

Club News



Issue 43

December 2002

BOX HILL ATHLETIC CLUB INC

Hagenauer's Reserve, Barwon Street, Box Hill 3128 Phone: 9890 3631

PO Box 247 Box Hill 3128

<http://www.boxhillathleticclub.org>

DATES FOR YOUR DIARY



Sat 18 Jan '03	State League Round 5 - Ballarat
Sat 18 Jan '03	Interclub Round 8 - Box Hill
Thur 23 Jan '03	State League Round 6 - Doncaster
Thur 30 Jan '03	State League Round 7 - OP
Sat 1 Feb '03	Interclub Round 9 - Box Hill
Tues 4 Feb '03	State League Round 8 - OP
Sat 8 Feb '03	Interclub Round 10 - Box Hill
Thur 13 Feb '03	State League Round 9 - OP
Sat 15 Feb '03	Interclub Round 11 - Box Hill
Tues 25 Feb '03	Interclub Round 12 - Box Hill

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WHITEHORSE GIFT

On Saturday 16 November 2002, the Whitehorse Gift Carnival was conducted at the track for the second time in warm sunny conditions. While not providing the same range of entertainment options as last year, the athletic competition ran smoothly and there was some exciting racing. The number of entrants from other clubs was disappointing, however there was a good response from Box Hill Athletes and the VAL and we were most fortunate to obtain sponsorship for all of the handicap events. Hopefully we can build on this in future years to make it into major event on the annual athletic calendar.

Winners of the main events were:

Whitehorse Gift 400m

Neil May – 46.53 s

Whitehorse Pole Vault Club Pole Vault

Cameron Sherry – 3.90 m

Empire Proton 110m Handicap

Ilias Panagiotidis – 12.2

Banksia Sports Clinic Mile

Gary Mowat – 4:04.76

Runners World 3000m Handicap

Neville Gardner – 12:17

Runners World 800m Handicap

Jack Farmer – 1:45.1

PRESIDENT'S MESSAGE

The past year has been a most difficult one for the committee as we have devoted a huge amount of time and effort to progressing the building works at the Club in the most cost effective manner, assisting with arranging fundraising functions to help fund the works and also performing the constant day-to-day administrative tasks necessary to ensure the continued success of the Club.

With only a very small active committee, the magnitude of the tasks involved sometime appears overwhelming and it is easy to lose perspective regarding the progress that has been made over the past few years. The following email message which I received recently was a timely reminder that the past year has indeed been a most successful one and that we have much to look forward to into the future.

"I know too much work is left to too few people, and I think with the departure of Stewie, the committee might be feeling overworked, under-appreciated and unhappy about the whole situation at the club.

So I would just like to point out that this is probably the best year the club has had in the past 20 years.

We started the year with a premiership, we had Commonwealth Games reps, a fantastic reunion dinner, the trivia night was great, the Box Hill gift is becoming established. On the track we are looking good. I think the hard work of the committee over the past 5 or 6 years is finally starting to really pay dividends. The Club room development is an exciting and in some ways daring move, which will certainly pay off when complete.

I just want to congratulate the committee on the work they have done over the past few years and although it may not often seem so, their work is appreciated and it is shaping Box Hill back into a great club."

The Box Hill Athletic Club has a long and proud history of success and there is no reason why the coming years can't be as successful as some of the best times over the past 70 years. However, it won't happen unless every Club member does their bit to help. If there is something that you can do to help make the club successful, please feel free to contact one of the committee members or one of the Club coaches.

I would like to wish all our members a Merry Christmas and a Happy New Year which will hopefully bring further success to the Box Hill Athletic Club and all of our members.

CLUB ROOM UPGRADE UPDATE

With the roof over the grandstand now completed and providing much needed shade and shelter for spectators, athletes and officials, the Club now needs to start focusing on raising funds to complete the external walls and fitout of the upstairs rooms. Time and funds not available to complete any more work on the upstairs facilities this year, however it is hoped that they can be completed next winter. The Club still needs to raise a significant amount of money to enable this to happen so all Club members are urged to support the upcoming fundraising events and provide donation to the tax-deductible building fund set up for this project to enable it to happen. The outlook from the upstairs rooms will be most impressive, however there is still a lot of work to be done until we can take advantage of it.

