



# Club News

**Volume 32**

**May 2001**

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## DATES FOR YOUR DIARY

Fri 18<sup>th</sup> May '01 Movie Night

Sat 19<sup>th</sup> May '01 Flemington  
Road Race

Sat 2<sup>nd</sup> June '01 Warragul  
Cross Country

Sun 1<sup>st</sup> July '01 Albert Park  
Road Race

Wed 4<sup>th</sup> July '01 Annual  
General Meeting

Sat 21<sup>st</sup> July '01 Trivia Night

Sat 6<sup>th</sup> Oct '01 Gala Day

The Club Presentation Night was once again held at Hawthorn Football Club. This year marked the 50<sup>th</sup> Anniversary of the Box Hill Women's Club and this year we did not have a guest speaker, but instead a short video showing how the women's club has progressed over the years. It was highly entertaining to see some of the current athletes when they were younger.

The evening was heaps of fun, even if the cheesecake didn't quite taste right. It was also the launch of the "buy a brick" campaign where for \$100 your name can be preserved forever on a brick in our new clubrooms.

It is always great to see fellow Box Hill athletes outside of an athletics track though I did have the misfortune to share the seat of the only girl whose father was also at the table. Oh well, you can't win them all.

One of the highlights of the night was the committee choosing to name the new committee room in the redeveloped club rooms after Graeme Olden in what was a very moving gesture.

But presentation night is really about rewarding our athletes who have excelled during the course of the year.

Under 14 Females

Alexandra Knight  
Kate Winkworth  
Genni Ackland

Under 14 Males

Steven Lees  
Grant Hodges

Under 16 Females

Kate Fietz  
Rosalyne Moore  
Natalie Crow

Under 16 Males

Joel Pocklington  
Alex Azcurra  
Ronnie Buckley

Under 18 Females

Cecilia Azcurra  
Michelle Fistic  
Elisabeth Bird

Under 18 Males

Mohamad Zeed  
Luke Vipond  
James Fildes

Interclub Awards – Female

Fiona Pickford  
Leana Tilley  
Merissa Pickford

Interclub Awards – Male

Cameron Baker  
Peter Knott  
Chris West

Frank Tutchener Shield – Club 10 Mile Trophy  
Graeme Olden

Vladimir Slavnic Trophy – Outstanding Thrower

Ronnie Buckley

Outstanding Finals Athlete

Erica Sigmont

Megan Sloane Cup – Champion Winter Athlete – Female

Anna Thompson

Hansen Trophy – Champion Winter Athlete – Male

Marcus Tierney

Grant Taggart Shield – Most Determined Junior Winter Athlete

Emily Smith

Club Awards

Val Armstrong

State League Points Award – Female

Georgina Power (152.25)  
Sandy Nichols (149.25)  
Kerri Jorgensen (125.5)  
Sjaan Powley (116.5)  
Cathy Marshall (111.75)  
Wendy Muldoon (107)

State League Points Award – Male

Steven Hooker (195.25)

State League Points Award - Coach

Terri Cater (491.5)

Armstrong Shield – Junior Female Athlete of the Year

**Heidi Riordan**

Reg Barlow Cup – Male Junior Athlete of the Year

Andrew Stewart Trophy – Pole Vault Champion

**Steven Hooker**

Steven Hooker  
Fiona Buchanan

Martha Fraser Shield – Female Athlete of the Year

**Georgina Power**

Ross Haywood Trophy – Race Walking

Allan Barlow Shield – Male Athlete of the Year

Wendy Muldoon

**Steven Hooker**

## **ATHLETICS AUSTRALIA ACTIVE AUSTRALIA CLUB AWARDS**

Each year clubs are invited to nominate, in various categories, for Athletics Australia Active Australia Club awards. These awards carry a monetary prize so are worth pursuing, despite being a very time consuming exercise. In view of the need to raise funds, Box Hill entered in 3 categories - Overall Performance, Information and Volunteers. The many hours of work by Graeme Olden, with some assistance from Colin Organ, has certainly paid off with Box Hill winning both the Overall Performance and Volunteer categories. The total prize money won is \$3000.00 which is a great boost to the fundraising drive. Well done Graeme and Colin.



