

# Club News

Volume 36

November

2001

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## BOX HILL ATHLETIC CLUB INCORPORATED

Hagenauer's Reserve, Barwon Street, Box Hill VIC 3128

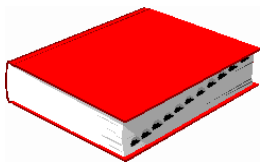
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### DATES FOR YOUR DIARY

Sat 1 Dec '01	Interclub Round 7 - Box Hill
Tues 11 Dec '01	Interclub Round 8 - Box Hill
Thurs 13 Dec '01	State League Round 5 - OP
15/16 Dec '01	Vic Relay Champs – Doncaster
Sun 16 Dec '01	The Harry Potter Movie - Balwyn Cinema Centre
Thurs 10 Jan '02	State League Round 6 – OP
Sat 12 Jan '02	Interclub Round 9 – Box Hill
Sat 27 Jul '02	70 <sup>th</sup> Anniversary Dinner

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**BANKSIA  
SPORTS  
CLINIC**

*Specialising in:*  
Muscular/Soft Tissue Injuries  
Remedial and Sports Massage

- \*PREVENTATIVE
- \*CORRECTIVE
- \*REHABILITATIVE
- +SOFT TISSUE THERAPY

"Working towards perfecting  
excellence"

**Myotherapy  
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Physiotherapy**

*Open Mon - Fri, 9am - 9pm  
Sat 9am - 3pm*

Banksia Sports Clinic  
1062 Heidelberg Rd, Ivanhoe  
Ph: 9499 8887

## HARRY POTTER MOVIE NIGHT

Continuing the theme of the year we are having another fundraising movie night. *Harry Potter and the Philosopher's Stone*. For those of you who have been hiding under a rock for the last

few years Harry Potter is the literary craze of the new millennium. He is a young wizard who battles evil magicians, plays Quidditch (I don't want anyone telling me that was spelt wrong) and eats Bertie Bott's Every Flavour Beans.

Details:

- **7:00pm Sunday 16<sup>th</sup> December**
- **Balwyn Cinema**
- **\$12.50**
- **Be there at 6:00pm for drinks and nibbles**
- **Contact Fiona Buchanan on 0402 042 112 for tickets**

After watching a preview of the Movie one young lad, Luke aged 8 was heard to say it was his favourite movie ever.

## **CLUB ROOM UPDATE**

After many months of frustration at the slow progress by the builders and the inconvenience of using portable toilets and having the weights set up in the shed, the first stage of the club room redevelopment has been completed and has been handed over to the Club. There is still some minor finishing off work to be completed by the contractors however much of the equipment has been moved back into the rooms and they are now available for use by Club members. Thanks to those who helped out at short notice on Saturday 3rd November to move things back into place. There are still a lot of small jobs to be done to put things back onto walls etc. so offers of assistance would be most welcome.

With a lot of time, money and effort invested in the new rooms, it is imperative that they be well looked after and are kept clean and tidy. The main problem at present is that there is no floor covering on most of the floors so the concrete gets very dusty. We are hoping to be able to seal the change room floors with a pavement paint some time within the next few months, however the weights room floor will require a more durable covering over the existing vinyl tiles.

To help keep the new rooms clean and tidy, all members using the new facilities are requested to observe the following rules:

- the weights room is to be used only for weights and circuit training - not for changing or storage of equipment.
- all training equipment is to be returned to the store room after use – not left in the foyer, on the track or in the weights room
- please make sure that if you are the last to leave, all the lights are turned off and the rooms are locked behind you.

A new series of keys will be issued to give access to the rooms over the coming weeks. Please contact Angela Robbie should you require a key to the rooms. You will be required to pay a key deposit of \$10 for your key, however you may claim a refund on deposits paid for existing keys which are no longer effective.

We still have along way to go to raise sufficient funds to enable us to proceed with Stage II and complete the upstairs section of the club rooms. Our fundraising efforts this year have so far raised about \$15,000 towards our target of \$40,000. It is important that all members support our last fundraising event for the year - The Harry Potter Movie on 16 December (see

Fiona Buchanan for tickets). There are still lots of members who have not "Bought a Brick" in the new rooms. You are invited to make a donation through the tax deductible Barlow Fund and have your name inscribed on a brick in the new rooms to indicate your support for the project.