BARLOW FOUNDATION

Box Hill Athletic Club operates the Barlow Foundation as a registered project with the Australian Sports Foundation for the purpose of supporting elite athletes and coaches in state league interclub competition. The project makes grants to athletes and coaches from tax-deductible donations made to the foundation. These grants have played a significant part in the success of the State League teams over the past few seasons and the Club is committed to continuing to provide these opportunities for our State League athletes.

The distribution of Barlow Foundation grants made at the presentation night for the 2001/02 season were:

- \$200 Reimbursement of expenses to the leading Female State League points scorer
- \$200 Reimbursement of expenses to the leading Male State League points scorer
- \$200 Reimbursement of expenses to the coach whose athletes (both male and female) score the greatest combined total of State League points.

To help ensure the continued success of our State League teams, we are requesting donations to help fund these grants. All donations are tax deductible. If you would like to obtain a donation form to send in a donation, or have any questions about the Barlow Foundation, please contact Colin Organ on 9813 3597 or via email (colo@bigpond.com). Alternatively you may wish to download a form directly from the Club's web site at <http://www.boxhillathleticclub.org>.

RETIREMENT OF STEWART LIVINGSTON

After over 35 years of active membership of the Box Hill Athletic Club, Stewart Livingston has decided that it is time to retire from his position of technical manager at the Club and take on a much reduced role within the Club. Stewart's wealth of knowledge and dedication to the Club will be impossible to replace and he will be greatly missed.

Stewart joined Box Hill on the invitation of legendary coach Allan Barlow in 1967 as a junior. He ran for Box Hill as an A Reserve and B grade runner whilst at university, and kept his membership while teaching in the country after leaving university. At the end of 1984 he moved back to the city and volunteered to take on the role of senior team manager in the 1985/86 season. This was a large job as the Club had 6 senior men's teams at the time. He also took on the role of assistant technical official for the Club and ever since has spent almost every spare Saturday at the Club repairing or painting equipment and assisting with ground maintenance.

With the retirement of Allan Barlow as State League team manager, Stewart also took on this role and was instrumental in the Club winning its last State League men's premiership in 1995. At about this time he also became the Club's representative on the Venue committee and took over the role of technical manager for the Club, also joining the Athletics Victoria technical committee.

After winning the State League premiership, Stewart relinquished the role of State League team manager and took on the role of boy's junior team manager. He was instrumental in building up the junior teams to the point where all three teams have won venue premierships for the last two years and the Under 16 team has won premierships at the last two Association Finals. Stewart would personally write to all junior members several times each season to remind them of upcoming events and make them feel that they are an important part of the Club. He has also written to all the Under 15, Under 14 and Under 13 members of the Box Hill Little Athletics Centre for many years to invite them to join the Box Hill Athletic Club.

Stewart has also served on the committee of the Club for many years and played a key role in the merger of the men's and women's clubs. He has since been one of the most enthusiastic promoters of the merged Club and has done much to bring all groups together as a successful, integrated Club.



Whilst on the committee, Stewart coordinated the operation of a Street Collections fundraising scheme which raised tens of thousands of dollars for the club and enabled us to fund many of the improvements made at the ground over the past few years. He was also responsible for setting up a tax-deductible fund through the Australian Sports Commission to enable members and supporters of the Club to make tax deductible donations to be used for support of our athletes and fund building works at the ground. Since its inception, this fund has received contributions of well in excess of \$15 000.

Stewart has donated an enormous amount of his time (and his own money) to ensuring that the facilities and equipment are kept in excellent condition. He also worked tirelessly to ensure that the junior members feel that they are an important part of the Club and are retained in the sport to ensure the future success of the Club. We wish him well in his retirement and hope that he will still find time to help our occasionally and retain some involvement in the Club.



THE SWAN HOTEL

STATE LEAGUE INCENTIVES

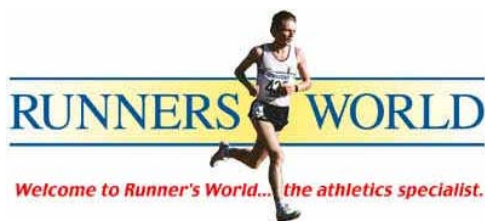
The Club is once again offering incentives to State League athletes and their coaches to encourage members to participate as often as possible in State League competition. Any athlete who scores 145 points or more in the women's State League competition or 170 points or more in men's State League competition will have their fees paid for the following season (note that finals don't count). In addition, there are cash prizes of \$200 for the leading male and female points scorer at the end of the season and the coach whose athletes have scored the most points.

