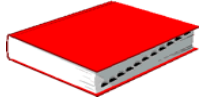




Club News

Volume 59

August 2005



Dates for Your Diary

Sat	20 Aug	Coliban Relays
Sun	4 Sep	Half Marathon, Burnley
Sat	17 Sep	Working Bee
Sun	18 Sep	Tan Relays
Sat	1 Oct	Shield Round 1, P1, Box Hill
Sun	9 Oct	Melbourne Marathon
Sat	15 Oct	Shield Round 2, P2, Box Hill
Sat	22 Oct	Shield Round 3, P3, Box Hill
Sat	5 Nov	Shield Round 4, P4, Box Hill
Sat	12 Nov	Shield Round 5, P1, Doncaster
Sat	19 Nov	Shield Round 6, P2, Ringwood
Tues	22 Nov	Shield Round 7, P3, Box Hill
Sat	26 Nov	Shield Round 8, P4, Box Hill
Sat	3 Dec	Shield Round 9, P1, Box Hill
Sat	10 Dec	Shield Round 10, P2, Doncaster
Tues	13 Dec	Shield Round 11, P3, Box Hill
Sat	14 Jan	Region Final, Box Hill
Thur	26 Jan	Association Final, Doncaster

BOX HILL ATHLETIC CLUB INCORPORATED

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Access Ramp for People with a Disability

We are delighted to announce that the Club was recently informed by the City of Whitehorse that we were successful in our application to the State Government for a grant to assist with funding construction of an access ramp for people with a disability to gain access to the new first floor section of the club rooms.

The terms of the grant are that the project will be funded one-third by Sport and Recreation Victoria, one-third by the City of Whitehorse and one-third by the Box Hill Athletic Club.

Detailed design for the ramp is in progress and is planned to be completed by the end of August. It is planned that construction will commence in October and be completed in November. With a bit of luck, we might finally have full access to our club rooms by the end of the year.

Despite these grants, the Club will still be required to make a financial contribution to the project of about \$45,000 so we are unfortunately going to have to continue fundraising and to restrict expenditure on other items for a while yet to pay off the debts that we have incurred.



Shield Competition

The past few months has seen a lot of correspondence flying back and forward between the venue committee, the Athletics Victoria Summer Competition Committee and the Club with regard to the coming track season as we have been battling to retain some form of meaningful inter-club competition and to retain as many rounds of competition at Box Hill as possible. However, it appears that Athletics Victoria have a different agenda which involves moving competition to as many different venues as possible (whether or not they have appropriate facilities) and are promoting 'PB' type meets rather than inter-club competition.

The major changes proposed for the coming season are:

- There will be no State League competition in any form.
- The Victorian Club Championship has been abandoned after just one year.
- The Shield competition will be reduced to just 10 rounds, with 3 of these rounds being held at other venues (Doncaster and Ringwood). The venue committee has asked to have an additional 2 twilight rounds but AV have so far refused permission!
- There will be no Shield competition after the Association Final which is being held on Australia Day – 26th January 2006.
- A series of Allcomers Meets will be held at various venues around Melbourne during February, with one of these meets likely to be held at Box Hill.

We find it hard to understand why Athletics Victoria would not want to continue club based athletics competition up to as close as possible to the Commonwealth Games to maximise the opportunity for Clubs to recruit new members in the lead-up months and

give them an opportunity to compete for their new club in this period.

The committee has written numerous letters to Athletics Victoria on this matter. Committee members have attended meetings, served on sub-committee and lobbied Athletics Victoria staff and Board members with little effect. We are continually told that most people are happy with the new arrangements and want changes to be made, despite the fact that the venue committee has voted against many of these changes but has been over-ruled by AV. It is important that a significant number of members write to AV to express their concern with the changes so that they are made aware that there is a significant body of people that do not approve of the changes being made. If you have concerns with the program proposed for the coming season, please send an email to the General Manager of Athletics Victoria, Nick Honey at nick@athsvic.org.au and to the chairman of the Summer Competition Committee, Craig Mahony at cmahony@netspace.net.au.



Working Bee – Sat 17 Sep 2005

Thank you to everyone who attended the working bee at the track on Saturday 30th July. With over 40 people helping at some time during the afternoon we managed to complete a large number of cleaning, painting and general maintenance task in preparation for the coming season. I am sure that everyone has noticed a big difference in the general appearance of the facilities since the working bee.



