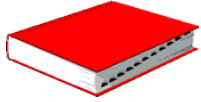




# Club News

Volume 57

April 2005



## Dates for Your Diary

Sat 23 Apr	Club 5 km Handicap, Box Hill
Sat 30 Apr	Cross Country Relays, Yarra Bend
Sat 14 May	Cross Country, Bendigo
Sat 21 May	Presentation Night, Box Hill
Sat 28 May	Road Race, Sandown
Sat 4 June	Club 10 Mile Championship, Box Hill
Sun 26 June	Road Race, Albert Park
Sat 9 July	Road Relays, Sandown
Sat 23 July	Cross Country, Bundoora
Sat 6 Aug	Cross Country, Frankston
Sat 6 Aug	TRIVIA NIGHT, Ashburton Primary
Sat 20 Aug	Coliban Relays
Sun 4 Sep	Half Marathon, Burnley
Sun 18 Sep	Tan Relays
Sun 9 Oct	Melbourne Marathon

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## State League Premiers - 4 in a Row

On Wednesday 23rd February, the Box Hill men's team clinched our fourth straight State League Premiership with a win in the final round of competition, finishing one point ahead of Essendon. This win retained our unbeaten record in State League competition for the last 2 years.

Highlights on the night were PB's to Marty Duke in the 200 (21.00), Lachlan Aspinall (1:51.74) and Navin Arunasalam (1:54.21) in the 800 and Cameron Sherry in the pole vault (4.45 m). Congratulations to all those who contributed to the win throughout the year, particularly team manager Chris O'Connor and Club captain Cameron Baker.

The women's team had their best night for the season finishing in fourth place, but still finished well down the ladder. For a full listing of results and the final ladders please click on the following link...[Results](#)



Members of the 2005 Men's State League Premiership Team



## **Vale Martha Fraser, 1909 – 2005**

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Founding member and foundation President of the Box Hill Women's Amateur Athletic Club, Martha Fraser, passed away on 10 March 2005, aged 95 years.

Martha Fraser and her husband, Stewart came to live in Box Hill in 1927. For athletic people they choose their location well. From her verandah, Martha could see the Box Hill ground and hear the starting guns. Martha remained in the family home for 78 years until her death on 10 March.

Martha was a community minded person and led an extraordinary life of helping the Box Hill community, and still had time to take care of her children Bernice and Malcolm. With the Girl Guides and Boy Scouts, Martha was a leader and examiner, testing the young people for their badges and understanding of general sport.

A very active supporter of the Box Hill Football team, Martha managed the canteen at the Box Hill ground from 1936. With the help of her family, Martha ran Saturday night dances at the Box Hill Town Hall for six years, dividing the proceeds between the hospital, the football club and other charities.

Martha founded the Box Hill Women's Athletic Club in 1951, and in 1999, her beloved Club was the top Australian women's club at the National Championship held in Melbourne. Over the years, the Club has had success winning State League and Interclub competition. When the Box Hill men and women's clubs amalgamated, the new club became the largest in the state. Martha guided the club as President and in other roles until the 90's. From the onset of the club, Martha was always at the ground, Tuesday and Thursday afternoon and evening to assist the girls and help with training. Martha looked after the clubrooms and made sure that the refrigerator was always stocked with juice from the Fraser lemon trees.

During her athletic career, Martha was Vice President, council and interclub delegate and committee member to the Victorian Womens Athletic Association; field and jumps referee for Australian and country championships; chief field referee for interclub competition at Sandringham, Aberfeldie, Olympic Park, Doncaster and Box Hill, and for five years coaching referee of Victorian officials for throwing events.

Martha worked as a field official at the Commonwealth Games in Brisbane in 1982 and the Pacific Conference Games in Canberra and managed a Victorian team to Brisbane.

Martha's decorations included Merit holder of Athletics Australia, Life Member of Athletics Victoria, Life Member of the Box Hill Athletic Club and Box Hill Football Club and Life Governor of Box Hill Hospital.

Martha was on the sports scene for a long time and had a very distinguished career, and was still working at the Box Hill athletic ground when she was 90 years old.

Martha was a dear friend, respected by everyone at Box Hill and loved by her Box Hill girls. We shall all miss her.

