

Club News



Issue 47

July 2003

BOX HILL ATHLETIC CLUB INC

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<http://www.boxhillathleticclub.org>

DATES FOR YOUR DIARY



Sat 26 July '03	12 km Cross Country – Bundoora
Sat 2 Aug '03	Coliban Relay – Harcourt
Sat 30 Aug '03	16 km Cross Country - Coburg
Sat 30 Aug '03	Trivia Night - Box Hill
Sat 13 Sep '03	Working Bee - Box Hill
Sun 14 Sep '03	Burnley Half Marathon

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BOX HILL WORLD CHAMPION

In a remarkable performance, Box Hill discus thrower Ronnie Buckley has won the gold medal in the discus at the World Youth Championships at Sherbrooke in Canada with a championship record throw of 64.34 m. Congratulations to Ronnie on a wonderful performance.

Despite having an incredible record of success over the past 71 years, this is the first time that a Box Hill member has won a World Championship event. We have had National Champions, National record holders, a World Record Holder and Commonwealth Games medallists, but never before a World Champion as a member.



The following extracts from various sources describe Ronnie's win:

From the AA website:

"On day 5 of competition, Victorian Discus thrower Ronnie Buckley set a Championship Record with his final throw of 64.34 metres, to claim Australia's second Gold Medal. In a dramatic competition Ronnie was in fourth place after three rounds, then moved to second in the fourth round and took the lead in the last round."

From IAAF World Youth Champs Website:

"Australia's Ronnie Buckley topped off a superb series of throws to land the 1.5 kg discus out at 64.34 metres to claim the World Youth title and a Championships record in a see-saw competition."

I personally find both these quotes very amusing as Wu Jain from China lead from round 1 until Ronnie overtook him in round 5 and never looked back, at least that is according to the results on the IAAF website.



Ronnie's wonderful performance follows on from a great effort by Hayley Tomlinson who ran a PB time of 4:25.28 in her heat of the 1500 m to qualify for the final where she finished in 11th place in 4:28.00. This is a remarkable effort for a 15 year old who is young enough to still qualify for the next World Youth Championships in two years time. Our congratulations to Hayley and her coach Westly Windsor.



THE SWAN HOTEL

TRIVIA NIGHT

The Box Hill Athletic Club is once again holding a Trivia Night this winter to assist with raising funds for the club room upgrade.

The Trivia Night is to be held on Saturday 30 August 2003 at the St Peters Anglican Church Hall, 1020 Whitehorse Road, Box Hill from 7:00 pm. The cost of the evening will be \$10 per head, with tea and coffee provided, however you will need to provide your own food and cold drinks.

Please put the date in your diary now and start organising your friends to form a table to challenge the domination of the pole vaulters in this event over the past few years. We also require donations of items for auctioning or prizes on the night so now is the time to start collecting these items and handing them on to Leana Tilley on 0402 264 503 or Leana_Tilley@bigpond.com or any committee member.

There is a restriction on the number of people that we can fit into the hall this year so we will need to cap numbers at 200. Hence it is important that you confirm your attendance by Saturday 23 August.

The following list gives a sample of some of the fantastic items to be auctioned on the night. Please let your friends and family know about the items on offer.

- 1999 Grand Final Panoramic Print signed by James Hird & Kevin Sheedy
- Last Test of the Century Panoramic Print signed by Sachin Tendulkar and Steve Waugh
- Collingwood 2003 Team Signed Guernsey
- Hawthorn 2003 Team Signed Guernsey
- Port Adelaide Team 2003 Signed Guernsey
- West Coast Eagles Team 2003 Signed Guernsey
- Geelong 2003 Team Signed Guernsey
- Western Bulldogs Team 2003 Signed Guernsey
- Richmond 2003 Team Signed Guernsey
- Essendon 2003 Signed Team Poster
- AFL 2002 Grand Final T-Shirt
- Essendon 2003 Signed Football
- Nike Track & Field T-Shirt Signed by Lee Troop and Steve Moneghetti
- Seiko Watch
- Fossil Watch
- Winning Edge 1 Month Membership

Donations of additional items are still required to help ensure that the evening is a success.