## **CLUB ROOM REDEVELOPMENT UPDATE**

After many years of planning, lobbying council for funding and negotiating with architects, work is about to commence on the upgrade of the change rooms and pavilion. Tenders closed on 2 May 2001 and work will commence as soon as the Council completes their tender evaluation and approves award of the Contract.

It is amazing what can be achieved by a group of enthusiastic, organised people when they set their minds to it. The club rooms are almost unrecognisable after the Working Bee on 21 April when 36 members set to work to remove 30 years of accumulated pennants, honor boards, photos, furniture, equipment and other miscellaneous items from the rooms. These were distributed to 4 different houses around Melbourne, the storage sheds on the other side of the track and the rubbish skip outside the track. Those who didn't turn up to the working bee missed out on all the excitement of discovering what was hidden behind the pennants and piles of pole vaulting poles and a coordinated display by a team of amateur removalists.

The middle shed on the other side of the track has been set up as a temporary weights room for members to use over the winter months.



## **CAROLINE CHISHOLM AWARD**

We are delighted to announce that Angela Robbie has been recognised for her tireless work for the Club, being a recipient of the inaugural Caroline Chisholm Award for Volunteers. The award was instituted by Anna Burke, Federal Member for Chisholm, to honour volunteers working in the seat of Chisholm. They are named after Caroline Chisholm, a tireless worker for the welfare and political rights of women and children in the 18th century.

Angela was one of about 20 recipients of the award from over 70 nominations. The awards were presented by Anna Burke at a function held on 28 April. Congratulations to Angela on this well deserved recognition.

## **ASSOCIATION FINALS**

The Box Hill Athletic Club Under 18 Women's team and Under 16 Men's team completed a successful season for the Club by winning the Athletics Victoria Association Finals at Doncaster on Saturday 31 March.

The Under 18 Women's team trailed the strong Keilor St-Bernards team early in the competition, however the Box Hill girls dominated the track events to establish a comfortable lead mid-way through the afternoon which they were able to maintain through out the rest of the competition to win by 26 points. The Box Hill girls were particularly strong over the hurdles and in the sprints.

The Under 16 Men's competition was much closer with only a few points separating the Box Hill and Preston teams all day, with Waverley not far behind. In the end it was the great team spirit shown by the Box Hill boys who managed to fill almost every event that made the difference and enabled them to hang on to win by just 4 points. In particular, the efforts of the following athletes deserve special mention - Joel Pocklington and Michael Saunders for completing 6 events, Ronnie Buckley for winning the shot put and discus, and Kevin Craigie and Lachlan Aspinall for volunteering to compete in the walk, which scored valuable points.

The Under 14 team of Grant Hodges, Steven Lees and Paul Chiodo performed creditably across many events but were unable to match the full teams from the other venues.

### **UNDER 18 WOMEN**

<b>Box Hill</b>	<b>239</b>
Keilor St-Bernards	213
Sandringham	160
Ringwood	13

### **UNDER 16 MEN**

<b>Box Hill</b>	<b>220</b>
Preston	216
Waverley	159
East Melbourne	112

## UNDER 14 MEN

East Melbourne	180
Preston	165.5
Nunawading	116.5
<b>Box Hill</b>	<b>54</b>

## Club 5km Handicap

The tenth annual Box Hill Athletic Club 5 kilometre Handicap race was run on Saturday April 28 at the Bennettswood course adjacent to Gardiner's Creek with 18 starters.

The first runners, Kate Mortimer and Kerry Walker started on 2 m. 45, closely followed by Stephen Murphy, running again after an absence of a few years. Georgie McCallum strode off next and all the other runners were dispatched periodically over the next six minutes. Once Graeme Olden was sent off, being the highest ranked runner and last to start, the officials and observers crossed the bridge to reach the finish on the other side of creek.

