

**Box Hill Athletic Club Winter Bulletin 2012 No. 16**  
**Tuesday 31 July 2012**

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

**UPCOMING EVENTS**

August 11, Saturday, XCR'12 Round 8, Road Relays, Geelong (12:00pm start)

August 25, Saturday, National Cross Country Championships, Adelaide

September 2, Sunday, XCR'12 Round 9, Half Marathon, Burnley (8:00am start)

**September 8, Saturday, TRIVIA NIGHT**

September 15, Saturday, XCR'12 Round 10, Tan Relays (9:00am start)

**ROAD RELAY CHAMPIONSHIPS ON SATURDAY, AUGUST 11**

The next event on the XCR'12 calendar will be the state road relay championships on Saturday, August 11. This event is traditionally held at Sandown racecourse, but it has been moved for this year to the purpose built road cycling course in Geelong.

We want as many runners as possible to take part in this event. After 7 of the 10 rounds have been completed Box Hill is well positioned in many divisions and a good result in the road relays can help us to several possible premierships.

Our men's teams are placed 2nd on the ladder in Division 1, 1st in Division 2, 2nd in Division 5 and 3rd in Division 7. Our women's teams are 4th in Division 1, 9th in Division 2 and 1st in the Over 40 Division.

We plan to enter teams in all age groups for this event.

Please let us know of your availability as soon as possible so that teams can be planned and entered.

**TRIVIA NIGHT SATURDAY SEPTEMBER 8 - BOOK NOW!**

After some confusion about availability of the venue and a change of dates, the Box Hill Athletics Club's annual Trivia and Auction Night has finally been confirmed and will take place at Chatham Primary School on Saturday night, September 8. Apologies for any confusion about the dates.

This is the biggest social and fundraising event of the year and we hope that all members and friends can attend. Organise a table or let us know you plan to attend and we can organise a table for you.

Also let us know if you can donate anything for the silent auction on the night.

**BOX HILL LITTLE ATHLETICS COACHING COORDINATOR**

Box Hill Little Athletics are looking for a coaching coordinator to organise their Wednesday training sessions.

The Coaching Coordinator is responsible for organising and managing the Wednesday night coaching program.

Duties include:

Implementing a structured coaching program to cover as many Little Athletics events as possible across the ages of U6 – U15.

Sourcing of suitably qualified coaches able to give their time on a Weds afternoon

Setting up at the Track for Weds Training and packing away afterwards

Dealing with parent questions.

Managing the rotation of athletes between events/coaches at the Weds training.

Communicating to coaches and parents any changes to training schedule.

Monitoring athlete attendance at training

The coaching coordinator may choose to be involved in coaching the athletes but this is not a necessity.

Please let us know if you wish further information.

## **CONGRATULATIONS TO OUR STATE TEAM MEMBERS**

Congratulations to all Box Hill members who have been selected to represent their state at the national cross country championships in Adelaide on August 25.

Men Open: Chris Hamer, Steve Dinneen (emergency)

Women Open: Julie Norney (emergency)

Women Under 20: Natalie Ambrose

Men Under 16: Matthew O'Donnell, Nick Paidoussis,

Men Under 18: Mitchell Dyer

## **TEAM RESULTS FROM BUNDOORA CROSS COUNTRY**

Results:

Men Open 12km Cross Country

Division 1: Team Place: 3rd

Chris Hamer, Steve Dinneen, Daniel Balassone, Matthew Coloe, John Meagher, Sam Dipnall

Division 2: Team Place: 1st

Michael Dowel, Will Potter, Sam Mackie, Charlie Blanch, David Jimenez, Steve Griffin

Division 5: Team Place: 1st

Bert Pelgrim, Andrew Eggington, Andrew Hester, Trent Collins

Division 7: Team Place 2nd

Chris O'Connor, Graeme Olden, Bill Dyer, Peter Stefanos

Over 40: Team Place 10th

John Meagher, Graeme Olden, Peter Stefanos

Over 50: Team Place: 2nd

Bert Pelgrim, Andrew Eggington, Chris O'Connor

Women Open 8km Cross Country

Division 1: Team Place: 4th

Julie Norney, June Petrie, Amy Carrig, Hannah Deal

Division 2: Team Place: 8th

Rachel Johnson, Amanda Harper, Pia Hunter, Caitlin Harrison

Over 40: Team Place: 1st

Julie Norney, June Petrie, Amanda Harper