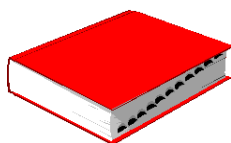




Club News

Volume 27

September 2000



DATES FOR YOUR DIARY

Sun 10 Sep '00 15km Road Race - Albert Park
Sun 24 Sep '00 Half Marathon - Burnley
Mon 25 Sep '00 Olympic Night
Sat 14 Oct '00 Working Bee Box Hill - 12:00noon - 5:00 pm
Sat 21 Oct '00 Open Day / Registration Day - Box Hill
Sat 28 Oct '00 PB Meet - Box Hill
Th 9 Nov '00 State League Rnd 1 - OP
Sat 11 Nov '00 Interclub Rnd 1 - Box Hill
Th 16 Nov '00 State League Rnd 2 - OP
Sat 18 Nov '00 Interclub Rnd 2 - Box Hill
Th 23 Nov '00 State League Rnd 3 - OP
Sat 25 Nov '00 Interclub Rnd 3 - Box Hill

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TORCH RELAY

Several past and present Box Hill athletes participated in the continuing Olympic Torch Relay including Rob Stone, Leigh Miller, Teri Cater, Peter Van Miltenberg, Bill Scott, Peter Larkins, Peter Grant, Graham Crouch and Chris Commons.

Well done to these athletes for this honour.

Shade Structures

Field event athletes and officials will no longer have an excuse for getting sunburnt next summer as 3 Coolaroo shade sail structures have been installed at Hagenauer's Reserve. They will be located between the javelin and pole vault runways, the high jump approach and the pole vault runway and next to the discus cage. Thank you to Adam Pepper, Graeme Olden, Julie Milner, Rob Falkenberg, Stewart Livingston, Alan Cross and Colin Organ for their efforts in making this project happen.



OLYMPIC NIGHT

Westly Windsor is running an Olympic night on the 25th September, the night of the women's 400m among other things. A video projector will be set up to screen onto a 6 foot screen. Come along to watch the best night of athletics at the Olympics on the big screen.

Date: Monday ,25th September.

Venue: Tooey's Blue Victorian head office - 1320 Malvern Rd.Malvern.

Time: 5.45pm onwards.

Program: The evening session starts at 6pm. and includes, Women's pole vault final, Men's discus final, Men's triple jump final, Men's and Women's 400m finals, Men's 110m high hurdles final, Women's 5000m final, Women's 800m final, men's 800m semis, Men's 10000m final.

Cost: Adults \$12.00. Family \$30.00, Under 16y \$5.00, Students over 16y \$8.00

Refreshments: some refreshments will be provided but BYO wine. No BYO beer [unless Tooey's] However Tooey's will donate some beer, all types, and if I can get notice of numbers by the 18th Sept we can arrange for the local pizza shop to deliver pizzas.

Feel free to make and bring Olympic decorations and make your own gold medals, Dress to win! This night is for club members from both senior and Little Aths. We will probably be limited to about 80 people so get your booking in early.Ring Westly Windsor on 98903653 all hours, or E-mail winclox@pipeline.com.au

EDITORS NOTE

The winter season is in full swing and this latest club news is packed with results. For full reports please go to the web page or look around the club rooms as we simply do not have enough room in here.

The Olympics are closing in and the trials were recently held in Sydney at Stadium Australia. The initial world junior team has been selected and all the while the interclub athletes have been putting in the hard winter training.

Yes sir, this issue is packed.

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



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.

Proposed distribution of Barlow Foundation grants for 2000/01 season

- \$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 (including both male and female) score the greatest combined total of State League points.
- Payment of Athletics Victoria membership for the following season for any athlete who scores 100 or more State League points.

Donation forms are available in the Clubrooms, on the Club web site or from Colin Organ (see below).

All donations are tax deductible.

