

Box Hill Athletic Club Summer News 27
Wednesday 7 April 2010

UPCOMING EVENTS

Thursday, April 8, High Velocity Club, Box Hill
Saturday, April 10, All Comers Meet, Olympic Park
Sunday, April 11, AV Throwers
Saturday, April 17, Club 5k Handicap, Gardiner's Creek.

CONGRATULATIONS BRODIE!

Brodie Cross has been selected to represent Australia in the pole vault at the inaugural Youth Olympic Games in Singapore in August. The all-new Youth Olympic Games aims to inspire youth around the world to embrace, embody and express the Olympic values of excellence, friendship and respect and will see some 5,000 athletes aged between 14 and 18 years compete in 26 sports across 12 days of international action. Hopefully this will be the first of many Australian teams for Brodie.

REBECCA FINISHES 3RD IN TAIWAN

Congratulations to Rebecca Marchant who cleared 3.80m to finish 3rd in an international field in the 2010 Chinese Taipei International Pole Vault Championship on 23 March.

CLUB 5K HANDICAP

The Box Hill Athletic Club 5k handicap will be held at the usual venue along the bike tracks at Gardiners Creek in Box Hill South, on Saturday April 17 at 1:00pm. All members (and friends), young and old, fast or slow, are encouraged to run, race or jog the course and then stay for the free BBQ afterwards. So if you are not going to be in Perth for the nationals on that weekend we hope to see you at Gardiners Creek. The race starts from the car park next to the Bennetswood Bowls Club on Station St. Please enter by Wednesday April 14 so that handicap marks can be calculated. People who submit late entries may be forced to start with the backmarkers! Enter via return email or contact Ian Sloane, iansloane@optusnet.com.au stating your age and your best time in the past 12 months for 5000m, 3000m, 1500m or 800m (if you have one).

WINTER SEASON - XCR'10

The Athletic Victoria winter season is fast approaching. To take part in the first event, the cross country relays at Jells Park on May 1, you must be registered for the new 2010/2011 season the week before! this year you will not be allowed to register on the day. Registration invoices should be arriving in your letterbox this week, so make sure you register as soon as possible.

AV Winter Season Program

1-May-10 Saturday Cross Country Relays Jells Park
8-May-10 Saturday Cross Country Lardner Park
29-May-10 Saturday Road Race Sandown
19-Jun-10 Saturday Road Race Lake Wendouree
10-Jul-10 Saturday Relay Coliban
17-Jul-10 Saturday Cross Country Bundoora
31-Jul-10 Saturday Cross Country Brimbank Park
28-Aug-10 Saturday Road Relays Sandown
5-Sep-10 Sunday Road Race Burnley
18-Sep-10 Saturday Relay The Tan

HIGH VELOCITY CLUB

The final High Velocity Club meet for the season will be held at Box Hill on Thursday night. If you can help with moving equipment on the night or help with the BBQ the club will be running, please let us know as soon as possible.

RESULTS

AV Throwers Meet April 3

Discus:

Sarah Hewitt 33.93m

Kate McCowan 36.06m

David Grant 47.36m (1.5kg)

Russell Clowes 36.33m (2kg)

Javelin:

David Grant 54.86m

Russell Clowes 39.01m

Hammer:

Sarah Hewitt 32.57m