## CHANGES TO THE HANDBOOK

Summer handbooks are now available for all registered members. Please collect yours from Angela Robbie in the canteen if you have not received yours yet. There are a number of changes to the handbook which you should note:

The following changes have been made to the Box Hill venue Program 2 program:

### Track

1:00 pm - 200 m hurdles - women 16,14 (not 1,2)  
- 400 m hurdles - women 1,2,18

1:20 pm - 1500 m walk - women 18 (as well as 16 & 14)

### Field

1:00 pm - Pole vault - Starting height 3.80 m (not 1.80 m)

3:00 pm - Pole vault - Starting height 1.80 m (not 3.80 m)



## BUY A BRICK

The Club's tax deductible Barlow Fund has recently been extended to include a separate building fund. Any donations made to this building fund Within the Barlow Fund will be directed solely towards the club room upgrade. With the end of the year fast approaching, now is an excellent time to help the Club to fund your new club rooms and minimise your tax bill. Any donation of \$100 or more will be recognised with a plaque recording your donation prominently displayed attached to a brick in the new clubrooms. Please please contact Colin Organ on 9813 3597 or via email ([colo@bigpond.com](mailto:colo@bigpond.com)) for donation forms or download them from the Club website.

## 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.

All donations are tax deductible.

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



## **BANKSIA SPORTS CLINIC**

For many years now, Banksia Sports Clinic has been a sponsor and supporter of the Box Hill Athletic Club. For every Club member that attends the Banksia Sports Clinic for treatment (or for anyone referred by a Club member), a proportion of the treatment fee is returned to the Box Hill Athletic Club. Banksia Sports Clinic offers physiotherapy, myotherapy and massage services so if you have a muscle injury of some description or are just feeling a bit sore, call Jason Thompson on 9499 8887 and he will make sure that you are well looked after.

Without sponsors like this, it would be necessary to increase fees or hold regular fundraisers just to cover the running costs of the Club. So help yourself by getting your injuries treated and support the Club at the same time.

## **EDITORS NOTE**

How do you not train for 2 weeks, compete really badly, do your first heavy leg weights session in ages and then run a PB the next day? This is the problem that is bothering me at the moment. Now if only I could transform some of this into competition instead of training I might be getting somewhere.

Box Hill's State League teams are under-performing at the moment with several key personnel still waiting to emerge due to the lateness of nationals this year. Those athletes who are looking to compete at Commonwealth Games do not want to be competing this early. Braden Fraser has been a welcome addition to our men's team and with Lane, Mohammad and Rhett have made Box Hill the dominant force in men's sprinting this year.

Now if only Cameron Baker would get his arse into gear and actually qualify in the events he is entered in we might have a real chance of doing well.

The women's team had their first defeat for two years in the first round but look like they will only get better as the season continues. Look for the women to three-peat and the men to make a good showing in the finals.

But the main question that has plagued me the whole season is will I go to Stawell as it is a week before Nationals?

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



## CLUB TRACKSUIT

Adam Pepper has organised a good quality club tracksuit top manufactured by Kea. A sneak peak was given at the Movie night but if you ask nicely Adam may have some left for you.

## CROSS COUNTRY

### Burnley Half Marathon

The Box Hill Men's winter team finished off the season on a successful note with an overall second placing at the Burnley Half Marathon on Sunday 16 September 2001. This second placing enabled the team to clinch second place on the ladder for the season which was a fine effort considering the slow start to the season.

On a warm and windy morning, Marcus Tierney showed that he is returning to good form with a strong run to finish 13th in 71:08. He was closely followed by Dale Bickham for most of the race who completed his best ever winter race to finish in 17th place with a time of 71:57. Graeme Olden and Luke Yeatman finished 23rd and 31st with times of 74:24 and 76:07 respectively to fill the Division 1 team. A number of other athletes completed part of the course, however Westly Windsor outlasted them all to finish in 155th place with a time of 90:06.

### Brimbank Park 16km

Our Section 1 men's team took 4th place, behind Glen Huntly APS and Geelong at the Cross Country Race at Brimbank Park. With only 7 senior Box Hill athletes contesting the long race, there was little margin for error. Those of you who have run the course know how formidable the venue is. Conditions were so bad this year that the customary ghoulish gathering at the top of the hill was minimised due near hypothermia.

