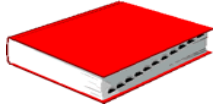




Club News

Volume 65

August, 2006



Dates for Your Diary

Sun	20	Aug	Club 10 Mile Championship, Box Hill
Sun	3	Sep	Half Marathon, Burnley
Sat	16	Sep	Tan Relays
Sat	21	Oct	Come & Try Day, Box Hill
Sat	11	Nov	Shield P1 - Doncaster
Sat	18	Nov	Shield P2 - Box Hill
Sat	25	Nov	Shield P3 - Box Hill
Sat	2	Dec	Shield P1 - Nunawading
Sat	9	Dec	Shield P2 - Doncaster
Sat	16	Dec	Shield P3 - Box Hill
Sat	6	Jan	Shield P1 - Doncaster
Sat	13	Jan	Shield P2 & Premier League - Box Hill
Tues	23	Jan	Shield P3 - Doncaster
Sat	10	Feb	Shield P1 - Nunawading
Fri	16	Feb	Shield P2 & Premier League - Olympic Park
Tues	6	Mar	Shield P3 - Box Hill
Sat	24	Mar	Shield Final - P1 - Nunawading

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Trivia Night - Great Success

The 6th Annual Box Hill Athletic Club Trivia Night was held at Ashburton Primary School on Saturday 29th July 2006 and once again was a great success.

About 200 members and friends were once again challenged by Chris O'Connor's difficult questions. In the closest finish for many years, Simon and Inge Watson's table won the night by just one point.

For a summary of the points scores from the night, please click on the following link: [Trivia Night Scores](#).



The evening was also most successful from a fundraising perspective with over \$7000 raised. Many thanks to our generous supporters who donated goods and services for auction on the night. Please support the many businesses that donated goods and services so that they will support us again in the future.

The success of the night was largely due to the huge effort of Leana Tilley and Cameron Joyce in organising the event and obtaining auction items - their efforts are greatly appreciated.

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

To display photos from the night, please click on the following link: [Trivia Night Photos and Report](#).

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Annual General Meeting

The Annual General Meeting of the Box Hill Athletic Club was held in the club rooms on Tuesday 11th July at which the Annual Report for the past year was presented and the following office bearers were elected:

President:	Graeme Olden	ph. 9885 0890	golden@sprint.net.au
Vice President:	Colin Organ	ph. 9813 3597	colin.organ@aanet.com.au
Secretary:	Julie Milner	ph. 9568 2985	jmilner@tpg.com.au

Treasurer:	Angela Robbie	ph. 9878 4123	Angela.Robbie@mckeanpark.com.au
Committee:	Joan Hines	ph. 9859 5081	jhines@netspace.net.au
	Adam Pepper	ph. 0402 083 469	apepper@dodo.com.au
	Leana Tilley	ph. 8802 1223	leana@bambooblinds.com.au
	Cameron Joyce	ph. 8802 1223	camjoyce@bigpond.com
	John Peavey	ph. 9560 7375	peaves_01@hotmail.com
	Simon Watson	ph. 8812 2724	watsonsp2@hotmail.com
	Inge Watson	ph. 8812 2724	watsonsp2@hotmail.com
	Peter Haddow	ph. 0417 400 055	pethad@melbourne.vic.gov.au
	Cameron Baker	ph. 0438 737 908	vaultcam@hotmail.com
	Sarah Hewitt	ph. 0433 111 586	hewberrys@aapt.net.au

Please feel free to contact any member of the Committee with any queries, concerns or suggestions.

For those who were unable to attend the meeting, the Annual Report can be downloaded from the Club web site at [2006 Annual Report](#).

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Summer Program Changes

There will be a number of changes to the competition format and structure for the coming season.

State League has been officially abandoned and will be replaced with a 6 round "Premier League" competition to be held in conjunction with Shield competition. The best 8 athletes in each event will be invited to compete in Premier League events with prize money being offered to help attract athletes.



The Shield competition timetable will be changed with the creation of three different programs such that every event is held on two weeks out of three, except for the 400 m hurdles, steeple and 5000 m which will be held on just one week in three.

An Under 20 grade has been added to Shield competition and all qualifying standards have been dropped from all grades of competition.

There will be 12 rounds of Shield competition plus a Region Final and Association Final, however it is almost certain that only 5 rounds will be held at Box Hill, with 4 rounds at Doncaster, 2 rounds and the Region Final at Nunawading and one round at Olympic Park.

The season will start later than in previous years with the first round of competition on Saturday 11 November at Doncaster, however there will be a "Come and Try It" / Registration Day / PB Meet at Box Hill on Saturday 21 October.

The Victorian Club Championships have also been abandoned, while the Senior Relay Championships will be held with the Junior Individual State Championships and the Junior Relay Championships will be held with the Senior Individual State Championships.

There will no doubt be some teething problems with the new program and the rules regarding scoring and qualification have not yet been finalised and published. Further details will be sent to Club members as they come to hand.

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Commonwealth Games Equipment

After much lobbying and the preparation of a comprehensive application form, we were recently notified by the Department of Sport and Recreation, Victoria, that we will be receiving a number of items of equipment left over after the Commonwealth Games.

A full list of equipment granted to us is included below, however the most significant items are no doubt the pole vault pit and stands. Please make sure that the new equipment is looked after with care as we are unlikely to receive such an opportunity again for a long time.