We have received a long list of improvements and maintenance requests from the Athletics Victoria Technical Committee which they would like attended to prior to the start of the track season, so we will need to hold another working bee prior to the start of the season. Once again we require as many members as possible to help out on Saturday 17th September 2005, from 12 noon until 5:00 pm. As one of the tasks is to re-paint hurdle marks and relay change over lines on the track – the track will not be available for training for much of this time. A BBQ lunch will once again be provided for all those in attendance at about 2:00 pm. This proved to be most popular at the last working bee, so make sure you don't miss out at on September 17th.



Trivia Night

Over 220 members and friends attended the Clubs annual Trivia Night on Saturday 6th August at the Ashburton Primary School. This was one of our best ever attendances and the financial result from the night was also one of our best ever, with about \$8000 being raised to help finance the completion of the access to the club rooms. Many thanks to all those who assisted with making the event a success and who donated items for auction on the night, with special thanks to Chris O'Connor for keeping us all entertained with his challenging questions and to Leana Tilley and Cameron Joyce for their huge effort in planning and organising the night which ensured that it was such a great success.

For photos from the night and a full list of donors of auction items, please click on the following link: [Trivia Night](#).



Memberships Overdue

To all members who have not yet paid your membership fees, you are reminded that your membership fees are overdue. Apart from not being able to compete if you are not registered, you are also not covered by our insurance policy if you are not registered so you will not be claim for injuries incurred while training at the track. If you have not already done so, please download a membership form from the club web site and return it to the Club registrar, Angela Robbie as soon as possible.



Please click on the following link to download a [membership form](#).



Annual General Meeting

The official's room at the track was filled to capacity on Tuesday 12th July for the 10th Annual General Meeting of the Box Hill Athletic Club at which the Annual Report for the Club was presented and the committee was elected for the coming year.

A highlight of the evening was the award of Life Membership to our Treasurer, Canteen Manager and Registrar, Angela Robbie in recognition of many years making an outstanding contribution to the success of the Club.

The following members were elected to form your committee for the coming year. Please feel free to contact them should you wish to discuss any matters related to the operation of the Club.

President: Graeme Olden

ph. 9885 0890, Email: golden@sprint.net.au

Vice President: Adam Pepper

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Secretary: Julie Milner

ph. 9818 1278, Email: jmilner@tpg.com.au

Treasurer / Registrar: Angela Robbie

ph. 9898 3052, Email: Angela.Robbie@mckeanpark.com.au

Committee:

Joan Hines, ph. 9859 5081, Email: jhines@netspace.net.au

Colin Organ, ph. 9813 3597, Email: colin.orgnan@aanet.com.au

Simon Bromley, ph. 9807 2884, Email: sbbromley@hotmail.com
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Cameron Joyce, ph. 8802 1223, Email: cameronj@westcoasteagles.com.au
Cameron Sherry, ph. 9890 4278, Email: cssherry@brown-brothers.com.au



Results from Marrakech

Congratulations to Matthew Coloe on a wonderful effort in his first international competition at the World Youth Championships in Marrakech in July. Running in the 1500 m, Matthew finished 4th in his heat in the time of 3:54.50, just outside his personal best. However, only the first three from each heat progressed to the final along with the next three fastest runners. Unfortunately, Matthew's time was the fourth fastest of the rest so he missed the final by just ?? s. The winner of the final ran the remarkable time for a 17 year old of 3:36.98, however it was later tragically discovered that this runner from Burundi was originally from Kenya and was about 26 years old so should not have been running, which would have meant that Matthew would have made the final. However, despite losing his gold medal and being disqualified, it did not help Matthew much as the championships were finished by the time this was discovered.

Matthew has since been credited with having qualified for the final. Hopefully this trip was a wonderful learning experience and will motivate Matthew to strive for selection in the Australian team to compete at the World Junior Championships next year.



World Championships - Helsinki

Following competing in the pole vault qualifying round at the recent world championships in Helsinki, Steven Hooker sent back the following report:

As you may or may not be aware I failed to make the final.

I had imagined many possible outcomes for the qualifying rounds over the past few weeks, however nothing I imagined even remotely resembled how it all panned out on the day.

I'll write a brief summary of how the comp went from my perspective.

Warm Up -

Conditions were swirly but managable, I jumped 5.70m (this turned out to be the highest jump by any competitor for the day) and sat down and waited to enter the competition at 5.45m.

Comp part 1 -

1st attempt 5.45m - Wind was still, great jump, pole was too soft and hit the bar on the way up.

