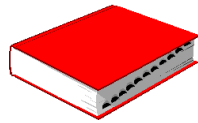




Club News

Volume 24

April 2000



DATES FOR YOUR DIARY

Sat 15 Apr 2000 Cross Country Relays - Brimbank Park
Thur 20 Apr 2000 Bookings close for Presentation Night
Sat 29 Apr 2000 Presentation Night - 6:30 pm Hawthorn FC Social Club
Sun 30 Apr 2000 Club Decathlon Championships
Sat 6 May 2000 Cross Country - Geelong
Sat 20 May 2000 10km Road Race - Flemington

CONTENTS

[DATES FOR YOUR DIARY *](#)
[MEN SURVIVE PROMOTION - RELEGATION ROUND *](#)
[ASSOCIATION FINALS *](#)
[STATE LEAGUE ATHLETE OF THE YEAR*](#)
[BOX HILL ACHIEVES ACTIVE AUSTRALIA PROVIDER
STATUS *](#)
[WINTER SEASON *](#)
[REGISTRATIONS *](#)
[Presentation Night *](#)
[International Results *](#)
[Results *](#)
[Temora Golden Gift *](#)
[CLUB DECATH CHAMPIONSHIPS *](#)

BOX HILL WINS WOMEN'S STATE LEAGUE PREMIERSHIP

Box Hill Athletic Club won its First State League Premiership since 1995 and its first female title since 1993 with a commanding 51-point win over Melbourne University, Essendon and Doncaster. The win was particularly pleasing, as several of the clubs star athletes were unavailable for the final. The win is a credit to the hard work and dedication of Team Manger Val Armstrong, who has consistently been able to bring together a strong team throughout the long season.

Box Hill dominated the first night of competition and went into the second night with a 40 point lead thanks largely to victories by Larissa Turchinskaya in the Shot Put, Kerri Jorgensen in the 1500 and Wendy Muldoon in the walk. But faced a serious challenge from Melbourne University on the second night with 100 Hurdler Georgina Power and several 5000m runners unavailable.

After the win Val said "We were a bit worried coming into the second night of competition, despite the big lead, it looked like we weren't going to be able to cover several events. But many of the girls were able to step up and do extra events, especially Jenny Marshall who won almost one fifth of the teams overall score, and Joclyn Keage who filled in over 5000m at the last minute".

After coming third at the National Club championships several weeks ago in Sydney, the win confirms Box Hill's place as Victoria's leading female team.

MEN SURVIVE PROMOTION - RELEGATION ROUND

On what was a tense night for the team managers of the Box Hill men's State League team, Box Hill Athletic Club survived its first ever State League promotion/relegation match. And in the words of club President Graeme Olden, "We can't ever let this happen again".

For most of the 60's, 70's and 80's Box Hill Athletic Club had such a stranglehold on the State League shield, that when the club finally lost the title one year, Athletics Victoria had to ask the club to give it back. It was unthinkable to many that the club could ever be in a position to drop out of the competition, ever!

But in a reflection of the season, many of the clubs best athletes were unavailable for this important match. The club was forced to ask several young athletes to step up, and in an encouraging sign for future years it was the young athletes who led the team to victory, backed up by many of the clubs most determined and dedicated athletes.

The night started badly for Box Hill when several of the possible qualifiers failed to make the State league standard in the Javelin, Walk and 400Hurdles. Going into the 200 heats the club was last of the three teams, on a night when only two would survive. Veteran Andrew Wilcox placed second in the first heat, followed by 16 year old Lane Harrison who also took second in his heat. In the third heat, 17 year old James Fildes ran near his personal best to win the heat and bring Box Hill level with the two other teams. Another 17 year old Steven Hooker won the Pole Vault, while 22 year old Michael Jones won the 800. Backed up by the 5000 metre runners who finished first second and third, and by the time the last event, the 4 by 400 relay came around, the club had secured its place in State league.