Please make sure that you check with your State League team manager to find out how many points you have scored this season so far.

NEW SPONSORS

The Club has been most fortunate to obtain the support of a couple of new sponsors over recent months and Club members are urged to support these businesses so that they will continue to support us.

Neil Ryan from Runners World provided generous support for the recent Whitehorse Gift Athletic Carnival, provided prize money for two of our handicap races. Runners World have one of the best range of running shoes available in Melbourne so for your next pair of training shoes or spikes, please visit their store at 598 High Street, East Kew.



The Swan Hotel in Richmond has also agreed to provide the Club with sponsorship in return for holding two functions at the hotel during the year. By the time this newsletter is published, the first function – end of year Christmas Drinks on 12 December – will have been held. The next function is planned for mid March following the State League Finals. Further details will be published in the next newsletter.



VIC STATE RELAY CHAMPS

Men

Box Hill dominated the men's relay championships last weekend.

Box Hill open men's team of Braden Fraser, Marty Duke, Lane Harrison and Mohammed Zeed easily won the 4x100m relay with a stunning performance in the slick time of 41.20s.

Lane and Marty teamed up with Rhett Medford and Corwin Pusch to win the 4x200m. Marty, Rhett, Corwin and Tim Cherry won the 4x400m after Marty ran a stunning 47.0 last leg.

Tim Renowden, Liam Rourke, Lachlan Aspinall and Tim Cherry put in a very even consistent performance to win the 4x800m. Box Hill just missed the clean sweep, when Barry Lynch, Dale Bickham, Graeme Olden and Liam Rourke combined to win a silver medal in the 4x1500m.

Our under 18 men also picked up gold medals in the 4x400m (Ned McLeod, Kevin Craigie, Brendan O'Brien and Michael Saunders) and the 4x800m (Kevin Craigie, Daniel Clark, Graham Craigie and Michael Saunders) and a bronze in the 4x200m (Paul, Fernee, Ben Stahr, Ned McLeod, Adam Rabone)

The under 16 men were first across the line in an exciting 4x200m relay (Grant Hodges, Kristian Lewis, David Goodwin, Imran Zeed), only to be unluckily disqualified.

Women

The Box Hill women's teams also had a very successful weekend.

The open women won the 4x800m relay (Sarah Cant, Audra Papworth, Fiona Turner, Jocelyn Keage) and the medley relay (Beth Bird, Elizabeth Beston, Kylie Williams, Georgie Power) and finished fourth in the 4x1500m (Fiona Turner, Rachel Johnson, Amanda Harper, Marion Gamble) and in the 4x100 (Sarah Stewart, Georgie Power, Leanna Tilley, Nicole Dunner)

The under 20 women won two gold medals in the 4x100m (Vivienne Lee, Kate Feitz, Michelle Fistic, Beth Bird) and the 4x400m (Beth Bird, Alexandra Knight, Tania Adderley, Rosalyn Moore)

The under 18s picked up a gold in the medley relay (Alexandra Knight, Tania Adderley, Kate Feitz, Sarah Stewart) while the under 16s won the bronze

medal in the 4× 100m (Laura Anderson, Sarah Quinn, Katherine Wickworth, Sarah Cant) and the same team finished fourth in the 4×200m.

Over the weekend the Box Hill relay teams won 11 gold medals, 1 silver, 2 bronze and also gained 3 fourth placings, to clearly be the dominant club.

Vic Multis

Also on during the weekend was the Victorian Multi Event Championships. Box Hill had two representatives who both performed very well.

Club Captain Cameron Baker finished a solid 4th in the Open Men's Decathlon after dominating the sprints and the pole vault.

Melanie Adams finished a very close 3rd in the Under 16 Women's Heptathlon after leading for the first six events. Her dominance in the sprints and field events was evident and with a little work on her 800m she is a potential star in the heptathlon.

BUY A BRICK

The Club's tax deductible Barlow Fund also includes a separate building fund. With additional funds needed to be able to fund the Stage II Pavilion Upgrade (upstairs extension), donations to this fund are urgently required. Any donations made to this building fund will be directed solely towards the club room upgrade. Now is an excellent time to help the Club to fund your new club rooms and reduce your tax bill. Any donation of \$100 or more will be recognised with a plaque recording your donation prominently displayed on a brick in the new clubrooms. Donation forms can be downloaded from the Club's web site - www.boxhillathleticclub.org - or obtained from Colin Organ – phone 9813 3597 or email at colo@bigpond.com.

