

Club News



Issue 45

April 2003

BOX HILL ATHLETIC CLUB INC

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<http://www.boxhillathleticclub.org>


DATES FOR YOUR DIARY



Sat 26 April '03	Club 5 km Handicap
Sat 3 May '03	Cross Country Relays – Werribee Equestrian Centre
Sat 10 May '03	8 km Cross Country – Geelong
Sat 17 May '03	Presentation Night – Box Hill Community Arts Centre
Sat 24 May '03	10 km Road Race - Sandown
Tues 1 July '03	AGM – Club Rooms

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PRESENTATION NIGHT

The Presentation Night for the 2002-2003 season is being held on Saturday 17 May 2003 at the Box Hill Community Arts Centre from 7:00 pm onwards. The cost of the evening is \$20 for adults or \$15 for Under 18's which includes a 2 course meal and tea, coffee and soft drinks. As well as the presentation of awards and celebration of our successes throughout the year, a video will be shown showing some of the highlights of the past year, as well as a presentation of highlights from past years.

Please make sure that you return the attached reply slip by 9 May 2003 to reserve your place at this event.

It is the one chance for the year to see you fellow athlete in their evening refinery. It is also where awards are handed out and stories are told. Will there be a repeat of last years balloon incident?

It is where we can celebrate our victories of summer before we all slip into cross country mood.

It is where the bookie keeping the tab on who will win the awards finds out whether he goes home crying or goes out partying. Anyone interested in putting forward their ideas on who will win what feel free to email them to vaultcam@hotmail.com. See you there.

STATE LEAGUE

The Box Hill Athletic Club men's State League team overcame a strong team from APS to retain our State League premiership in an exciting conclusion to the 2002-03 State League season. In a great night for the Club, the women's team improved from fifth position at the start of the night to finish in third position, just two points behind second placed Ringwood.

Congratulations to the men's team manager Chris O'Connor and captain Cameron Baker for bringing together a team which showed great Club spirit to withstand the loss of several key athletes through injury and a strong challenge from APS to emerge victorious with another premiership for the Club.

There were many highlights from the finals. David Featherston and Ned McLeod both ran fast times in the 400 m hurdles to share the points with APS in what was a strong event for them on paper. APS then took points off us in the walk, although Simon Ford continued his recent good form to place fifth. Marty Duke ran a strong race in the first heat of the 200 m but finished two places behind Michael Hazel from APS and at this point scores were level and our 10 point lead from last week had evaporated. However from this point on we didn't look back as Lane Harrison won the second heat of the 200 and Braden Fraser finished second in the third heat to re-establish a 14 point buffer.

However, it was in the field where the victory was clinched with Ronnie Buckley again throwing well in the hammer and discus to beat his APS opponent, following on from his successes at the Australian Youth Championships. John Peavey won the high jump, and when Adam Rabone produced a qualifying leap in the long jump with his third jump and Mohammad Zeed dead-headed for first in the re-run of the 110 m hurdles from last week, we had stretched our lead to 31 points.

The 800 m and 5000 m races produced some exciting clashes, however our team of Tim Cherry, Liam Rourke and Tim Renowden in the 800 and Marcus Tierney, John Meagher and Luke Yeatman in the 5000 shared the points with APS so that with just the 4x400 relay to run, the premiership was ours. Corwin Pusch, Marty Duke, Justin Clark and Michael Saunders duly finished the night in style by winning the relay to secure a comfortable victory in the end.

The women's team showed that they are not far off winning another premiership by winning the second night of competition, but we were unfortunately too far behind the strong Bayside combine team after the

first night of competition. Congratulations to team managers Cathy Tilley and Bev Power and to captain Leana Tilley on a great effort this season to be so competitive after losing so many athletes over the last two years.

Female Team Scores

1	Bayside	365
2	Ringwood United	278
3	Box Hill	276
4	Athletics Essendon	217
5	Melbourne University	180

Male Team Scores

1	Box Hill	462.5
2	APS	424.5
3	Bayside	327
4	Athletics Essendon	308
5	Ringwood United	264
6	Ivanhoe – Yarra	229

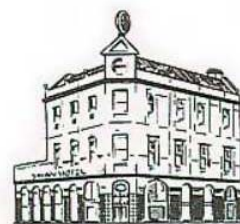
INTERCLUB

While the A-Series is the elite competition in Australia, Interclub is the heart and soul of athletics in Victoria. The rivalry between Box Hill and St Kevins has developed over the years and their respective team managers play mind games for the whole year. So it is not strange to find that the atmosphere at Venue finals is more intense than at State League finals or Nationals.

