

Box Hill Athletic Club Summer Bulletin 2010/11 No.28

UPCOMING EVENTS

Saturday, April 30, Club 5k Handicap - 10:00am

Saturday, April 30, Presentation Night - The Manningham Club - 7:00pm

Saturday, May 7, Jells Park Cross Country Relays

PRESENTATION NIGHT - SATURDAY, APRIL 30 - BOOK NOW!

Do not delay! 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 now!

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!

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. 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.

CONGRATULATIONS TO OUR NATIONAL CHAMPION, Joel Pocklington

Congratulations to Joel Pocklington who won the national pole vault title at Olympic Park on the weekend. The other outstanding result was achieved by Rebecca Marchant who won a silver medal in the women's pole vault.



Joel in action

Box Hill Results

Joel Pocklington GOLD MEDAL Pole Vault 5.10m

Rebecca Marchant SILVER MEDAL Pole Vault 3.90m

James Filshie 4th Pole Vault 4.95m

Cam Sherry =5th Pole Vault 4.85m

Abbie Freestone 8th Pole Vault 3.30m

Natalia Kremenchuskaya 8th Triple Jump 11.93m

Julie Norney 9th 3000m Steeplechase 11:31.08

Daniel Clark 11th 1500m 3:45.84

Andrew White 1500m (heat) 4:03.82

Daniel Balassone 800m (heat) 1:51.94

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

Please let us know if you are available 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 as soon as possible if you are able to compete on this day. Note: to compete in this event you must be registered for the 2011/2012 season.