By the time Sam Hassett warned us that the leading runner had come into sight to finish the race, it was clear that Liam Rourke was going to win the event by a secure margin from Chris O'Connor who surprised himself with his own performance, with Dale Bickham just failing to catch Chris on the line by two seconds. Scott Jackson recorded the fastest time on the day, running 15 m. 36 for the five kilometre distance.

Official photographer, Sam Hassett, managed to take a number of action shots of the start and during the first lap which can be seen on the web page. We had a number of recently joined athletes competing in the Handicap event including Liam Rourke, Audra Papworth, Patrick Kelly, and Kate Mortimer. A notable effort was expended by David Ayers who sprinted from his car and reached the starting line just in time to start at the correct handicap mark. He noticed that he had left his headlights on when he completed the first lap. Another highlight was Rob Falkenberg's ultimately successful attempt to cross Gardiner's Creek. There were a number of occasions when onlookers thought that his swimming skills might have been called into play.



Winner - Liam Rourke

The BBQ, kindly looked after by Audras' parents (see, I told you that you would get a mention in the club news) and presentations occurred at the club later and those present were appreciative of Julie Milner's efforts to provide sustenance.

## **WINTER TEAM MANAGERS**

The winter team managers are:

Women - Chris O'Connor (9882 6108) and Westly Windsor (9890 3653)

Men - Ian Sloane (9549 4486) and Graeme Olden (9885 0890)

## **MOVIE NIGHT FRIDAY 18<sup>th</sup> MAY**

All Box Hill athletes, their friends, their family and that weird guy down the street are invited to come and see "The Mexican" at the Balwyn Cinema on Friday the 18th of May at 8pm. The tickets are \$12.50 and there will be drinks & nibbles, as well as lots of people that you can catch up with. The movie is rated M, so it's okay for everyone.

The money raised is going towards the redevelopment of the Box Hill club rooms, which is about to begin & should be great. We have a group booking for 300 people - so please invite your friends and pass the info on to anyone you think would be interested.

However we must collect the money before the night (and give you a ticket), so just let Fiona Buchanan (0402 042 112) Cameron Baker (9898 4316) or anyone on the Box Hill committee know sometime **BEFORE WEDNESDAY 16 MAY 2001.**

The basic info:

- What - "The Mexican"
- When - Friday 18<sup>th</sup> May, 8:00pm.
- Where - Balwyn Cinema, Whitehorse Rd. Balwyn.
- Why - To raise money for the redevelopment of the Box Hill clubroom.
- How Much - \$12.50

## **CLUB TRACKSUIT**

Adam Pepper is organising to have a good quality club tracksuit top manufactured by Kea. Due to financial constraints it is necessary for orders to be accompanied by full payment. Adam has a picture of the design and some jackets are available to try for size. Cost is \$85 each.

## **REGISTRATIONS**

Registration fees are now due. Please keep in mind, if you haven't put in a season entry, individual entries for the winter must be in 10 days prior to the event and you must be registered to enter.

## **RANDALL UPDATE**

Brett Randal is a Box Hill pole vaulter and javelin thrower that is currently overseas due to work. He recently sent this message to the club:

"Congratulations on a successful season to all the athletes. I really missed the action at the track for the 2nd half of the season as competing there has been a part of my life for the past 27 years. I've found a club near my home and hopefully will be competing this Euro summer subject to work commitments. Please pass on my good wishes to all the athletes particularly the vaulters.

"I'm very impressed with the plans for the club improvements and I hope that all goes well. I'm sure it will."

## **INTERNATIONAL NOTES**

### **World Youth Championships**

Box Hill juniors Heidi Riordan and Mohamad Zeed have been selected to represent Australia at the 2nd IAAF World Youth Championships in Debrecen, Hungary from 12-15 July. The World Youth Championships are for athletes aged under 18 years for 2001 (@ 31 December 2001).

Their selection follows their outstanding performances at the recent underage national championships.

