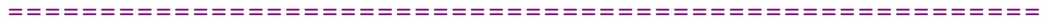




Club News

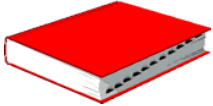
Volume 60

October 2005



BOX HILL ATHLETIC CLUB INCORPORATED

Hagenauer's Reserve, Barwon Street, Box Hill, Victoria
Postal Address: PO Box 247, Box Hill VIC 3128
Email: info@boxhillathleticclub.org



Dates for Your Diary

Sat	15	Oct	Shield Round 2, P2, Box Hill
Sat	22	Oct	Shield Round 3, P3, Box Hill
Thur	27	Oct	Vic Milers Club Meet, 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
Sat	26	Nov	Shield Round 7, P4, Box Hill
Sat	3	Dec	Shield Round 8, P1, Box Hill
Sat	10	Dec	Shield Round 9, P2, Doncaster
Sat	7	Jan	Kings Allcomers Meet, Box Hill
Sat	14	Jan	Region Final, Box Hill
Thur	26	Jan	Association Final, Doncaster
3rd-5th	Feb		Australian Open Champs, Sydney
Sat	11	Feb	Kings Allcomers Meet, OP
17-19th	Feb		Vic open & U20 Champs, MCG
Sat	4	Mar	Kings Allcomers Meet, Box Hill
Sat	2	Apr	Australian Club Champs, Adelaide

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Club Room Access Ramp

As reported in the last edition of Club News, the Club was 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.

Detailed design for the ramp has been completed and tenders for the construction of the ramp are expected to be received by the City of Whitehorse by late in October.

It is hoped that construction work will commence in early November and will be completed by the end of the year. There is likely to be some restriction of access around the side of the canteen while works are in progress so we ask that everyone keep clear of the area of works and have patience with any disruption of access resulting from the works.

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Athlete of the Week

Each week of Shield competition the team managers will be selecting one junior and one senior Athlete of the Week. Prizes will consist of meal vouchers for Colombo's or Di Palma's restaurant and recognition in the Club News.

Congratulations to the winners for the first round - Natalia Kremenchutskaya and Rhett Medford.

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Women's Rankings 2005-2006

Sarah Hewitt has kindly agreed to take on the task of preparing and updating a full listing of Box Hill Women's rankings for the 2005 - 2006 season. Copies of the rankings can be found on the notice board at the Club, in the weights room and in the women's change room.

You can also find the rankings on the Box Hill Athletic Club web site, either go to the home page and follow the link, or else click on the following link to [Women's Rankings 2005-2006](#).

Should you have any updates or amendments, please send them to Sarah Hewitt (0433 111 586) or email hewberrys@aapt.net.au.

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Victorian All-Schools Championships

A large number of Box Hill athletes competed at the Victorian All Schools Championships on October 8 and 9 at Olympic Park. Congratulations to all those who took part especially the medal winners listed below.

Duayne Christou	Under 20 5000m	3rd	16:04.7
	Under 20 3k Steeple	2nd	6:21.3
Andrew Haddow	Under 20 200m	1st	23.70
	Under 20 100m	2nd	11.67
Moses Pulop	Under 20 100m	3rd	11.80
Matthew Coloe	Under 18 3000m	1st	8:47.7
	Under 18 1500m	2nd	4:15.4
Chris Hamer	Under 18 3000m	2nd	8:49.5
Steve Kelly	Under 18 3000m	3rd	8:56.3
Kristian Lewis	Under 20 Javelin	1st	51.09m
	Under 20 Shot Put	3rd	12.07m
Dion Pocklington	Under 18 Pole Vault	1st	3.80m
Navin Arunasalam	Under 18 800m	3rd	1:59.3
Andrew Hogan	Under 17 High Jump	2nd	1.85m
	Under 17 400m	3rd	50.52
Melanie Adams	Under 20 Heptathlon	2nd	3943
	Under 18 Pole Vault	1st	3.60m
	Under 18 100m H	1st	15.98
Jennifer Chan	Under 17 Pole Vault	1st	3.30m
Veronica Kirby	Under 18 High Jump	3rd	1.66m
	Under 18 100m H	1st	16.80
	Under 18 Triple Jump	3rd	10.24m
Hayley Tomlinson	Under 18 800m	1st	2:15.4
	Under 18 1500m	2nd	4:36.2
Kate Wall	Under 18 800m	3rd	2:23.9
Morgan Deane	Under 18 100m	2nd	12.54
	Under 18 200m	2nd	26.07
Hannah Turnball	Under 17 Triple Jump	2nd	10.58m
	Under 17 Long Jump	3rd	4.76m



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Lollie Drive

We will be running a lollie drive over the next few weeks to pay for some new weights for the gym. Order forms will be distributed this week and will be due back Saturday 5 November.

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New Club Sponsor

Firm Solutions, a mortgage brokering company, are a new club sponsor. Part of the arrangement includes a free 12 month club membership with every new mortgage or refinance. Further information about the company can be found at www.firmsolutions.com.au.

