

Club News

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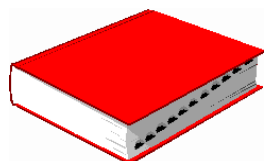
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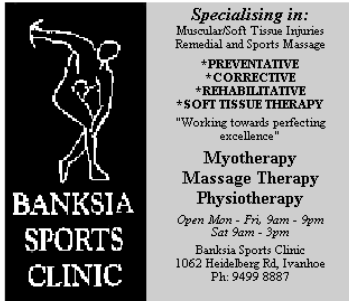
DATES FOR YOUR DIARY

Thurs 31 Jan '02 State League
Round 8 - OP
Sat 2 Feb '02 Interclub
Round 11 - Box Hill
Wed 6 Feb '02 Interclub
Round 12 - Box Hill
Sat 9 Feb '02 Interclub
Round 13 - Box Hill
Thurs 14 Feb '02 State League
Round 9 - OP
Thurs 21 Feb '02 State League
Round 10 - OP
Sat 16 Feb '02 Working Bee -
Box Hill
Sat 23 Feb '02 Venue Final -
Box Hill
Sat 23 Feb '02 Martha &
Stewart Fraser Room Re-
Dedication
- Box Hill
Sat 9 Mar '02 Association
Final - Doncaster
Thurs 14 Mar '02 State League
Round 11 - OP
Tues 19 Mar '02 State League
Round 12 - OP
Tues 26 Mar '02 State League
Final Day 1 - OP
Thurs 4 Apr '02 State League
Final Day 2 - OP
Sun 14 Apr '02 National Club
Champs - Brisbane
Sat 4 May '02 Presentation
Night - Box Hill Community
Centre
Sat 27 July '02 70th

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Anniversary Dinner - Eastern Golf Club



THE HARRY POTTER MOVIE

The Box Hill Athletic Club fundraising movie night held at Balwyn Cinema during December raised approximately \$650 to put towards the redevelopment of the clubrooms. Although the turnout was not as big as that of the previous movie night, all who were there thoroughly enjoyed socialising with the other club members, friends and family – all who were a part of the Harry Potter magic.

This facility is a great way of generating funds for the club whilst ensuring a pleasant evening for all involved. Hopefully we will organise another movie night later in the year & would love to see as many people there as possible.

UPDATE ON WORKS

With the major building works for Stage 1 of the Pavilion Upgrade now completed, a number of other works have been completed over the past few months which have greatly improved the facilities at Hagenauer's Reserve for members. These improvements include:

Repairs to Hammer Cage

Over the past few years, the netting and support frame for the hammer cage has become battered from repeated impacts from stray hammers and was greatly in need of repairs. Thanks to a generous donation from Stewart Livingston, we were able to have the frame straightened and the netting repaired so that it is now safe for use, at least for the current season. Many thanks also to Julie Milner who spent many hours climbing up and down ladders assisting with the repairs.

Fencing of Pre-School Entrance

The Club has been lobbying the City of Whitehorse for many years to provide a separate fenced entrance to Parkside Preschool to prevent general access to the ground during the day and to help avoid the long jump pits from being used as sand pits. These works

Seeding of bank in front of First Aid Room

The Council has top dressed the embankment in front of the new Officials Room and First Aid room and aqua-seeded the area. Grass is now starting to establish itself on the bank, however it is likely to be a couple of months until it is fully established so we ask that you have patience during this period and keep off this area.

Shade Structure over Judges Stand

With 2001 being the Year of the Volunteer, the Federal Government put aside several million dollars to be made available in small grants to

have now been completed which means that you will no longer be able to enter the ground from behind the pavilion.

New Disabled Persons Entrance

With the fencing of the Preschool entrance to the ground, the existing disabled persons ramp was blocked off. As a result, the City of Whitehorse has arranged for a new ramp to be constructed around the gum tree at the main gate to provide disabled access to the ground.

