



# Club News

Issue 52

June 2004

## BOX HILL ATHLETIC CLUB INC

Hagenauer's Reserve, Barwon Street, Box Hill 3128 Phone: 9890 3631

PO Box 247 Box Hill 3128

<http://www.boxhillathleticclub.org>

## DATES FOR YOUR DIARY



Sat 29 May '04	10 km Road Race - Sandown
Sat 19 June '04	Trivia Night - Ashburton Primary School
Sun 27 June '04	15 km Road Race - Albert Park
Sat 17 July '04	12 km Road Race - Bundoora Park
Tues 20 July '04	Annual General Meeting - Club Rooms

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## TRIVIA NIGHT

Chris O'Connor has been busy dreaming up a list of questions to challenge all our members at this year's Trivia Night to be held on Saturday 19<sup>th</sup> June 2004 at the Ashburton Primary School. To ensure that this night is as successful as the events held over the past 3 years, it is imperative that we have the support of as many members as possible to collect items for auction on the night and get together groups to attend. If you are able to assist in any way please contact Leana Tilley on 0402 264 503 (mobile) or by email at [Leana.Tilley@bigpond.com](mailto:Leana.Tilley@bigpond.com).

The silent auction held on the night provides us with one of our major sources of fundraising for the year

and we are hoping that this year is no exception, however we are in great need of additional items to be donated to add to our list of auction items. We will accept any kind of goods or vouchers so most Club members should have contacts with some kind of business, shop or service able to donate an item towards the auction. Suitable items include plants, wine, sporting goods, clothing, electrical goods, books, accommodation, meal vouchers etc. etc., however pleased don't be constrained by this list.

A flyer is attached to this newsletter for you to return to the Club at PO Box 247, Box Hill 3128 if you are able to attend.

## BUILDING WORKS UPDATE

The Club has recently signed a contract with a builder to finally complete the upstairs extensions to our club rooms. The works will involve construction of walls and windows within the existing steel frame and fitout of the new rooms suitable for use. The new rooms will include a new social area overlooking the track, a new photo-finish / officials room and a store room / office.

It is anticipated that work will start within the next few weeks and continue for about 3 months. While the building works should not impact greatly on users of the ground during this period, there will probably be times that the grandstand is barricaded to prevent access. All members are requested to keep clear of the building works and any building materials which are stored near the club rooms.

While it will be great to finally have our club rooms finished, this final stage will place a significant financial burden on the Club so it is imperative that all members support the fundraising events held later in the year to ensure that debts incurred can be erased as quickly as possible.



## Annual General Meeting

The Annual General Meeting for the Box Hill Athletic Club will be held in the club rooms at 7:30 pm on Tuesday 20 July 2004. The committee would appreciate if all members could attend this meeting to show their support for the huge amount of administrative work done by the committee each year to enable the facilities to be maintained and upgraded and the Club to function in an efficient and effective manner. Full details about the meeting will be provided in the next newsletter however it is suggested that you put the date in your diary. The committee would welcome new members to join us for a monthly meeting and assist in providing input to the planning and decision making process involved with administration of the Club.



## CLUBROOMS AND FACILITIES

Do you take pride in your club?

It is hoped that most of our members do care about the condition of the clubrooms and its surrounds, but there are obviously a few who do not, as on occasions:

- The main gate is left open.
- Lights in the change rooms and toilets are left on.
- Clothing, drink bottles, rubbish etc are left on the track.
- Weights are not replaced on the weights tree.
- One or more of the toilets in the women's toilet are locked from the inside.
- Taps are left running.
- The wooden doorstop in the Men's Toilet doors was kicked out.
- Hurdles are not returned to the concrete blocks.
- Training Javelins have been left on the infield after training sessions.
- Starting blocks have been left trackside after training sessions.

Our Ground Manager is doing a wonderful job in attempting to keep the clubrooms and its surrounds in excellent condition, however your co-operation is required. When you as a member are at the track look around and see how you could assist in keeping the clubrooms and its surrounds tidy and remind your fellow member(s) to do the same. Think how frustrated you would feel if your job was made harder by someone not being able to turn off a tap or flick off a light switch.

Hurdles must be returned to the concrete blocks (no more than 5 to each block) after use. If the hurdles continue to be left on the track or grass one of the options being considered is to chain and padlock each grouping. So if members wish to have unhindered access to the hurdles for training purpose (Hurdle drills, rebounds etc) then make sure they are returned and stacked appropriately on the concrete blocks.



