

Box Hill Athletic Club Winter Bulletin 2012 No. 01
Tuesday 17 April 2012

BOX HILL ATHLETIC CLUB est. 1932 - Celebrating 80 years in 2012!

UPCOMING EVENTS

April 21, Saturday, XCR'12 Round 1, Cross Country Relays, Jells Park
April 22, Sunday, Bunnings BBQ Fundraiser
May 5, Saturday, XCR'12 Round 2, Cross Country, Balnarring
May 19, Saturday, Club 5km Handicap, Gardiners Creek Reserve
May 25, Friday, Presentation night
May 26, Saturday, XCR'12, Round 3, Road Race, Flemington

JELLS PARK RELAYS ON THIS SATURDAY: CROSS COUNTRY, WINTER SEASON or XCR'12!

Whatever name you choose to call it the new Cross Country and Road Racing Season starts on this Saturday April 21, with the cross country relays at Jells Park.

Preliminary teams are listed below.

To compete this Saturday you must be registered for the 2012/13 season.

The teams listed below consist of runners who have already registered or who have indicated that they have sent in registration forms (we are yet to clear the mailbox today)

If your name is listed but you cannot compete, please contact us as soon as possible.

If your name is listed with a question mark, please contact us as soon as possible to confirm your availability.

If you wish to compete but your name is not here, please let us know as we will no doubt find a team for everyone to run in (we may enter extra teams).

If you have not yet sent in your registration form there is one attached to this email, please fill it in and email back to this address or to our registrar Nicole Clowes (rnclowes@bigpond.com) by tonight (Tuesday) or return it to Chris O'Connor at the track tonight between 6:00pm and 6:30pm

Note that uniforms can be purchased before the event at the Box Hill tent.

Races start at 12:30pm for open, overage and men under 20 (6km) and at 1:00pm for all other age groups (3km).

Teams are likely to change! They will be finalised later in the week.

Men Division 1

1. Steve Kelly
2. Daniel Clark
3. Kyle Martin-Alcaide?
4. Steve Dinneen
5. Barry Lynch
6. Chris Hamer

Men Division 2

1. Will Potter
2. Daniel Balassone
3. Sam Mackie
4. Tyler Agius
5. David Jiminez
6. Michael Dowel

Men Division 5

1. Navin Arunasalam
2. Charlie Blanch
3. Steve Griffin
4. Andrew Hester

Men Division 7

1. Trent Collins
 2. Cameron Martin
 3. Adrian Elderhurst?
 4. Mitch Miles?
- Jack Hill?

Men Over 40

1. John Meagher
 2. Graeme Olden
 3. Kynan Dawes
- Peter Stefanos

Men Over 50

1. Bert Pelgrim
 2. Bill Dyer
 3. Chris O'Connor
- Andrew Tunne
James Tennant

Men Under 20

1. Ben Noske
 2. Hanson Wong
 3. Peter Green?
- Jonathan Tree?

Men Under 18

1. Mitch Dyer
 2. Yohan Philip
 3. Tom Snibson
- Zac Hunter

Laughlin Norney

Men Under 16

1. Ned Snibson
2. Matt O'Donnell
3. Nick Paidoussis

Women Division 1

1. Brooke Condon
2. Julie Norney
3. Amy Carrig
4. Grace Brown

Women Division 2

1. Hannah Deal
 2. Hayley Tomlinson?
 3. Helen McRae?
 4. Rachel Johnson
- Laura Constable?

Women Over 40

1. Taltiha Crawford
 2. June Petrie
 3. Megan Sloane
- Kerry Putt

Pia Hunter

Women Under 20

1. Louise Rait
 2. Katherine Foley
 3. Natalie Ambrose?
- Brigitte Wolhuter?

Women Under 18

1. Amelia Savige
2. Rebecca Philip
- 3.

Women Under 16

1. Zoe Schwerkolt
2. Penelope Kladhouhos

3. Emily Goessler?

On Race Day

- A Box Hill Athletic Club Tent will be set up and is our meeting place to 'check in'
- We will be looking for volunteer "Team Spotters" who are not competing and who can record the times of their team members. Family, friends who come along to support can make great spotters.
- We will be looking for 3 Officials who will be assigned jobs on the day by Athletics Victoria. This Is a mandatory requirement of all Clubs by AV and penalties apply for non-compliance.
- Everyone is encouraged to stay around after the event for afternoon tea so bring along something to share.
- More details on entry procedures for the XCR'12 individual events will be available on the day and in the next email bulletin.

NATIONAL CHAMPIONSHIPS RESULTS

Congratulations to all Box Hill athletes who competed at the national championships on the weekend. Special mention to Joel Pocklington who won the gold medal in the pole vault with a leap of 5.15m and to James Filshie who won silver in the same event. Steve Dinneen won bronze in the 5000m and we should also give a special mention to Nathan Brill who at 15 years of age finished 4th in the open 5000m walk championship!

Apologies if we missed any results.

Joel Pocklington 1st pole vault 5.15m

James Filshie 2nd pole vault 4.90m

Steve Dinneen 3rd 5000m 14:39.84

Nathan Brill 4th 5000m walk 20:58.40

Cam Sherry 5th pole vault 4.75m

Dora Spathis 6th heptathlon 5109

Daniel Clark 7th 1500m 3:51.62

Simone Carre 7th pole vault 3.60m

Will Potter 10th 3000m steeple 9:54.9

Kate McCowan 12th hammer 43.52m

Daniel Balassone 16th 800m 1:54.24, 16th 1500m 3:55.56

Mo Zeed 18th 400m hurdles 57.85

Grace Brown 21st 1500m 4:39.66

KEEP THIS DATE FREE – FRIDAY 25TH MAY

The 2011/12 Box Hill Athletic Club Presentation Night will be held at the Club Rooms from 7.30pm (including the club's AGM).