### **Trans Tasman Test**

Following the Australian Championships, Athletics Australia named a strong, in-form and young Australian Team to compete in the Trans Tasman Test against New Zealand on Saturday 31 March at Auckland's Mt Smart Stadium. Included in this team were Box Hill athletes Georgie Power, Kerri Jorgensen and Anna Thompson.

All competed admirably. Anna won the 3000m in 9.23.94 which was a 12 sec PB, Kerri Jorgensen was 2<sup>nd</sup> in the Mile in 4.46.12 and Georgina Power was 2<sup>nd</sup> in the 100m Hurdles in 14.15

### **Ekiden Relay**

Anna also recently represented Australia in the International Women's Ekiden Relay in Seoul, Korea but unfortunately I do not have these results at hand.

## **ROB'S LETTERBOX**

On the night of March 17th, 2001, many of Rob Falkenberg's running group met at the local Sophia's Pizza house to drown their sorrows after being eliminated from the venue final earlier that day. After dinner, as Rob himself was unable to attend, some of the boys thought that they would pay him a visit instead.

These "athletes" included a fiery red head from Ireland known as Spud, another known as Dineen, Tim Renowden and a quiet lad from Kew, known as the Waterboy, alias Tim Heron.

Upon arrival at Rob's, and after many knocks at the door, the boys felt convinced that he was not home. On exiting the front driveway, a thought struck through the minds of both Spud and Dineen - take Robs letterbox and fix it for both him and his family - the letterbox seemed to lean to one side. After 5 minutes of hard yakka, the letterbox was taken from the ground.

It was put into Spuds vehicle, but it did not fit in the boot. Dineen was keen to rest it on the dash, but both the Waterboy and Renowden, never keen on the idea anyway, persuaded them to leave it up against the tree in the front yard, which would hopefully straighten it out. (*eds note: This email was sent anonymously and so could any persons implicated in this most heinous crime please not take it out on me. Unfortunately we have not yet received a response from Rob as to whether he was impressed with the boy's handiwork*)

## **EDITORS NOTE**

A bumper issue so I won't take up any space. Winter is officially upon us as my coach has made me run some rep 300's. But winter is a really good excuse for really long articles.

*To submit articles either see Cameron Baker or el Presidente Graeme Olden down at the track or email*

## NATIONAL CLUB CHAMPIONSHIPS

The Box Hill women's team produced an inspired performance at the National Club Championships to finish in second place behind the strong, local Queensland University team. With a team of just 9 athletes all members of the team were required to compete in at least two events. Despite trailing the Southern Suburbs team for most of the night, strong performances in the last two events enabled the team to draw level with a win in the medley relay to snatch second position on a countback.

There were several outstanding individual performances on the night, however highlights for the night were Leana Tilley volunteering to run the 3000m when Heidi Riordan was unable to run due to being hospitalised with dehydration and Erica Sigmont running the 4x100 relay to fill in for Fiona Buchanan who was delayed ferrying pole vaulters to the track, winning the 800m and then stepping straight off the track into a taxi with her spikes still on to catch a taxi to the airport to catch a plane leaving within the hour. Kerry Jorgensen ran brilliantly to win her heats of the 800 m and 400 m while Georgina Power won her heats of the 200 m and 200 m hurdles. These great examples of team spirit were backed up by the rest of the team of Cathy Marshall (captain), Sandra Nichols, Fiona Buchanan, Eliza Eddy and Kym Lawson, while team manager Terri Cater and assistant Julie Milner provided great support. It was wonderful to see the whole team along the finishing straight yelling encouragement to Eliza Eddy as she gamely held off the Southern Suburbs runner to win the Medley Relay and secure the silver medal for Box Hill.