This year Box Hill had 6 successful teams at Venue finals with Division 1, Under 18 and Under 16 winning through in both the men's and women's competitions.

Association finals were held at Doncaster and while they started at 10:00am they still ran 2 hours overtime due to strict adherence to the rules by the officials and the inclusion of country teams in Association finals for the first time.

At the end of the day Box Hill walked away with two Championship winning teams. The Men's Division 1 and Under 18.



THE SWAN HOTEL

VICTORIAN CHAMPIONSHIPS

Congratulations to the following Box Hill athletes who performed with distinction in cold and blustery conditions in the state championships. Due to so many awesome performances by dominant Box Hill athletes only those who won medals are listed. But congratulations go out to all the competitors.

Open Women			
Nikki Chapple	5000m	16:55.6	2 nd
Wendy Muldoon	5000m Walk	24:10.3	3 rd
Georgie Power	100m Hurdles	14.52	1 st
Leanna Tilley	100m Hurdles	16.43	2 nd
Rachel Dacy	400m Hurdles	62.84	2 nd
Rosanna Ditton	Pole Vault	4.25m	1 st

Under 20 Women			
Hayley Tomlinson	3000m	9:58.4	1 st
Narelle Henderson	Pole Vault	3.00m	2 nd
Jacqui Williams	Pole Vault	3.00m	3 rd

Open Men			
Lane Harrison	200m	22.19	3 rd
Steve Hooker	Pole Vault	4.80m	1 st

Under 20 Men			
Lane Harrison	100m	11.24	2 nd
	200m	22.12	1 st
Mohammed Zeed	100m	11.24	3 rd
	110m Hurdles	14.65	2 nd
Liam Rourke	800m	1:56.30	2 nd
	1500m	4:05.7	2 nd
Michael Saunders	800m	1:58.4	3 rd
Andrew White	1500m	4:03.9	1 st
	5000m	15:33.6	1 st
Ned McLeod	400m Hurdles	55.50	1 st
Chris Vergos	3000m Steeple	12:34.1	3 rd
John Peavey	High Jump	1.95m	2 nd
Greg Heinrich	High Jump	1.90m	3 rd
Dion Pocklington	Pole Vault	3.20m	3 rd
Adam Rabone	Long Jump	6.45m	3 rd
Ronnie Buckley	Discus	49.98m	1 st
Ronnie Buckley	Hammer	56.00m	2 nd

Under 16 Men			
Matthew Coloe	3000m	9:21.9	1 st

Over 40 Men			
Glenn White	100m	12.07	2 nd
	Long Jump	5.63m	1 st
Phil Coghill	100m	12.32	3 rd
Chris O'Connor	3000m	9:11.6	3 rd

Over 50 Men			
Tony Bird	3000m	9:51.9	2 nd

Also on were the youth championships which for the first time incorporated some Under 23 events. As with the Open and Under 20 results there are way too many good performances to list anything other than medals.

Under 23 Girls			
Beth Bird	400m	58.34	3 rd
	800m	2:16.2	2 nd
Georgie Power	100m Hurdles	14.97	1 st
Fiona Buchanan	Pole Vault	3.30m	2 nd
Narelle Henderson	Pole Vault	3.15m	3 rd

Under 18 Girls			
Catherine Allen	2000m Steeple	7:37.5	1 st

Under 16 Girls			
Hayley Tomlinson	800m	2:09.9	1 st
	1500m	4:37.6	1 st
Sarah Cant	800m	2:14.65	3 rd
Melanie Adams	90m Hurdles	14.18	2 nd
	200m Hurdles	30.92	3 rd
	High Jump	1.65m	1 st
Jacqui Williams	Pole Vault	2.90m	1 st

Under 14 Girls			
Daina Neilsen	1500m walk	7:29.4	2 nd

Under 23 Boys			
Joel Pocklington	Pole Vault	4.50m	1 st

Under 18 Boys			
Joel Pocklington	Pole Vault	4.60m	1 st
Theo Oostveen	110m Hurdles	15.46	2 nd
Imran Zeed	400m Hurdles	56.65	2 nd
Ronnie Buckley	Shot Put	15.45m	1 st
	Discus	56.58m	1 st
	Hammer	60.03m	1 st

Under 16 Boys			
Navin Arunasalam	800m	2:03.9	3 rd
	2000m Steeple	6:45.9	1 st
Matthew Coloe	1500m	4:18.3	2 nd
Dion Pocklington	100m Hurdles	15.01	3 rd
	Pole Vault	3.65m	1 st

Through out all the age groups, senior and junior, men and women, Box Hill has won 64 state championships medals this year (not counting the relays). This is a fabulous result for the club! We also had many other great performances that did not necessarily win medals.

