

Club News



Issue 46

June 2003

BOX HILL ATHLETIC CLUB INC

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DATES FOR YOUR DIARY



Sat 14 June '03	Working Bee – Box Hill
Sun 22 June '03	15 km Road Race – Albert Park
Sun 29 June '03	Club 10 Mile Championship
Tues 1 July '03	AGM – Club Rooms
Sat 12 July '03	Road Relays – Sandown
Sat 26 July '03	12 km Cross Country – Bundoora
Sat 30 Aug '03	Trivia Night – Box Hill

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AGM

The Annual General Meeting of the Box Hill Athletic Club will be held at the club rooms on Tuesday 1 July 2003, from 7:30 pm afterwards. All members, friends and supporters of the Club are invited to attend to hear about the successes of the Club over the past year and plans for the year ahead.

The Annual General Meeting normally only takes less than half an hour to complete so it is important that as many members as possible show their appreciation for the hard work of the committee throughout the year by attending the meeting as a show of support for the committee.

The committee invites all members to join them afterwards for pizza in the club rooms.

WORKING BEE

A working bee is being held at the track on Saturday 14 June 2003 from 12:00 midday until 5:00 pm to carry out numerous small maintenance and cleaning tasks to commence preparing the facilities and equipment for next season. It is essential that we have a good attendance at this working bee so that equipment can be cleaned and stored away for the winter months and urgent maintenance tasks can be attended to.

As there is a requirement to clean the track and repaint some of the lines on the track, the track will be closed for training during this period so please plan your training to be completed prior to this time so that you can assist at the working bee afterwards.

TRAINING FEES AND NEW GROUND MANAGER

With the retirement of a number of long-serving and hard-working volunteer Club administrators over the past few years, the committee of the Box Hill Athletic Club is finding it increasingly difficult to find members to assist with the multitude of administrative and maintenance tasks necessary to maintain the track and facilities at Hagenauers Reserve in good condition and to host interclub competition at the venue.

Club stalwarts such as Reg and Allan Barlow, Martha Fraser, Fred Cron, Jack Hamilton, Val and Les Armstrong, Stewart Livingston and Alan Cross have left a huge hole which it is becoming increasingly difficult to plug. The committee has been unable to find sufficient volunteers to adequately perform the workload that these people carried between them. As a result, the Club has been forced into the position of having to employ people to carry out certain essential duties including cleaning of the toilets and clubrooms, opening and closing the ground for school hirings and general track, facility and equipment maintenance tasks. This process commenced a couple of years ago when the Club employed a Ground Hire Manager to open the grounds for school hirings and more recently when Peter Robbie was employed to clean the Club change rooms and toilets. From 2 June 2003, Peter Robbie's duties will be extended to include general track, facility and equipment maintenance tasks to help cover the loss of Stewart Livingston and Alan Cross who have both retired in the last few months after many years of service to the Club.

It is essential that **ALL** users of the track and associated facilities contribute towards the cost of maintenance of the facilities and equipment. To help ensure that this is the case, Peter's duties will also include collection of training fees from non-members using the track. Commencing on Monday 2 June 2003, Peter will be at the track from 4:30 pm to 7:00 pm, Monday to Thursday, and will collect a \$5 training fee at the gate from anyone that is not a financial member of the Box Hill Athletic Club at that time and wishes to enter the ground to train. Note that payment of this \$5 training fee does not give the person access to use the weights room. Access to the weights room is to be restricted to financial members of the Box Hill Athletic Club.

A list of financial members and those who have paid an annual training fee will be displayed on the noticeboard at the entrance to the club rooms. This list will be regularly updated and will be used as the

basis for determining who can train at the track without paying an additional training fee. Note that former Club members who have not yet re-joined the Club for the current season will also be subject to the same conditions so you are strongly encouraged to get registered before 2nd June.

The Club has invested over \$250,000 in upgrading the facilities over the past four years, all of which has been raised by the committee and members of the Box Hill Athletic Club. The Club has only collected very small amounts from non-members in training fees over this period, despite a large number of non-members using the facilities during this time. The Club has had in place a policy of charging non-members training fees for many years, however in recent times we have not had the resources to enforce the policy and many people have used the facilities without paying any fees. We hope that these new arrangements may assist with helping to distribute this financial burden across all users of the facility and we request your support and assistance with its implementation.