The Box Hill men's team also put up a strong performance and after leading half way through the competition, slipped back to a close fifth position, missing a medal by just 9 points. Also competing with just 9 athletes, the men were actually closer to first place than the women (31 points behind compared to the women who were 42 points behind), however a lack of depth and tired athletes meant that the team slipped out of the medals in the last two events. There were some fine individual performances from the men including Steven Hooker and Cameron Baker both winning their pole vault, Tim Williams winning his heat of the 100 with Ashley Rowan a close second in his heat (both running under 11 seconds) and Adam Pepper and Peter van Miltenberg having an epic battle in the shot put, with the sprinter eventually proving superior to the distance runner in the wet conditions (6.55 m to 6.41 m).

Final points scores were:

### WOMEN

Queensland University 330  
**Box Hill 288**  
Southern Suburbs 288  
Springwood 265.5  
Queensland Pacific 240.5

### MEN

Queensland University 303  
Queensland Pacific 287  
Southern Suburbs 281  
Sydney University 273  
**Box Hill 272**



## Sports Watches for Sale

Club member and coach, Westly Windsor is offering a great deal to Club members on the popular Casio ACL200 sports watch for runners.

The main features are full stop watch with 50 lap memory, time of day shown until start button pressed



then screen changes to elapsed and split time, count back timer with two separate but linked screens, up to 50 repeats, ten pre set alarms that run concurrently with the main stop watch screen, a marathon time possibility calculator based on input of 10k race time, electro glow light that can be manually or automatically operated, water resistant and 3 years guarantee. The Casio recommended retail price is \$199.00. Box Hill Club members price is \$169.00 which includes a rebate to the Club. If you need a new watch, contact Westly on 9890 3653 and help support the Club.

## **SEA KAYAK**

For Sale- Sea Kayak 17 ft British design with white fiberglass V-hull, front & rear watertight hatches/compartments, handbuilt stainless/aluminum rudder with adjustable foot peddle system, paddle & spray-deck included. \$1200- Contact Dale Bickham (w)9251 7215 (ah)9890 5150 e-mail: [bickham@deakin.edu.au](mailto:bickham@deakin.edu.au)

## **CROSS COUNTRY RELAYS - 5 MAY 2001 AT BRIMBANK PARK**

For a full report on the cross country relays, please click on the following link:

**[BRIMBANK PARK CROSS-COUNTRY RELAYS](#)**

## **THROWS COACHES**

After many years without anyone to assist our budding throwers, we now have two throws coaches willing to coach at the Club. Bill O'Connor (Chris's father) has started a regular Friday evening session. For more details contact Bill on 9725 9238, or Chris on 9882 6108.

Larissa Tourtchinskaia has also indicated that she is interested in coaching anyone who wants to improve their throws technique. She is happy to arrange a mutually suitable time to meet athletes at the track. She can be contacted on 9877 7147 (h) or 0411 641 512 (mobile).



## **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.

The Foundation has recently been extended to allow donations made to it to be directed to a building fund to help fund the upgrade of the club rooms. All donations received in excess of \$100 will be recognised with a plaque being mounted on a brick in the new club rooms recognising the contribution made to the club by the donor.

If you don't think you will make an international team this year, or are some way off breaking a club

record, then this is the best way to ensure that your name is displayed forever on the club room walls.

We still have some way to go to meet our fundraising targets for the year, so why not help the fund along a bit and leave your mark on the Club.

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

Please click on the attached link to download a donation form...

### [Barlow Foundation - Building Fund Donation Form](#)

## **NATIONAL CHAMPIONSHIPS**

Nationals this year was held at ANZ Stadium up in sunny and very humid Brisbane. The weather was perfect until half way through the Club Championships when it decided to bucket down preventing Steve Hooker from trying for his second PB of the weekend but allowing him to prove that he is the ultimate club man by clearing his opening height first attempt in a torrential downpour.

There were the stand out Box Hill athletes of Georgie Power (1<sup>st</sup> in U20 hurdles and 3<sup>rd</sup> in Open), Steven Hooker (an unlucky 4<sup>th</sup> in Open and a new club record in the U20 pole vault) and Tim Williams (5<sup>th</sup> in the 200m with his first ever time under 21.00s).