Joan Hines



## **Steven Hooker Flies into Helsinki Team**

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On Saturday 12th March, Steven Hooker celebrated his selection in the Australian team to the World Championships in Helsinki later in the year by smashing his State Open Pole Vault record with a huge leap of 5.87 m at Box Hill. Not only did this leap improve his personal best and the State record by 12 cm, it catapulted him up the world rankings and all-time lists into the truly elite category. This performance ranks Steven second in the world for 2005, would have won a bronze medal at the Athens Olympics and ranked him third in the world for 2004, and ranks him equal 36th in the all-time world rankings.



We all look forward with excitement to watching Steve as he attempts to join the exclusive 6 metre club.



## **Association Final Results**

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On Saturday 2 April, the Box Hill Athletic Club completed a most successful season by winning two premierships at the Athletics Victoria Association Finals held at Knox. The men's Open Division 1 team dominated the competition to win by over 100 points and claim the inaugural Athletics Victoria Shield for men's interclub competition. The Under 18 team also had a convincing win, while the Open men's Division 2 team finished second to Preston by just 8.5 points to show that we are clearly the strongest men's club in Victoria.

The women's teams suffered through having several athletes absent through injuries and other reasons and were unable to match the depth of the other competing clubs. The Open women's Division 1 team finished a close third behind Melbourne University and Eureka, while the Under 16 women's team also finished third and the Under 18 women's teams finished in fourth place. Full results follow:

<b>Division 1 Men</b>	
Box Hill	276.5
Essendon	163.0
Waverley	146.5
Eureka	25.0
<b>Division 2 Men</b>	
Preston	181.0
Box Hill	172.5
Knox	55.5
<b>Under 18 Men</b>	
Box Hill	229.5
Knox	165.0
Chilwell	104.5
Western Athletics	91.0

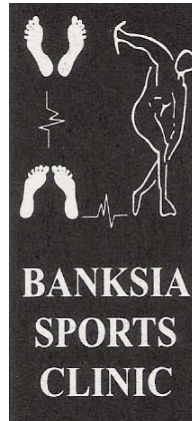
<b>Division 1 Women</b>	
Melbourne Uni	273.0
Eureka	219.0
Box Hill	211.0
Glenhuntly	154.0
Geelong Guild	0.0
<b>Under 18 Women</b>	
Deakin	164.0
Keilor St Bernards	128.0
Knox	111.0
Box Hill	108.0
<b>Under 16 Women</b>	
Western Athletics	213.5
Geelong Guild	156.5
Box Hill	141.0
Frankston	13.0



## Venue Final Results

Box Hill had a most successful day at the Venue Finals held at Box Hill on Saturday 19th March with the men's Division 1, Division 2 and Under 18 teams all winning Venue Premierships, along with the women's Division 1, Under 18 and Under 16 teams. This is a wonderful result – winning premierships in half of the grades in which we have teams entered. The men's Under 18 athletes were particularly successful, with Box Hill teams finishing both first and second in this competition. This is a great sign for the future success of the Club.

For a full set of results, please click on the following link: [Results](#).



**Jason R. Thompson**  
 BIOMECHANICAL MYOTHERAPIST  
 Assoc. Dip Appl Sci (Myotherapy) R.M.I.T.  
 Adv. Cert Lwr Limb (Biomechanics) I.C.B.  
 Member of I.R.M.A.

- Specialist in Biomechanical Orthotic Therapy
  - Gait Analysis
- Soft Tissue Therapy - Muscle Therapy

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1026 Heidelberg Road Ivanhoe Vic 3079  
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## Distance Running Forum

A number of Club members including coaches, athletes and officials attended a meeting held at the Club rooms on Wednesday 2 March to discuss the reasons for the decline of the performance of the distance running group within the Club over the past 20 years and to put forward ideas to reverse this trend and rebuild distance running within the Club.

A number of positive and constructive suggestions were made at the meeting and a small sub-committee was formed to develop a more detailed action plan to be implemented during the coming winter season and beyond. Members of the sub-committee are Ian Sloane (chairman), Megan Sloane, Chris O'Connor, Doug Bourne and Graeme Olden.

If you have any suggestions for ways to improve our distance running group or would like to assist in some way in improving our winter performance, please contact any member of the sub-committee listed above.