Keys

After 18 months of promises and no action, it appears that the City of Whitehorse has finally started on the process of updating the locks to the gate and club rooms. We anticipate that at some time in June, all the locks on the club rooms and the front gate will be replaced with a new bi-lock system and new keys will be issued to us. This will mean that existing keys to the gate and club rooms will become redundant and new keys will need to be issued to those that need them.

It will not be possible for members to cut their own copies of the new keys as there will only be one locksmith in Box Hill able to cut the new keys and this will only be done on production of a letter of request from the City of Whitehorse. The committee is happy to issue keys to any member who applies in writing to the committee for a key, however there will be a \$30 deposit (fully refundable on return of the key) to cover the cost of producing the keys and to encourage members to look after them. Keys will not be issued to non-members.

Should you require a key to the track and change rooms, could you please make a written request to the committee so that we can arrange to have a key produced for you.

ALAN CROSS

After many years of dedicated service to the Box Hill Athletic Club as a committee member, team manager, ground manager and technical official, Alan Cross has decided that it is time to hand over to others so that he can spend more time with his wife, Laurel and their family. His enthusiasm, loyalty and dedication will be sorely missed by the Club. He has made an enormous contribution to the Club over many years so he fully deserves a chance to slow down a bit and enjoy his years in the seventies.

Alan became involved in the Box Hill Athletic Club when his son, David took up the sport many years ago. He served as a committee member for many years as well as being senior men's team manager. However, it is in the last eight years following his retirement from full-time work and the retirement of Fred Cron from the Club due to ill health that he has made his greatest contribution. For several years, Alan coordinated all the ground hirings at Hagenauer's Reserve including taking of bookings, opening the ground, setting up equipment and then packing away again afterwards. The income earned from ground hire during this period has enabled the Club to carry out significant improvements at the ground in recent years and greatly assisted us with being able to afford to proceed with the major club room upgrade.

Throughout this time, Alan has also spent countless hours repairing equipment and preparing the ground for competition each week during the summer months. Alan would spend several hours every Friday afternoon moving hurdles into neat stacks at their correct locations, putting up barrier ropes around the throws area and generally preparing equipment for competition the next day. I am sure that most of our members have no idea how much work goes into making sure that the venue and equipment is in the best possible condition for competition each week.

While Alan will no longer have such a large role at the Club in the future, he is sure to retain a keen interest in the Club and will no doubt still be around to cheer on Box Hill and in particular David and hopefully his grandchildren in years to come.



THE SWAN HOTEL



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.

INTERNATIONAL NOTES

Congratulations to the following Box Hill members who have gained selection to represent Australia in international competitions in coming months.

World Youth Championships

Box Hill is providing half of the Victorian contingent in the World Youth Championships team to compete at Sherbrooke, Canada in July with Hayley Tomlinson (1500) and Ronnie Buckley (discus) both selected in the team. Hayley is has only recently turned 15 years old so it is a wonderful effort to gain selection in an Under 18 international team.

World Championships

Box Hill marathon runner, Andrew Letherby will be hoping to repeat his success of the Manchester Commonwealth Games in Paris in August where he has been selected to represent Australia at the World Championships. Andrew is currently living and training at Boulder, Colorado in the USA but has indicated that he will be returning to Australia next summer to compete.

World University Games

The pole vault team to represent Australia at the World University Games in Daegu, Korea in August is dominated by Box Hill members. Steven Hooker, Rosanna Ditton and Bridgid Isworth form three-quarters of the pole vault team, while Mark Stewart has been selected as one of the team coaches.

Congratulations to these members on their selection. We wish them luck with their preparations over the coming months and for their competitions overseas.