ASSOCIATION FINALS

Box Hill had two teams in the Association Finals at Doncaster. The Under 18 Girls and the Division 1 Men (Or B Grade for those of you who still don't understand the new system).

The U18 Girls were runaway winners in their division with a display even more dominant than that of the State League Girls. But it was in the Division 1 Men where the controversy and drama was.

After Old Haileybury managed to win their venue with only 6 competitors they were looking good to take out the association finals as well until Craig Furber (their entire field event team) strained his hamstring. This threw the door wide open for Box Hill and Waverley who proceeded to fight until the final bell.

While the Box Hill team was severely depleted, with the whereabouts of our entire sprint team a mystery, the athletes who were there set about to score as many points as possible. In the end Waverley overcame us by 9 points, which was one less than the 10 points the Waverley Pole Vaulters scored by clearing 3.00m after he should have been disqualified due to illegal practice jumps in the middle of the competition. A protest was lodged and while even the officials agreed that technically Box Hill was in the right they let it slide. So close, So close.

Next year maybe Rob Stone could get married on a different day and our sprinters could arrange to go missing on a different weekend.

STATE LEAGUE ATHLETE OF THE YEAR

During the recent State League Finals, Box Hill 100 m hurdler, Georgina Power was named State League Athlete of the Year and received a cheque for \$1000. This award recognises the outstanding season which Georgina has had, running several world junior qualifiers in State League competition. The award was based on votes received from a panel of judges and lodged after each round of competition throughout the season. Congratulations Georgina on a fantastic season.



BOX HILL ACHIEVES ACTIVE AUSTRALIA PROVIDER STATUS

Over the past 12 months, Colin Organ has been busy collating information and filling in forms, preparing our application to apply for Active Australia Provider Status. We have recently been notified that our application was successful, and we are now one of the few athletic clubs in Victoria able to display the Active Australia logo and promote ourselves as Active Australia Providers. The Active Australia scheme is a National scheme promoted by the Australian Sports Commission

designed to encourage more Australians to lead healthier, more active lives and is fully supported by all levels of government.



WINTER SEASON

The winter season is fast approaching with an especially early start this year due to the Olympic Games in September. The first event for the season is the cross-country relays at Brimbank Park on Saturday 15 April 2000. A winter entry form is enclosed with this newsletter with all the individual events listed for the winter season. If you would like the Club to organise your entry for the winter races, please return your completed form along with payment to:

The Secretary
Box Hill Athletic Club
PO Box 247
Box Hill 3128

Note that you must be registered before you can be entered for winter races, so please also include your completed Club membership form and registration payment.

The Club enters teams in the following three relay races held during the winter season:

15 April '00 Cross Country Relays Brimbank Park
3 June '00 Coliban Relays Harcourt
22 July '00 Road Relays Sandown

Winter team managers have not yet been appointed, so if you are interested in running in the relays, please indicate this on your membership form when you complete it for return.

The Club is urgently in need of a team manager to manage the women's teams during winter as our manager from last year, Dave Bullock is unavailable this year. If you know of anyone that is interested in helping out by handing out tags at the races and recording times, please contact Graeme Olden on 9885 0890.



REGISTRATIONS

Registrations are now due for the 2000-2001 season. A Club membership form is attached which you should complete and return to the Club Registrar as soon as possible to make sure that you are registered in time for the winter season.

Note that registration fees have increased slightly from last year due to the fact that GST must be paid on 9 months of the membership which equates to a 7.5% equivalent tax which has been levied on the registration fee charged by Athletics Victoria. In order to minimise the impact on membership fees to our members, we have decided not to register with the ATO

to collect GST which means that we do not have to apply the GST to the services which we provide, however the Club does have to pay GST on anything that we purchase so we will have to pass this cost on to the members which means that fees have to rise, but not by the full 7.5%.

The Club is in the process of applying to receive an ABN from the Australian Taxation Office so that users of services that we provide (i.e. ground hirers) will not be required to retain withholding tax. It is likely that in the future we will have to register for GST as our income is close to the \$100,000 threshold, however for the present we have chosen to minimise our administrative costs and the cost to our members by not registering.