If you have any questions about the Barlow Foundation, contact Colin Organ on 9813 3597 or via email (colo@bigpond.com)



ONLINE REGISTRATIONS

Several members have recently used Athletics Victoria's on-line registration service to register themselves with Athletics Victoria. While on the surface, this may seem like a quick way to get registered, it actually creates more work for the Club and will take you longer to get your numbers. After receiving your on-line registration, Athletics Victoria will allocate your number and send it to the Box Hill registrar, Angela Robbie. While this has completed the registration process with Athletics Victoria, it has not completed the process of renewing your membership with the Box Hill Athletic Club. To compete in AV competition you need to be a member of a club as well as registered with AV so we need you to complete a Club Membership form and return it to Angela along with the Club fee

before you receive your numbers. Hence, on receipt of your numbers from AV, Angela will send you a letter asking for this information and the Club fee before forwarding on your numbers to you.

This whole process is shortened significantly if you send your signed Club Membership form to Angela who will register you with AV and send your numbers to you as soon as she receives them from AV. Club Membership forms can be downloaded from the Box Hill Athletic Club web site at <http://www.boxhillathleticclub.org>.

MERITORIOUS MERV BLUNDY

Long serving life member, Merv Blundy was honoured at the recent Annual General Meeting of Athletics Victoria with the award of an Athletics Victoria Merit Award. This recognises many years of service to Athletics Victoria on various committees, most recently the winter competition committee. Merv has also served on the committee of the Box Hill Athletic Club for many years, including stints as President and Vice-President.



WENDY IS NO.1

Congratulations to walker Wendy Muldoon who has been allocated registration No. 1 for the 2000 - 2001 season by Athletics Victoria. This honour is reserved for athletes with the most outstanding performances in Victorian Championships during the previous season. After much discussion and debate, the Athletics Victoria selection committee decided that Wendy should be given the number 1 for the 2000 -2001 season based on her performances in the 1999-2000 season. This honour is richly deserved after a very successful year including achieving an "A" qualifying performance for the Sydney Olympics in the 20km walk (the only Box Hill athletes to achieve an "A" qualifier). Unfortunately there were three other girls with faster times and she missed out on selection in the team.



50 YEARS FOR MARTHA FRASER

At the recent Athletics Victoria Annual General Meeting, life member and founding member of the Box Hill Womens Athletic Club, Martha Fraser was awarded an Athletics Victoria 50 year service medal. This medal recognises 50 years of membership of Athletics Victoria. Martha has not only been a member for this time but has actively participated in Club, Venue and Association administration throughout this period. She is still and active official at the Box Hill venue and takes a keen interest in the performance of the Club. We hope that Martha will continue to contribute for many years to come.

NOOSA HALF MARATHON

Andrew Letherby capped a fine two weeks of racing with third placing in the Noosa Half Marathon held on August 27th. This race is the selection trial for the World Half Marathon championships so Andrew stands an excellent chance of being selected to represent Australia after this great performance. This race was just one week after finishing fourth in the 10000m at the Olympic Trials in Sydney followed by a competitive run in the 5000m.

FLEMINGTON COURSE SHORT

Athletics Victoria have advised that the 10 km course used for this year's 10 km road race at Flemington was re-measured and found to be only 9.905 km, or 95 metres short. This unfortunately means that anyone who ran a PB this year will have to come back next year to improve on their time. Athletics Victoria apologises for the error!

AUST ROAD WALKING CHAMPS

Congratulations to Wendy Muldoon who finished fourth at the recent Australian Road Walking Championships held in Melbourne. Wendy walked the 10 km course in a time of 49:56.

RELAY FOR LIFE

The Box Hill Athletic Club is entering a team in the Relay for Life fundraising event to be held at Bill Sewart Reserve, Nunawading on the weekend of 18th and 19th November. The aim is to run as far as possible in 24 hours with each team allowed up to 15 competitors. The entry fee is \$10 per person so if you feel like joining in the team spirit and supporting a worthwhile cause by running a few laps, please contact Graeme Olden on 9885 0890. There is a prize for the team which covers the most distance in 24 hours so there is no reason why Box Hill should not be able to win this prize.