TRIVIA NIGHT

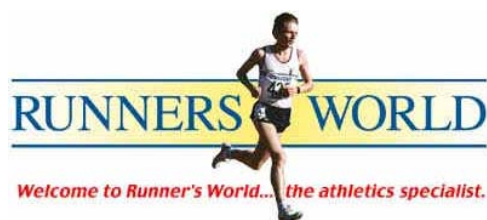
The Box Hill Athletic Club is once again holding a Trivia Night this winter to assist with raising funds for the club room upgrade.

The Trivia Night is to be held on Saturday 30 August 2003 at the St Peters Anglican Church Hall, 1020 Whitehorse Road, Box Hill from 7:00 pm. The cost of the evening will be \$10 per head, with tea and coffee provided, however you will need to provide your own food and cold drinks.

Please put the date in your diary now and start organising your friends to form a table to challenge the domination of the pole vaulters in this event over the past few years. We also require donations of items for auctioning or prizes on the night so now is the time to start collecting these items and handing them on to Leana Tilley or any member of the committee.

CLUB 10 MILE CHAMPIONSHIP

The annual Box Hill Athletic Club 10 Mile Championship for the Frank Tutchener Shield is being held on Sunday 29 June 2003 on the same course used for the last few years along the bike paths along the Eastern Freeway. The race starts at 9:00 am so athletes wishing to run should meet at the club rooms at 8:30 am.



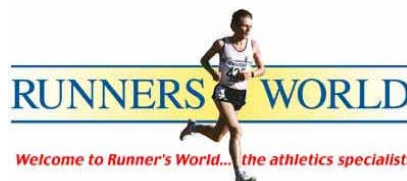
BARLOW FOUNDATION

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 2002/03 season was:

- \$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>.



POSITION VACANT

We are seeking a suitable person/persons to manage the canteen. Duties will include stocking, food preparation and organising a roster of helpers. Preference will be given to applicant available to open weekdays as required by hirers of the track. Salary \$15 hour.

Enquiries : Angela Robbie 9898 3052

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.

CLUB MERCHANDISE

For a limited time there are some "State League" Long Sleeve Training Tops now available for only \$20. Also a new order of Club Tracksuit tops has just arrived so get in early before they all go for \$85. For either of the above or uniforms please contact Julie Milner 9818 1278 or email juliem@brd.net.au.



THE SWAN HOTEL

GENERAL NOTICES

New email for Editor

Would everyone please note that the Club News editor Cameron Baker has a new email address as Monash Uni finally caught up with the fact that he is no longer enrolled there. You can now contact him at vaultcam@hotmail.com.

Keep off the New Grass

The council's request that people stay out of the area next to the longjump pits and runup that has been reseeded for a few months. The entire area has been topsoiled and seeded and the next couple of months are a good opportunity to get some grass growing in the area.

Uniforms

Unfortunately, due to an increase in the manufacturing costs, the price of club singlets and women's bodysuit tops will be increased to \$30.

Cleaning of Toilets

Your co-operation is required to ensure all toilets are cleaned on a regular basis. From time to time toilet doors, in particular, the Ladies have been left snibbed when not in use. Unless the doors remain open when not in use, they will not be cleaned and replenished with toilet paper.

EDITORS NOTE

Why is it that going out partying with athletes is so much more fun than going out with regular people? You only need go to a nationals, Stawell or Australian University Games and you will experience this. I have developed this theory over the years but have yet to settle on a reason why.

It could be because generally athletes don't go out much so when they do, they have a really good time. It could be the lack of cigarette smell because basically no one who does athletics smokes. It could be because we are fitter and can dance all night. But I think it is because athletes are generally confident and extroverted in nature (you would have to be to run around outside in nothing but lycra) and so you just plain old have more fun around them. You never know where the night is going to end up (sometimes at 4:00am at an athletics track for a refreshing run) and I suppose it can't hurt that they are all hot.

To submit articles either see Cameron Baker or el Presidente Graeme Olden down at the track or email Cameron on vaultcam@hotmail.com.

PRESENTATION NIGHT

Saturday 17 May 2003 was the date for the gala event of the year - the Box Hill Athletic Club Presentation Night.

