Box Hill, 3.30
- 4, Katherine Ianello, MUAC, 3.15
- 5, Lauren Jauncy, MUAC, 3.00

BEST WISHES ABBIE

Young Box Hill pole vaulter Abbie Freestone suffered a serious knee injury last week. We all wish her the best for her recovery and rehabilitation and hope to see her back in action next year.

BLAST FROM THE PAST

Long time members will no doubt remember Peter Beaty who competed for the club for many years. In the recent Berlin marathon Pete Beaty, now 41, ran his first marathon in 2:52. Not a bad effort considering he holds junior club records in the jumps and decathlon!