DISCUS 1KG NELCO SUPERSPIN
 DISCUS 2KG ATE SUPRA
 DISCUS 2KG DENFI ULTIMATE SPIN
 DISCUS 2KG OTE HIGH MOMENT
 HAMMER 4KG NORDIC SILVER 95MM
 HAMMER 7.26KG NISHI ORANGE 110MM
 JAVELIN 600G DIANA 80M
 JAVELIN 600G NEMETH CLASSIC 80M
 JAVELIN 600G NORDIC INDRA
 JAVELIN 600G OTE HEPTATHLON SPECIAL
 JAVELIN 800G NEMETH CLUB 85M

JAVELIN 800G NORDIC AIRGLIDER
JAVELIN 800G NORDIC ORBIT
JAVELIN 800G NORDIC SUPER ELITE 80
POLEVAULT CROSSBAR FIBREGLASS
POLEVAULT CROSSBAR OLYMPIC
POLEVAULT LANDING BAGS
SHOTPUT 4KG NELCO BLACK
SHOTPUT 4KG POLANIK SILVER
SHOTPUT 7.26KG GILL SPORT SILVER 16LB
SHOTPUT 7.26KG NELCO YELLOW
SHOTPUT 7.26KG NISHI GREY
SHOTPUT 4KG VINEX SILVER
Polevault Extendable Bar Lifters - Nordic
SHOTPUT 7.26KG NELCO BLUE
HAMMER SPARE HANDLES

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Uniforms

Cathy Tilley has kindly agreed to take on the task of purchasing and sale of Club uniforms. If you are a new member or need a replacement uniform, Cathy can be contacted on 9807 2487.

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Treasurer's Change of Address

Please note that our Treasurer and Registrar, Angela Robbie has recently moved. Her new address is -:

4a Sergeant Street
Blackburn VIC 3130
Ph. 9878 4123



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World Junior Championships

Congratulations to Sarah Grahame on her selection in the Australian team to compete at the World Cross Country Championships in Beijing, China later in the month.

The team is currently in Queensland at a training camp prior to departing for China. Sarah will be running in the 3000 m steeplechase in Beijing. We wish her well with her final preparations and for competition in China.

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Victorian Team Winter Selections

Congratulations to Steve Kelly, Chris Hamer, Matt Coloe and Sarah Grahame who have all been selected in the Victorian team for the Australian all schools cross country championships to be held in Hobart on August 26.

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Little Aths Coaching

Coaches are needed for the Box Hill Little Athletics Centre for the upcoming summer.

Training is generally on Wednesday evenings. This is a great way to get a start in coaching.

Coaches for jumps are particularly required.

If you can help please phone Bill Dyer on 9817 4349 or 0418 128 253 or email at debbilldyer@inet.net.au



Jells Park Cross Country

Box Hill had some great results at the cross country championships at Jells Park on Saturday 22nd July. The competition was stiff, with probably the strongest fields for any event this winter.

Highlights included Andrew White's strong finish to get up to 10th place in the men's senior event, with John Meagher finishing 18th in the same event. Duayne Christou put in one of his best performances to finish 6th in the under 20 8km event, while our women's team performed very strongly with Fiona Turner and Rachel Johnson finishing in the top 20.

Special thanks to Carole De Greenlaw, Luke Yeatman, Julie Milner, Rob Falkenberg, Dave Boyd, Barry Whittle and David Ayers who came along to act as officials on the day, to Ian Sloane and Chris O'Connor for managing the teams and to Megan Sloane and Chris O'Connor for providing afternoon tea.

For a full report, results and photos, please click on the following link: [Jells Park Cross Country Results](#).



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Sandown Road Relays

Box Hill had a successful day at the Sandown relays on Saturday 8th July. We managed to fill 10 teams which was particularly pleasing.

Our division 1 men's team finished 3rd. This was a very promising result with our team running 4 minutes faster than last year. Daniel Clark ran 1:30min faster than last year, Andrew White ran 1:07 faster and Adrian Vincent improved on last year's time by 24 seconds. Add to this a strong last leg by 17 year old Chris Hamer and a good performance from our under 20 team and you can see that Box Hill will be a real force to be reckoned with in this event in the next few years.

Our Division 1 women's team also performed well. Although not at full strength our team only just missed out on the medals. Importantly we did beat arch rivals Glenhuntly and have edged closer to them on top of the ladder, so our hopes of a Division 1 premiership are still alive.

Other outstanding results were recorded by our Division 3 men (2nd place), Division 5 men (2nd place), Division 7 men (1st place), under 20 men (3rd place) and under 20 women (2nd place).

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

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Coliban Relay

Despite the absence of many of our best runners, Box Hill teams performed well in the Harcourt to Bendigo (Coliban) relays on Saturday 24th June. The Highlight of the day was an outstanding 2nd place by our women's division 1 team. Amanda Harper, Kate Wall, Rachel Johnson, Alice Baquie and Heidi Riordan all ran well to finish 2nd in what turned out to be a 3-way battle between Box Hill, Sandringham and Knox. Box Hill has now closed started to close the gap on ladder leaders Glenhuntly (who finished 4th). We are 2nd on the ladder and still in with a chance of winning the women's division 1 premiership.

Our division 1 men's team finished 6th against very tough opposition, with the likes of Lee Troop and Steve Moneghetti and full strength teams from Glenhuntly and Doncaster. Although our team of Duayne Christou, Barry Lynch, Andrew White, Ruben Arunasalam, Daniel Clark, Adrian Vincent and Navin Arunasalam had an average age of less than 21 they actually ran faster than last years team (last year our team finished 2nd) a good effort and a great sign for the future.

In division 3, the team of Michael Bourne, Scott Boxshall, Paul Boxshall, Graeme Olden and Chris O'Connor came through to finish in a creditable 3rd place.

For a full report and results, please click on the following link: [Coliban Relay](#).

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