This years Presentation Night was again at the Box Hill Community Art Centre and was once again a night to remember. Tim Williams was there with his balloon antics again and there was an encore performance of the video shown at the 70th anniversary dinner.

But the highlight of the night was Bert Tilley's video. Bert had been secretly filming various athletes throughout the year and his efforts with some very suspect editing and commentary were on show. "He's giving him a real head to head job." "And that was Lane Harrison crossing the line." And who could forget those magical moments when the whole room was cheering on Beth Bird to a new PB in the 800m.

But the real reason for Presentation night is to recognize the efforts of our athletes. Congratulations go to all the winners, especially to Steve and Rosie who both managed to collect their awards without falling over.



INTERCLUB AWARDS 2002/03

Open Women	Open Men
1 st Elissa Ward	1 st Liam Rourke
2 nd Elisabeth Bird	2 nd Cameron Baker
2 nd Michelle Fistic	3 rd David Featherston
3 rd Leana Tilley	
Under 18	Under 18
1 st Vivienne Lee	1 st Ben Stahr
2 nd Tania Adderley	2 nd Paul Fernee
3 rd Sarah Stewart	3 rd Greg Heinrich
Under 16	Under 16
1 st Sarah Quinn	1 st Grant Hodges
2 nd Sarah Cant	2 nd Imran Zeed
3 rd Alexandra Knight	3 rd Dion Pocklington
Under 14	Under 14
1 st Rebecca Thompson	1 st Mitchell Goodwin
2 nd Alice Zagato	
3 rd Kate Winckworth	

PERPETUAL TROPHIES

Allan Barlow Shield (Outstanding male athlete)	Steven Hooker
Martha Fraser Shield (Outstanding female athlete)	Rosanna Ditton



Reg Barlow Cup
(Outstanding Junior Male)

Mohamad Zeed

Armstrong Trophy (Outstanding Junior Female)	Hayley Tomlinson
Hansen Trophy (Outstanding Winter Male)	Luke Yeatman
Megan Sloane Cup (Outstanding Winter Female)	Nikki Chapple
Grant Taggart Shield (Most Determined Winter Junior)	Emily Smith
Frank Tutchener Shield (10 Mile Championship)	Graeme Olden
Andrew Stewart Trophy (Pole Vault)	Steven Hooker Rosanna Ditton
Ross Haywood Trophy (Race Walking)	Wendy Muldoon
Vladimir Slavnic Trophy (Outstanding Thrower)	Ronnie Buckley
Outstanding Finals Athlete	Mohamad Zeed
Outstanding Clubman	Chris O'Connor
State League Top Points	Ronnie Buckley Cecilia Azcurra
Coach – most SL points	Bert Tilley



WINTER RESULTS

For full reports on the winter races, please check the Box Hill web page at www.boxhillathleticclub.org. For space reasons, only abridged versions are included below.

5km HANDICAP

The annual Box Hill 5000 m Handicap race was run on Saturday April 26 at our usual Bennetswood course adjacent to Gardiner's Creek. This year's field of 31 starters was the largest for many years, bolstered by a large contingent of pole-vaulters. It was great to have the vaulters join us, although the distance runners eyed the marks given to the vaulters very suspiciously at the start.

Dion Pocklington crossed the finishing line at the end of the first lap well ahead of his rivals with brother Joel in second place and no sign of the coach Mark. The second lap saw Dion and Joel Pocklington maintain their positions in first and second place. Dave Featherston claimed third place late in the second circuit, in breaking 20 minutes for the distance. Chris O'Connor unleashed a powerful finishing burst but narrowly failed to catch fourth-placed Westly Windsor. Promising junior, Chris Hamer showed he has great potential in recording the very impressive time of 17 m. 25 for the journey. There is no doubt that he will run extremely well in the Winter season.

Andrew White recorded the fastest time of the day and looks to have a great Winter season in front of him, after his second placing in the 5000 m. in the Nationals.

Thanks to Ian Sloane for setting the handicap marks and recording times, Graeme Olden for setting up the course, Julie Milner for providing the post-race BBQ supplies, and Doug Bourne for cooking the BBQ.

