

**Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 27**  
**Tuesday 12 April 2011**

## **UPCOMING EVENTS**

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 - BOOK NOW!**

The 2010/2011 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 come along and celebrate the success of our athletes this season.

Tickets must be booked by April 21.

Contact Leana Joyce on 0402 264 503 to reserve your tickets.

See attachment.

### **REGISTRATIONS ARE NOW DUE!**

Registration fees are due on April 1 every year. You should have received an invoice, but if not 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 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 - Morning Run!**

The club 5k handicap race will be held, as usual, along the bike paths at Gardiners Creek, Box Hill South (near Deakin University), but this year will be start at 10:00am on Saturday April 30 and will be followed by brunch. Please let us know as soon as possible 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.

Late entrants may be penalised!

### **GOOD LUCK AT THE NATIONALS**

Good luck to all Box Hill athletes competing at the national championships at Olympic Park this weekend!

### **HIGH VELOCITY CLUB April 5 - Box Hill**

400m Balassone, Daniel 51.16

### **RESULTS FROM THE RARE AIR CLUB - Saturday, April 9 - Box Hill**

#### **Mens PV**

James Filshie 5.15  
Joel Pocklington 5.15  
Blake Lucas 4.55  
Angus Mclardie 3.60  
Brodie Cross 3.40  
Rob Barclay 2.85

#### **Womens PV**

Paris McCathrion Box Hill 3.60  
Rebecca Marchant Box Hill 3.60  
Alexandra Pocklington Box Hill 3.40  
Abbie Freestone Box Hill 3.20  
Nicola Leong Box Hill 2.55  
Miya Ben-Natan Box Hill 2.55

The womens comp was incomplete due to rain.

**XCR'11 - JELLS PARK, CROSS COUNTRY RELAYS - SATURDAY, MAY 7**

We are already planning the teams for the first event of the XCR'11 season, the cross country relays at Jells Park on Saturday, May 7. We are hoping to have all available athletes racing this day. The plan is to enter teams across all age groups as well as multiple teams in the men's and women's open divisions. Please let us know if you are able to compete on this day.

Note: to compete in this event you must be registered for the 2011/2012 season.