All indicators are that the club is getting stronger and stronger.

NATIONAL CLUB CHAMPIONSHIPS

In an exciting conclusion to the 2002 – 2003 track season, the Box Hill men's team finished just out of the medals at the National Club Championships in Brisbane, finishing just 5 points behind third place and only 32 points behind the winning team from Queensland University. With only a small team of seven athletes, the Box Hill women's team also put up a good fight, but were unable to fill all the events and finished in eighth place.

With the men's team looking strong on paper in the lead-up to the Nationals and following on from victories in the State League Finals and Association Final, we were hopeful of achieving our first top three finish in the history of the competition. However, injuries and illness to several key athletes in the lead up to the competition meant that we were reduced to just 11 athletes from a maximum allowable team of 14. Despite these late withdrawals, the team put up a brace effort to stay in touch with the strong teams from Queensland and New South Wales. With several athletes having to compete in 4 events after a heavy weekend of competition at the Nationals, our lack of depth meant that we were unable to bridge the gap to the other teams and finished an agonising 5 points out of the bronze medal position.

Highlights of the men's competition included a brilliant run by Mohammad Zeed to win the 200m hurdles, David Featherston finishing a close second in the second heat of the 200m hurdles and throwing 51.26 m to finish second in the javelin and Cameron Baker jumping a PB of 4.25m in the pole vault. The outstanding performer in the women's team was Beth Bird who finished second in the 800m with a time of 2:13.35 and then ran 58.4 in the 400m for third place.

It was a great effort by the Club to finish so close to the winning team despite having no male finalist in an Open event at the Nationals and demonstrated the great club spirit which has developed at the Club over the past few years. Special mention also goes to Cameron Baker, Kerry Putt, Toby Pallett and Graeme Olden who travelled to Brisbane for the sole purpose of competing in the Club Championships, to Steven Hooker for his enthusiastic support and to Julie Milner and Chris O'Connor who travelled to Brisbane to manage the teams.

From the disappointment of this performance has come a resolve from the team to return to the Nationals in Sydney next year with a full team to go at least one place and show the northern states that we can match it with them.

5km HANDICAP & REGISTRATION DAY

On Saturday 26 April, the annual Box Hill Athletic Club 5 km Handicap race will be conducted along the bike paths along Gardiner's Creek. The race will commence at 1:00 pm from the Bennettswood Bowls Club carpark. To those unfamiliar with the course of starting location, a group will leave from the Club rooms at 12:30 pm to travel to the start. A BBQ lunch will be provided back at the club afterwards where prizes will be presented to the leading runners and an opportunity provided to register for the coming season and fill in winter entry forms. Make sure you complete the attached Club registration form and bring it with you to the handicap race so that you can be registered in time for the cross-country relays the following weekend.

If you are interested in running, please contact either Ian Sloane (phone 9459 4486, e-mail sloane@goldenit.net.au), Chris O'Connor (phone 9882 6108, e-mail coconnor@swin.edu.au) or Graeme Olden (phone 9885 0890, e-mail golden@sprint.net.au) to let them know that you are planning to run, along with a recent time for 1500m, 3000m or 5000m.

WINTER SEASON

The Athletics Victoria winter season commences on Saturday 3 May 2003 with the Cross Country relays. The relays are being held this year at the Werribee Equestrian Centre for the first time and the Club will be entering teams in most grades to provide opportunities for all registered members to run who indicate that they would like to run. To enable us to enter teams beforehand, it is essential that you let either Ian Sloane, Chris O'Connor or Graeme Olden know whether or not you are planning to run by Saturday 26 April (see contact details above). Note also that you will not be able to run in the relays if you are not registered, so make sure that you complete the attached registration form and return it to the Club Registrar, Angela Robbie, or else bring it along with you to the 5 km Handicap race on April 26.

UNDERAGE NATIONALS

Congratulations to all the Box Hill Athletes who competed with distinction at the Australian Youth Championships in Sydney. Special mention to those athletes listed below who were successful in winning medals.

