

Box Hill Athletic Club Winter Bulletin 2010 No. 03
Monday 3 May 2010

UPCOMING EVENTS

Saturday May 8, Cross Country, Lardner Park
Saturday May 29, Road Race, Sandown
Saturday, June 19, Road Race, Ballarat

CROSS COUNTRY AT LARDNER PARK THIS SATURDAY

The second round of the Athletics Victoria winter series (XCR'10) will be held at Lardner Park near Warragul this Saturday, May 8. After a good turn out of runners at Jells Park, we are hoping to have even more runners competing this Saturday. To run you must enter online with at the AV website (www.athsvic.org.au) before 5:00pm Wednesday.

You can either enter this event or pay for a season's ticket. We encourage athletes to buy a season's ticket, as you not only save money, but save the hassle of having to enter for each race individually. If you have any problems or questions about entering online, please let us know as soon as possible.

GOLD SILVER AND BRONZE IN THE CROSS COUNTRY RELAYS

Box Hill had a successful opening day to the 2010 winter season at the cross country relays at Jells Park on Saturday.

Our over 40 women's team won a gold medal, while our under 20 girls won silver.

Despite not being at full strength, our men's and women's division 1 teams finished 3rd and 4th respectively. There were some good times posted on the hilly 6km course (3km for juniors).

Let's hope that we can capitalise on this solid start to the season with some good results at Lardner Park this weekend.

Results

Men Division 1 (3rd)

1. Andrew White 17:42
2. Luke Yeatman 19:29
3. Steve Kelly 18:17
4. John Meagher 19:05
5. Barry Lynch 18:40
6. Daniel Clark 18:15

Men Division 2 (6th)

1. Daniel Balassone 20:04
2. Graeme Olden 21:58
3. Bert Pelgrim 21:17
4. David Jiminez 20:43
5. Andrew Nagle 21:15
6. Steve Griffin 20:40

Men Division 4 (14th)

1. David Featherston 22:33
2. Peter Stefanos 25:09
3. John Vaitkunas 22:29
4. Andrew Tunne 27:20
5. Chris O'Connor 22:25

Men Under 18 (7th)

1. Dylan Eeles 10:33
2. Jonathan Tree 10:34
3. Angela Crowley 12:15

Women Division 1 (4th)

1. Rachel Johnson 21:52
2. Brooke Condon 22:07
3. Talitha Crawford 26:37
4. Julie Norney 22:35

Women Division 2 (10th)

1. Charmaine McNally 27:22
2. Rebecca Law 24:45
3. Hannah Deal 24:48
4. Harriet Hodgkinson 26:34

Women 40+ (1st)

1. June Petrie 24:06
2. Amanda Harper
3. Megan Sloane 27:29

Women Under 20 (2nd)

1. Grace Brown 11:12
2. Ollie Turnbull 11:28
3. Emily De Luca 11:47

Women Under 18 (5th)

1. Amelia Savige 12:56
2. Brigid Wolhuter 11:58
3. Helen Tower 13:15

PRESENTATION DAY

Congratulations to all those who were presented with awards at the club presentation day on Sunday. Pole vaulters Blake Lucas and Paris McCathrion were names Box Hill athletes of the year.

GET REGISTERED NOW!

Registration are now due for the 2010/2011 athletics year.

Registrations expire on April 1 each year, so if you have not already done so, send in your registration forms now so that you are a paid up member and ready for a winter of either racing or preparing for next summer!

WINTER SEASON - XCR'10 - CALENDAR

The Athletic Victoria winter season calendar is shown below. To take part you must be registered for the new 2010/2011 season. You must then enter online at the AV website, by either purchasing a season's ticket or paying for each individual event.

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

Contact a member of the winter competition committee if you have any questions.

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

ph: 9808 5914 or 0410 490 630 email: coconnor@swin.edu.au