

## **Box Hill Athletic Club Winter Bulletin 2009 No. 03**

**Monday 27 April 2009**

### **UPCOMING EVENTS**

May 1 Presentation night at the Clubrooms  
May 2 Club 5k handicap, Gardiners Creek, Box Hill South  
May 9 Cross Country Championships, Lardner Park, Warragul  
May 30 Road Race Championships, Sandown Racecourse

### **PRESENTATION NIGHT ON THIS FRIDAY**

All members are invited to attend the Box Hill Athletic Club presentation night at the clubrooms this Friday night, commencing at 7:30pm. Come along to congratulate those who have earned awards and to celebrate a successful year for the Club. See you on Friday!

### **CLUB 5K HANDICAP ON THIS SATURDAY**

The annual Club 5km handicap race will be held at its usual location, starting at the Bennetswood Bowls Club car park at 1:00pm on this Saturday, May 2. Try to arrive by 12:30pm so that you are ready to run at 1:00pm. Let us know if you are planning to run, and tell us your age, recent best times and expected finish time so that a handicap can be allocated. Everyone is welcome to race, run or jog around the course. The event will be followed by a BBQ. Contact a member of the winter competition committee to let us know if you will be running. Winter competition committee:

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 0410 490 630 email: coconnor@swin.edu.au

### **CONGRATULATIONS TO JOEL AND BLAKE**

Congratulations to Joel Pocklington who has been selected to join Blake Lucas to represent Australia in the pole vault in the World University Games in Serbia in July.

### **LARDNER PARK CROSS COUNTRY**

The next event of the AV winter XCR'09 season will be the cross country championships at Lardner Park near Warragul, on Saturday, May 9.

Program:

1:20pm: Under 14 men and women, 2km

1:30pm: Under 18 and Under 20 men, 4km

1:50pm: Under 16, Under 18, Under 20 women and Under 16 men, 3km

2:10pm: Men Open, 8km

2:50pm: Women Open, 4km

Entries for this event close next Monday, May 4.

Entry fees are \$15 for open, \$10 for under 18 and under 20 and \$5 for under 16 and under 14 or you can save money by paying a season's entry fee. Send your entry forms to AV or the club can enter you for this event (and you can pay on the day of competition). We are hoping for another strong performance in this event, so we are hoping to have as many athletes as possible taking part. Contact a member of the winter competition committee if you have any questions.