WORKING BEE

A working bee is being held at the track on Saturday 13 September 2003 from 1:00pm until 5:00pm to carry out numerous small maintenance and cleaning tasks to finalise preparation of the facilities and equipment for the coming track season. It is essential that we have a good attendance at this working bee so that equipment is ready for the first round of competition.

As there is a requirement to clean the track and re-paint some of the lines on the track, the track will be closed for training during this period so please plan your training to be completed prior to this time so that you can assist at the working bee afterwards.

POSITION VACANT

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



LIFE MEMBERSHIP- JULIE MILNER

At the Annual General Meeting of the Box Hill Athletic Club held on Wednesday 1 July 2003, long serving Secretary, Julie Milner was awarded Life Membership. The following brief summary outlines her contribution to the Club over many years.

Julie Milner joined the committee of the Box Hill Women's Athletic Club in 1988, the year after her daughter Sandy joined the Club as a junior. The following year she was voted into the position of Secretary, a position she held until the Club merged with the Box Hill Amateur Athletic Club in 1996.

Julie was elected Secretary of the merged Box Hill Athletic Club at the first Annual General Meeting of the new Club and she has held this position ever since. For many years, she has been one of the Club delegates to Athletics Victoria, requiring attendance at the three General Meetings held by Athletics Victoria each year.

In her 14 years as Secretary and 15 years as a member of the committee, Julie has performed a huge number of roles in a most efficient manner. Some of these roles have included:

- Attending training sessions at the track several nights a week to meet new members, introduce them to coaches and team managers, collect registrations and generally make members feel welcome at the track (prior to the merger of the men's and women's clubs).
- Assisting with coordination of fundraising to send the Box Hill team to the National Club Championships in New Zealand in 1994.
- Serving in the canteen at the track almost every day of interclub competition since the merger in 1996.
- Assisting with managing the women's teams and officiating at winter races.
- Arranging collection of perpetual trophies, ordering new trophies and medallions and arranging engraving of trophies and medallions each year prior to the annual Presentation Night.
- Arranging for manufacture of Club uniforms and coordinating their subsequent sale to Club members.
- Coordinating general cleaning and maintenance tasks at Club Working Bees, including personally undertaking many of these tasks herself.
- Arranging for the copying of Club newsletters and then individually folding them, stuffing them into envelopes, adding address labels and posting at least 7 times a year.
- As public officer of the Club, ensuring that our annual returns are completed and lodged each year with the Office of Fair Trading.
- Officiating at State League competition each Thursday evening during the summer track season.
- As a member of the fundraising sub-committee, she has played a leading role in organising the fundraising events held by the Club over the last few years.
- Travelling to Brisbane at her own expense to assist with managing the Box Hill team at the National Club Championships for the last three years.
- Preparing the Annual Report for presentation at the Annual General Meeting of the Club each year including arranging the meeting and sending out notices notifying members of the meeting.

The role of secretary means being the first point of contact for any enquiries made to the Club by any external organisation or body, so apart from the large administrative effort required as Secretary to prepare minutes of meetings, arrange meetings and send correspondence, she is also required to chase up helpers and officials for championships and deal with the numerous requests for assistance or information which a Club of our size attracts. There is a continual string of correspondence to deal with and meetings to attend which she manages to handle in a most efficient manner while working and studying part-time.

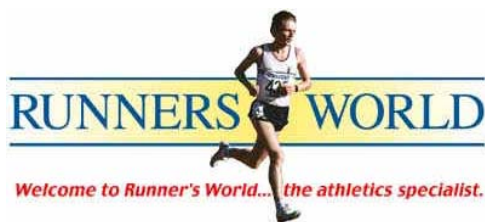
While Julie has never competed for the Club, her contribution off the track has been a huge factor in the success of the Box Hill Women's Athletic Club and the Box Hill Athletic Club over the past 15 years.

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.

There are also copies of the video shown at the 70 Year Dinner and Presentation Night available for purchase in DVD format for just \$30. The professionally produced video shows many of our members from the last 30 years in action and is a great record of some of the athletes who have competed for Box Hill.

For any of the above, or uniforms please contact Julie Milner on 9818 1278 or email juliem@brd.net.au.