## PRESENTATION NIGHT

About 90 Club members, friends and family attended this year's presentation night held on Saturday 8 May at the Box Hill Community Arts Centre. Highlights from the past season were presented in the form of a photo presentation and video pole vault display. But the real show stealer was "Death from Above", and the bunch of balloons that suddenly appeared at the podium when Graeme turned around. Another highlight was that the male and female athletes of the year were actually able to walk this year.

Winners of trophies and awards announced on the night were:

### Under 14 Females

Hannah Wallace (35)  
Jennifer Chan (29)  
Daina Nielsen (28)  
Alicia Neylan (28)

### Under 14 Males

Ben Pocklington (73)  
Patrick Westman (32)  
Aaron Holmes (22)

### Under 16 Females

Veronica Kirby (103)  
Sarah Quinn (89)  
Morgan Deane (69)

### Under 16 Males

Mitchell Goodwin (69)  
Dion Pocklington (51)  
Ruben Arunasalam (36)

### Under 18 Females

Georgia White (55)  
Ellie McArthur (46)  
Catherine Allan (25)

### Under 18 Males

Grant Hodges (109)  
Theo Oostveen (105)  
Alex de Greenlaw (103)

### Interclub Awards – Female

Sarah Stewart (66)  
Elisabeth Bird (60)  
Leana Tilley (59)  
Elissa Ward (59)

### Interclub Awards – Male

Division 1: Chris Ruddy, Ronnie Buckley  
Division 2: David Featherston  
Division 3 & 4: Chris Vergos

Frank Tutchener Shield – Club 10 Mile Trophy  
Dale Bickham

Andrew Stewart Trophy – Pole Vault Champion  
Steven Hooker  
Rosanna Ditton

Ross Haywood Trophy – Race Walking  
Wendy Muldoon

Vladimir Slavnic Trophy – Outstanding Thrower  
Ronnie Buckley



Outstanding Finals Athlete  
David Featherston

Megan Sloane Cup – Champion Winter Athlete – Female  
Megan Sloane

Hansen Trophy – Champion Winter Athlete – Male  
John Meagher

Grant Taggart Shield – Most Determined Junior Winter Athlete  
Jocelyn Keage

Club Award  
Cathy Tilley



### State League Points Award – Female (84 & over)

Rachael Dacy (113.5)

Nicole Sansonetti (84)

### State League Points Award – Male (100 & over)

Ronnie Buckley (197)

Steven Hooker (180.75)

Mohamad Zeed (153.5)

Marty Duke (118.5)

Tim Williams (102.5)

### State League Points Award – Coach

Bert Tilley (614) - equivalent men's points

### Armstrong Shield – Junior Female Athlete of the Year

Hayley Tomlinson

### Reg Barlow Cup – Male Junior Athlete of the Year

Ronnie Buckley

### Martha Fraser Shield – Female Athlete of the Year

Rosanna Ditton

### Allan Barlow Shield – Male Athlete of the Year

Steven Hooker



THE SWAN HOTEL

## MEMBERSHIP FEES

Membership fees are due and payable from 1 April 2004. Please forward your membership form and Athletics Victoria form (both can be obtained from the internet) to the Club Registrar, Angela Robbie, PO Box 247 Box Hill. Please ensure that the declaration at the foot of each form is signed. Non financial members are not entitled to train at the track or use the facilities and membership checks will commence shortly. A training fee of \$5.00 per session will be payable if you are a non financial member.

It is important to note that your Club Registrar will be overseas for the month of September and therefore it is in your best interests to get registered before this time or you might find yourself missing out on the first few weeks of the summer competition.

## 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 [jmilner@tpg.com.au](mailto:jmilner@tpg.com.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 2003/04 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](mailto:colo@bigpond.com)). Alternatively you may wish to download a form directly from the Club's web site at <http://www.boxhillathleticclub.org>.

## CLUBROOM KEYS

Only current financial members are entitled to hold keys to the clubrooms. A check of the key register will take place shortly and if you were issued a key last season and you have not forwarded your registration for the 2004/2005 season you will be asked to return your key and your deposit will be refunded. Your immediate registration is required.

