

Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 26

Monday 4 April 2011

UPCOMING EVENTS

Tuesday, April 5, High Velocity Club - Box Hill
Saturday, April 9, Rare Air Club - Box Hill
Sunday, April 10, AV Throwers - Ringwood
April 15-17, National championships - Olympic Park
Saturday, April 30, Club 5k Handicap
Saturday, April 30, Presentation Night - The Manningham Club

PRESENTATION NIGHT - SATURDAY, APRIL 30

After several "low-key" presentation nights in recent years, this year the Box Hill Athletic Club presentation night will be held at the Manningham Club, 1 Thompson's Rd, Bulleen starting at 7:00pm. The cost is \$45 per ticket and this will include a main course and desert. Drinks will be available at bar prices. We hope that all members will be able to attend this function. Reply now, via return email or contact Leana Joyce on 0402 264 503 to reserve your tickets.

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. (Note: If you are competing in National Championships, your 2010/11 registration will be extended until the end of those events). 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

The club 5k handicap race will be held, as usual, along the bike paths at Gardiners Creek, Box Hill South (near Deakin University) on Saturday April 30. Please let us know if you are planning to compete and let us know your best 5k (or 3k) time over the past 12 months (or your estimated finish time), so that an appropriate handicap can be calculated.

RESULTS FROM AUSTRALIAN ATHLETIC TOUR IN PERTH

Men Pole Vault Open

Joel Pocklington, 5.10m.
James Filshie, 4.95m.
Cameron Sherry, 4.80m.
Blake Lucas, 4.80m.

RESULTS FROM MASTERS CHAMPIONSHIPS

Congratulations to all the Box Hill athletes who competed so well at the Victorian Masters championships at Doncaster on the weekend.

Colin Pocklington (50-54 years) 1st 60m 8.05, 1st 100m 12.68

Andrew Wilcox (40-44 years) 1st 100m 12.20, 5th 60m, 8.19

Cameron Baker (30-34 years) 1st 100m 12.16, 1st 200m 24.47, 1st pole vault 3.60m, 2nd 400m 55.16, 2nd 60m 7.76

Talitha Crawford (35-39 years) 1st 400m 61.68, 1st 800m 2:18.03

David Ayers (45-49 years) 4th 400m 61.42, 5th 800m 2:22.58

David Featherston (35-39 years) 1st 400m 53.38, 1st javelin 44.30m

Julie Norney (40-44 years) 1st 2k steeple 7:35.84, 1st 800m 2:26.12

David Stevens (45-49 years) 2nd 3k steeple 14:52.51

Kynan Dawes (40-44 years) 1st 3k steeple 10:30.43

Sarah Hewitt (35-39 years) 1st shot put 9.54m, 1st discus 35.25m, 1st hammer 32.06m, 1st javelin 21.27m, 1st long jump 3.59m, 1st high jump 1.35m

Cameron Morris (45-49 years) 2nd javelin 36.34m

Andrew Tunne (50-54 years) 7th 5000m 20:30.90

Angela Phillips (30-34 years) 1st 60m 7.32, 1st 200m 27.34, 1st shot put 12.05m
Rob Barclay (70-74 years) 1st pole vault 2.80m

MASTERS RELAY CHAMPIONSHIPS

A result we missed a couple of weeks ago, Russell Clowes, David Featherstone, Peter Knott and Cameron Baker won silver in the 4x100m and gold in the 4x400m in the masters relay championships (30-39 years) at the Victorian Masters Relay Championships at Glenhuntly.

RESULTS FROM THE RARE AIR CLUB - Saturday, April 2 - Melbourne Uni

Womens Pole Vault

Rebecca Marchant 3.75m
Alexandra Pocklington 3.30m
Simone Carre 3.30m
Abbie Freestone 3.30m

XCR'11 - CROSS COUNTRY AND ROAD RACING 2011

The calendar for the 2011 winter cross country and road season has been released, with the first event being the cross country relays at Jells Park on May 7. For those not running state or national track championships, it is time to start getting in the miles in preparation for the winter season!