Under 18 Boys

Ronnie Buckley	Gold Medal	Discus
	Silver Medal	Hammer
Joel Pocklington	Gold Medal	Pole Vault

Under 16 Boys

Matthew Coloe	Gold Medal	3000m
	Silver Medal	1500m
Navin Arunasalam	Gold Medal	2000m steeple
	Gold Medal	4x400m relay
	4th place	1500m
Dion Pocklington	Silver Medal	Pole Vault

Under 16 Girls

Hayley Tomlinson	Gold Medal	3000m
	Gold Medal	1500m,
	Bronze Medal	800m
Sarah Cant	Silver Medal	4x400m relay
	4th place	800m
Jacqui Williams	Bronze Medal	Pole Vault

Congratulations to all these athletes and to all the others who competed in the national championships.

AUSTRALIAN OPEN CHAMPS

Nationals 2003 can be described in one word: HUGE!! From the moment we stepped off the plane and picked up the hitchhiker who was struggling to make coherent sentences, to the start of winter training with a run from Rydges to Adrenalin at 2:15am it was one of the best nationals trips I have been on (the fact that I jumped a PB probably helped).

With the National Club Championships on the Sunday there were a lot of Box Hill athletes in Brisbane and with them being held in the afternoon this year there was no excuses (we all remember: "Bridgie's sick").

For the whole weekend ANZ Stadium echoed with the rambunctious cheers of Cameron Baker whenever one of his friends, or even just someone who he might have met, was announced or won a medal.

No one will ever forget Rob Stevens running the last leg of the 4x100m relay for Victoria with half a hamstring or Justin Anlezark (probably not how you spell it) breaking the Australian Record in the Shot Put, or Beth Bird running a PB in the heats of the 800m and carrying her form through to the Club Championships.

The morning of the Club Championships, captain Cameron Baker spoke to Graeme Olden on the phone to say that: "I don't think Georgie Power will

compete today. I don't think she is feeling too well." Graeme responded that he would see when she got to the track. Unfortunately Cameron was correct as Georgie had been hospitalised overnight. We sincerely hope you are feeling better now Georgie.

And to rub it in to Marty Duke the Victorian 4x400m relay team successfully defended their title without him and he easily would have made the team had he turned up.

As always the team showed great spirit over the weekend and if will alone could have won medals at Club Champs then both Graeme and Cameron would be covered in gold along with the rest of the team. Next year Nationals are in Sydney and I encourage all Box Hill athletes to turn up if they are competing or not.

I leave the final word to Under 20 athlete Liam Rourke: "I have just been going round with Kris McCarthy and Jai Taurima. This is the highlight of my athletic career!!"

Open Women

Georgie Power	100m H	14.32	6 th
Rosie Ditton	Pole Vault	4.20m	Gold

Under 20 Women

Narelle Henderson	Pole Vault	3.20m	10 th
Sarah Stewart	4x400m relay		4 th

Open Men

Corwin Pusch	4x100m relay		5 th
Lane Harrison	4x100m relay		5 th

Under 20 Men

Mohammed Zeed	100m	10.96	2 nd
	110m H	14.02	Gold
Lane Harrison	200m	21.99	4 th
Liam Rourke	800m	1:58.9	9 th
Andrew White	5000m	15:13.1	2 nd
Corwin Pusch	4x400m relay		3 rd
Joel Pocklington	Pole Vault	4.50m	2 nd
Ronnie Buckley	Discus	54.80m	2 nd



CLUB ROOM UPGRADE UPDATE

With the roof over the grandstand now completed and providing much needed shade and shelter for spectators, athletes and officials, the Club now needs to start focusing on raising funds to complete the

external walls and fitout of the upstairs rooms. Time and funds not available to complete any more work on the upstairs facilities this year, however it is hoped that they can be completed next summer. The Club still needs to raise a significant amount of money to enable this to happen so all Club members are urged to support the upcoming fundraising events and provide donation to the tax-deductible building fund set up for this project to enable it to happen. The outlook from the upstairs rooms will be most impressive, however there is still a lot of work to be done until we can take advantage of it.

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. These grants have played a significant part in the success of the State League teams over the past few seasons and the Club is committed to continuing to provide these opportunities for our State League athletes.

The distribution of Barlow Foundation grants to be made at the presentation night for the 2002/03 season are:

- \$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 (both male and female) score the greatest combined total of State League points.