VOLUNTEERS FOR INTERCLUB

For those who are new to the club, or just unaware of the fact, but each Saturday at Interclub competition (and State league), we must supply at least 1 official per team entered into the competition. With teams in every division and age group, this requires a lot of officials. In addition, we need people to help out in the canteen.

The penalty for not supplying enough officials for a day of competition is at least a 10-point deduction from EVERY team entered by the club, for EVERY official missing. This means that if we are 2 officials short, EVERY Box Hill team will lose at least 20 points from their scores for that day. This makes

winning the competition very difficult, for all teams!!!

To eliminate this possibility occurring, an Officials Roster is going to be constructed. EVERY athlete will be responsible for providing an official/assistant for at least one round of interclub for the next summer season. This means that the athlete will have to make sure that either a parent, husband, wife, girlfriend, boyfriend, uncle or auntie is available to help out on their rostered day. If you are unable to get someone down to the track to assist, YOU will have to become the rostered official. The more people we get, the less time they will have to officiate. No experience is necessary, as you will be taught everything you need to know "on-the-job".

DUAL REGISTRATION WITH V.A.L.

Registered AV athletes who have not previously registered with the VAL can do so for a fee of \$20 for one season. A VAL registration form needs to be completed (available at AV office).

A joint registration is also being offered at the special discounted rate of \$200 (excluding club fee) for an Open Metropolitan Athlete. Registration forms of both bodies need to be completed, indicating on each form that you want a joint registration

LEVEL 1 COACHING

To assist with the development and recruitment of new coaches to the sport, Athletics Victoria is offering to pay the cost of any member wishing to complete a Level 1 coaching course. If you are interested in becoming qualified as a coach then please contact the Club Coaching coordinator, Chris O'Connor for more details (ph 9882 6108 or email: coconnor@swin.edu.au)

HALF SEASON UPDATE

Well the season is half over and all Box Hill teams are performing extremely well with most sitting in finals positions.

Men's State League

Our Men's State League team is looking the healthiest it has been for years. Not only do we have throwers but with Ronnie Buckley, Toby Pallett and Chris Ruty we have three different throwers each round.

The continued dominance of our sprint team, ably led by Marty Duke, has only gained in strength this

MANAGERS & CLUB CAPTAINS

The following people have been appointed team managers and club captains for 2002-2003. Could everyone please give all the support they can and help out these people whenever possible as they lead Box Hill to glory.

State League Managers:

Men - Chris O'Connor

Women - Cathy Tilley / Bev Power

Interclub Managers:

Men - Rob Falkenberg

Men Juniors - Glen White

Women - Cathy Tilley

Women Juniors - Elissa Ward

Captains:

Cameron Baker and Leana Tilley

YOUR COMMITTEE

If you have anything you wish to discuss or if you would like to offer assistance either team managing, coaching, fundraising, officiating, canteen or anything else please contact one of the committee members listed below.

Graeme Olden 9885 0890 golden@sprint.com.au

Adam Pepper 8802 4462 pepper@sme.com.au

Angela Robbie 9898 3052

Julie Milner 9818 1278 juliem@brd.net.au

Joan Hines 9859 5081

Colin Organ 9813 3597 colo@bigpond.com

Dale Bickham 98905150 bickham@deakin.edu.au

Marcus Tierney 9497 3521

David Featherston 9467 2262

Fiona Buchanan 98173095 fionaland@yahoo.com

VIC MILE AND 100YARD CHAMPS

On Sunday January 19, AV will conduct the Victorian Mile and 100 Yards Championships, to be held at Dolamore Reserve, Mentone.

A series of graded mile races for men and women of all ages will be held throughout the evening, with athletes of similar ability grouped together based on 1500m seasonal bests. In addition, invitation races for the Victorian Championship events will be conducted for both men and women in the Open and U20 categories. The fields for the championship events will be selected by a panel appointed by AV on the basis of current form/performances.

Further information on the event can be obtained from Matt Hanrahan on 0419693375, or by emailing: mentoneac@yahoo.com.

The closing date for entries is 5:00pm Tuesday January 14, 2003.

TELSTRA A-SERIES

Want to enjoy some great athletics and earn some money for the club at the same time? Purchase a ticket to the Melbourne Track Classic through the club and Box Hill will receive \$3 per ticket.