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Security

Last Monday morning the club rooms were found unlocked and the gym wide open. This is not the first time this has occurred and often lights and fans are left on. We ask that all members please be responsible and make sure that everything is turned off and secure before you leave. The club will not be able to afford to replace any gym equipment that goes missing.

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Trivia Winners

Box Hill has proved to be a winner both on and off the track. At the recent St Kevin's trivia night, the pole vaulters proved that they have brains as well as brawn by taking out the \$300 first prize on the night.

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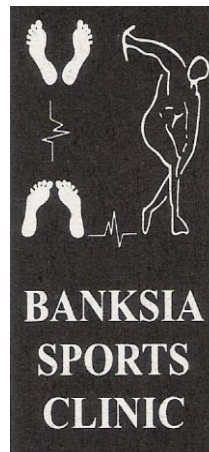


International Results

Congratulations to club member Andrew Letherby who recently ran 8th in the prestigious Berlin marathon in a personal best time of 2:11:42. This performance should see Andrew selected in the Commonwealth Games and give him a chance to repeat his medal winning performance from the last Games.

Congratulations also to John Meagher, despite some bike trouble, finished 2nd in his age group in the world duathlon championships, held recently in Newcastle.

Also performing well has been Marty Duke who travelled to Singapore and won the Singapore championships over both the 200m and 400m distances.



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Australian University Games

Box Hill also had some good performances at the Uni Games notably James Filshie who won the pole vault with a leap of 4.80m and new club member Stephane Shepherd who produced a PB of 13.26m in the shot put.

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Victorian Milers Club

The Victorian Miler's Club has been formed to promote middle distance running in this state. Their first event will be held at Box Hill on Thursday, October 27th .

This will consist of a large number of 1500 metres races catering for men and women of all ages and levels of performance, but you must enter by October 24. Look out for more details, coming soon or email: victorianmilersclub@hotmail.com.

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Skins Meet Results

Tim Williams, Lane Harrison, Morgan Deane, Corwin Pusch and Andrew White all performed well at the Skins meet on September 29.

Morgan Deane finished 3rd in the women's 80 metres
Andrew White won the 1 mile in a good time of 4:12.5

Tim Williams and Lane Harrison finished 1st and 2nd in the men's 80 metres
Corwin Pusch was 2nd in the 400m "enduro" event.

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Membership Fees are 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](#).

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Shield Competition Round 1

It was a warm and windy day at Box Hill on Saturday 1 October 2005 for the start of the 2005/06 track season. There was a big crowd of athletes and some outstanding performances on the day.

For a full report on the day and some of the Box Hill highlights, please click on the link to [Shield Competition Round 1 Report](#)

For a full set of Box Hill results from the day, please click on the link to [Shield Competition Round 1 Box Hill Results](#)

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Tan Relays

In a sensational conclusion to the 2005 Winter Season, Box Hill came away with outstanding results, probably the best ever from the men's team, on Sunday 18th September at the inaugural Tan Relay competition.

Box Hill men won the Section 1, the Section 4 and the Section 7 relay events, and our fourth team came second in Section 7. The Under 20 men were lying second until the last leg, without a third runner to complete the course. The Under 18 men's team placed second. The Women's Section 2 team placed second, whilst the Section 3 teams placed third, fifth and eleventh. The Under 18 women's team placed first.

This was an outstanding team effort and one which will be remembered for a long time. Congratulations to all athletes who made themselves available and performed so well. One of the striking features of the day's performances was the evenness of the athletes' performances, with many athletes showing that they will challenge for a place in our top teams over the next few years.

For full results and a detailed report on the races, please click on the link to [Tan Relays Results](#).



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Burnley Half Marathon

Box Hill performed superbly on Sunday September 4 to win the Victorian Half Marathon team race convincingly. In a real team performance, Box Hill relegated Glen Huntly to fourth position to claim its first victory of the season after numerous second places during the Winter season.

John Meagher, Chris O'Connor, Andrew White, Simon Watson, Adrian Vincent, John Vaitkunas, David Jimenez and Paul Boxshall commenced in the men's race while Jess De Bruin, Amanda Harper, Joc Keage, and Inge Magher competed in the women's race.

The women's team won the Division 2 team race after a close fight with Eureka. Jess De Bruin was our first female athlete home in 15th place, followed by Amanda Harper, 25th, who drew away from Joc Keage, 29th, in the latter stages of the race.

For full results and a detailed report on the races, please click on the link to [Burnley Half Marathon Results](#).

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Coliban Road Relays

With several of our top runners unavailable, both the Box Hill men's division 1 team and women's division 2 team were able to finish 2nd in the Coliban relays from Harcourt to Bendigo on Saturday 20 August 2005.

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

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Melbourne Half Marathon

Andrew White continued his excellent form and showed his versatility running 1:10:39 to finish third in the Melbourne half marathon on October 9.

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