Painting of Change Room and Toilet Floors

With the budget for Stage I of the pavilion upgrade not stretching to cover the cost of floor coverings to the new facilities, we were left with bare concrete floors in the change rooms and toilets. These rapidly became very dusty and dirty and were difficult to keep clean. To overcome this problem, Adam Pepper kindly volunteered to paint the floors with a high quality pavement paint and so spent several days first acid etching the floors and then applying paint to the public toilets and change rooms, and then to the new Club toilets, showers, change rooms and access corridor to the women's change room. It would be greatly appreciated if members refrained from wearing spikes on the painted floors to help the paint last a bit longer. We will be looking for volunteers to apply a second coat this winter so spike wearers beware!

Terracing in Front of Canteen

For many years, Eddie Hassett has been lobbying the Council to do something about the bank in front of the canteen to stop water running on to the track. Funds were finally allocated in this year's budget to construct grassed terracing in front of the canteen. The result of this work is a series of green grassy terraces leading down to the track from the canteen which are currently roped off to allow the grass to establish. This area should be available for runners to sit on before their race within the next month or so.

provide facilities to assist volunteers. The Club made two applications for funding under this scheme – one to provide air conditioning for the canteen, and one to provide a shade structure for the finish judges. Unfortunately, our application for the air conditioning was rejected, however we were successful in receiving a grant for \$1000 for the shade structure. This work was completed just prior to Christmas thanks to the help received from Sam Hassett, Stewart Livingston, Adam Pepper, Julie Milner and Graeme Olden.

Watering of Infield

New members to the Club may not be aware that the centre of the ground used to become a dry, brown dustbowl during the summer months. Thanks to the many hours spent by Eddie Hassett setting up sprinklers to water the infield and lobbying the Council to spray for Cape weed each year, the infield is now kept a lush green color. The green grass makes the venue a far more attractive place to train and compete.

Massage Table Coverings

There have been a number of complaints made about the state of the coverings on the massage tables in the change rooms over recent years. Over the Christmas / New Year period, Julie Milner took the initiative to purchase some smart new vinyl material and recover the massage tables in both the men's and women's change rooms. Next time you are in the change rooms, please take time to admire her handiwork and then thank her for her efforts when you see her.

State relays were held in December at Doncaster along with the multi events and the field relays. Highlights of the weekend were:

- Adam Remmers final leg of the Under 16 4x100m to bring his team home from third to victory after giving the other teams over five metres head start
- The Under 18 Men's team who one four gold medals
- The men's open team who medalled in every event they entered
- The women's open 4x800m team who had to contend with a team from Doncaster who had 3 National 800m finalists and were only narrowly defeated

Results:

Under 14 Men

4x400m 1st

Under 16 Men

4x100m 1st 4x200m
2nd

Under 18 Men

4x100m 1st 4x200m 1st
4x400m 1st 4x800m 1st

Open Men

4x100m 2nd 4x200m
2nd
4x400m 3rd 4x800m
2nd
4x1500m 3rd

Under 16 Women

4x200m 6th

Under 18 Women

4x100m 3rd 4x200m
4th

Under 20 Women

4x100m 1st

Open Women

4x100m 4th 4x200m
6th
4x800m 2nd 4x1500m
1st

Multi Event

Sarah Evans Under 16 Women
2046 4th

NATIONAL CLUB CHAMPIONSHIPS

Box Hill is once again entering men's and women's teams in this year's National Club Championships to be held in Brisbane on Sunday 14 April 2002 (immediately after the National Championships). If you are planning to travel to Brisbane to compete, please let Chris O'Connor or Val Armstrong know

whether or not you will be able to compete in the Club Championships on the Sunday morning.

Last year's winning teams won a trip to Vanuatu so there is a good incentive to field a strong team. If you have not yet qualified for the Nationals, you will be allowed to run in the Nationals if you are also running in the Club Championships which provides an added incentive to make the trip to Brisbane.