CLUBROOM REDEVELOPMENT

The City of Whitehorse and Box Hill Athletic Club had submitted an application to the State Government through their Community Support Fund for a grant to help with redevelopment of the clubrooms at Hagenauer's Reserve. Unfortunately, we were unsuccessful with our application and so upgrade of the changerooms and pavilion will have to be funded by the council and the club. As the clubroom redevelopment is a major part of the Club's 10 year plan, we have been accumulating funds for a number of years for this purpose and hence we are now in a good position to proceed with the first stage. The council have committed funds to this year's budget towards the redevelopment and are hoping to be able to start work on 1 March 2001. In the meantime there is considerable work to be done to finalise the scope of the upgrade and work out exactly what can be afforded. At this stage we are planning to extend the clubrooms to the north to construct a new public toilet and changeroom area, with the current women's changeroom and public toilets being modified to incorporate new Club changerooms, toilets and showers. The men's clubrooms will be converted into a gymnasium area and extended to include the area of the men's toilets and showers. The weights room will be extended to include the women's toilet and shower currently adjacent to the weights room.

We are hoping to be able to install a mezzanine floor above the current George Stringer Room and weights room to provide a "social" area overlooking the track, however it appears that we will have to

raise additional funds to cover the cost of this work so the committee will be looking for assistance with fundraising over the next 9 months to enable us to provide this component of the extension. Should you wish to contribute towards the redevelopment of the clubrooms in any way, please contact Graeme Olden (9885 0890), or any other committee members.



PB MEETING - 28 OCTOBER 2000

With the late start to this season due to the Olympics and Para-Olympics, a PB meeting will be held at Box Hill on 28 October 2000. There is a nominal charge of \$1.00 per event. The program for the meeting is:

Track

1:00 pm	100 m 1500 m	Men & Women
1:45 pm	200 m	Men & Women
2:00 pm	2000 m Walk	Men & Women
2:20 pm	3000 m	Men & Women
2:30 pm	400 m	Men & Women

Field

1:00 pm	Javelin HJ under 1.65 m LJ under 5m PV starting at 3.00m	Open Women Men & Women Men & Women Men & Women
1:30 pm	Discus LJ over 5m - 6m	Open Men Men & Women
2:00 pm	Discus HJ over 1.65m LJ over 6m	Open Women Men & Women Men & Women
2:30 pm	Javelin	Open Men

International Results

Bridgid Isworth recently complete a 5 week 7 competition European tour, in which her best result was 4.20 at Chemnitz in Germany on 22 July, just under an "A" qualifier for the Olympics. Thanks must go to Ralf Iwan and Steve Rippon for organizing the tour and looking after Bridgid so well in both Germany and in the UK.

Whilst overall a little disappointed with her results Brigid took an overall positive outlook on her tour of Europe. "I believe that I have come home as a much more knowledgeable, experienced and tougher athlete. I really value everything that I learnt and am confident that I have many years of great performances ahead of me. I am especially looking forward to the World Juniors which are held in Chile in October. I am sure that my recent trip to Europe will give me a great advantage when competing against the top Juniors in the World."



World Juniors

Congratulations to Tim Williams, Georgina Power and Brigid Isworth for being selected to represent Australia in the world junior championships in October. And good luck to Steve Hooker who is still on the verge of selection.

At the Athletics Victoria meeting at Box Hill 5-8-00 Steve Hooker vaulted 5.10 meters to set new Victorian under 19 & under 20 pole vault records. This was also Steve's first World Junior qualifying height.

While Tim, Georgina and Brigid were automatic selections Steve didn't perform so well in trials and so we wait with fingers crossed that he gains a berth.



CROSS COUNTRY RESULTS

2000 SANDOWN ROAD RELAYS

MENS RESULTS

Section 1

Runner	Lap 1	Lap 2	Total
Marcus Tierney	9:24	9:32	18:56
Scott Jackson	9:49	10:05	19:49

Julian Dwyer	9:21	9:32	18:53
Glenn Tooze	9:51	10:22	20:13
Graeme Olden	9:41	9:53	19:34
Andrew Letherby	9:00	9:15	18:15