Presentation Night

As mentioned in the last newsletter, this year's presentation night is being held on Saturday 29th April 2000 at the Hawthorn Football Club Social Club, 37 Linda Crescent, Hawthorn. The evening starts at 6:30pm with the meal being served from 7:00pm.

We are most fortunate to have former member and prominent media personality Dr Peter Larkins as guest speaker so make sure that you get in early to reserve your tickets and help is to celebrate our first State League Premiership for 5 years.

The cost for the evening is \$30 for seniors and \$25 for juniors which includes a buffet meal and entry to the disco afterwards. Due to the requirement to finalise numbers a week before the night, bookings will not be accepted after 19 April and any payments received after this date will be subject to a \$5 late booking fee. Please return the attached booking form with your payment if you wish to attend, or else phone Adam Pepper on 0402 083 469 or Jamie Strudley on 9859 2347.



International Results

World University Cross Country

Anna Thompson has been selected to represent Australia in the World University Cross Country Championships in Jena, Germany on March 25th over a distance of 6km. Also confirmed yesterday was her selection to represent Australia at the 2000 International Ekiden Relay in Seoul, Korea on April 9th. Anna's performance in Zatopek, Australian Cross Country Championships and her 4.22 for 1500m at the National Track and Field were the main basis of selection for both events.

Anna recently phoned from Germany and she has finished 16th out of 63 starters in the World University Cross Country Championships in Jena.

Engen International Test Match vs South Africa

Ruimsig Stadium, Roodepoort, South Africa, Monday 13 March 2000

Brigid Isworth Pole Vault 4.00m 3rd

Well done Brigid on your first Australian Uniform with many more to come.

Results

Victorian Open Championships Medal Winners

OPEN WOMEN

Kerri Jorgensen 1,500m 4:23.80 3rd
Anna Thompson 5,000m 16:36.57 3rd
Jennifer Marshall 400 hurdles 61.64 3rd
Wendy Muldoon 5,000m walk 22:57.51 1st
Ashlee Hayes Pole Vault 3.55m 1st
Belinda Tolley Pole Vault 3.00m 3rd

U20 WOMEN

Elisabeth Bird 400m 57.40 3rd
800m 2:14.91 2nd
Erica Sigmont 800m 2:14.04 1st
1,500m 4:46.55 2nd
Alethe West 800m 2:19.23 3rd
1,500m 4:43.41 1st
Sarah Austin High Jump 1.55m 3rd
Ashlee Hayes Pole Vault 3.55m 1st
Fiona Buchanan Pole Vault 3.00m 2nd
Kym Lawson Pole Vault 2.80m 3rd
Sheridan Bishop Long Jump 5.24m 3rd

OPEN MEN

Steven Hooker Pole Vault 4.85m 2nd

U20 MEN

Tim Williams 100m 11.23 1st
200m 21.85 1st
Sam Hassett 5,000m 15:44.77 1st
3,000m Steeple 9:30.89 2nd
David Tyler 5,000m 16:08.24 2nd
Matthew Spain 5,000m 16:32.07 3rd
Steven Hooker Pole Vault 4.85m 1st
Julian Yeoh Triple Jump 13.61m 3rd



Australian U20 Championships

U20 MEN

Tim Williams 100m 10.76 2nd
200m 21.93 1st

U20 WOMEN

Alethe West 800m 2:16.42 15th
1,500m 4:38.25 8th
Heidi Riordan 800m 2:21.88 16th
1,500m 4:52.78 11th

Georgina Power 100m Hurdles 14.08 2nd
Bridgid Isworth Pole Vault 4.10 1st
Ashlee Hayes Pole Vault 3.65 3rd
Fiona Buchanan Pole Vault 2.80 7th
Sheridan Bishop Long Jump 4.58 11th

