

Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 25
Monday 28 March 2011

UPCOMING EVENTS

Saturday, April 2, Rare Air Club - Melbourne Uni
April 2-3, Victorian Masters Championships - Doncaster
Tuesday, April 5, High Velocity Club - Box Hill
Saturday, April 9, Rare Air Club - Box Hill
Sunday, April 10, AV Throwers - Ringwood
April 15-17, National championships - Olympic Park
Saturday, April 30, Club 5k Handicap
Saturday, April 30, Presentation Night - The Manningham Club

PRESENTATION NIGHT - SATURDAY, APRIL 30

After several "low-key" presentation nights in recent years, this year the Box Hill Athletic Club presentation night will be held at the Manningham Club, 1 Thompson's Rd, Bulleen starting at 7:00pm. The cost is \$45 per ticket and this will include a main course and desert. Drinks will be available at bar prices. We hope that all members will be able to attend this function. Reply now, via return email to reserve your tickets.

REGISTRATIONS ARE NOW DUE!

Registration fees are due on April 1 every year. You should receive an invoice this week. If not, then from next week you can download the new forms from the Box Hill website. Your fees will cover Athletics Victoria fees, plus the club fees and the club facilities maintenance fee. This fee will cover you for this winter season and next track season. (Note: if you are competing in the Masters championships or National Championships, your 2010/11 registration will be extended until the end of those events). These fees also cover you for insurance when training and help in the upkeep of our training facilities, so please pay as promptly as is practical.

If you have any questions regarding registration fees, do not hesitate to ask.

CLUB 5K HANDICAP

The club 5k handicap race will be held, as usual, along the bike paths at Gardiners Creek, Box Hill South (near Deakin University) on Saturday April 30. Please let us know if you are planning to compete and let us know your best 5k (or 3k) time over the past 12 months (or your estimated finish time), so that an appropriate handicap can be calculated.

BRODIE AND PARIS SELECTED IN WORLD CHAMPIONSHIP TEAM

Congratulations to Box Hill's young pole vault stars, Brodie Cross and Paris McCathrion who have been selected to represent Australia at the World Youth Championships in Lille, France in July.

RESULTS FROM THE RARE AIR CLUB - Saturday, March 26 - Mentone

Mens PV

James Filshie 5.05m
Blake Lucas 4.60m
Brodie Cross 4.60m
Angus McLardie 3.40m

Womens PV

Paris McCathrion 3.75m
Bec Marchant 3.40m
Abbie Freestone 3.20m

Mens HJ

Jessie Spry Box Hill 1.90

XCR'11 - CROSS COUNTRY AND ROAD RACING 2011

The calendar for the 2011 winter cross country and road season has been released, with the first event being the cross country relays at Jells Park on May 7. For those not running state or national track championships, it is time to start getting in the miles in preparation for the winter season!