

**Box Hill Athletic Club Winter News 04**  
**Monday 14<sup>th</sup> April 2008**

## **UPCOMING EVENTS**

Friday, April 18      Presentation Night      Box Hill  
Saturday, April 19      Cross Country Relays, Jells Park  
Saturday, May 3      Cross Country Lardner Park, Warragul  
Saturday, May 17      Road Race      Sandown Racecourse

## **PRESENTATION NIGHT AT THE CLUBROOMS THIS FRIDAY**

The annual Box Hill Athletic Club presentation night is on this Friday, April 18 at the clubrooms starting at 7:30pm. The format will be similar to last year, a meal will not be served and entry is free. Drinks will be sold from the bar. All members and friends are urged to attend to help celebrate the victories and achievements of the club over the past 12 months.

## **CROSS COUNTRY RELAYS AT JELL'S PARK THIS SATURDAY!**

The Athletics Victoria winter season starts this Saturday, April 19 with the cross country relays at Jell's Park, Wheelers Hill Each runner in the men's and women's open teams and the men's under 20 team run 6km, while the other age groups run 3km.

The 6km events start at 1:30pm and the 3km events start at 2:00pm. Access to the cross country course is easiest from the Waverley Rd. entrance

If you have not already confirmed your availability to compete please do so as soon as possible so that we can finalise teams, either via email or contact one of the winter competition committee.

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

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

## **OFFICIALS NEEDED**

Box Hill needs helpers at each cross country event to act as time keepers or officials, especially this week at the Jell's Park relay event. Please let us know if you can help out.

## **CLUB 5K HANDICAP**

33 runners and several spectators turned up for the club's 5k handicap event along Gardiners on Saturday. Congratulations to Michael Dowel who narrowly won a closely fought event, just holding out Chris O'Connor at the finish. Andrew White ran the fastest time for the day, while Rachel Johnson was the fastest female. Thanks to everyone who took part especially Ian Sloane for preparing the handicaps, Julie Milner who organised and cooked the BBQ, Rob Falkenberg who helped with the results and Graeme Olden who measured and marked out the course.

		Finish Time	Handicap	
Time				
1	Michael Dowel	27:11	10:30	16:41
2	Chris O'Connor	27.11	10:00	17:11
3	Mitchell Dyer	27.19	8:00	19:19

4	Bill Dyer	27:36	8:50	18:46
5	Graeme Olden	27:42	10:30	17:12
6	Rachel Johnson	27:45	9:05	18:40
7	Dave Featherston	27:48	9:05	18:43
8	Brodie Cross	27:54	8:00	19:54
9	Cameron Baker	27:56	7:00	20:56
10	Sam Dipnall	28:06	10:00	18:06
11	Braeden Cross	28:07	7:30	20:37
12	Breanne Cross	28:08	4:40	23:28
13	Jocelyn Keage	28:12	9:05	19:07
14	Mark Stewart	28:14	3:05	25:09
15	James Filshie	28:23	4:50	23:33
16	Andrew White	28:33	12:30	16:03
17	David Cross	28:37	6:40	21:57
18	Lisa Krakowiak	28:37	4:30	24:07
19	Hayley Tomlinson	28:39	7:50	20:49
20	Coreena Cleland	28:39	7:50	20:49
21	Rosie Ditton	28:46	0:00	28:46
22	Talitha Crawford	28:49	7:45	21:04
23	Rebecca Marchant	28:50	2:20	26:30
24	Abbie Freestone	28:50	2:30	26:20
25	Alex Patrick	29:21	2:50	26:31
26	David Stevens	29:40	6:20	23:20
27	Kate Beever	29:50	3:00	26:50
28	Sarah Oldfield	30:07	3:30	26:37
29	Ian Jones*	30:24	6:00	22:24
30	Alex Pocklington	32:09	1:00	31:09
31	Blake Lucas	32:10	4:40	27:37
	Rosie Cleland			25:56
	Cameron Sherry	DNF		

\*took a wrong turn (there is always one!)

## CONGRATULATIONS!

Congratulations to Chris Hamer who finished 13th in the world University cross country championships in France last week and was part of the Australian team that won a bronze medal.

## 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.