KEYS

New locks have been installed on the gate and club rooms. This means that old keys to the gate and club rooms have become redundant and new keys will need to be issued to those that need them.

As it is not possible for members to cut their own copies of the new keys would athletes please ensure that someone who does have keys locks the rooms before leaving. Do not assume that just because somebody had an old key that they will have a new key.

Any member who requires a key should apply in writing to the committee for a key, however there will be a \$30 deposit (fully refundable on return of the key) to cover the cost of producing the keys and to encourage members to look after them. Keys will not be issued to non-members.

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 made at the presentation night for the 2001/02 season were:

- \$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>.

INTERNATIONAL NOTES

Congratulations to our star World Youth athletes Ronnie and Hayley and best wishes to Steve Hooker and Rosie Ditton as they prepare for World University Games (as well as a vastly more important competition) and to Andrew Leatherby as he prepares for the World Championships.

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.

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.

Keep off the New Grass

The council's request that people stay out of the area next to the longjump pits and runup that has been reseeded for a few months. The entire area has been topsoiled and seeded and the next couple of months are a good opportunity to get some grass growing in the area.

Uniforms

Unfortunately, due to an increase in the manufacturing costs, the price of club singlets and women's bodysuit tops will be increased to \$30.

Commonwealth Sports Award

Congratulations to Graeme Olden on being the recipient of a Commonwealth Sports Award. This well deserved award recognises Graeme's contribution to the sport as an athlete and administrator.

NEW COMMITTEE

At the AGM on 1 July, the following members were elected to the committee. Please feel free to contact a member of the committee with any queries or concerns.

President - Graeme Olden 9885 0890

golden@sprint.net.au

Vice President - Adam Pepper 8802 4462

pepper@sme.com.au

Treasurer/Registrar - Angela Robbie 98983052

Angela.Robbie@mckeanpark.com.au

Secretary - Julie Milner 9818 1278

juliem@brd.net.au

Committee:

Joan Hines - 9859 5081

Colin Organ - 9813 3597 colo@bigpond.com

Fiona Buchanan - 9817 3095 fionaland@yahoo.com

Simon Bromley - 9807 2884

sbbromley@hotmail.com

Kate Ackland - 9890 3096 kacka_5@hotmail.com

Jessica Turner - 9733 4017 jess_turner@hotmail.com

Sarah Oldfield - sol@deakin.edu.au

Marcus Tierney - marcus.tierney@au.pwcglobal.com

EDITORS NOTE

I have suffered from a lack of motivation over the last few weeks. I have barely been to training at all for the last week and have not really missed it. It has made me reassess why I compete in athletics at all and why I train so hard that I often want to vomit on the side of the track.

Funnily enough it is not the weather. The colder it is, the wetter it is, the more hard core I feel when I train and the more motivated I am to turn up. It is not for

the results, as I know with full time work this year I will be lucky to fit in the training required to beat any of my PB's I set last season. To quash all the rumours it is not so I have the body of a Greek God. If that was all I was interested in I would be working out in a gym with a lot more mirrors.

I think the reason is the people. If I don't turn up I know my coach will be asking about me and that I will miss seeing my friends. All you guys at the track are the best. You keep me motivated and my housemate does great work by calling me a soft so-and-so (and walking round the house with his shirt off).

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



WINTER RESULTS

Full results and reports from the winter races are included on the Box Hill Athletic Club web site at <http://www.boxhillathleticclub.org>. Abridged versions are included below.

ALBERT PARK ROAD RACING CHAMPIONSHIPS - 21 JUNE 2003

The Box Hill team was down in numbers for the 15km road race at Albert Park, with only 3 male and 3 female finishers in the open event. Conditions were cold and still, ideal distance running conditions. Dale Bickham had his first race for the winter and showed good form to place 23rd in a time of 48:53. John Meagher continued his good form to place 25th in a time of 49:14. Chris O'Connor moved through the field in the middle stages but then faded towards the end to finish 70th in 53:42, while Sam Hasset failed to complete the course.