WERRIBEE X-COUNTRY RELAYS

The Cross Country Relay meeting at the National Equestrian Centre at Werribee was the first event on the 2003 Winter calendar and the first time that these races had been held at this venue. The course was relatively flat with a number of obstacles including sandy rises and jumps. Box Hill made a pleasing start to the Winter season, with some fine team performances by male and female teams. It was particularly pleasing to see such a large number of senior female athletes representing the club.

Marcus Tierney led the Section 1 team off and running our fastest leg, completing the two lap course in 5th position, within striking distance of our Section 1 rivals. John Meagher showed that he is still a force to be reckoned with in running a solid second leg, bringing us up into the silver medal position at the end of his second lap.

Graeme Olden was our third leg runner, and conceded a small margin to the Ballarat YCW runner. Barry Lynch took over, after turning up to run the already allocated third leg. He ran a strong first lap, but unfortunately he was unable to sustain the effort in the second lap and Box Hill conceded another place to be fifth, 1:24 behind Ballarat YCW.

Recently joined member Hamish McElwee, working on secondment in Melbourne from Perth, was our fifth leg runner and turned up trumps, running a time very similar to John Meagher's time. Chris O'Connor

held fifth place to the end, ensuring that St Kevin's, APS and Peninsula were unable to pass us.

The depth of our Section 3 team has been very great over the last ten years in the relay events, but this year we had a very diminished number of available runners, which was disappointing. Liam Rourke got the team off to a splendid start recording the fastest Section 3 Box Hill time of the day. Sam Hassett on the comeback trail ran a sensible leg, followed by evergreen Tony Bird. Luke Vipond ran fourth handing over to John Vaitkunas who brought the team home in third place.

Our Section 6 team, consisting of Dave Featherston, Dave Boyd and Adam Pepper ran notably, but, unfortunately, we lacked a fourth runner on the day to complete their team, despite being in a leading position when Adam finished his leg. It is to be hoped that more athletes will make themselves available in forthcoming weeks so that we don't finish up one runner short of a team again.

The best news from our male competitors came from our underage runners. Our junior athletes performed exceptionally well with two Gold medals and a sixth place, a fantastic result.

Our Under 20 men were victorious following a great run from Andrew White who positioned the team beautifully, passing to Lachlan Aspinall and Adrian Vincent in turn. All ran mightily well and secured first place.

The Under 18 team placed sixth after a fine runs from Alex de Greenlaw, Michael Bourne (recording the fastest lap time for Box Hill) and Nick Bourke.

Our Under 16 team also secured the Gold medal in a thrilling performance. Chris Hamer led off passing to Navin Arunasalam, with Matthew Coloe running even faster than his teammates to anchor Box Hill to another well-deserved win. Many readers might not be aware that many of our junior competitors had run earlier in the day in the APS or the AGS cross country races, and their second race for the day brought great credit on themselves and their club. Well done, boys – a tremendous effort from all of you!!

The Box Hill women's teams were weakened by the absence of Fiona Turner and the last minute withdrawal of Nikki Chapple, due to a foot injury. This meant some late changes to the teams, with the selectors making a few mistakes (!) as some of our division 3 runners out-performed some of those in division 1.

Alison Stokes ran the first leg against some very tough opposition. Glenhantly with a team that included Susie Power, Anna Thompson and Emma Carney cleared out from the start to win the event. Knox, Malvern and Peninsula Road Runners also had very fast first leg runners and battled for the minor medals, while Box Hill, Ringwood, Geelong and Melbourne Uni fought out places 5 to 8 with the other teams trailing further behind. Alison was still recovering from running a half marathon the previous week, but despite a dislike for the obstacles on the course, ran the second fastest Box Hill time for the day of 26:55.

George Connell took off in 7th place and ran an outstanding second leg in 25:41 to bring the team up to 5th position. This was George's first serious race in over a year and her strong performance is a great sign for the future. Emily Smith held on to 5th place with three other teams close behind. Megan Sloane battled on well against some very fast last leg runners but slipped back to 8th place.