Running close to the front of the field in the early stages was Marcus Tierney who ran very competitively and strongly, placing 11<sup>th</sup> after a very solid race. Marcus maintained his position throughout the race after having a sustained battle with several nearby runners from

other clubs, and had good reason to be satisfied with his performance after the race. Dale Bickham has run in excellent form throughout the Winter races and it was no surprise to see him complete the race in the respectable position of 24<sup>th</sup> place, just in advance of Paul Boxshall, 26<sup>th</sup> and Luke Yeatman, 28<sup>th</sup> who both appeared to improve their position in the last half of the race. Adam Pepper also competed solidly in this race, placing 45<sup>th</sup> after a strong sustained finishing kick. Earlier in the race, Tony Bird had been running in a similar position in the field, when an injury to his foot compelled him to retire. This meant that it was essential for Patrick Kelly to complete the race to ensure that we had a scoring team. With strong encouragement from Box Hill's supporters, Patrick managed to lift his tempo in the concluding stages of the race and finish in 132<sup>nd</sup> position, enabling our Section 1 to score points.

Sam Hassett finish 6<sup>th</sup> in the Men's Under 20 6 K Cross Country in 21:35 s. in an encouraging display after injury. Sam was within striking distance of 4<sup>th</sup> and 5<sup>th</sup> placegetters in this race. Kate Thornton finished 11<sup>th</sup> in the Women's U/18 division of the same race in 31:27 s.

In the Under 14 and Under 16 3k Cross Country, Christopher Hamer placed 1<sup>st</sup> in the Under 14 3 k. Cross Country. Hayley Tomlinson was the first placegetter in the Women's Under 14 race, eclipsing all the female competitors in the Under 16 division. Juliet Thornton was 3<sup>rd</sup> in the Under 16 race. Sarah Evans placed 9<sup>th</sup> in the Under 14 race.

In the Under 18 division, Andrew White placed 3<sup>rd</sup> in a fine display of distance running. Andrew put in a barnstorming finish to pass one opponent and nearly catch the second place-getter in the last 500 metres.

In the same race, Nicki Chapple placed 7<sup>th</sup> in the Women's 4 K Cross Country. Jessica de Bruin placed 2<sup>nd</sup> in the Women's Under 20 4k in the same race. Marin Gamble place 27<sup>th</sup> in the Open Women's race, just ahead of Megan Sloane who placed 30<sup>th</sup> in the same race. Megan was the winner of the Women's 45 years division.

Audra Papworth was 7<sup>th</sup> in the Women's Under 20 division.

## **CLUB 10 MILE CHAMPIONSHIP**

The Box Hill Athletic Club 10 Mile Championship for the Frank Tutchener Shield was held on Saturday 1 September 2001 on the same course as last year along the bike tracks along the Eastern Freeway.

The weather conditions were in stark contrast to last year with persistent rain and a strong westerly wind. With such poor conditions, there was a very small field consisting of Tom Waters, Graeme Olden and Chris O'Connor on his bicycle.

Tom headed off at a steady pace but the hills towards Springvale Road took their toll and he dropped back towards the turnaround point the first time. On the way back to the second turnaround point, he decided that 10 km sounded better than 10 miles and left Graeme to complete the course by himself which he managed to do in the time of 56:21.

## **ROB'S RAMBLE**

Rob Falkenberg, a life member of the club and Saturday men's team manager has decided to have some input into the Club News in a new section called "Rob's Ramble" to keep us updated as to how our Saturday teams are going. Hopefully he will make this a regular column.

## Mens Interclub round 4, 10<sup>th</sup> November

Division 1:

Box Hill's two division 1 teams had excellent victories in this round over Doncaster and Ivanhoe. Domination in the throws, sprints, middle distance and Pole vault setup the big victories. I was pleased to see James Fildes, Marty Duke, Luke Yeatman and Luke Vague commence their 2001/2002 seasons with great performances. Regulars Tim Cherry, Tim Heron, Rhett Medford, Toby Pallett and David Featherston continued on with improved performances as well despite the bleak weather. Our relay teams topped off the day finishing 1,2

Result Highlights:

<b>Shot Put:</b>	Toby Pallett	13.75 m
	Dave Featherston	10.50 m

<b>200m:</b>	James Fildes	23.5
	Rhett Medford	23.0

<b>800m:</b>	Tim Cherry	1:53.9
	Tim Heron	1:55.7
	Trent Hartshorne	1:56.1
	Simon McGuinness	1:57.4

<b>Discus:</b>	Toby Pallett	38.93m
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Division 2:

This team had a very big win over Doncaster. Division 2 competition is very tight at the moment and the finals berths will not be decided until the last round. Box Hill had a full sheet of competitors in all events which setup the big win. Luke Vague was the standout performer jumping 6.31m in the Long jump.