And then there were the not so good performances. Cameron Baker carrying on the pole vault tradition and crashing the hire car. Steven Hooker deciding that one Macca's cheeseburger is one too many and not making it to the club champs after party. Adam Pepper turning down beds in the rooms of two different girls to sleep in his car. Fiona's effort at the Nationals after party. And anyone who went home early and didn't stay for the club champs.

My time was spent hassling triple jumpers, realising that we were still at the motel and our competition warmup started half an hour ago, encouraging my fellow pole vaulters that 3:00 am is the time to go out again and not time to go to sleep, yelling out "What do we think of Rachel?" and having the best time. I think Nationals can best be summed up by the fact that I was there for four nights and only slept in my own bed once. Long live the athletic trip.

### **Under 20 Women**

Erica Sigmont 800m 2:08.32 1<sup>st</sup>

1500m 4:30.59 2<sup>nd</sup>

Georgina Power 100 Hurdles 13.49 1<sup>st</sup>

Sarah Coghill 400 Hurdles 63.48 2<sup>nd</sup>

Kym Lawson Pole Vault 3.55m 2<sup>nd</sup>

### **Open Women**

Sandy Nichols 400m 56.10 9<sup>th</sup>

Heidi Riordan 800m 2:10.10 7<sup>th</sup>

1500m 4:28.15 8<sup>th</sup>

Anna Thompson 1500m 4:17.44 3<sup>rd</sup>

Kerri Jorgensen 1500m 4:20.69 6<sup>th</sup>

Georgina Power 100 Hurdles 13.51 3<sup>rd</sup>

Fiona Buchanan Pole Vault 3.70m 8<sup>th</sup>

## **Under 20 Men**

Steven Hooker Pole Vault 5.30m 1<sup>st</sup>

## **Open Men**

Tim Williams 200m 20.98 5<sup>th</sup>

Graeme Olden 3000 Steeple 9:38.18 14<sup>th</sup>

Steven Hooker Pole Vault 5.15m 4<sup>th</sup>

## **STAWELL**

The end of the athletic season means many things. A few weeks of training. A chance to let your hair down. A chance to let your body recover. But mainly it means that a small group of Monash students and Box Hill athletes go up to Stawell for a wild and crazy weekend at the Stawell Gift.

If you are competing the gift is the mecca of professional athletics in Australia, if not the world, but if you are merely a spectator Stawell means camping in the caravan park, not going to bed before 4:00am, losing all your money in the betting ring when you have laid it on three of the finalists and none of them win, piling 13 people into the one car on the way to the Brix on Monday night, and the fire of wrongness. Stawell is much more than an athletics meet, it is where the cream of the crop come to get spastic after a hard year that culminated in the Nationals a few weeks before.

It goes without saying that the Box Hill athletes surpassed all expectations at the gift. From busting some superb moves on the dance floor (sometimes literally on the floor) to beating the Flaming Walinskis and the winner of the Stawell Gift at their own game in taking out the "unofficial" 400m late on the Monday night to the redecorating of the interior of one of the tents, the Box Hill athletes did it all.

But as well as this Stawell is about tradition. Ray Riordan setting up his fold out chair on the back straight. Tim Cherry as a backmarker trying to catch up a ridiculous amount to the old hacks at the front. The Vine Leigh (probably not how it is spelt but hey, who cares) Gift on the Sunday. And dodgy officials who let the winner of the gift get away with a false start in the semi final.

Big name athlete Jumping Jai Tarima laughed his way through his heat of the gift as he thought about how slow he ran and how much appearance money he was getting for doing so. Steve Brimacombe told anyone who would listen how he would have won the gift if eventual winner Andrew Pym had been pulled up for his break in his semi final (and I am likely to agree with him). And Obedale Thompson showed us how winning a bronze medal at the Olympics doesn't mean anything when you get to Stawell.

There were the betting plunges at the Calcutta, the police disappointed with a negative blood alcohol reading after we very suspiciously pulled over about 100m from them to let out our extra passenger and that thing that went on between a certain blond pole vaulter and Dale. It was, as always, a Stawell to remember.