Our two division 3 teams performed well finishing in 3rd and 4th placings. Jessica De Bruin ran the fastest time of our division 3 runners in 27:11, closely followed by Rachel Johnson in 27:17 and Melinda Missen in 27:23, while Amanda Harper, Audra Papworth and Beth Bird were not far behind, running 28:10, 28:12 and 28:43.

GEELONG CROSS COUNTRY

The 8 km cross country returned to Geelong's Eastern Park venue on May 10th. Marcus Tierney was the best-placed Box Hill Athlete after 1000 metres of the senior men's race had elapsed, in 22nd place. John Meagher was not much further back, with a small margin between him and Hamish McElwee. Graeme Olden was next, closely followed by Sam Hassett, who had started quickly with Chris O'Connor a further 20 places to the rear. Adam Pepper, Tony Bird, John Vaitkunas and Dave Boyd constituted our remaining competitors.

Marcus Tierney was unable to maintain his fast early pace and slipped back through the field, but Hamish McElwee, having run conservatively in the first lap, moved forward passing numerous opponents, including club mate, John Meagher. John had made up significant ground on Marcus Tierney himself, and was staging his own battle with the characters running around him. Graeme Olden was running a steady race, whilst Sam Hassett was slowly losing ground paying the price for an ambitiously fast early pace. Chris O'Connor was improving his position throughout the first lap and beyond, and passed Sam

Hassett, who completed the Section 1 team in 83rd place.

Tony Bird ran a strong second leg to be the 7th Box Hill athlete over the line, having improved his position in the second lap. Adam Pepper was next over the line in a little under 31 minutes, with John Vaitkunas 20 seconds behind Adam. Dave Boyd completed the course a little under 6 minutes later to be our final senior athlete across the finishing line.

Chris O'Connor was placed 4th in the 40+ age group and Tony Bird placed 2nd in the 50+ age group.

Box Hill had three competitors in the men's U/20 race, held over 4 km. Andrew White was our leading performer again, placing eighth overall and 4th in the Under 20 race. Andrew was further back in this race early than he wanted to be but finished off well, passing several opponents in the concluding stages of the race. Not far behind him was Adrian Vincent who finished very strongly. Alex de Greenlaw completed the team, finishing 12 places further back in the field.

Running in the same race, but in the Under 18 division was Michael Bourne, fronting up for the second time following the morning AGS Cross Country. Michael was 36 seconds astern of Alex de Greenlaw and finished a creditable 15th in the U/18 division.

Box Hill had a good representation in the women's Open 6km cross country race. In a strong field with 117 finishers, George Connell headed the Box Hill charge. After losing some ground in the middle stages, George finished strongly to take out 16th place. Jessica De Bruin is regaining fitness after a year away overseas and in her first senior cross country event finished a creditable 33rd. Rachel Johnson changed her usual tactics and went out hard in this race. She managed to hang on to place 39th and be the 3rd Box Hill finisher in this event. Making up the division 1 team was Emily Smith. Close behind Emily were Amanda Harper and Megan Sloane, with Megan taking out 3rd place in the 45+ age group. Beth Bird finished in 66th place filling our division 3 team with Amanda and Megan. Kerry Putt had some difficulties just after half way but battled on to finish the event in a respectable 88th position.

Although official team results are not available it appears that Box Hill has finished 5th in Division 1 and **1st in Division 3**. With Nikki Chapple, Fiona Turner, Alison Stokes and Melinda Missen all missing from the team, this is a great effort and promises some good results in the future.

Box Hill had some great results in the junior women's events. The highlight was Sarah Cant winning the under 16 3km event in 10:48. Sarah not only won the under 16 event but also finished in front of all the under 18 girls as well. Alice Baquie finished fourth in the under 18 event in a time of 11:39, just a few seconds outside of the medals.

In the under 20s Jocelyn Keage won the silver medal running 15:19 for the 4km journey.

SANDOWN 10km

Box Hill had 8 registered participants well down on the 14 starters who ran in 2002. Sandown is better known for the Road Relay Championships and vile weather with screaming gales and driving rain. The gods smiled on competitors this year with the most outstanding and favourable conditions ever experienced in thirty years at this venue. There was barely a breath of wind and fine temperate air conditions, which encouraged good performances from athletes of all standards.