To help ensure the continued success of our State League teams, we are requesting donations to help fund these grants. All donations are tax deductible. If you would like to obtain a donation form to send in a donation, or have any questions about the Barlow Foundation, please contact Colin Organ on 9813 3597 or via email (colo@bigpond.com). Alternatively you may wish to download a form directly from the Club's web site at <http://www.boxhillathleticclub.org>.



Position Vacant – Canteen Manager

We are seeking a suitable person/persons to manage the canteen. Duties will include stocking, food preparation and organising a roster of helpers. Preference will be given to applicant available to open weekdays as required by hirers of the track. Salary \$15/hour.

Enquiries : Angela Robbie 9898 3052

BUY A BRICK

The Club's tax deductible Barlow Fund also includes a separate building fund. With additional funds needed to be able to fund the Stage II Pavilion Upgrade (upstairs extension), donations to this fund are urgently required. 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 reduce your tax bill. Any donation of \$100 or more will be recognised with a plaque recording your donation prominently displayed on a brick in the new clubrooms. Donation forms can be downloaded from the Club's web site - www.boxhillathleticclub.org - or obtained from Colin Organ – phone 9813 3597 or email at colo@bigpond.com.

CLUB MERCHANDISE

For a limited time there are some "State League" Long Sleeve Training Tops now available for only \$20. Also a new order of Club Tracksuit tops has just arrived so get in early before they all go for \$85. For either of the above or uniforms please contact Julie Milner 9818 1278 or email juliem@brd.net.au.

REGISTRATIONS

AV have decided to send registration forms directly to the athlete. This means you **must** return both the AV form and the Club registration form (attached to this newsletter) to Angela Robbie 19 Lincoln Ave Mont Albert North 3129 or PO Box 247 Box Hill 3128. This is obviously going to create some confusion so please get your registration in as early as possible. Anyone intending to register at the first cross country event will need to bring their AV form with them. Registrations will also be taken on the day of the Club 5km handicap – 12:30 Sat 26 April.

GENERAL NOTICES

New email for Editor

Would everyone please note that the Club News editor, Cameron Baker has a new email address as Monash Uni finally caught up with the fact that he is no longer enrolled there. You can now contact him at vaultcam@hotmail.com.

Rosanna Ditton

Well done to Rosie who came third in the female jumps section of the A-Series meets. A big fat cheque waits for Rosie even if AA snubbed her and didn't invite her to the official dinner. We still love you Rosie.

Trust Athlete Scholarships

The Trust Athletics Scholarship program is a joint initiative of the Trust for Young Australians and Athletics Australia and is designed to assist young athletes who have difficulty meeting the financial expenses of the sport. It consists of \$500 plus a New Balance Pack (value \$250). For more information contact Julie Milner 9818 1278 or email juliem@brd.net.au

Marty Duke

Last years Box Hill Athlete of the year had a season of ups and downs this year. With the middle of the season rubbed out due to injury Marty was just starting to regain form going into the Vic Champs only to be cruelly denied a chance to defend his title when an over zealous official ruled he had stepped out of his lane. But as a consolation prize, based on his early season form, Marty came 4th in the State League Athlete of the year.

This year the victors were Kyle Vander Kuyp and Gab Neighbour.

Double Decathlon

This years World Championships in Double Multievents are on 4th / 5th October in Austria. The maximum capacity is 48 men (thats many), but more than 35 already checked in. It is hoped that also some guys from Australia will participate.

If somebody wants to compete please see the online-entry-form on the homepage at <http://www.mehrkampf.at> and pay the entry-fee. There are not many places left on the entry list so get registered quickly

The Australian Double Decathlon Championships are going to be held in Melbourne on the 10-11th May. For more information contact Nick Foley at FoleyNJ@cba.com.au.



EDITORS NOTE

What was going on at this years Victorian Championships? The blue ribbon event of the championships, the Open Men's 100m, was a straight final and the time needed to qualify for the final of the 200m was a pedestrian 25.7. "What has happened to the days when you had to run sub 1:50 to make the final of the 800m" asked Justin Rinaldi on OzTrack recently in an echo of my sentiment.

Is athletics really in that bad a shape or are people just not prepared to enter the Victorian Championships unless they feel they can medal?