The women's team of Megan Sloane, Felicity Gamble and Melinda Missen ran close together all the way with Melinda leading out early, but being overtaken by Megan and Felicity later in the race. Megan finished 2nd in her age group and 27th overall in a time of 62:31, Felicity was 28th in 62:33 while Melinda finished in 34th place in a time of 63:23.

Box Hill had a good representation in the junior 5km events. Hayley Tomlinson won the under 16 event (and was the first junior woman) running the 5km in a speedy 17:13. Sarah Cant was 3rd in the under 16s running 17:50, while Jocelyn Keage was 6th in the under 20s in 19:02 followed by Jessica De Bruin in 19:20.

Chris Hamer won the under 16 boys event in a time of 16:19. Chris has shown great improvement this winter and continues to impress with each race. Our under 20 team of Adrian Vincent(15:57), Andrew White (16:12) and Lachlan Aspinall (16:19) finished 5th, 7th and 8th to win the under 20 teams event. Kevin Craigie ran 16:46 and Graham Graigie ran 17:10, with Michael Bourne also coming in under 18 minutes.



Club 10 Mile Championship

Running in pretty ordinary cold and wet conditions, with a blustery wind hitting runners in the face in various parts of the paved course, four runners contested this year's race, although 11 Box Hill people were down on the course to support, compete or train. Dale Bickham raced away with the title this year, improving his time by nearly 5 minutes from 2002 on the course, which runs adjacent to the Eastern Freeway. Chris Bunney was very competitive, trailing Dale in by the small margin of 16 seconds, with Graeme Olden placing third in 56:23. Chris O'Connor had a fast paced training run to finish fourth. Others to run were Joc Keage and Jess de Bruin, who started a few minutes earlier. Tom Waters, Amanda Harper, and Megan and Ian Sloane also ran part of the course.

Thanks to Julie Milner for standing out in freezing conditions to take times and offering words of encouragement to the participants.

1. Dale Bickham	34:15	55:00
2. Chris Bunney	34:18	55:16
3. Graeme Olden	34:38	56:23
4. Chris O'Connor	38:00	62:59

Also running the full course:

Joc Keage	74:24
Jess de Bruin	74:24

SANDOWN ROAD RELAYS

Box Hill AC had brilliant results at the 2003 Road Relay Championships back at Sandown Race course on Saturday, 12 July. These exciting results augur really well for the future.

Our men's Under 20 men's team demolished the opposition. Andrew White ran 19:50, followed by Lachlan Aspinall (21:07) with the third leg anchored by Adrian Vincent (20:18).

Our Under 18 team won the silver medal with Simon O'Brien (10:02), Nick Bourke (10:56), and Michael Bourne (10:42) all running well.

Our Under 16 team of Chris Hamer, Matthew Coloe and Navin Arunasalam performed magnificently to be clear winners.

Our Section 1 team got off to a flying start with Marcus Tierney running the first leg. Marcus was in third place at the end of his leg. Dale Bickham, Hamish McElwee, Barry Lynch, Chris Bunney and Graeme Olden completed the team which slipped back to finish in 5th place. Our second team of Paul Boxshall, Tony Bird, Rubin Arunasalam, Luke Vipond and David Ayers, in Section 3 placed 4th. Dave Featherston and Michael Riera were our only runners in Division 6.

Box Hill's division 1 women's team performed creditably to finish in 5th place. Jessica De Bruin, Emily Smith, Jocelyn Keage and Fiona Turner all ran consistently to finish just behind Glenhuntly.

Box Hill fielded 3 teams in women's division 3. Melinda Missen, Rachel Johnson and Megan Sloane made up our first division 3 team. They all ran well with Melinda and Rachel running fast enough to be in our division 1 team. Our second division 3 team of Beth Bird, Audra Papworth and Felicity Gamble also ran very well to finish 4th overall. It was great to have enough open women running to fill a fourth open team. Kerry Putt, Kate Beever (in her first competition for the club) and Amanda Harper did well to finish mid-field in this event.

A number of our junior women were unavailable and we were not able to fill any of the underage teams in the women's competition, but Alice Baquie and Alice Martin ran 2 of the 3 legs in the under 18 competition and were in fourth position at the end of their legs.

Many thanks to those members and supporters who were prepared to offer their services as officials. Your efforts were much appreciated by our competitors.