

Box Hill Athletic Club Summer News 02
Tuesday 16 October 2007

UPCOMING EVENTS

Saturday October 20 - Summer Track and Field season commences: Round 1 Shield Competition – Nunawading

Thursday, October 25 - Milers Club at Essendon see www.vicmilers.coolrunning.com.au for details

Saturday, October 27 - Round 2 Shield Competition - Box Hill

Thursday, November 1 - Round 3 Shield Competition - Box Hill

TRACK SEASON COMMENCES THIS SATURDAY AT NUNAWADING!

The 2007/8 track season begins this Saturday at Nunawading (Bill Stewart Athletics Track off Burwood Hwy, East Burwood). The track program starts at 1:00pm with hurdles and walks, followed by the 100m, 800m, 200m, 1500m and 4x400m relay. The field events start with the javelin and long jump at 12:45pm. See the AV website for the full timetable.

Let's hope we can start the season well with all athletes competing from the very first week.

When you arrive at the track to compete, please report in to your team manager. Report back to them again after your event so that your performance can be recorded.

Team Managers:

Open Men: Rob Falkenberg

Open Women: Cathy Tilley and Elissa Ward

Junior Men: Dave Boyd

Junior Women: Cathy Tilley and Elissa Ward

OFFICIALS AND HELPERS

If anyone is not competing or if you are just coming along to watch it will be greatly appreciated if you can help out measuring or time keeping throughout the day. Speak to one of the team managers if you can help.

REGISTER NOW!

If you have not yet registered for this season, please do so as soon as possible so that you will be eligible to score points for the club.

EXTRA POLE VAULT EVENTS

As the AV competitions only include Pole Vault 2 out of every 3 weeks, some extra PV comps during the weeks when PV not on have been organised.

These are the dates:

Thur 18 Oct

Thur 15 Nov

Wed 5 Dec

As these are extra comps it will be \$5 to compete to help compensate officials. The plan is to have: 5.45 pm 2.00 start height 6.45 pm 3.60 start height Contact Mark Stewart to confirm times.

ALL SCHOOLS

Congratulations to all the Box Hill athletes who performed so well at the All Schools Championships last weekend.

Special mention to the following medalists

Joshua Ross	U20	100m	11.06	1st	200m	22.66	1st
Helen McRae	U18	1500m	4:48.00	1st			

Angus Bovill	U20	High Jump	1.95m	1st				
Natalia Kremenchutsкая	U18	Triple Jump	11.42m	1st	Long Jump	5.01m	3rd	
Hannah Turnbull	U20	Triple Jump	11.30m	1st	Long Jump	5.19m	2nd	
Brodie Cross	U17	Pole Vault	3.60m	1st				
Dominic Poole	U17	Pole Vault	3.20m	2nd				
Breanna Cross	U17	Pole Vault	3.10m	2nd				
Alexandra Pocklington	U17	Pole Vault	3.00m	3rd				
Bridget Aughton	U17	400m Hurdles	65.84	2nd	100m Hurdles	15.51	2nd	

CLUB 10 MILE CHAMPIONSHIP

This year's annual Box Hill "Frank Tutchener" 10 mile Championship was held on the bike path from near the Frank Sedgeman Reserve. The conditions were benign, cool with little cloud.

A small group congregated for the start and women outnumbered the men.

The race commenced at about 9.10 a.m. and four runners moved ahead of the rest of the pack. David Jimenez, who turned up just prior to the start took the early lead with John Vaitkunas, Graeme Olden and Chris O'Connor in close proximity. John was forced to stop in the early stages receiving a call from his work about a computer calamity but rejoined the race shortly after.

As the runners passed the finish point on the first of four occasions, David Jimenez held a lead of 8 seconds over Graeme Olden and Chris O'Connor. John Vaitkunas was 97 seconds further back. Erin Barlow was the first of the female competitors to come into sight - she was intending to run the five mile course, which she led in. The remaining four women competitors were bunched with Inge Watson and Amanda Harper running a pace ahead of Priscilla Barrington and Talitha Crawford, running again after injury.

David maintained his lead for the remainder of the race and won by 41 seconds from John Vaitkunas, who picked up his tempo in the second half of the distance, overtaking Chris O'Connor and Graeme Olden in the concluding stages of the race. Chris O'Connor felt the effects of the Melbourne Marathon in the concluding stages of the race. Amanda Harper was the leading female.

Placings and section times

10 Mile Race

1.	David Jimenez	62:26
2.	John Vaitkunas	63:07
3.	Graeme Olden	63:25
4.	Chris O'Connor	68:57
5.	Amanda Harper	80:00

5 Mile Race

1.	Erin Barlow	38:15
2.	Inge Watson	39:19
3.	Talitha Crawford	39:29 (60:05 12k)
4.	Priscilla Barrington	

Thanks to Ian Sloane for his time keeping and race report.

RON CLARKE CLASSIC

This years Ron Clarke Classic, will be held at Geelong on Sunday December 2. Entries close 5pm Friday November 16

See <http://www.ronclarkeclassic.com.au> for more details