The Vic titles are supposed to be the pinnacle of athletics in Victoria. Why are we in athletics if we are not striving to be the best and win the Victorian title? On a regular State League night there are at least 2 invitation heats of the 100 or 200m, which at \$7 a pop is approximately the same price as the entry fee to Vics.

For the first few years when I hit open I did not enter the Victorian titles as I thought it was above my standard. But now I enter every year even if purely so I can have a competition that I don't have to run off and do another event for. It also gives me an excuse to get ridiculously excited and go for a PB in the highest standard of competition for the year.

To all those sprinters out there who didn't enter Vics, next year use it as an experience. Learn about check in and call room. And get a run with the quickest guys in the state who are guaranteed to drag you though to a great time.

To submit articles either see Cameron Baker or el Presidente Graeme Olden down at the track or email Cameron on vaultcam@hotmail.com.

Well done to all the athletes who competed over the course of the season and a special thankyou to those team managers who led Box Hill to victory.

BOX HILL ATHLETIC CLUB INCORPORATED

ABN 53 769 884 970

APPLICATION FOR MEMBERSHIP – 1 April 2003 to 31 MARCH 2004

The completed form should be sent with the correct fee to:

THE REGISTRAR, BOX HILL ATHLETIC CLUB, PO BOX 247, BOX HILL 3128.

Any queries should be directed to the Club Registrar, Mrs Angela Robbie, on 9898 3052.

NAME _____

ADDRESS _____

_____ Postcode _____

Phone: Home _____ Work _____ Mobile _____

Fax _____ E-mail _____

Occupation or School _____ Date of Birth _____

Coach: _____

MEMBERSHIP DETAILS

ATHLETICS VICTORIA COMPETING ATHLETE MEMBERSHIP (When determining age groups for membership, age is at 31 December 2003)

SENIOR \$200 \$ _____

SENIOR (Full time student – Under 23) \$175 \$ _____

UNDER 20 and UNDER 18 \$165 \$ _____

UNDER 16 and UNDER 14 \$135 \$ _____

(Note that Under15 athletes wishing to be dual registered to also compete in Little Athletics competitions should contact the Box Hill Little Athletics Centre)

VOLUNTARY BUILDING FUND DONATION \$20 \$ _____

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

NON-COMPETING MEMBERSHIP

OFFICIAL OR COACH \$25 \$ _____

NON-COMPETING ATHLETE – Full use of facilities \$200 * _____ \$ _____

NON-COMPETING ATHLETE - Use of track, hurdles & jumps only \$100 * _____ \$ _____
- No access to gymnasium and weights

* Indicate "S" for athletes who wish to enjoy the benefits of club membership but not compete in Athletics Victoria competition, or "T" for members of other clubs who wish to pay a training fee only.

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

Card Number (if applicable) _____

Card Holder's Name _____ Expiry Date ____ / ____

Signature _____ TOTAL AMOUNT of payment enclosed \$ _____

I hereby make application for membership of Athletics Victoria Inc. with the Box Hill Athletic Club Inc. and declare that I am eligible to compete in competition according to the eligibility laws set down by the By Laws of Athletics Australia. I agree to abide by all the Rules and By Laws of Athletics Victoria Inc, Memorandums, Articles and By Laws of Athletics Australia and Constitution and Rules of the International Association of Athletic Federations as amended from time to time.

Athlete's Signature _____ Date _____

2003 BOX HILL AC Handicap Rules and Guidelines

Date:

Saturday 26th April at 1.00 p.m. (Details available at the club rooms.)

Distance:

5,000 m. (measured by wheel)

Introduction:

This race has been run over the last seven years at a course within short travelling distance from the club. The course is set out on the morning of the race by club members and a map is available on the day at the start. Any club member is eligible to start in the event, which gives athletes an opportunity to test out their fitness level, and to assist with gradings for the relay teams later in the year. Although it is primarily a fun event, the Club normally provides small prizes for leading performers. Our handicap event has been a most enjoyable race over the last nine years, and we wish to keep it that way. It usually starts at 1.00 p.m., and cars leave the club at 12.30 p.m. We are using the same course as for 2002 this year.

How do athletes get a handicap mark?

The handicapper estimates the time which he thinks the athlete will run based on their best recent track performance over a similar distance. If the athlete has not competed previously, or has not run a distance event of 1500 m. or more previously, the handicapper may seek advice from the athlete's coach or other appropriate people at the club. Times run in previous years' handicap races are looked at, and may influence the handicap time provided. The handicapper's decision is final, and entrants are reminded that he is a very thick-skinned and deaf individual who does not usually respond to loud sobbing, complaints, pleadings or bribes. The handicapper has a long memory for those who sneak past his guard in any given year, or utter loud complaints near the starting line, which may be recalled in future years.

