

Box Hill Athletic Club Winter Bulletin 2010 No. 16

Monday 2 August 2010

UPCOMING EVENTS

Sunday, August 8, WORKING BEE at the track from 11:00am
Saturday, August 21, National Cross Country Champs, Brisbane
Saturday, August 28, Road Relays, Sandown
Sunday, September 5, Half Marathon championships, Burnley

WORKING BEE THIS Sunday

All club members are asked to volunteer a couple of hours of their time to help clean up around the track and clubrooms and to help with some basic maintenance tasks. The financial future of the club largely depends on our track and facilities being attractive to schools and other users who hire the track. It is also a much better place for all members to train and compete if we keep it clean and in good order.

In particular the seats in the grandstand (which are older than most of our members!) are to be replaced. If anyone would like to help themselves to one of these old bench seats, arrive early before they are disposed of!

As you will be aware, a maintenance levy of \$25 was added to club membership fees this year, this fee will be waived next year for those who put in some time to help out at the working bee.

There will also be a sausage sizzle to help feed the hungry workers!

Hope to see you all at the track on Sunday, from 11:00am.

SANDOWN RELAYS ON Saturday, August 28

The next event on the AV calendar are the Sandown Road Relays on, Saturday, August 28.

This has been an up and down year for our cross country team, with some great results and some disappointing team performances, but we are planning to make Sandown Relays a big day for Box Hill. We hope to enter the following teams:

Men division 1 (6 runners)

Men Division 2 (6 runners)

Men Division 4 (4 runners)

Men 40+ (3 runners)

Men Under 20 (3 runners)

Men Under 18 (3 runners)

Men Under 16 (3 runners)

Women division 1 (4 runners)

Women Division 2 (4 runners)

Women Division 4 (3 runners)

Women 40+ (3 runners)

Women Under 20 (3 runners)

Women Under 18 (3 runners)

Women Under 16 (3 runners)

This means that we need all our distance runners and all our part time distance runners(!) and all our would-be distance runners available to compete. It is only 6.2km for open and 3.1km for junior teams. Mark this event in your calendar now! It is just more than 3 weeks away and please let us know well in advance of your availability for this day.

BRIMBANK PARK CROSS COUNTRY

Steve Kelly and Brooke Condon were again our best performed open age athletes around the tough Brimbank Park course on Saturday. Steve finished 4th in the 16km cross country event and Brooke was 5th in the women's 6km race. Rachel Johnson also put in a great performance to finish 10th in the women's event.

In the junior races Amy Carrig was 3rd (2nd Victorian) across the line in the Under 20 division, while Natalie Ambrose was 5th in the under 18 race. In a race that featured a number of interstate runners Daniel Balassone finished 9th (5th Victorian) in the men's under 20 6km event.

A full list of results will be available next week.

SENIOR STATE TEAMS SELECTED

Congratulations to Steve Kelly and Brooke Condon, who have been selected to represent Victoria in the national cross country championships in Brisbane on August 21.

WINTER SEASON - XCR'10 - CALENDAR

There are just 3 events left in the Athletics Victoria XCR'10 season.

We are hoping to finish off the season with a bang, by entering strong teams in the remaining events.

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

HAMSTRING INJURIES?

The School of Exercise Science at the Australian Catholic University in Fitzroy is doing a study into the "Structural and functional characteristics of hamstring muscles in athletes with a history of unilateral hamstring strain". They are looking for males aged 18-35 to take part in the study comparing athletes with a history of hamstring injuries to those without, and comparing the "good" leg to the one that has been injured. Let us know if you are interested in taking part in this study and you will be put in touch with the researchers.