

Box Hill Athletic Club Summer News 25
Monday 23 March 2009

UPCOMING EVENTS

March 28-29	Victorian Masters Championships	Box Hill
April 3-5	Australian U20 & U23 Champs	Adelaide
Sunday, April 5	National Club Championships	Adelaide
April 18	Opening of winter season Cross Country Relays, Jells Park	
May 1	Presentation night	
May 2	Club 5k handicap, Gardiners Creek, Box Hill South	

AUSTRALIAN CHAMPIONSHIPS

Congratulations to all the Box Hill athletes who competed in the national championships in Brisbane at the weekend. Special mention to Blake Lucas, who at 18 became the youngest ever Australian pole vault champion. Blake recorded a PB by clearing a height of 5.45m. Joel Pocklington cleared 5.20m to take out the silver medal. Mel Adams was 7th in the women's pole vault (3.70m) while Daniel Clark finished 9th in the men's 1500m (3:47.04)

BARLOW FUND

With the end of the tax year coming up, now is an ideal time to make a tax deductible donation to the Barlow Fund. Tax deductible donations can be made to the Australian Sports Foundation, which are then received in the form of grants by the Club. To date grants have been used to assist with funding of major upgrades to the pavilion and Club rooms at Hagenauer's Reserve and also the recent resurfacing of the track. All donations over \$2 are tax deductible.

TAPE MEASURE MISSING

A 30m tape, black casing, with a green band has gone missing last week at the track. If anyone has seen this or has any idea where it could be please let us know.

WINTER SEASON - XCR09

Last year Box Hill won its first ever men's division 1 winter premiership (since the cross country and road premierships were combined in 1984). It was a great win due to many years of hard work and some great performances by our (mostly) young up-and-coming distance runners. We also won the men's division 3 premiership, so our second team has now been promoted to division 2. This year we intend to repeat our victory and win both division 1 and division 2. Our women's team was not quite as successful last year, finishing 6th on the division 1 premiership table, but our team is looking much stronger this year we are expecting a better results. We have some outstanding juniors, but due to school commitments some of them are unavailable for many of the races, but we still hope to have many more juniors competing in AV events this winter.

The cross country season will commence with the cross country relays at Jells Park on April 18. If you wish to run at Jells Park (6km for open teams, 3km for juniors) you must be registered for the 2009-2010 season on or before the day of the competition. Please contact a member of the winter competition committee and let us know if you are available to compete so that teams can be organised.

Winter competition committee

Graeme Olden ph. 9885 0890 email: golden@sprint.net.au

Ian and Megan Sloane ph. 9459 4486 email: iansloane@optusnet.com.au

Chris O'Connor ph: 9808 5914 or 0410 490 630email:
coconnor@swin.edu.au

Due to the early start of the winter season this year the club 5k handicap and BBQ will be held 2 weeks after the cross country relays on Saturday, May 2. All club members are encouraged to attend and race, run or jog around the course and join us for the BBQ afterwards. Contact a member of the winter competition committee with the following information so that a handicap mark can be allocated for you:

- 1) Fastest 5000 m time and date it was run
- 2) Season's best 5000 m time or season's best 3000 time, 1500 time or 800 time
- 3) The time the runner estimates that they will take on May 2
- 4) If you have no idea of any of the above, just give us your name and age and we will allocate a mark for you anyway!