

Box Hill Athletic Club Winter News 03

Monday 7th April 2008

UPCOMING EVENTS

Saturday, April 12	Club 5km handicap	Box Hill South
Friday, April 18	Presentation Night	Box Hill
Saturday, April 19	Cross Country Relays	Jells Park

CLUB 5K HANDICAP ON THIS SATURDAY!

Get your entry in now!

The club 5k handicap will be held this Saturday, April 12, starting at 1:00pm at the car park of the Bennetswood Bowls club in Station St. Box Hill South. Everyone is welcome to take part and either race, run or jog the 5km course along Gardiner's Creek and then stay around for the BBQ afterwards.

If you would like to take part please let Chris O'Connor or Ian Sloane know as soon as possible so that you can be allocated an appropriate handicap. Ian Sloane ph. 9459 4486 email: iansloane@optusnet.com.au

Chris O'Connor ph: 9808 5914 or 0410 490 630 email: coconnor@swin.edu.au

We encourage all club members to take part and friends and family are also welcome.

NOTE: If you have not already sent in your registration form for this year, registrations will be taken on Saturday at the club 5k event.

PRESENTATION NIGHT - APRIL 18

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.

CROSS COUNTRY RELAYS AT JELLS PARK ON SATURDAY WEEK!

Box Hill is hoping to enter at least 4 men's open teams and 3 women's open teams as well as junior teams in most age groups so we need to know about your availability for this day. Please return email or contact a member of the winter competition committee as soon as possible to let us know if you can run on April 19 at Jells Park.

XCR'08 ATHLETICS VICTORIA CROSS COUNTRY SEASON

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.

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

Graeme Olden	ph. 9885 0890	email: golden@sprint.net.au
Ian and Megan Sloane	ph. 9459 4486	email: iansloane@optusnet.com.au
Chris O'Connor	ph: 9808 5914 or 0410 490 630	email: coconnor@swin.edu.au

We are expecting 2008 to be a big year for the Box Hill cross country teams! Be a part of it!

XCR'08 the Athletics Victoria Winter Series Program

1. CC Relays	Jells Park, Wheelers Hill	Saturday, April 19
2. Cross Country	Lardner Park, Warragul	Saturday, May 3
3. Road Race	Sandown Racecourse	Saturday, May 17
4. Road Race	La Trobe University	Sunday, June 1
5. Coliban Relays	Harcourt to Bendigo	Saturday, June 28
6. Cross Country	Eastern Park, Geelong	Saturday, July 12
7. Cross Country	Bundoora Park	Saturday, July 26
8. Road Relays	Sandown Racecourse	Saturday, August 9
9. Half-Marathon	Burnley	Sunday, September 7
10. Tan Relays	The Tan	Saturday, September 20

REGISTER NOW!

Registrations are now due for the 2008/2009 season. If you plan to run the winter season it is important that you register as soon as possible. If you are not competing until next track season, why not pay your fees now and get your full 12 months worth of registration? Registrations are valid from April 1 until March 31 next year.

CONGRATULATIONS STEVE

Congratulations to Steve Dineen who won the Bendigo Dragon Mile through the streets of Bendigo on March 24. Paul Boxshall also ran well to finish 4th.