One of the strong recommendations from the forum was for regular group runs to be held and for all distance runners to be encouraged to meet at least once a month for a long run together. With a group of Box Hill athletes already running each Sunday from Templestowe, it was decided that this would be the logical place for everyone to meet. Runners of all ages and standards are invited to meet at 8:30 am each Sunday morning at Adrian Vincent's house at 8 Yolande Court, Templestowe, In particular, it is hoped to make the first Sunday of each month a big group run and encourage as many distance runners as possible to make it to this session.



## Matthew Coloe – World Youth Championship Selection

Congratulations to club member Matthew Coloe who was recently selected in the Australian team to compete in the 1500 m at the World Youth Championships to be held in Marrakesh in Morocco in July. Matthew has had an outstanding season in which he has cut huge chunks off his personal best times for the middle distance events and won a bronze medal in the Victorian Open 1500 m Championship, while only 16 years of age.

We wish Matthew well with his training and preparations over the coming months so that he can carry on wonderful record of Ronnie Buckley and Hayley Tomlinson from the last World Youth Championships in Sherbrooke, Canada.



## Registrations Due

Registrations for the 2005-2006 season fall due on 1 April 2005. Athletics Victoria has decided not to increase registration fees for the coming season and the Club has also decided not to increase our fee so there will be no increase to the total registration fee. There are several reasons why you should renew your membership within the next few weeks:

- The Club's insurance policy only provides coverage for current financial members or those that have paid a training fee and joined as "training members".

- You can not compete in Athletics Victoria competitions unless you are a registered member of an affiliated club.
- Prompt payment of fees enables the Club to minimise interest on money borrowed to fund capital works.

Please return the membership form mailed to you recently or else download a [membership form](#) from the club web site and return it to the registrar.



## **Presentation Night**

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The Box Hill Athletic Club Annual Presentation Night is being held on Saturday 22 May 2005 at the Box Hill Community Arts Centre, Station Street, Box Hill, commencing at 7:30 pm.

As well as presentations to individual athletes and members of the successful teams from this season, there will be audio-visual presentations of highlights from the season.

The evening will commence at 7:00 pm, with formal proceedings starting at 7:30 pm.

The cost of the evening is \$15 for Under 18's and \$20 for all others. Please fill out the attached [reply slip](#) and return to the Club by Saturday 14th May 2004 to secure your seat.



## **Trivia Night**

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The Club's major fundraising event for the year is once again going to be a Trivia Night and auction. This year's event is being held at the same venue as last year – the Ashburton Primary School on Saturday 6th August 2005, commencing at 7:30 pm. Please put this date in your diary and start organizing your friends to fill a table of ten people. We also need to start collecting items to auction on the night so start asking your friends and relatives for favours. If you can assist in any way, please contact Leana Tilley on 0402 264 503 or at [leana@bambooblinds.com.au](mailto:leana@bambooblinds.com.au) (email) or Cameron Joyce on 0402 264 504 or at [camjoyce@bigpond.com](mailto:camjoyce@bigpond.com) (email).



## **Australian Club Championships Feedback**

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Messages of congratulations have been received from several sources following the victory by the men's team at the Australian Club Championships in Canberra in February.

Lew Hall, the President of Ivanhoe Harriers sent us a letter of congratulations in which he stated:

*I would like to take this opportunity on behalf of our club to congratulate you and your members on the success you achieved at the recent National Club Championships held in Canberra.*

*To win the Gold in the Men's competition and Bronze in the Women's, was quite outstanding and must make you personally feel very proud.*

*May you and your club enjoy continued future success.*

Max Binnington, the President of Athletics Victoria, personally congratulated the team after our win and at the recent Athletics Victoria President's meeting, opened the meeting by congratulating Box Hill on becoming the first Victorian club to win the Australian Club Championship.



## **New Format for Club News**

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You will notice that the format for Club News has been changed significantly to provide a more attractive presentation for viewing directly from a computer screen via the internet. While hardcopy newsletters will still be distributed to members who do not have internet access, it will simply be a copied printout of the internet version, so the presentation may not be quite as attractive as the current version as a result. Should you have any thoughts on how we can further improve the format and presentation of the club newsletter, please contact the editor, Cameron Baker at [vaultcam@hotmail.com](mailto:vaultcam@hotmail.com) or on 0438 737 908.



## **Winter Program of Events**

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The 2005 winter season commences on Saturday 23rd April with the Club 5 km handicap race (see below), followed by the Cross Country Relays at Yarra Bend on Saturday 30th April. If you wish to run the cross-country relays you must be registered on or before the day of the relays.