ALL TIME RANKINGS

A draft version of all time Club rankings for men's track events have been posted on the Club web site at <http://www.boxhillathleticclub.org>. There are certain to be some errors and omissions in the lists, however they provide a good basis for fine tuning to produce an accurate list. If you find any mistakes or can add to the lists in any way, please contact either Dale Bickham (bickham@deakin.edu.au) or Graeme Olden (goolden@sprint.com.au). The men's field events lists will be added over the coming months, however a volunteer is needed to prepare similar lists for the women.

BUY A BRICK

The Club's tax deductible Barlow Fund also includes a separate building fund. Any donations made to this building fund will be directed solely towards the club room upgrade. Now is an excellent time to help the Club to fund your new club rooms and 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. Donation forms can be downloaded from the Club's web site - [DONATION FORM](#) - or from Colin Organ – phone 9813 3597.

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 proposed distribution of Barlow Foundation grants for the 2001/02 season is:

- \$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).

STATE LEAGUE INCENTIVES

Due to the two extra rounds and the new points scoring arrangements for State League competition this year, with 7 way competition for men and 5 way competition for women, the criteria for receiving free membership for the following year has been modified. For this season, any male athlete scoring 200 points or more, or any female athlete scoring 145 points or more will be entitled to free membership of the Club for the following season. In addition, the Club is once again offering a \$200 cash prize to the male and female athletes scoring the most points in State League competition for the season, as well as

the coach whose athletes score the most points in total. Note that a higher weighting will be given to points scored in female competition to compensate for the reduced number of points available in each round of competition.

FUNDRAISING UPDATE

The last fundraising event for last year was once again a success thanks to the enthusiasm and organization of Fiona Buchanan and her Mum. About 115 people turned up at the Balwyn Cinema Centre to be enthralled by Harry Potter, resulting in a net profit of about \$600 to the Club. About \$17,000 has been raised from fundraising events to date towards the target of \$40,000 which we require to enable completion of the second stage of the pavilion upgrade. A summary of the funds raised from each event is listed below:

Miscellaneous	\$154
Lollies	\$305
Raffle	\$1,079
"The Mexican" movie night	\$948
Trivia Night	\$5,840
Gala Day / Fair	\$1,372
"Harry Potter" movie night	\$600
Donations	\$6,740
Total	\$17,037

With still another \$23,000 to go, we need enthusiastic support from all members for the events planned for this year, in particular the 70th Anniversary Dinner planned for 27 July 2002. If you are able to help in any way towards the fundraising effort, please contact Westly Windsor on 9890 3653 or Graeme Olden on 9885 0890.

PRESENTATION NIGHT

This year's Presentation Night will be held on 4 May 2002 at the Box Hill Community Arts Centre, Station Street, Box Hill commencing at 7:00 pm. The cost for the evening is \$20 for adults and \$15 for Under 18's which includes a 2 course meal and soft drinks (BYO alcohol). The guest speaker for the evening has yet to be finalised. Hopefully we will have several premierships and many individual successes to celebrate and recognise on the night.

Please contact Adam Pepper on 9803 9946 or 0402 083 469 for tickets or to reserve your table now.

Perpetual Trophies:

As Presentation Night approaches the difficult task of chasing up perpetual trophies is about to get underway. If you were a recipient of one of the said trophies, could you please return it to the clubrooms or contact Julie Milner (9818 1278 or email juliem@brd.net.au) as soon as possible. Even if you think you will win it again, it still needs to be engraved.

WORKING BEE

On Saturday 16th February 2002, a working bee will be held to fix photos, pin-up boards, record boards, clothes hooks and weights equipment to the walls of the new clubrooms. Any assistance from members would be much appreciated some time between 12 noon and 5:00 pm – even if only for an

hour or two. Please bring your electric drill, masonry drill bits, extension cables and ear muffs if you have any of the above.

