

Box Hill Athletic Club Summer News 28
Monday 12 April 2010

UPCOMING EVENTS

Saturday, April 17, Club 5k Handicap, Gardiners Creek.
April 16-18 National Championships, Perth
Saturday, May 1, Cross Country Relays, Jells Park
Sunday, May 2, Presentation Day, Club Rooms
Saturday May 8, Cross Country, Lardner Park
Saturday May 29, Road Race, Sandown

NATIONAL CHAMPIONSHIPS

Good Luck to all Box Hill athletes competing in the Australian Championships and Commonwealth Selection Trials in Perth this weekend.

CLUB 5K HANDICAP ON THIS SATURDAY - ENTER NOW!

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. 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).

PRESENTATION DAY

This years club presentation function will be held at the club rooms from 4:00pm to 6:00pm on Sunday, May 2. We urge all members to come along and celebrate the successes of the year for Box Hill. Light refreshments will be provided. Hope to see you all there!

WINTER SEASON - XCR'10 - OPENS ON MAY 1

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

RESULTS

Saturday, April 10, All Comers Meet, Olympic Park
400m Hurdles
Mo Zeed 54.07

800m

Daniel Clarke 1:52.43
Matt Coloe 1:52.66
Daniel Balassone 1:57.90
Amy Carrig 2:24.85

Pole Vault

Blake Lucas 5.20m

James Filshie 4.60m

Paris McCathrion 3.61m

Hammer

Kate McCowan 35.03m

Sarah Hewitt 30.97m

Discus

Kate McCowan 33.87m

Sarah Hewitt 32.88m

Triple Jump

Natalia Kremenchutskaya 11.48m

Yiota Carabourniotis 10.04m