## WORK FOR THE DOLE PROJECT

The Second Six Month Work for the Dole Project is progressing smoothly with a lot of maintenance and extra tasks being completed despite having only 3 or 4 workers in attendance. The new project commenced in Mid-March.

Tasks completed are:

- Painting of the floors in the members change rooms and public toilets.
- Painting of the external and internal doors of the public toilets.
- Painting of the clubrooms external and internal doors.
- Removal of the carpet squares and painting of the floor in the official's room.
- Installation of cupboards in the official's room.
- Lowering and painting of notice board in the official's room.
- Repair of front fence.
- Painting of signage on doors.
- Painting of new hurdle battens to replace broken or damaged battens.
- Ongoing maintenance of the change rooms and toilets (Public and Members).

With the above completed tasks and the weekly cleaning and maintenance of the clubrooms and grounds the track is looking in tip top shape and all members are urged to take care and keep it that way.

## WEBSITE UPDATE

The Box Hill Athletic Club web site has recently undergone a major upgrade thanks to the efforts of Club member, David Jimenez. Please have a browse around the new site (at the same address - [www.boxhillathleticclub.org](http://www.boxhillathleticclub.org)) and pass on any comments to David at [runnerdave@hotmail.com](mailto:runnerdave@hotmail.com).

Hopefully most of the links are now working properly. Please let David know if you find any problems or have some suggestions for improvements.

## EDITORS NOTE

Is athletics a contact sport? On the weekend during the third quarter of the Hawthorn Essendon AFL match there was a "melee". People in the media have been arguing both for and against the idea that this is good for the game. My question is, would athletics be better off if it was a contact sport, or is it already?

Pole vault is quite possibly the only sport in the world where the equipment comes with a warning stating "this is a dangerous activity, severe injury, paralysis and death have occurred". In every distance race at least one athlete will finish with blood on their legs from getting spiked. Hurdlers take tumbles all the time and every event that Chris Vergos enters is a contact event. In fact it seems, the only woosibag athletes are the prima donna sprinters.

*To submit articles either see Cameron Baker or el Presidente Graeme Olden down at the track or email Cameron on [vaultcam@hotmail.com](mailto:vaultcam@hotmail.com).*

## 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.

### New Email Address for Club Secretary

Our Club Secretary, Julie Milner has a new email address:

[jmilner@tpg.com.au](mailto:jmilner@tpg.com.au)

Please forward all email correspondence to her at this new address.

## 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](http://www.boxhillathleticclub.org) - or obtained from Colin Organ - phone 9813 3597 or email at [colo@bigpond.com](mailto:colo@bigpond.com).



## Werribee Cross Country Relays

The National Equestrian Centre at Werribee was used for the second time for the Cross Country Relays in 2004.

### Mens Results:

### 5km HANDICAP

The Bennettswood course was very cool this year on Saturday 17 April, when a large contingent of Box Hill athletes made their way down to the creek-side course. A number of parents and supporters made their way to the course as well. When handicap marks were revealed there were the usual gasps of shock and complaint. This year two of the pole vault contingent refined the art form to a new level with repeated attempts to get the generous-hearted handicapper to allow them to run with their friends or to ease their predicted time.

The field was progressively sent over an 11 minute interval, which provides the faster runners with a great deal of nervous anxiety. This was exacerbated this year when the first four competitors passed through the first lap well before the last few runners had commenced. It transpired that these four competitors had taken a wrong turn cutting over a kilometre off the distance.

Young runner Aaron Holmes ran strongly to win the race comfortably, though Iain Reitman made some impact in the concluding stages. Michael Bourne added to his record of placings in managing to finish in third place. Andrew White ran the fastest time of the day recording 16 m. 08. Other noteworthy efforts came from Chris Hamer with a very fast time of 16 m. 31 and Alex de Greenlaw, who also surprised with a very competitive effort and a fast time

Thanks to Graeme Olden for setting up the course and Julie Milner for preparing the BBQ, ably cooked by Doug Bourne.

Thanks also to Ian Sloane who once again defied all attempts at bribes and ignored all cries for mercy from the handicapper to set handicap marks that ensure that most runners finished within a minute or so of each other, and then for recording results and timekeeping on the day.

