

Club News



Issue 50

February 2004

BOX HILL ATHLETIC CLUB INC

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<http://www.boxhillathleticclub.org>


DATES FOR YOUR DIARY



Tues 2 Mar '04	Interclub Rnd 13 – Box Hill
Sat 13 Mar '04	Venue Final - Box Hill
Sat 20 Mar '04	Association Final - Doncaster
Sat 27 Mar '04	National Club Championships - Canberra
Sat 17 Apr '04	Club 5 km Handicap - Box Hill
Sat 24 Apr '04	Cross Country Relays - Werribee
Sat 8 May '04	Presentation Night - Box Hill Community Arts Centre

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STATE LEAGUE – THREE IN A ROW

On Tuesday 3 February 2004, the Box Hill men's State League team won the Athletics Victoria State League Premiership for the third year in a row with a comfortable victory in the final at Olympic Park. After a close contest for most of the night we pulled away over the last few events to win by 43 points from APS and Bayside to finish off a wonderful season for the team, remaining undefeated for the whole year.

The Box Hill women's State League team improved one place from last season to finish in second place in the final, just four points in front of Ringwood, but 80 points behind the strong Bayside combine. This

was a great effort by the girls considering that there were several holes in the team.

There were numerous highlights from the evening's competition, however it was the team spirit which prevailed in the finish with athletes filling every event and qualifying in all of them except the triple jump where Theo Oostveen missed out by just 8 cm in his first ever State League competition. With Tim Williams ill and Mohamad Zeed injured, our greatly improved depth in the sprints meant that Lane Harrison, Steven Hooker and Chris Ferreira were still able to hold their own in the 100 m and then combine with Marty Duke to win the 4x100 m relay.

All three 1500 m runners ran PB's in their race to enable us to keep in touch with the other teams in what was our weakest event on paper. For the first time in many years we had two walkers qualify in the finals, as well as qualifiers in all of the throws with Ronnie Buckley (with a PB in the shot put), Chris Rutty and David Featherston all producing big throws when it was required. Steve Hooker showed his great talent by finishing second in the second heat of the 100, anchoring the 4x100 relay to victory and then winning the second heat of the 110 m hurdles while Marty Duke finished off the evening in great style with a PB in the first heat of the 400 to win in a time of 47.58.



Congratulations to team managers Chris O'Connor, Bev Power and Cathy Tilley on their fine efforts over the season to chase up athletes each week to make sure that we are fielding our strongest possible team. Congratulations also to Club captains Cameron Baker and Leana Tilley for their leadership and encouragement throughout the year. Cameron has the wonderful record of having been Club captain for three seasons for three State League premierships.

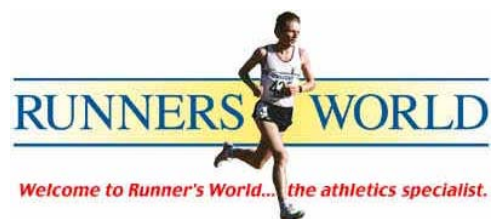
Many thanks to the coaches, officials, parents and supporters who have assisted throughout the year and without whose support we would not be able to enjoy the success which we have enjoyed this year. Lastly, thanks to all the club members who turned up at Olympic Park to cheer on our athletes and to those who sent messages of support from all around the world.



RONNIE THE RECORD BREAKER

Ronnie Buckley broke his own Australian Under 20 discus record in interclub competition at Box Hill on Saturday 31 January 2004 with a throw of 59.04 m. This throw broke the previous record for the 1.75 kg discus by 2 cm that Ronnie had set several weeks earlier and registered yet another World Junior Championships Qualifier. Not content with this, Ronnie extended the record still further with a throw of 59.40 m on Saturday 21 February, also at interclub competition at Box Hill.

Congratulations to Ronnie and best wishes in his quest to make the Australian team to the World Junior Championships later in the year.



NATIONAL CLUB CHAMPIONSHIPS

Box Hill has once again entered both a men's and women's team in the National Club Championships to be held in Canberra on Saturday 27 March 2004, commencing at 5:30 pm. The Australian Youth Championships are also being held in Canberra on this weekend and Athletics Australia are offering athletes in the National Club Championships team the opportunity to compete in an event in the Youth Championships, even if they don't have a qualifying performance (provided they are also under 18).