GYM UPGRADE

If you have been down at the track recently you would have noticed the new equipment in the gym and also that the floors and mats have been waxed. Most of the thanks for this go to Robyn Barkley and David Webber who were the driving force behind the gym makeover.

Now that we have a decked out gym we must keep it in good condition. No spikes are to be worn in the gym to protect the floors and all weights must be put away after use. When you are finished with a weight or take it off a bar could you put it back on the tree. This is a rule in every commercial gym, is not very hard to do, and would keep our gym in a much tidier state.



AUSTRALIAN ALLSCHOOLS

Hobart was the venue for the recent Australian AllSchools Championships and Box Hill was well represented. Conditions were generally windy and did not promote good performance but if the rumors that I have heard are anywhere near the truth it sounds like everyone had a fantastic time.

I apologize to anyone whose name is not here as results are listed by school and not by club.

Under 18 Boys

Ned McLeod	400mH	56.00	1 st
	400m	51.00	1 st
	110mH	14.88	2 nd
Michael Saunders	800m	1:59.8	1 st

Under 16 Boys

Imran Zeed	100mH	14.10	1 st
	200m	23.90	3 rd
	200mH	27.27	1 st
David Goodwin	400m	53.02	2 nd
Moses Levey	100mH	14.78	5 th
	200mH	28.73	5 th
Long Jump	5.97		
Thoe Oostveen	100mH	14.14	2 nd

Under 15 Boys

Chris Hamer	2000m Steeple	6:41.7	1 st
	1500m	4:32.3	5 th
	3000m	9:34.4	3 rd
Dion Pocklington	Pole Vault	3.05	2 nd
	100mH	16.29	4 th
	200mH	30.31	4 th
Pryce Butson	400m	54.90	4 th

Under 20 Girls

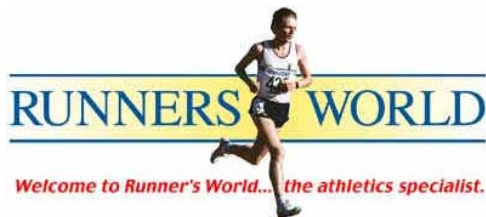
Michelle Fistic	100mH	16.11	1 st
	400mH	69.59	3 rd

Under 18 Girls

Kate Fiszt	100m	12.6	1 st
	200m	26.02	1 st
Madeline Crowley	400mH	68.7	2 nd
Amy Zagato	800m	2:25.00	2 nd
Sarah Stewart	200m	23.90	3 rd

Under 15 Girls

Hayley Tomlinson	800m	2:12.06	1 st
	1500m	4:32.76	1 st
Sarah Cant	800m	2:15.34	3 rd



HAPPY BIRTHDAY ALLAN

On 12th December, life member and legendary coach of multiple Box Hill Olympians, Allan Barlow celebrated his 90th birthday. Allan delighted many of the long-term members of the Club with his appearance at the 70 Year Dinner early in the year where he demonstrated that his handshake is still as firm as ever. The Box Hill Athletic Club congratulates Allan on reaching this wonderful milestone and hopes that he continues to enjoy many more active and healthy years. Hopefully he can once again be our special guest at our 80 Year Dinner.

Neville Norman

While we are on the topic of past members Dr Neville Norman who was a member through the 1950's has recently become a grandfather. Congratulations go out to Neville and the delighted parents.



EDITORS NOTE

I was talking to a friend recently who asked how often I trained. When I answered "Six days a week" they then proceeded to ask me if I was going to the Olympics. When I answered "No" they told me not to limit myself and if I trained really hard I could make it, as long as I believe I can.

Now while this is all good advice to me it shows something about the general public. Only a select specialised group ever makes an Olympic Athletic team and yet I have friends who think that anyone "as long as they train hard and believe they can do it" can be an Olympian in the most widespread sport in the world. I am sure you have read articles talking about how Shane Crawford "if he trained really hard" could make the Australian Olympic team.

The idea of what a great athlete in nearly any other sport is and what makes a great athlete in athletics is vastly different. To compete well at even a State League level in athletics requires twice as much dedication as most other sports.

But where does this leave me? Why do I do athletics? Because I love it. Because to me breaking a PB is just as important as it is to Tim Montgomery. Because if they drop the selection criteria low enough and if twenty-six other people all fall over at nationals I could just about make that Olympic team.

To submit articles either see Cameron Baker or el Presidente Graeme Olden down at the track or email Cameron on cbak2@student.monash.edu