Australian Underage Championships

U16 Women

Charlotte Roberts 800m 2:23.34 9th

U18 Women

Elisabeth Bird 400m 57.83 7th
800m 2:10.71 2nd
Heidi Riordan 800m 2:17.51 8th
1500m 4:39.66 5th
Michelle Fistic 100m Hurdles 15.93 9th
Sarah Coghill 100m Hurdles 16.54 10th
Ashlee Hayes Pole Vault 3.55m 1st

U16 MEN

Michael Saunders 800m 2:03.54 4th

U18 MEN

Lane Harrison 100m 11.25 7th
110m Hurdles 15.60 9th
Mohamad Zeed 110m Hurdles 14.36 2nd

I apologise for any missed results, for example the Open Age Nationals and Under Age Vic Champs as I can only print what I can get my hands on and sometimes Athletics Australia is a little slack in what they email me.



Temora Golden Gift

On the weekend of the 12th and 13th of February the Box Hill pole vaulters made their annual pilgrimage to the small NSW country town of Temora, the home of the "fast grass" for the Temora Golden Gift Handicap Pole Vault Competition. The first car load arrived just in time to hit the pub and to see the street parade: Hey, I have got this car with flowers painted on it. "Your in the parade!" I have a boat on a trailer. "Your in the parade!" I have a combine harvester. "Your in the parade!" (You get the idea.)

With the competition not until the next afternoon the athletes decided a small amount of liquid refreshments was in order. This did however leave a few of the athletes a bit worse for wear the next morning when they awoke in their rooms above a haberdashery shop.

Arriving at the track in the early afternoon we were bitterly disappointed and even angry that the constant rain the day before (it hadn't rained for 3 months) had turned the "fast grass" into soft moss and that



Brett Randall in action at Temora. Note the pile of mud that is meant to be the take off area.

one of the boys from NSW was handicapped off a height of 2.00m. If you want to know how low this actually is consider the fact that after twenty minutes training Graeme Olden managed to drag his aged and decrepit body over 2.60m in the club decathlon championships, coincidentally the height this NSW boy actually jumped, leaving Steven Hooker having to jump a 60cm PB and an Olympic A Qualifier on a muddy grass track.

But the lack of excitement on the track was more than made up for by the nightlife experienced afterwards. As the saying goes: "What happens on the trip, stays on the trip". But some highlights were:

- The AC/DC set played by the band in the Westy
- The look on Leon's face when he barged into someone's room unexpected late at night and promptly ran out again
- The taming of Paleface Adios
- And the marvelous call made by Mat to Miss Temora as we were walking along the street



The pole vaulters partying hard at the Westminster.

The athletes from Temora 2000 will never forget their weekend away from Melbourne and I doubt that Temora will ever be the same again... at least not until next year.



All the vaulters from Temora. The guy in the blue t-shirt bottom left is the one who was handicapped on 2.00m.

CLUB DECATH CHAMPIONSHIPS

A date has been set for this esteemed competition. Sunday 30th April, the day after the Club Presentation Night has been nominated as the day for the real men and women of the Box Hill Athletic Club to show what they are really made of. While some of you may be partying hard the night before, just remember that Tom Waters completed the last club decath with a massive hang over. It can be done. If you are interested please contact Cameron Baker on 9898 4316 so as numbers can be gauged.

BOX HILL ATHLETIC CLUB PRESENTATION NIGHT BOOKING FORM

Name: _____

No. of adults at \$30 / head_____

No. of juniors (U18) at \$25 / head....._____

Please return to Social Coordinator, Box Hill Athletic Club, PO Box 247, Box Hill, 3128

Payment method (circle) Cash / Cheque / Visa / Mastercard / Bankcard

Card Number (if applicable) _____

Card Holder's Name _____ Expiry Date __ / __

TOTAL AMOUNT of payment enclosed \$_____

Signature _____ Date _____

BOX HILL ATHLETIC CLUB INC.
APPLICATION FOR MEMBERSHIP – 1 April 2000 to 31 MARCH 2001

The completed form should be sent with the correct fee to:
THE CLUB REGISTRAR, BOX HILL ATHLETIC CLUB, PO BOX 247, BOX HILL 3128.
 Any queries should be directed to the Club Registrar, Mrs Angela Robbie, on 9898 3052.