Despite having enjoyed great success in State League competition, Box Hill has never won the National Club Championship but this year perhaps gives us our best opportunity yet with the competition being held in Canberra after all the other major championships. We would like to send our best possible team so if you are available to compete, please contact either Graeme Olden, Chris O'Connor, Julie Milner or Cathy Tilley. For further details, visit <http://www.athsvic.org.au/news/2004-02/2004%20Club%20Regulations.html>

VENUE AND ASSOCIATION FINALS

Box Hill has once again had a most successful season in interclub competition and we look set to have a large number of teams qualified for the Venue Final on 13 March. At the time of writing, it appears that we will have the following teams in the finals:

Men Division 1,2 & 4, Under 18 and Under 16
Women Divisions 1 & 2, Under 18, Under 16 and Under 14.

To ensure that we have our strongest possible teams, it is essential that all athletes make themselves available to compete in the finals and notify your team manager of your availability. The winning team from each grade of competition at the Venue Final progresses to the Association Final at Doncaster on Saturday 20 March where we will compete against the winning teams from the other interclub venues.

After the success of our State League teams, we need to show that we are also the strongest club in interclub competition so we need all members to show the true Box Hill spirit by supporting our teams on both days of the finals.



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.



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 2002/03 season was:

- \$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>.

EDITORS NOTE

This month's editor's note goes out to Steve Hooker. Last week Steve jumped an A Qualifier for the Olympics, making him the fourth Australian male pole vaulter to do so.

With only three spots on the team available, one of these athletes is going to miss out. The only other event where Australia has more than two athletes with an A Qualifier is the Marathon, where we have three.

By the time this newsletter is out the nationals will have probably been completed, and we will probably know whether Steve has made the Athens team. So today I say: "GO STEVE!!!"

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

POLE VAULTERS BREAK MORE RECORDS

The Club's pole vaulters have had a great start to the year, with the men making great strides to become a dominant force in Australian pole vaulting, upstaging the girls who have been at the forefront of the sport in Australia for many years.

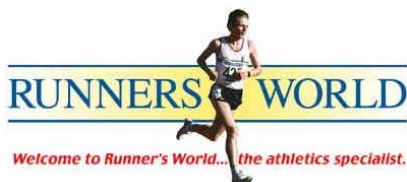
Steve Hooker has led the charge, improving the Club record from 5.45m to 5.55m to 5.65m with two magnificent performances in Perth. Not only is 5.65m an Olympic "A" qualifying performance, it also breaks the long standing State record of 5.53m set by Don Baird of Glenhuntly at Long Beach, California way back in 1977. Congratulations to Steve and coach Mark Stewart on a great performance. Steve has improved the Club record from 5.25m to 5.65m over the past 3 years and is only a good competition on the weekend away from a trip to Athens.

At the recent State Championships, James Filshie cleared a PB of 5.00m to claim the silver medal behind Steven Hooker. It is great to see James back competing at an elite level and hopefully he can continue to push on up to even greater heights.

Joel Pocklington has been jumping consistently all season and has improved his personal best to 4.95m, but frustratingly has not been able to break through the elusive 5m barrier, despite numerous close attempts at the height. He is just 15cm off achieving a World Junior Championship qualifying performance, so we wish him well in his efforts to jump that little bit higher.

Also pushing for international selection is Rosanna Ditton, who after a frustrating period with injuries returned to her best form in Perth with a jump of 4.20m, just 20 cm off the Olympic "A" qualifying standard. Rosie was recently invited to compete in South Korea where she managed to beat a strong international field, jumping 4.12m in poor conditions.

Robin Barclay continues to set new benchmarks for the sport in his age category, recently raising the Australian record for the 65 and over age group to 3.20m. As this is his first year in this age group, he will be no doubt keen to push the record a bit higher before the end of the season.



STATE RELAY CHAMPIONSHIPS

The State Relay Championships were held at Doncaster over the weekend of 17 & 18 January. Once again Box Hill put in a dominant performance, picking up 14 gold, 3 silver, 1 bronze and 7 fourth placings. Well done to all athletes and coaches involved.

