

Box Hill Athletic Club Winter Bulletin 2011 No. 02
Monday 2 May 2011

UPCOMING EVENTS

Saturday, May 7, Jells Park Cross Country Relays
Saturday, May 21, Cross Country, Balnarring Racecourse
Sunday, June 5, Road Race, Flemington

JELLS PARK CROSS COUNTRY RELAYS ON THIS Saturday

Box Hill is hoping to start the XCR'11 cross country and road season with a strong performance at the opening event, the cross country relays at Jells Park this Saturday, May 7.

Please reply as soon as possible to let us know of your availability for this Saturday's race.

You cannot race on Saturday if you have not sent in your registration forms. If you have not already sent in your forms, but wish to race on Saturday, please contact Chris 0410 490 630 or via email as soon as possible.

PRESENTATION NIGHT

Congratulations to everyone who won awards at the Presentation Night at the Manningham Club on Saturday night. Special thanks to Leana Joyce for her organisation and to Tony Marsh for acting as MC for the night and to everyone who had a good time celebrating the clubs achievements.

CLUB 5K HANDICAP

A great day was had by all those who took part in the club 5k handicap. Good weather, a hard run over a pleasant course and a nice breakfast made it a great morning. See Ian Sloane's report and full results below.

FUNDRAISING MOVIE NIGHT

Paris McCathrion and Brodie Cross have been selected to represent Australia in the World Youth Championships in France later this year, but they must raise a portion of the costs of travelling to France themselves. To help raise funds a movie night has been organised. We urge all members to come along and enjoy the movie and help Paris and Brodie get to the world championships.

Movie: The Hangover 2

Date: Sunday, May 29

Time: 6:00pm for supper to be followed by the movie.

Cost: \$20 for supper and movie

Location: Palace Balwyn Cinema

Tickets: Buy tickets from any of the pole vaulters

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.

CLUB 5K HANDICAP - Results

This was the 21st running of the club's first winter event and Graeme Olden and Chris O'Connor prepared the course and, for the first time, breakfast at the Bennetswood course. Those present were most appreciative of their efforts.

Thirty-four competitors started at 10 a.m. , after there were six late withdrawals. Weather conditions were magnificent – it was a perfect day, perhaps a little warm for a longer distance, but hard to fault.

James Tennant who returned to competition after a lengthy break, ran well inside the time which he had predicted. James will find this sort of performance difficult to repeat when the handicapper considers his 2011 judgement in future years. Nevertheless, he took the opportunity and crossed the line over a minute clear of the rest of the field.

The next three runners over the line ran excellent races, eclipsing the level of fitness which had been anticipated. Stuart Watson ran the fastest time of the day and looks to be ready for an excellent winter season, after a layoff in 2010. June Petrie ran very close to her track season's best, a fine effort. Joc

Keage also performed really well, and the club selectors hope that she is able to compete as much as possible in the winter. She recorded the fastest female time and looks certain to go well this year. Julie Norney, fifth and Laughlin Norney, along with Michael Dowel, were having an easier hit out as they were running the Puffing Billy race in the Dandenongs the following day.

The distance runners were delighted to welcome a number of Pole Vaulters, particularly Brodie Cross, selected recently in the World Youth Championships and Rebecca Marchant who distinguished herself by winning the silver medal in the recent Australian Championships. They received a very warm round of applause when their recent achievements were announced after the race was finished.

June Petrie and Bert Pelgrim donated a large number of prizes which were presented at the conclusion of the event and some items for junior participants and are thanked for their thoughtful generosity.

Next week, Saturday 7 May, sees the opening of the 2011 XCR season with the Cross Country Relays to be held at Jells Park. We want to have a great start to our campaign to win the Men's and Women's Division 1 Championships, after our close effort in the women's team event in 2010 and our wins in the men's team event in 2008 and 2009. We look to have a very strong group of male and female athletes available this year, and we need everyone on deck for the entire season, if we are to do our best. Athletes need to be registered by Wednesday 4 May, so if you have not yet registered, please do so urgently, so that you are eligible to compete in each event.

Finishing order 5 K Handicap race

Place	Name	Elapsed time	Handicap	Actual time
1	James Tennant	25:22	3:00	22:22
2	Stuart Watson	26:23	10:00	16:23
3	June Petrie	26:38	6:00	20:38
4	Joc Keage	27:31	8:30	19:01
5	Julie Norney	27:33	5:00	22:33
6	Bec Marchant	27:39	1:40	25:59
7	Dave Stevens	27:52	5:45	22:07
8	Cristina	27:52	2:00	25:52
9	Graeme Olden	27:56	9:10	18:46
10	Andrew Hester	28:05	10:15	17:50
11	Peter Stefanos	28:11	8:30	19:41
12	Grace Brown	28:19	8:50	19:29
13	David Jimenez	28:19	11:20	16:59
14	Mark Stewart	28:23	2:00	26:23
15	Neetha Pai	28:36	3:00	25:36
16	Nat Ambrose	28:37	8:40	19:57
17	Dave Ayers	28:38	9:10	19:28
18	Abbie Freestone	28:54	1:40	27:14
19	Bert Pelgrim	29:00	9:00	20:00
20	Kieren Shah	29:01	9:25	19:36
21	Laughlin Norney	29:03	8:00	21:03
22	Kerry Putt	29:06	5:45	23:21
23	Amelia Savige	29:07	6:00	23:07
24	Hannah Deal	29:12	8:00	21:12
25	Jack Hill	29:20	9:10	20:10
26	Katherine Foley	29:36	5:00	24:36
27	Rebecca Law	29:37	7:50	21:47
28	Andrew Tunne	29:58	6:55	23:03
29	Sarah Burke	30:01	5:00	25:01
30	Louise Rait	30:27	7:40	22:47
31	Penny Townshend	30:39	7:50	22:49
32	Michael Dowel	32:45	11:40	21:05
33	David Mitchell	33:03	6:55	26:08

Fastest time: Stuart Watson 16:23

Fastest woman: Joc Keage 19:01