The main place getters were:

	Time	Handicap	Act. time
1. Aaron Holmes	25 m. 13	6:00	19 m. 13
2. Iain Reitman	25 m. 42	8:30	17 m. 12
3. Michael Bourne	25 m. 48	8:15	17 m. 33

Full results are available on the Box Hill Athletic Club web site.

Our teams were weakened by Marcus Tierney's absence due to illness, Hamish McElwee's return to Western Australia and John Meagher, accompanying his school's junior cross country teams overseas, and we look forward to Marcus's and John's return in future events. Barry Lynch started the Section 1 team and ran a serviceable leg, finishing in 9<sup>th</sup> position. Paul Boxshall took over running consistently in the second leg, holding ninth position, running a similar time to Barry Lynch. Adrian Vincent was selected as our third leg runner, and ran very impressively recording the fastest Box Hill performance on the day. His exertions lifted Box Hill into 7<sup>th</sup> position, our highest placing on the day. Lachlan Aspinall took over in the 4<sup>th</sup> leg. He ran a slightly slower second lap compared to the first, and at the conclusion of his journey, Box Hill was placed 8<sup>th</sup>. Kynan Dawes took off as our fifth leg runner and ran very well. There was only a four second differential between his laps and he maintained the time gap between Essendon, the club we were chasing for 7<sup>th</sup> place. Graeme Olden ran last for our club, and ran a solid leg bringing home the team in 8<sup>th</sup> position, which was a result we can definitely improve on as the season progresses.

Our second team was demoted to Section 4, because we couldn't field a second team most weeks in 2003. Our team performed meritoriously, winning the event. The team's performance was set up by the fast early pace of David Jiminez who ran the fastest Box Hill Section four performance. David positioned the team in the top three, and subsequent runners, most notably Alan Craigie, who ran the second fastest leg in Section 4, were able to capitalize on his fine beginning. Adam Pepper, followed by David Ayers were able to keep the momentum going maintaining Box Hill's competitive position, so that when Chris O'Connor took over in the last leg he was able draw away from all other Section 4 clubs and lead our team to victory

Our Section 6 team, consisting of Dave Boyd and Matt Slater, were two runners short of a team. It is to be hoped that more athletes will make themselves available in forthcoming races so that we don't finish up with inadequate runners to fill teams team again.

Our Under 20 runners performed very creditably in winning the Bronze medal. Recent recruit, Iain Reitman ran very impressively to have Box Hill within striking distance of other clubs. Michael Bourne who ran second kept Box Hill within sight of the second placed U/20 team, Glen Huntly. Andrew White ran a serviceable leg, finishing the team in third position, 20 seconds down on Glen Huntly in second place. Our second Under 20 team was a runner short of the team, and Kevin Craigie and Alan Craigie both had good hit outs and are sure to have a solid season.

### **Womens Results:**

With a number of runners missing for the first event of the season we only managed to field one full senior team and one junior team

Jess De Bruin ran our fastest leg for the day leading off with 24:05, followed by Jocelyn Keage (who likes to run cross country when she is taking a break from triathlon training!) in 24:27. Kate Beever ran 25:49 followed by Megan Sloane who finished in 25:24 in 7th position. Fiona Turner was our only runner in the second team, showed that her form is starting to improve running 25:29.

Our under 20 team finished 4th to just miss a medal...or did they? The second team was at first disqualified for not supplying officials but later received their medals anyway. Sarah Cant ran the fastest junior time for the day, covering one lap of the course in 10:37, Sarah Walker followed in 12:43. Gemma Cooper ran the last leg in 13:38 to bring the team home in 4th position.

Again, full results are available on the Box Hill Athletic Club web site.

## **VOICES FROM THE PAST**

We recently received an email from an old Box Hill club member who now resides overseas. Below is an excerpt from his email. We wish him all the best and hope he keeps tuning in to the website to keep up with goings on at the club.