Team Result: **4th**

Section 3

Runner	Lap 1	Lap 2	Total
Phil Pelgrim	10:15	10:50	21:05
Graeme Crouch	10:39	10:30	21:09
Adam Pepper	10:54	11:26	22:20
Michael Jones	10:34	10:44	21:18
Barry Lynch	10:05	10:44	20:49

Team Result: **1st**

Section 6

Runner	Lap 1	Lap 2	Total
Dale Bickham	10:05	10:38	20:43
Tim Renowden	10:53	11:02	21:55
Jonathon Tyler	11:23	11:40	23:02
David Ayers	11:55	11:51	23:46

Team Result: **1st**

Under 20

Runner	Lap 1	Lap 2	Total
Matt Spain	10:48	10:53	21:41
Ben Bissett	10:02	10:19	20:21
David Tyler	11:21	11:52	23:13

Team Result: **1st**

Under 18

Runner	Lap
Andrew White	10:09
Andrew Lanaruss	10:55
Simon McGuinness	10:35

Team result: **3rd**

WOMEN'S RESULTS

Division 1

Marion Gamble	26:20
Megan Sloane	25:31
Erica Sigmont	24:32
George Connell	24:18

Team Result: **4th**

Under 18

Team 1 - 1st

Prue Healy	11:46
Jocelyn Keage	10:55
Emily Smith	11:48

Team 2 - 2nd.

Jess De Bruin	11:29
Jenita Dunner	12:35
Annabel Hosken	12:43

Under 16

Georgie McCallum	12:41
Charlotte Roberts	12:19
Kate Thornton	12:21

Team Result: **2nd**

Under 14

Juliet Thornton	11:58
Sarah Evans	13:57
Hayley Thomlinson	11:06

Team Result: **1st**

Thanks to Ian Sloane, Tom Waters, Chris O'Connor, Rob Falkenberg, Andrew Dunner and others who assisted with the management of teams and to Julie Milner, David Boyd and Kim Coltman who assisted with officiating.



Aust Cross Country Champs

Box Hill had some great results at the Australian cross country championships, held at Yarra Bend on August 5 and 6. The fields were of a very high quality, but the club still gained a number of prominent placings.

Men's Open 12 km.

In the men's open 12 km. event, Julian Dwyer ran a great race to finish 5th behind Lee Troop, Dean Cavouto, Steve Moneghetti and Rod De Highden. Andrew Letherby held on well to finish seventh, while Graeme Olden gradually worked his way through the field to come in 20th. The Box Hill team of Julian Dwyer, Andrew Letherby and Graeme Olden finished a close second to an ACT team in the national club championships.

Other placings were Scott Jackson in 32nd and Jonathon Tyler, 54th.

Men's Under 20 , 8 km.

Sam Hassett showed a great return to form to be competitive through out this event and eventually finish in sixth position in a time of 26:47.

Women Open 8 km.

In another top class field, Anna Thompson ran strongly to finish in a very creditable 8th position (29:02) and be a part of the winning Victorian team. George Connell showed the benefits of a hard winters training to finish in 20th (and third among the under 23s in 31:21), a good performance, especially

considering this race was ten times her preferred distance!

Women's Under 18, 4 km.

Jocelyn Keage ran brilliantly to battle for the lead with Ruth McDonnell of Queensland, before finally finishing second to the Queenslander. The national silver medal caps a great winter season by Jocelyn and promises great things for the future.

Prue Healy and Jessica De Bruin have had some close tussles this winter and this race was no exception, with Prue finishing 10th just ahead of Jessica in 11th place. Emily Smith was close behind in 14th.

Women's Under 14, 3 km.

Hayley Tomlinson continued her great form to win the national title. Hayley and Fiona Nash of Doncaster pulled well clear of the rest of the field, with Hayley hanging on to the lead that she set up in the middle stages of the race to cross the line a clear winner.

Juliet Thornton also ran well. With less than 20 seconds covering the field from 5th place to 20th place, Juliet came in 17th, a good result and not far behind the place getters.

National Club Relays.

The day after the nationals Box Hill competed in the national club relays. Box Hill performed well in both the men's and the women's open 4 ´ 2000m. events.