Results:

Open Women

4 x 100	4 th	50.70
4 x 200	4 th	1:47.64
4 x 400	4 th	4:04.64
Medley	4 th	4:04.16

Under 18 Women

4 x 100	2 nd	51.75
4 x 200	1 st	1:47.59
4 x 400	1 st	4:01.61

Open Men

4 x 100	1 st	41.61
4 x 200	1 st	1:25.45
4 x 400	1 st	3:15.00
4 x 800	2 nd	7:51.97
4 x 1500	2 nd	16:17.46
Medley	4 th	3:35.48

Under 20 Men

4 x 800	1 st	8:14.37
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Under 18 Men

4 x 100	1 st	46.59
4 x 200	1 st	1:37.69
4 x 400	1 st	3:37.91
4 x 800	1 st	8:28.74
Medley	1 st	3:47.42

Under 16 Men

4 x 100	4 th	47.61
4 x 200	4 th	1:39.00
4 x 400	3 rd	3:41.61
4 x 800	1 st	8:23.99

Over 40 Men

4 x 100	1 st	49.73
4 x 400	1 st	3:42.94

GENERAL NOTICES

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.

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.

INTERNATIONAL NOTES

Congratulations to Club member Andrew Letherby on his selection in the Australian team to compete at the World Cross Country Championships in Brussels next month. Andrew joins Steve Moneghetti, Lee Troop and Craig Mottram in the team to compete in the long course race (12 km). This is a very strong team and gives them a great chance of achieving a strong team showing. Following on from this, Andrew is planning to run the Boston Marathon with the aim of posting a fast time to push his name forward for Olympic selection. We wish Andrew well in both of these races over the coming months.

OPEN STATE CHAMPIONSHIPS

Women Under 20

Sarah Stewart	100m	12.84	6 th
	200m	26.04	5 th
Sarah Quinn	400m	59.53	5 th
	400hurdles	66.33	3 rd
Catherine Allen	3000m	10:38.93	4 th
	3000steeple	11:27.77	1 st
Sarah Alexander	5000W	30:47.65	2 nd
	Ellie McArthur	100hurdles	16.57
High Jump		1.52m	5 th
Long Jump		4.98m	5 th
Melanie Adams	100hurdles	16.63	2 nd
	High Jump	1.62m	3 rd
Veronica Kirby	High Jump	1.66m	2 nd
	Jacqui Williams	Pole Vault	3.50m
Georgia White	Pole Vault	3.00m	3 rd
Jennifer Chan	Pole Vault	2.70m	7 th

Open Women

Hayley Tomlinson	1500m	4:32.07	4 th
Nicole Sansonetti	5000W	26:36.47	2 nd

Wendy Muldoon	5000W	27:14.81	3 rd
Vivienne Lee	400hurdles	68.28	8 th
Rosanna Ditton	Pole Vault	4.10m	1 st
Juliet Chaffey	Pole Vault	3.50m	3 rd

Men Under 16

Domenic Aloisio	3000m	10:37.17	4 th
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Men Under 20

Kevin Craigie	800m	1:56.85	4 th
Daniel Clark	800m	1:59.31	7 th
Andrew White	1500m	3:58.11	2 nd
	5000m	14:56.14	2 nd
John Peavey	High Jump	2.01m	2 nd
Greg Heinrich	High Jump	1.85m	5 th
Joel Pocklington	Pole Vault	4.90m	1 st
Ronnie Buckley	Discus	57.63m	1 st

Open Men

Tim Williams	100m	10.55	2 nd
	200m	21.36	2 nd



Lane Harrison	100m	10.74	5 th
	200m	21.78	4 th
Marty Duke	200m	21.68	3 rd
	400m	47.24	1 st
Andrew Wilcox	400m	48.13	3 rd
Mohamad Zeed	110hurdles	14.70	3 rd
David Featherstone	400hurdles	54.91	7 th
Paul Boxshall	3000steeple	9:44.18	3 rd
Kynan Dawes	3000steeple	9:50.18	4 th
John Peavey	High Jump	2.00m	4 th
Steve Hooker	Pole Vault	5.30m	1 st
James Filshie	Pole Vault	5.00m	2 nd
Joel Pocklington	Pole Vault	4.60m	4 th
Chris Ruttly	Hammer	45.36	4 th

Men 40+

Colin Pocklington	100m	12.76	3 rd
Phil Coghill	100m	12.83	4 th
David Ayers	800m	2:03.94	2 nd
Simon Evans	3000W	14:35.88	5 th