Result Highlights:

<b>Hammer:</b>	D Cross	28.66m
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<b>L/Jump:</b>	L Vague	6.31m
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<b>200m:</b>	J Farmer	24.0
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<b>110m H:</b>	M Zeed	14.9
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Division 3 & 4:

Competitors were very sparse and this team is sitting second last on the ladder. Nev Gardner, thankfully did his best as usual in a vast range of events.



## AUSTRALIAN UNIVERSITY GAMES

September 22 to 29 saw athletes from all over Australia converge on Sydney for the Australian University Games. Box Hill always has a strong representation at the games and this year was no exception.

Athletics is perhaps one of the few sports where most of the competitors are actually quite serious (meaning that we go to bed at 3:00am the night before our competition instead of the regular 5:00). AUG is one of the few places where athletes can compete for national medals but in a fun no pressure environment. Though I have heard coaches say that their athlete wrote off their entire season by going to AUG this year I personally did not come home with a cold, much to the dismay of my team mates.

If uni games is about one thing, it is about tradition. Old friendships and rivalries are renewed and songs are sung that our coaches can remember. While we did not have any Olympic athletes competing this year there were many national medallists creating a high standard for the hack athletes to live up to.

But as anyone who has gone to an AUG not all of the action is on the track. With two days to fill in both before and after competition the off track frivolity is second to none. And the personal highlight for me is with 5000 athletes running around town no one smokes in any of the clubs so you don't come home smelling of cigarettes.

But what would an article on AUG be without alluding to some scandals:

- The tree climbing antics in Hyde Park
- Tim Williams sculling some fresher gold
- The strut and the wade through Darling Harbor
- "How many points do you need? Kiss my girlfriend. Kiss me."
- What I woke up to on the first morning
- The back of the bus, the track, the elevator, the washing machine, the oval...
- Every Box Hill athlete coming home with at least some chance of getting cold sores

And of course the performance of the Box Hill athletes on the track:

Brigid Isworth	100m	13.24	4 <sup>th</sup>
	Pole Vault	3.90m	1 <sup>st</sup>
	Long Jump	5.344m	8 <sup>th</sup>
	4x100m		3 <sup>rd</sup>
	Medley Relay		4 <sup>th</sup>



Eliza Eddy	800m	2:19.91	5 <sup>th</sup>
	1500m	4:51.67	3 <sup>rd</sup>
	Medley Relay		4 <sup>th</sup>
Kym Lawson	Pole Vault	3.45m	2 <sup>nd</sup>
Fiona Buchanan	Pole Vault	3.00m	4 <sup>th</sup>
Tim Williams	100m	11.17	2 <sup>nd</sup>
	200m	21.66	1 <sup>st</sup>
	4x100m		5 <sup>th</sup>
	4x400m		2 <sup>nd</sup>
	Medley Relay		3 <sup>rd</sup>
Tim Renowden	800m	1:57.53	9 <sup>th</sup>
	4x400m		2 <sup>nd</sup>
	Medley Relay		3 <sup>rd</sup>
Sam Hassett	5000m	15:24.67	9 <sup>th</sup>
Cameron Baker	Pole Vault	4.10m	2 <sup>nd</sup>
	4x100m		5 <sup>th</sup>
	4x400m		2 <sup>nd</sup>
	Medley Relay		3 <sup>rd</sup>
Steven Hooker	Shot Put	10.39m	9 <sup>th</sup>
	Discus	26.71m	9 <sup>th</sup>
	Hammer	31.57m	5 <sup>th</sup>
Warren Yuen	4x100m		5 <sup>th</sup>

With 3 of the 4 competitors in the two of the medalling men's relays and Tim Williams being one of the athletes of the meet, as well as Brigid and Elisa carrying the Melbourne Uni team Box Hill was a dominant force on the Mondo of Homebush.