After several disappointing winter seasons, the Club is hoping to be able to field much stronger teams this winter so we need as many athletes as possible to make themselves available to run. Please contact the team managers Chris O'Connor or Ian Sloane to inform them of your availability to run.





## **National Open & U20 Championships**

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A number of Box Hill athletes competed at the National Open and Under 20 Championships held in Sydney on the weekend of 4th - 6th March 2005. Highlights included Steven Hooker winning a silver medal in the pole vault (5.50 m) which should ensure his selection in the team to the Helsinki World Championships, Mohamad Zeed collecting silver in the 110 m hurdles (14.47) and PB's to Tim Williams in the 100 m (10.47) to make the final, Marty Duke in the 400 m (46.79) to also make the final, and Georgina Connell in the 800 m (2:09.30) to just miss a place in the final.

For a full set of results from Box Hill athletes at the National Championships and a full report from Newsletter editor Cameron Baker, please click on the following link... [Results](#).



## **Victorian Youth Championships**

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Box Hill Athletes excelled at the 2005 Victorian Youth Championships. Highlights were Lachlan Aspinall's win in a very competitive 800m, John Peavey's PB 2.08m in the high jump, Navin Arunasalam's heat run in the 800m (trying to qualify for world Youths) and the girls 1-2-3 in the under 18 pole vault.

For a full set of results from Box Hill athletes at the Victorian Youth Championships, please click on the following link... [Results](#).



## **Victorian Open & U20 Championships**

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Box Hill athletes excelled at the Victorian Open and Under 20 State Championships held on 12th and 13th February, winning 12 state titles and 32 medals altogether. Special mention to 16 year old Matthew Coloe who ran a PB 3:52.9 to win the bronze medal in the men's Open 1500 m to qualify for the world Youth Championships later this year in Morocco, and to Joel Pocklington who won both the Under 20 and the Open men's pole vault.

For a full set of results from Box Hill athletes at the Victorian Open and Under 20 Championships, please click on the following link... [Results](#).



## **Club 5 km Handicap**

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On Saturday 23rd 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 1:30 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 1:00 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 [iansloane@optusnet.com.au](mailto:iansloane@optusnet.com.au)), Chris O'Connor (phone 9882 6108, e-mail [coconnor@swin.edu.au](mailto:coconnor@swin.edu.au)) or Graeme Olden (phone 9885 0890, e-mail [golden@sprint.net.au](mailto:golden@sprint.net.au)) to let them know that you are planning to run, along with a recent time for 3000 m or 5000 m. Alternatively, you may wish to return the attached [entry form](#) to the Club.

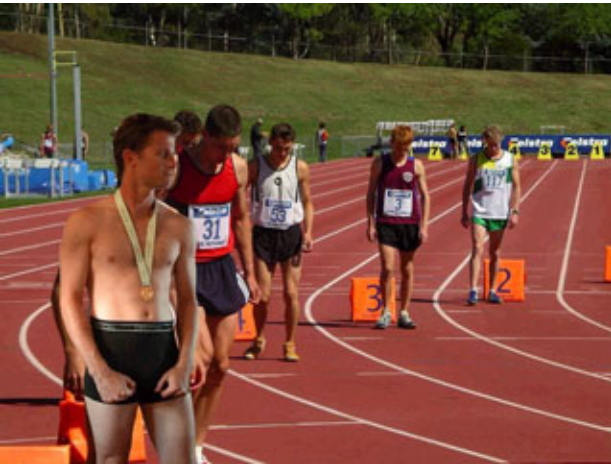


## **Cam Baker Wins First Ever Gold Medal**

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After years of competing in athletics, club captain Cameron Baker finally won a gold medal at the National Club Championships. Rumour had it that Cam hasn't taken his medal off yet, and now we have the pictures to prove it.





## **Vale Jack Leach**

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It is with great sadness that we report the passing of Life Member, Jack Leach on Monday 11th April 2005.

Jack was the secretary of the Box Hill Amateur Athletic Club from 1955 to 1957, following which he took on the role of President from 1958 to 1963. This was the period of time that the Club grew from a small Club which had experienced limited success in its first 35 years, to a large successful Club on the verge of our first A grade premiership (1964).

Jack was made a life member of the Club in 1965 in recognition of his service to the Club.