NO TRAINING IN LANE ONE

Despite repeated requests not to use lane one of the track for training, the barriers being opened across the track, hurdles stacked in lane one and steeples moved into lane one, Club members have continued to jog laps and run repetitions in the inside lane. As a result, the inside lane of the track is now starting to show visible signs of wear. With the Club heavily committed to expenditure to upgrade the club rooms, we can not afford the considerable cost involved in having to resurface the inside lane. The track is not due to be resurfaced again until 2006, however at the current rate of wear, lane one will not last this long.

As a result, the barriers will be locked across lane one of the track at all times except for competitions and when hired for school carnivals. Should you wish to use lane one for special time trials then you will need to request a committee member to open the barriers for you.

EDITORS NOTE

There is nothing like going to Ballarat and running a PB that is so shattering that your training partners consider giving up athletics because they know they are never going to beat you. I don't know what it is about that track but now I have 5 different PB's all set at Ballarat.

Our Men's State League team is on the improve and should consolidate their place in the finals over the next few rounds. Dave Featherstone consistently qualifying in the Javelin has been a great help and with Toby continuing to perform in the other throws the holes in the Box Hill team are slowly closing and we are beginning to look like a premiership contender. The finals are spread over two weeks which should help us as our strength is on the track.

The women on the other hand are, after a good start to the season, are starting to run out of steam. Injuries have plagued the team and have caused the once dominant Box Hill women to only place mid field. The points they earned early in the season along with an improved effort in the final few rounds should see them in action at finals time though.

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

MARTHA AND STEWART FRASER ROOM RE-DEDICATION

At 4:30 pm on Saturday 23 February 2002 (immediately after the venue finals) a short ceremony will be held to re-dedicate the Martha and Stewart Fraser Room (otherwise known as "The Officials" room).

Our eldest and longest serving life member, Martha Fraser, will be asked to officially open the room named in honour of Martha and her late husband which has been constructed in the location of the previous women's change room which used to be known as the Martha and Stewart Fraser Room. All Club members are invited to attend this special occasion and enjoy some light refreshments afterwards.

GENERAL NOTICES

Club Captains - Cameron Baker and Fiona Buchanan have been chosen as the club captains this season. Both athletes are dedicated club members and very deserving of the positions. I hope all members will give them plenty of support.

High Jump Coach - Jill Taylor (Level 1 coach) is interested in building a squad to train at Box Hill, male or female, any age welcome. Anybody interested please call Jill on 9739 5967 for training times.

Cleaner - The club has now employed a cleaner, Peter Robbie (old coaches never die, they just move on to better things!). His job is to sweep the floors and clean the toilets, not to pick up after everybody. Please take a little pride in your new clubrooms and do not leave weights and rubbish all over the floor.

A **broken High Jump** bar was left on the mats a few weeks ago. It's annoying because nobody tells someone on the committee that these things have happened. It doesn't matter who breaks it, over time equipment breaks, but we appreciate it when people let someone know. Especially now that we have nice new clubrooms, we need to look after our facility if we want it to stay the way it is, and improve on what we have.



ROB'S RAMBLE

Mens Interclub round 6, 24th November

Division 1:

This round was shaping up as one of the most difficult to win because our State League team was competing at Geelong and due to some absentees, several Div1 guy's traveled down to Geelong which left us considerably undermanned. This round was made extra difficult by the fact that we were against last years venue premiers, St Kevins who are unbeaten this year like ourselves. New team manager for the day, Jamie Strudley, pulled some wizardry team selections and ended up with a draw which was really a great result. To top it off though he managed to get the second Div 1 team to a win over Old Xav's. This team is therefore in equal fifth place on the ladder with Doncaster.