*“Dear Sir*

*My name is Alan O'Reilly and I am now living in Guisborough, North Yorkshire, England. I was a member of Box Hill for a brief time during the mid 1970s before relocating to the UK. On impulse, I decided to look for "Box Hill Athletics" on the web and found your site – probably the recent publicity surrounding the 50th anniversary of Roger Bannister*

*breaking the four-minute mile stirred the subconscious.*

*During my time with Box Hill, I greatly appreciated the help and encouragement I received from Allan and Reg Barlow and many of the athletes, including Freddie Cron. It is sad to learn that he has passed away. My athletic career was unspectacular, since I struggled along in D Grade most of the time but it was a privilege to meet some of the most notable athletes of the day, from a number of clubs, including Graham Crouch, Peter Grant, Don Commons, Peter Larkins, John Birmingham, Rob de Castella, Graham Haskill, Bill Scott, Robyn Boak, Peter Fuller, Peter Fitzgerald, John Higham, Bruce Field, Chris Wardlaw, Sergio (?) Sanatisi and others.*

*Let me take this opportunity therefore to thank you for the great work that you do and to wish you continuing success for the future in building on the firm foundation established in the past.*

*Alan O'Reilly”*



# Box Hill Athletic Club Auction/Trivia Night



**Saturday 19<sup>th</sup> June, 2004**

**7pm for 7.30 kick off!**

**Ashburton Primary School Hall**

**Fakenham Road, Ashburton**

**BYO your own food & drinks**

**\$12 per person (or \$20 tax deductible donation)**

**Tables of 10**

**Includes Trivia, Great Auction items**

**Including (Memorabilia, Entertainment, Accommodation and Sporting Goods)**

**All Bookings please phone Leana on 0402 264 503 or [leana\\_tilley@bigpond.com](mailto:leana_tilley@bigpond.com)**

Table Name .....

Please find enclosed a cheque for \$\_\_\_\_\_

Please debit my credit card to the value of \$\_\_\_\_\_

Please find attached completed Barlow Fund tax deductible donation for \$20.

Postal address: Box Hill Athletic Club Trivia/Auction Night Po Box 247, Box Hill, VIC 3128

**Card Type:**  Visa  Mastercard  Bank Card

----- Expiry \_\_\_ / \_\_\_

Card Holders Name: \_\_\_\_\_

Card Holders Signature: \_\_\_\_\_



Box Hill Athletic Club Inc.  
P O Box 247  
Box Hill VIC 3128

**Box Hill Athletic Club Inc.**  
*Barlow Foundation Building Upgrade*  
982290  
**Donation Form**

<b>Personal Details</b>	Please print clearly so we can issue correct details on your receipt:			
Title <i>(please circle)</i>	Mr Ms Mrs Miss Dr Mr & Mrs Other .....			
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Last Name:				
Business Name <i>(if applicable):</i>				
Mailing Address				
Town/Suburb:	State	Post Code		
Phone business hours	(0 )			

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I would like my gift to benefit the <b>Box Hill Athletic Club Inc. Barlow Foundation Building Upgrade</b>
<b>Please find enclosed my donation of :</b> <input type="checkbox"/> \$100 <input type="checkbox"/> \$250 <input type="checkbox"/> \$500 <input type="checkbox"/> \$1000 <input type="checkbox"/> Other \$ _____
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<b>Payment Details</b>	Please indicate your payment details by ticking the appropriate box					
<input type="checkbox"/> Cheque*	<input type="checkbox"/> Cash	<input type="checkbox"/> Visa	<input type="checkbox"/> Bankcard	<input type="checkbox"/> American Exp	<input type="checkbox"/> Mastercard	<input type="checkbox"/> Diners
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Thank you for donating to Australian Sport, please return your form and donation payment to:  
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**P O Box 247**  
**Box Hill VIC 3128**

 <p><b>Australian Sports Foundation</b> ACN <b>008 613 858</b> Level 3, Sports House, Wentworth Park, Wattle St Ultimo NSW 2007 GPO Box 4626 Sydney NSW 1044 Tel: (02) 9552 3080 Priority 1300 361 236 Fax: (02) 9552 4090 e-mail: <a href="mailto:info@asf.org.au">info@asf.org.au</a> or see our web site <a href="http://www.asf.org.au">www.asf.org.au</a></p>	<p><i>The Australian Sports Foundation Ltd. (ASF) was established by the Federal Government to assist organisations to raise funds through public &amp; corporate donations for the development of sport in Australia. Pursuant to the ASF's listing in the <u>Income Tax Assessment Act (1997)</u> (Division 30, section 30-90), donations to the Foundation are tax deductible.</i></p> <p><i>Donors must contribute unconditionally to the ASF to claim a tax deduction, however, the ASF's structure makes it possible for you to indicate an approved project as the preferred beneficiary of your gift. The Box Hill Athletics Club Inc. 982290 is an approved project.</i></p>
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