PERSONAL DETAILS

NAME _____

ADDRESS _____

_____ Postcode _____

Phone: Home _____ Work _____ Mobile _____

Fax _____ E-mail _____

Occupation or School _____ Date of Birth _____

My Coach is _____

MEMBERSHIP DETAILS

ATHLETICS VICTORIA COMPETING ATHLETE MEMBERSHIP

When determining age groups for membership, age is at 31 December 2000

SENIOR	\$185	\$ _____
SENIOR (Full time student – Under 23)	\$160	\$ _____
Under 20 and Under 18	\$150	\$ _____
FIRST TIME Under 18 (never registered with any senior club before)	\$115	\$ _____
Under 16 and Under 14	\$115	\$ _____
DONATION		\$ _____

The above fees include registration with Athletic Victoria, AV magazine and subscription to Aussie Runner magazine as well as Box Hill's Club fee. Your Club fee covers expenses such as Box Hill Athletic Club newsletter, team entry for AV Interclub, State League, State Relay Championships, AV registration for Club Officials and Coaches, Venue and Gate levies, end of season awards/trophies and subsidised social functions.

NON-COMPETING MEMBERSHIP

OFFICIAL OR COACH	\$25	\$ _____
*NON-COMPETING ATHLETE	\$100	\$ _____

* Any athlete who wishes to enjoy the benefits of club membership but does not intend to compete in Athletics Victoria competition.

Payment method (circle) **Cash / Cheque / Visa / Mastercard / Bankcard**

Card Number (if applicable) _____

Card Holder's Name _____ Expiry Date ____ / ____

TOTAL AMOUNT of payment enclosed \$ _____

Signature _____ Date _____



ATHLETICS VICTORIA 2000 WINTER ENTRIES				FEE PAID TO BE CONFIRMED	
SEASON TICKETS OR INDIVIDUALS				DATE	
SURNAME		EVENT ENTRY FEES OPEN \$ 11 UNDER 20 \$ 9 UNDER 18 \$ 8 UNDER 16 \$ 6 UNDER 14 \$ 6 DISCOUNT FOR SEASON ENTRY OPEN 6 EVENTS \$ 55 U 20 5 EVENTS \$ 36 U 18 5 EVENTS \$ 32 U 16 5 EVENTS \$ 24 U 14 5 EVENTS \$ 24			
FIRST NAME					
CLUB					
REGISTRATION NUMBER					
DATE OF BIRTH					
UNDER AGE AT 31 ST DECEMBER 2000 40+, 45+, 50+, AGE AT 1 ST JANUARY 2000					
ENTRY ON THE DAY – SUBSTITUTION AND INVITATION ONLY					
OPEN \$ 16	UNDER 18 \$ 11				
UNDER 20 \$ 12	UNDER 16/14 \$ 9				
GEELONG 6/5/2000	MOP8C	M204C	M188C	M164C	M142C
	FOP6C	F203C	F183C	F166C	F142C
FLEMINGTON 20/5/2000	MOP10R	M2010R	M1810R	M163R	M143R
	FOP10R	F2010R	F1810R	F163R	F143R
BURNLEY 25/6/2000	MOP21R	ALL 40+ ATHLETES WILL AUTOMATICALLY BE SCORED IN THE APPROPRIATE AGE GROUP AFTER BEING SCORED IN OPEN COMPETITION			
	FOP21R				
BUNDOORA 8/7/2000	MOP12C	M208C	M186C	M166C	M144C
	FOP8C	F206C	F184C	F164C	F144C
BRIMBANK 19/8/2000	MOP16C	M206C	M184C	M163C	M143C
	FOP4C	F204C	F186C	F163C	F143C
ALBERT PARK 10/9/2000	MOP15R	M205R	M185R	M165R	M145R
	FOP15R	F205R	F185R	F165R	F145R