Jamie obviously had great support from those at Box Hill on the day. So well done everyone. Old man Miller was the standout in this division winning the 200m and 800m (team 1) with only about 20 minutes break in between

Mens Interclub round 7, 1st December

Division 1:

This was a round where BH1 competed against BH2. The subsequent win and unexpected drawn result between St Kevin's and Diamond Valley meant that we went back to the top of the ladder on percentage only. Best performances for the day came from Jack Farmer in the 400m, Steven Hooker in the 100m and Sam Hassett in the 1500m.

Division 2:

This team had another good win this time over Collingwood. Much to the delight of David Cross. Robin Barclay kindly reminded me that he has not missed a round so far this year. Don't let this record get blemished Robin.

and then running a leg of the winning 4x400 relay team. Other notable performances came from Dave Featherston in the field and Andrew White in the 5000m.

Division 2:

This team had another good win with only five competitors that competed in everything. David Ayers continued his top form with a second place in the 800m.

Division 4:

Was the Nev Gardner show again. **Discus** 26.28, **1500m** 5:39.3 and **400m** in 70.2

STRIKER'S STORIES

Striker has been one of the stalwarts of Box Hill Aths Club over the last decade. He has consistently been one of our best sprinters as well as being a source of amusement for all. This month's newsletter sees the start of a new column title "Striker's Stories". Just a selection of the pearls of wisdom that spew forth from Striker's mouth.

This month we start with a direct quote from the man himself. After having torn his 27th calf in his career Striker has been somewhat limited of late in his training. After a slow warm up jog and a few pathetic attempts at run throughs, Striker was heard to say:

"Lets go in the gym and do some real training. Heh, if you can't run you may as well look good for the beach!"

RENO POLE VAULT SUMMIT

Simon Arkell, former Australian record holder in the pole vault organised a trip for Australian pole vaulters to go to the Reno Pole Vault Summit. Two Box Hill athletes, Brigid Isworth and Rosanna Ditton travelled to America to compete. Brigid actually won her division and here is a report written by her on the trip:

Reno was unbelievable. We arrived at the Hilton hotel which was the biggest hotel in the city. Reno, by the way is basically a city based at the foot of beautiful snowy mountains. Reno is famous for its snow resorts and its casinos. The Hilton was just huge. The pole vault summit was held in the hotel's conference area. There were 10 pits with full run ways set up and hundreds upon hundreds of pole vaulters. We have never seen so many pole vaulters in the one place at the one time in all our life. I'd guess that there were about 8000 different poles there as well, it was just incredible. Oh and of course, because all pole vaulters are just sooooo good looking, it really was a great place to check out the 'talent'.

On Friday night they opened the summit with a huge show at the Hilton theatre. The show opened when a massive aeroplane rolled out onto the stage and all these important pole vaulting people walked off it. Then the top American pole vaulters began their competition on stage. They set up two runways that crossed each other, with the men on one pit and the women on the other. It was awesome to see these athletes, some of which were Olympians compete head to head. I only wished I was up there (We tried getting me into this comp but they wouldn't allow 'foreigners'.... bloody Americans! There was actually one girl who I competed with who is from Austria, a 4.40m + jumper and Olympic finalist and they wouldn't even let her in it. The highlight for me was seeing Jeff Hartwig (PB = 6.03m) and Nick Hysong (Olympic champion) jump. I actually later talked to Nick and did a very silly interview with

him on our video camera.

The following day was the main competition day and Rosie and I both did really well. Rosie equaled her PB (4.00m) and I was soooooo close to achieving a new PB. After clearing 4.10m and 4.20m on my first attempts I put the bar to 4.31m and only just missed due to running out of poles.

Following the meet we watched Simon compete in his Australian Atlanta uniform. It was cool, I get all warm and fuzzy when people bring out the green and gold.

Things finished up at about midnight... it was a very long day..... But the night was only just beginning. In true pole vaulters spirit we partied hard all night. There were heaps of Aussies there and of course we were the leaders of the craziness. I'll leave that story for another time, but let's just say there was no shortage of Oi Oi Oi and handstands on the bar.....

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.