But I think for Catherine Marshall the best thing to come out of this uni games is that after 6 years I will no longer hassle her to run for Monash as she has graduated without running for us once!!!

*(hey, I had to get one last dig in!!)*

## WHITEHORSE GIFT AND FAIR

The inaugural Whitehorse gift and Fair was held on Saturday October 6<sup>th</sup> and despite the fact that I came third in my heat of the 110m in a time that would have won any other heat it was a great day. The little aths kids ran riot during the morning and were slowly replaced by the older athletes as the day wore on. While we perhaps did not get the walk in crowd we were hoping for many athletes used the day to make their professional debuts.

The jumping castle kept the kids entertained (and I am sure it would have entertained the adults as well if they were allowed) and it was strange to be able to eat pancakes between races. The actual Gift was won by Old Scotch athlete Tom Cade while our own Andrew Wilcox stormed home from his backmarker position to take second. The pouring rain held off until the presentation started and the Mayor had to cut his speech short for fear of drowning.

Many thanks go to everyone who helped out especially to those on the fundraising committee.

## 70<sup>TH</sup> ANNIVERSARY DINNER

2002 is the 70<sup>th</sup> anniversary of the founding of the Club, and to celebrate, the Club is holding a dinner on Saturday 27<sup>th</sup> July 2002.

The venue is yet to be confirmed (see next newsletter for more details), however it is likely to be at a golf club in the Eastern suburbs. It is expected that the evening will take the form of a sit-down buffet dinner with an after dinner speaker and an approximate cost of \$50 per head.

If you are interested in attending, or know of past members that may be interested, please contact Ian Sloane on 9459 4486 (h) or [sloane@cybernetint.net](mailto:sloane@cybernetint.net) (e-mail).

## RELAY FOR LIFE

The Box Hill Athletic Club once again entered a team in the Anti-Cancer Council's Relay for Life held on the weekend of 17<sup>th</sup> / 18<sup>th</sup> November. Once again our team was beaten by the team from Yerrin Winery, although we managed to cover considerably more laps than last year.

Many thanks to Phil Pelgrim's basketball team for filling in during the Saturday afternoon and to Julie Milner and Angela Robbie for counting laps all night, especially when the wind and rain threatened to demolish our tent. It was particularly disappointing that some members who had promised to turn up on Sunday morning didn't materialise, leaving a couple of very tired members to run the last couple of hours to keep the baton going to the end. A summary of all those that completed laps during the 24 hour period is listed below.

Name	Total Laps	Total Time	Ave
		Running	Lap Time
Graeme Olden	143	3:23:34	1:25.4
Sam Hassett	110	2:36:19	1:25.3
Phil Pelgrim	69	1:42:27	1:29.1
Adam Pepper	59	1:32:40	1:34.2
Andrew White	50	1:09:22	1:23.2
Dale Bickham	50	1:14:02	1:28.8
Jonathon Tyler	50	1:16:13	1:31.5
Westly Windsor	45	1:07:19	1:29.8
Patrick Kelly	38	0:58:45	1:32.8
John Smyth	36	0:59:37	1:39.4
Goosey	33	1:02:02	1:52.8
Patrick Hassett	32	0:44:35	1:23.6
George	27	0:40:50	1:30.7

Tim Renowden	<b>26</b>	0:38:40	1:29.2
Ashley Peacock	<b>24</b>	0:37:28	1:33.7
Eddie Hassett	<b>23</b>	0:38:14	1:39.7
Colin Organ	<b>22</b>	0:40:07	1:49.4
Tyrone	<b>16</b>	0:32:08	2:00.5
Hayley Tomlinson	<b>15</b>	0:20:05	1:20.3
Jessica De Bruin	<b>15</b>	0:21:49	1:27.3
Gavin	<b>14</b>	0:29:11	2:05.1
Julie Milner	<b>8</b>	0:23:06	2:53.3
Taylor Carol	<b>3</b>	0:06:23	2:07.7
Glen White	<b>1</b>	0:01:40	1:40.0
Lachlan	<b>1</b>	0:02:04	2:04.0
<b>TOTAL</b>	<b>910</b>	23:18:40	01:32.2