Recent recruit, Hamish McElwee, who has demonstrated great improvement since commencing, and John Meagher were the standout Box Hill competitors in the early part of the race.

Steve Moneghetti completed an excellent victory in the time of 29 m. 03, to win yet another Victorian title, seven seconds clear of Simon Field, with David Ruschena, third, nine seconds behind. Steve Moneghetti is a freakish talent, with outstanding personal qualities, as he demonstrated when he gave assistance to the shorthanded officials assisting athletes to keep moving through the finishing chute immediately after he had completed the race.

Box Hill runners soon showed up in the finishing chute with Hamish McElwee first of our senior men to cross the line in 19th place having surrendered two places in the final lap. John Meagher placed 28th, also passed by two runners in the concluding stages. Graeme Olden picked up five places in the last part of the race to place 39th. Chris O'Connor, 96th, continued his forward momentum, drawing away from Sam Hassett, 108th, by a small margin in the last lap. These athletes both ran away in the last lap from Kynan Dawes, who looked very pleased, to finish (128th). Tony Bird placed 136th, 30 places ahead of Adam Pepper. David Boyd, 308th completed the Box Hill contingent.

Official team placings have not yet been posted, but it appears that Box Hill was in 7th place, behind Glen

Huntly, Doncaster and Ballarat YCW which took the first three team placings.

Adrian Vincent and Lachlan Aspinall were prominent in the Under 20 10 kilometre road race finishing 5th and 9th respectively. Michael Bourne ran a solid U/18 race after competing in a school cross country race in the morning.

Women

In excellent conditions, there were some good performances in the women's 10km road race at Sandown. Despite a number of absences, there was still a big group of Box Hill women running close together and placing well in this event.

The first Box Hill woman across the line was Jocelyn Keage who placed 21st overall in a strong women's field and won a gold medal in the under 20 competition with a time of 39:28. Jessica De Bruin ran with Jocelyn much of the way before slowing slightly on the third lap. George Connell, who started more conservatively, came through strongly at the finish to catch Jessica on the line. Jess and George finished 26th and 27th in times of 40:01 and 40:02 respectively. After running the docklands half-marathon the previous weekend, Melinda Missen, also started conservatively, but she made up many places in the second half of the race to finish in 29th position with a time of 40:14, just ahead of Alice Baquie who ran 40:24 to take out the silver medal in the under 18 division. Megan Sloane ran 40:50 to make up our division 1 team and to take a bronze medal in the 45+ competition. Right Behind Megan were Fiona Turner (40:53) and Emily Smith (41:10). Audra Papworth found the going tough in the latter stages of the race, but held on well to record a time of 42:27 to complete our division 3 team and Beth Bird continued to put in the over-distance work running a very respectable 43:42. Alice Martin having her first AV race for the winter ran well to record a time of 45:20 and finish 5th in the under 18s.

Under 16 3km

With the boys and girls running together, the pace was quick from the start with a large pack leading up the straight and around the first bend. Unfortunately Sarah Cant was tripped and unable to finish the race. Hayley Tomlinson stuck with the boys most of the way and was able to record a fine victory in the women's under 16 3km event, in the excellent time of 9:46. Sarah Walker also put in a good effort in her first race for the winter to place well overall.

NOTICE OF 2002- 2003 ANNUAL GENERAL MEETING

BOX HILL ATHLETIC CLUB INC.

7.30 PM TUESDAY 1 JULY 2003

CLUBROOMS
HAGENAUERS RESERVE
BOX HILL

AGENDA

- Presentation of financial statement
- Election of Office Bearers

Nominations are called for the following positions which will be declared vacant:

President
Vice President
Secretary
Treasurer
Committee

We wish to Nominate _____

For the Position of _____

Moved _____

Seconded _____

I hereby consent to my nomination for the position of :

Signed _____

All nomination to be in the hands of the Secretary, PO Box 247, Box Hill 3128
Seven (7) days prior to the Annual General Meeting