The women's team included three under 18 athletes. Jocelyn Keage ran first, covering the 2 km in 7:02 to bring the team in second position. Prue Healy ran second and chased down her Queensland opponent and run a time of 7:21, then handed over to Jessica De Bruin just a stride behind the leaders. Jessica ran 7:23, fast enough to give Box Hill a commanding lead by the time of the final change over. George Connell, a little leg weary from her 8km race the previous day, strode around in 7:24 to give the Box Hill team an emphatic victory.

The men's team suffered from a number of late withdrawals, but we somehow managed to field a team (once Tim Renowden finally managed to find his way to Yarra Bend!). Knowing his lowly state of fitness and not wanting to sabotage the teams competitiveness early in the race, Chris O'Connor volunteered to run the last leg.

Dale Bickham ran a good first leg to finish in 6:14, about 5 seconds behind the leading South Australian team. Graeme Olden took over and running a fraction of a second under 6 minutes, turned the 5 second deficit into an 8 second lead. Tim Renowden ran strongly through the first 1 km, but then his South Australian opponent started to close. Tim finished in 6:15 dead level the South Australians. Chris O'Connor stuck with the leader briefly, before falling back to run 6:40 and bring the team in second place.

SATURDAY JUNE 3RD BRIMBANK

Men's Open 16 km.

In good conditions Box Hill athletes competed well over the tough 16km cross country course. The famous Brimbank Park hill tested all runners, but our men came through with flying colours with eight of them finishing in the top 60.

New Box Hill member Andrew Letherby ran a competitive race to finish in 7th place. Andrew will no

doubt be a great acquisition to our club. Scott Jackson came through the field in the second half of the race and with a stirring sprint finish pushed through to 14th. Graeme Olden went out hard and then held on to come 21st ahead of Marcus Tierney and Christian Ashby. Tony Bird and Adam Pepper swapped places several times before a big finish saw Adam come in as our 6th Division 1 runner just ahead of Tony and Ben Bissett.

7. Andrew Letherby 54:31

14. Scott Jackson 56:09

21. Graeme Olden 56:37

37. Marcus Tierney 57:58

43. Christian Ashby 58:46

56. Adam Pepper 61:07

58. Ben Bisset 61:31

60. Tony Bird 61:37

179. David Boyd 74:20

BOX HILL 3rd

Women's Open 4km cross country

Anna Thompson ran a brilliant race to finish 3rd behind Anne Cross of Essendon and Susan Michelson of Collingwood. Congratulations go to Anna on what is probably her best ever performance.

3. Anna Thompson 14:14

39. Megan Sloane 16:51

44. Marion Gamble 17:14

Box Hill 6th

Women Under 18: 6km cross country

Box Hill again dominated the under 18 event, capturing the first three places and, of course, winning the teams event.

Jocelyn Keage ran a great race to win by a over a minute from Prue Healy and Jessica De Bruin.

1. Jocelyn Keage 24:06

2. Prue Healy 25:34

3. Jessica De Bruin 26:31

Women Under 16: 3 km cross country

Georgie McCallum ran strongly to finish 7th in the under 16 event in a time of 13:27.

Women Under 14: 3 km cross country

Hayley Tomlinson showed great form in winning the under 14 event in impressive style in a time of 11:41

Men Under 16: 3 km cross country

Alexander De Greenl ran well to finish 16th in his first athletics Victoria event, running the 3 km. in 12:39.

COLIBAN RELAYS

In the closest finish in the history of the event, Box Hill failed by just 13 seconds to pull off an unexpected victory in the "Coliban Water" Harcourt to Bendigo relay.

It was an inspired effort by the team and I defy anyone who reads the full report and doesn't get a tear coming into their eye.



Vaulters at the Olympic Trials

Three Box Hill vaulters went to Sydney with realistic chances of making Australian teams:

- 15 years old Ashlee Hayes had vaulted 3.75, 3.70 & 3.70 and had just missed the world junior qualifying height of 3.85 in the three lead up competitions.
- Steve Hooker had vaulted 5.10 two weeks before the trials, this was a Victorian under 19 and 20 record and a world junior qualifying height.
- Bridgid Isworth with a best of 4.25 was only 5 centre metres away from the Olympic A qualifying height (she had vaulted the Olympic B standard of 4.20 a number of times in the qualifying period, with the most recent being in Germany only three weeks before the trials).