The Finnish jumper breaks the up rights on his second attempt. We wait for an hour for it to get fixed. During this time the other pool ccompletes the competition up to the height of 5.60m with only 5 athletes clearing that mark.

We are told that 5.60m will become the new automatic qualifying height. We get 10 minutes to warm up again and during this period I clear 5.60m.

Comp part 2 -

Almost as soon as we start jumping again the wind picks up and the heads of the jumpers in pool B drop.

2nd attempt 5.45m, bad wind, came down on the bar.

3rd Attempt 5.45m - start rundown, pole gets blown sideways, stop running. Jog back to the start of run up. 10 seconds to go and the words of Mathew Belford are running through my head 'life all comes down to a few short moments' wind was still bad but I had to go and with one of the ugliest jumps of my career I clear the bar.

1st attempt 5.60m - nearly get blown off the run way and miss the bar by the narrowest of margins.

2nd attempt 5.60m - bad wind, have big height on the bar but come down on it.

3rd attempt 5.60m - worst wind , take off but don't get in far enough to have a chance of jumping the bar.

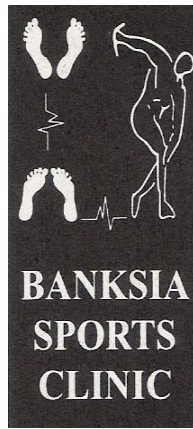
1 year off hard work and it is over like that. I felt like I was jumping better than anyone else on the day and some circumstances that are out of my control significantly reduce the chances of getting through to the final. I obviously could have dealt with the conditions that eventuated better than I did but can't help but feel slightly cheated out of having a ligitimate shot at a world championship title.

I feel like I am in the best condition of my life and want to show people over here what I can do, so I have 3 more competitions before I head back down under at the start of September.



Safety Warning

We ask that everyone be careful and not walk home alone after a man exposed himself to a young athlete and her mother recently. He was in the playground area (outside the fence) near the back straight. The police were informed and will patrol the area. Please be aware and if you notice anybody suspicious hanging around call the police.



Jason R. Thompson
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Ballam Park Cross Country

The 16 K Cross Country venue was shifted from Coburg to Ballam Park in Frankston this year. Box Hill had a limited representation in the senior races with five senior female athletes and seven senior male athletes starting in their respective races and with all finishing.

It was pleasing to at least fill a senior men's team again this year and enabled us to retain our position in second place on the winter premiership ladder.

For photos, full results and a detailed report on the race, please click on the link to [Ballam Park Cross Country Results](#).



Bundoora Cross Country

The Box Hill men's division 1 team came close to winning our first event for the season at the Bundoora Cross Country Championships on Saturday 23rd July 2005, but in the end went down to Glenhuntly, 120 to 130 points.

With Marcus Tierney and Barry Lynch unavailable and Simon Watson hurting his hamstring during the event, we were unable to pull off the win, but strong performances by the whole team saw us go very close.

Andrew White has continued to improve throughout the winter season and was our first runner across the line in 12th position. With two invitation runners from NSW, Andrew was the 10th Victorian a great result in his first season out of junior ranks.

Good runs by Jocelyn Keage, Rachel Johnson and Jess De Bruin saw our division 2 women's team comfortably win their division. We are clearly 2nd on the ladder now and threatening Eureka who are leading this division at present.

For photos, full results and a detailed report on the race, please click on the link to [Bundoora Cross Country Results](#).



Sandown Road Relays

Congratulations to everyone who competed for the club at the Sandown relays on Saturday 9th July 2005. As the weather changed from cold and wet to cold and wet and windy, Box Hill athletes performed well in both the men's and women's senior and junior competition.

Highlights of the day included a run away win by our under 18 boys, a good win in the men's division 4 and a steady 4th place in men's division 1.

Although times were generally slow on the day there were still a number of excellent individual performances.

For photos, full results and a detailed report on the race, please click on the link to [Sandown Road Relay Results](#).



Albert Park Road Racing Championships

For the second consecutive year, the 15 kilometre road championship was held in fine but quite cold conditions. Box Hill was represented by ten male and three female athletes in the Open Men's and Women's 15 km road race. There was a new course this year which had a completely different starting point. Runners completed four circuits of the course, which is a flat course on asphalt paths and roads with trips through tunnels under roads.

Box Hill had one of their most successful days for the season with both the men's Division 1 and women's Division 2 teams finishing in second place.

For photos, full results and a detailed report on the race, please click on the link to [Albert Park Results](#).



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