

Box Hill Athletic Club Winter Bulletin 2010 No. 04
Monday 10 May 2010

UPCOMING EVENTS

Saturday May 29, Road Race, Sandown
Saturday, June 19, Road Race, Ballarat
Saturday, July 3, TRIVIA NIGHT!

SANDOWN 10KM ROAD RACE

The next event on the Athletics Victoria XCR'10 calendar is the Sandown 10km road race. This is one of the feature events of the winter season, with big high quality fields and invariably fast times.

There are 2 events on the day. The junior women and under 14 and under 16 men race together over 3km, while the open men and women and the under 18 and under 20 men race together over 10km.

All members are encouraged to compete in this event. All registered members can enter online at the AV website. Let's make it a big day for Box Hill!

CROSS COUNTRY AT LARDNER PARK

Despite not being at full strength, Box Hill had some good results in the cross country event at Lardner Park on Saturday. In particular Steve Kelly ran strongly over the tough course to finish in 2nd place in the men's 8km event.

Unfortunately full results and team points are not yet available.

Thanks to Ian Sloane for the following unofficial results.

Open Men

2	Steve Kelly	25:51
17	Daniel Clark	26:52
21	John Meagher	27:14
52	Adrian Vincent	28:44
59	Michael Dowel	28:52
68	Luke Yeatman	29:08
80	Chris Bradford	29:18
120	David Jimenez	30:04
125	Steve Griffin	30:08
	Bert Pelgrim	30:33
	Andrew Nagle	31:30
	Chris O'Connor	31:49
	Graeme Olden	32:16
	John Vaitkunas	33:29
	David Ayers	34:55
	Peter Stafanos	36:49
	Andrew Tunne	39:??

Open Women 4K

11	Brooke Condon	15:23
16	Julie Norney	15:38
17	Rachel Johnson	15:38
46	June Petrie	16:57
50	Rebecca Law	17:15
56	Hannah Deal	17:34
	Megan Sloane	18:05
	Talitha Crawford	18:25
	Charmaine McNally	19:01
	Kerry Putt	19:51

Under 20 Men 4K

7	Daniel Balassone	13:45
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Under 18 Men 4K

	Dylan Eeles	15:31
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Under 18 Women 3K

	Natalie Ambrose	12:05
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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!

Athletes will soon be sent a wristband that they are expected to wear when training at the track to show that they are either a registered member or have paid training fees.

There might be a delay in sending registration numbers to members who have paid their fees (unless they are required for winter events) while the wristbands are being sourced.

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

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.

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