Guidelines for entry:

Entrants are asked to indicate their intention to run on an entry form (on the web site or available at the club) which must be passed to Graeme Olden, Rob Falkenberg, Chris O'Connor, or Ian Sloane. **Entries close on Thursday 24 April.** Because it is difficult to estimate an unknown entrant's time on the day at the start, late entrants are advised that they will have an additional time penalty of two minutes imposed. **Late entrants are not eligible to win the race.** We need to know the number of entrants in advance because we return to the club for presentations and a post race BBQ, and we need to cater for the correct number of people.

For those who have not run in our event previously, these are the *ground rules*:

- Slower runners start before the faster runners, and if people have been accurate in their estimate, and the handicapper has correctly estimated the likely time, everyone should finish at around the same time.
- The course is a two lap course. Men and women, boys and girls all run in the same race.
- You must provide your best recent 1500 m, 3000 m, 5000 m or 10,000 m time to the Handicapper by Thursday 26 April. If you don't have a recent time, estimate the time you think you will run and the Handicapper will make the decision about what time is allocated for the race.
- If you aren't able to do this by the deadline, you will suffer a **two minute penalty**

ATHLETICS VICTORIA

2003 Winter Events

SEASON TICKETS OR INDIVIDUALS

OFFICE USE ONLY:

SURNAME
FIRST NAME
MALE / FEMALE
DATE OF BIRTH
CLUB
REGISTRATION NUMBER
<ul style="list-style-type: none"> ▪ UNDER AGE AT 31ST DECEMBER 2003 ▪ 40+, 45+, 50+, AGE AT 1ST MAY 2003

EVENT ENTRY FEES	
OPEN	\$ 12.00
UNDER 20	\$ 10.00
UNDER 18	\$ 9.00
UNDER 16	\$ 7.00
UNDER 14	\$ 7.00
DISCOUNT FEES FOR SEASON ENTRY	
OPEN 6 EVENTS	\$ 60.00
U20 5 EVENTS	\$ 40.00
U18 5 EVENTS	\$ 36.00
U16 5 EVENTS	\$ 28.00
U14 5 EVENTS	\$ 28.00
TOTAL ENTRY FEE \$ _____	

Please tick the event you wish to enter

GEELONG 10/5/03 Entries close – 5/5/03	Male Open 8km	Male U20 4km	Male U18 4km	Male U16 3km	Male U14 2km
	Female Open 6km	Female U20 4km	Female U18 3km	Female U16 3km	Female U14 2km
SANDOWN 24/5/03 Entries close – 19/5/03	Male Open 10km	Male U20 10km	Male U18 10km	Male U16 3km	Male U14 3km
	Female Open 10km	Female U20 10km	Female U18 10km	Female U16 3km	Female U14 3km
ALBERT PARK Pit Buildings 22/6/2003 Entries close – 16/6/03	Male Open 15km	Male U20 5km	Male U18 5km	Male U16 5km	Male U14 5km
	Female Open 15km	Female U20 5km	Female U18 5km	Female U16 5km	Female U14 5km
BUNDOORA PARK Off Plenty Rd 26/7/2003 Entries close – 21/7/03	Male Open 12km	Male U20 8km	Male U18 6km	Male U16 6km	Male U14 4km
	Female Open 8km	Female U20 6km	Female U18 4km	Female U16 4km	Female U14 4km
COBURG 30/08/2003 Entries close – 25/8/02	Male Open 16km	Male U20 6km	Male U18 8km	Male U16 4km	Male U14 3km
	Female Open 4km	Female U20 3km	Female U18 6km	Female U16 6km	Female U14 3km
BURNLEY 14/09/2003 Entries close – 08/9/02	Male Open 21km	ALL 40+ ATHLETES WILL AUTOMATICALLY BE SCORED IN THE APPROPRIATE AGE GROUP AFTER BEING SCORED IN OPEN COMPETITION			
	Female Open 21km				

POST ENTRIES TO: Athletics Victoria
 Olympic Park
 Swan Street
 Melbourne 3004
 Fax: 9427 9183

Credit Card	Bankcard, Visa & Mastercard only	Expiry Date ____ / ____																	
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Cardholder Name		Signature																	