This recent spate of State records, means that almost all Victorian pole vault records are now held by Box Hill athletes (with Emma George, Bridgid Isworth, Ashlee Hayes, Jackie Robbins, Steve Hooker and James Filshie responsible).

Unfortunately the trials did not go to plan. In the men's competition Steve was beaten by a non-qualified athlete (Chris Lovel from Adelaide). This has resulted in the selectors leaving a vacancy in the Australian team for the World Junior Championships to be held in Chile in October. They will name the final team by the 1st of October, so as long as Chris Lovel does not qualify by this date Steve is likely to be picked.

In the women's competition the pit was set up with a head wind, and despite considerable protests the pit was not moved. This was incredibly disappointing as it meant that the chances of athletes getting the necessary qualifying heights were gone before the competition began. The wind took its toll almost immediately, with Ashlee missing the mat on her first attempt and spraining her ankle. She bravely continued but was unable to clear a height. Bridgid vaulted well in the conditions to take second place, but without an A qualifying height was not selected for the Olympic team. She was, however, picked for the World Junior Championships.

Spare a thought for Bridgid. Two years ago as a 16 year old she missed the Commonwealth Games team on a count back at the trials. This time her position at the trails would have seen her as an

automatic selection for the Australian Olympic Team, if only one of her many attempts at 4.30 over the last 12 months had been successful. She effectively missed the team by only 5 centimetres.

But, as well as the athletes nearly the entire Whitehorse Pole Vault Club attended the trails as either competitors or spectators. The real activity did not take place at the track. Thursday night was dominated by trying to go to as many pubs as possible in Sydney and romantic walks over the Harbour Bridge at 4:00am. Friday saw a ferry trip out to Manly where some surfing skills were shown and Friday night consisted of waiting for two hours for a cab because none of the sixty that went past would stop.

But the real action started after the athletics finished on Saturday. The official after party was at the Pyrmont at Darling Harbour. Many shenanigans were had and much alcohol was consumed before the weary party goers trudged back off to grandmas house only to go to the station because their flight home was imminent.

Highlights included:

- The Move
- Annoying smokers on the ferry
- Tequila slammers
- Stealing Athletics Australia merchandise
- The Move
- The Women's Heptathlon
- And many more items we can not mention for fear of legal ramifications.
-



Banksia Sports Clinic

Club sponsor Banksia Sports Clinic has moved to 1062 Heidelberg Rd, Ivanhoe (Just next door to Pizza Hut we are told). Could all athletes please take note of their new address and phone number: 9499 8887.

HOW CAN PHYSIOTHERAPY HELP YOU?

Physiotherapists specialise in movement related disorders. They are trained to assess, diagnose and treat problems resulting from:

- Injuries (sporting and otherwise) such as rolled ankles, twisted knees or strained muscles,
- Chronic or overuse injuries such as tennis elbow,
- Pain, either from injury or from an unknown cause, for example back / neck pain,
- Joint stiffness, from conditions such as arthritis or following a broken bone,

- Swelling associated with trauma or inflammation.

Other problems such as headaches, weakness, joint instability or "clicking" and numbness may also respond to physiotherapy.

How does Physiotherapy help?

The main aims of physiotherapy are to help manage pain, regain strength and movement and teach specific exercises for particular injuries as part of a rehabilitation program.

Do I need to see a Doctor first?

You do not need a referral from a doctor to see a Physiotherapist. If your Physiotherapist feels that you need further medical attention such as an X-ray, they will advise you regarding this. Please feel free to call and make an appointment or discuss your situation at:

BANKSIA SPORTS CLINIC

1026 HEIDELBERG ROAD

IVANHOE VIC 3079

(NEXT TO THE PIZZA HUT)

PHONE: 9499 8887

PHYSIOTHERAPY SERVICES TO NOT ATTRACT THE GST