Guest speaker, photo presentation and a great night assured.

Includes hot finger food, supper, soft drinks, and tea/coffee.

BYO alcoholic drinks.

Cost: \$10.00 per head

Pay on the night.

THANK YOU to all of the Volunteers for the Bunnings BBQ Fund Raiser

We have been overwhelmed by the response and are pleased to advise that all volunteer spots have been filled for the Bunnings Fund Raising BBQ to be held this Sunday. Let's hope for good weather and hungry customers!

Please see the confirmed roster below:

8.30am to 10.30am

- David Stevens
- Stuart Watson
- Mark Stewart
- Gary Dowel
- Michael Dowel

10.30am to 12.30pm

- David Hamer
- Cathy Tilley
- Bert Pelgrim
- June Petrie

12.30pm to 2.30pm

- Laughlin Norney
- Julie Norney
- Steve Dineen
- Bert Pelgrim
- June Petrie

2.30pm to 5.00pm

- Rachel Johnson
- David Stevens
- James Tennant
- Paul Goessler
- Emily Goessler

Date: Sunday 22 April 2012

Where: Bunnings Box Hill, Corner Middleborough Road and Clarice Road Box Hill

Contacts: David Stevens: davidmstevens@bigpond.com; June Petrie M 0413 772 874 text is okay too

Bring an apron if you have one!

* Funds raised from the BBQ are being earmarked for the Box Hill Athletic Club Junior Development Program *

FROM THE ENGINE ROOM

Our Committee are pleased to announce that Club Membership fees have been reduced for the 2012/13 athletic year.

Club memberships are from April 2012 to April 2013 and are now due and payable.

- For renewing members please return your Box Hill / AV membership form posted last week
- For new members please complete the membership form attached (pdf) and submit

As BHAC are an affiliated club with Athletics Victoria the forms are co-branded. The combined fee for BHAC and AV is payable to Box Hill Athletic Club and can be made by credit card, cheque or cash.

Please return your completed form and payment as soon as possible to:

Nicole Clowes, Box Hill AC Registrar

Email rnclowes@bigpond.com

Post: PO Box 247 Box Hill 3128

Athlete Memberships

For all those who wish to register as an athlete and represent the club in the Winter competition (XCR'12) and the Summer competition (Shield).

\$250.00 Open

\$215.00 Under 18/20 (as at 31/12/12)

\$185.00 Under 14/16 (as at 31/12/12)

For Juniors with an association with Little Athletics Victoria the following fees may apply instead:

\$130.00 Youth LAVic 15-17 years old who have been members of LA Vic at any stage since 1/1/2010

\$30.00 Dual LAVic 11-14 years old who are current members of LA Vic

Your membership also includes full access to the Box Hill Athletic track and gymnasium facilities, compulsory insurance under the umbrella of Athletics Australia and Athletics Victoria, and being part of a Club with a great team spirit.

*Associate, Coach and Official memberships are also available. See form for details.

Club Uniforms

To represent the club you need to wear the official club uniform which can be purchased at the first event.

Mens BHAC singlet	\$55.00
Womens BHAC singlet	\$55.00
Womens BHAC crop top	\$50.00
Shorts black	athlete to provide

ANNUAL BOX HILL ATHLETIC CLUB 5K HANDICAP

Traditionally this event marks the start of our new athletic year however it has had to be put back to May 19 this year as the calendar was just too full! First we had Easter, then the Australian T&F Championships followed by the first Winter race.

We look forward to a good turn out from all of our athletes at this popular club event which is followed by a Club provided BBQ. Stay tuned for more details.

2012 WINTER AUSTRALIAN CHAMPIONSHIP EVENTS

Hot off the press! Athletics Australia recognises and sanctions these Australian Championships for 2012. New for 2012 is a 10km Road Championship.

All events include official Athletics Australia medals for placegetters. Many of these championships also provide significant travel funding and prize money. In particular, the Australian Marathon and Australian Half Marathon Championships have a state team aspect. Registered Athletes wishing to be involved, should contact our state member association for more details www.athsvic.org.au

- Garmin Australian Mountain Running Championships - April 29 (Hobart)
- Australian 100km Ultra Running Championships - June 10 (Gold Coast), incorporated with the Gold Coast 100
- Australian 10km Road Running Championships - June 17 (Launceston), incorporated with the B&E Launceston Ten
- Australian Cross Country Championships - August 25/26 (Adelaide)
- Australian Half Marathon Championships - September 16 (Sydney), incorporated with the Blackmore's Sydney Running Festival
- Australian Marathon Championships - October 14 (Melbourne), incorporated with the Bank of Melbourne Marathon

BROOKE WINS THE GEELONG HALF MARATHON!

Congratulations to Brooke Condon who won the Open women's category at the Geelong half marathon on the weekend. Brooke ran 83:33 finishing 20th overall in a race with over 1000 starters. Bert Pelgrim was 2nd in the male masters division in 84:12 (23rd overall), June Petrie won the female veterans category in 91:08 (71st overall) and Amy Carrig won the female U20 division in 94:50 (97th overall).