



Club News

Issue 42

October 2002

BOX HILL ATHLETIC CLUB INC

Hagenauer's Reserve, Barwon Street, Box Hill 3128

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<http://www.boxhillathleticclub.org>


DATES FOR YOUR DIARY



Sat 26 Oct '02	Interclub Round 2 – Box Hill
Sat 9 Nov '02	Interclub Round 3 – Box Hill
Thur 14 Nov '02	State League Round 1 – OP
Sat 16 Nov '02	Whitehorse Gift - Box Hill
Thur 21 Nov '02	State League Round 2 – OP
Sat 23 Nov '02	Interclub Round 4 – Box Hill
Thur 28 Nov '02	State League Round 3 – OP
Sat 30 Nov '02	Interclub Round 5 – Box Hill

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CLUB ROOM UPGRADE UPDATE

After months of negotiating with builders, the steel structure for the upstairs extension of the Club rooms has been erected and the roof sheeting and insulation installed to finally provide shade and shelter over the grandstand. Many thanks to all those who helped at working bees to prepare for this work and assisted with the many other works undertaken to assist the builder and keep the cost of the works to a minimum. The new structure and roof looks most impressive with the sloping face cantilevering over the grandstand.

Time and funds not available to complete any more work on the upstairs facilities this year apart from installation of guttering and downpipes. It is planned to complete the external walls and fitout of the upstairs rooms next winter however we still need to raise a significant amount of money to enable this to happen so all Club members are urged to support the upcoming fundraising events and donate to the tax-deductible building fund set up for this project

TRIVIA NIGHT

The Trivia Night held on Saturday 7 September 2002 was a great success, despite the dramas associated with getting into the hall on the night. The event raised over \$6,500 towards the building works which is a great result and a tribute to those involved in organising the night. In particular, special thanks are due to Leana Tilley who organised the venue and coordinated collection of auction items and prizes, to her boyfriend Cameron Joyce who obtained about 50 items for auction on the night, and to Chris O'Connor for setting a challenging set of questions to entertain us on the night.

Congratulations to Cameron Baker and his table for coming from behind to clinch the overall victory in the last round of questions over Mark Stewart and his band of reigning champions, although there are rumours that they resorted to the "phone a friend" option to assist with some of the more difficult questions.

WHITEHORSE GIFT – SATURDAY 16 NOVEMBER 2002

On Saturday 16 November 2002, the Club is once again hosting the Whitehorse Gift Carnival from 5:00 pm to 7:00 pm. This event will be held in place of normal interclub competition, which will not be held this weekend. The feature event will be a 400m handicap race run by the VAL, however there will also be a number of handicap races over a range of distances which any registered athlete is welcome to enter. All handicap races MUST be entered prior to the day so that fair handicap marks can be allocated. There will also be several PB events run which can be entered on the day. It is important that all Club members support this event as all proceeds from entry fees will be used to help with funding the ongoing building works.

A flyer with a program of events and an entry form is attached to this newsletter.

WORLD MASTERS GAMES

Box Hill athletes put in some great performances in winning numerous medals in the world masters games.

Congratulations to John Meagher, who showed outstanding form in winning three gold medals in the world masters games. John defeated a strong field in the men's 10km road race in the outstanding time of 30 min. 18 sec. John went on to repeat this success in

the 8km cross country and the 21.1km half marathon. Not a bad weeks work! Running in the 35-39 year age group, John was first across the line in all three events.

Other Box Hill athletes to win gold medals were Andrew Wilcox in the 30-34 age group 400 metres, Chris O'Connor in the 40-44 age group 5000 metres and Robin Barclay in the 60-64 age group pole vault.

Tim Cherry had a very busy week, in the 30-34 age group, winning a gold medal, in the 4x400m relay, two silver medals in the 4x100m and the 800 metres and a bronze in the 400 metres. Dave Cross, Phillip Coghill, Colin Pocklington combined to win silver in the 4x400 and a bronze in the 4x100.

Congratulations to all these athletes and to all the others who performed with distinction at this event.

REGISTRATIONS ARE NOW DUE

Your registration with Athletics Victoria and also membership of the Box Hill Athletic Club fell due on 15 April 2002. To be eligible to compete this summer and to be able to continue to use the Club facilities for training, you will need to organise to get yourself re-registered for the 2002-2003 season. Despite increased registration costs with Athletics Victoria, increased costs associated with the new pavilion and the large financial commitment required from the Club to fund the Stage II Pavilion Upgrade works, the committee has only increased the membership fees by \$5. All members are urged to re-register as soon as possible to help maximise the funds available to the Club to meet these upcoming works. Registration forms can be obtained from the club rooms or downloaded from the Club web page and should be returned to The Registrar, PO Box 247, Box Hill VIC 3128.



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 - or obtained from Colin Organ – phone 9813 3597 or email at colo@bigpond.com.

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 2001/02 season were:

- \$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). Alternatively you may wish to download a form directly from the Club's web site at <http://www.boxhillathleticclub.org>.



VOLUNTEERS FOR INTERCLUB

For those who are new to the club, or just unaware of the fact, but each Saturday at Interclub competition (and State league), we must supply at least 1 official per team entered into the competition. With teams in every division and age group, this requires a lot of officials. In addition, we need people to help out in the canteen.

The penalty for not supplying enough officials for a day of competition is at least a 10-point deduction from EVERY team entered by the club, for EVERY official missing. This means that if we are 2 officials short, EVERY Box Hill team will loose at least 20 points from their scores for that day. This makes winning the competition very difficult, for all teams!!!

To eliminate this possibility occurring, an Officials Roster is going to be constructed. EVERY athlete will be responsible for providing an official/assistant for at least one round of interclub for the next summer season. This means that the athlete will have to make sure that either a parent, husband, wife, girlfriend, boyfriend, uncle or auntie is available to help out on their rostered day. If you are unable to get someone down to the track to assist, YOU will have to become the rostered official. More details of the roster will be supplied closer to the track interclub competition (commencing on Saturday 19 October), however, expressions of interest from people willing to help out would be most appreciated. These can be forwarded to any member of the committee. It is envisaged that people would only need to help out for 2 hours. However, the more people we get, the less time they will have to officiate. No experience is necessary, as you will be taught everything you need to know "on-the-job".

DUAL REGISTRATION WITH V.A.L.

Registered AV athletes who have not previously registered with the VAL can do so for a fee of \$20 for one season. A VAL registration form needs to be completed (available at AV office).

A joint registration is also being offered at the special discounted rate of \$200 (excluding club fee) for an Open Metropolitan Athlete. Registration forms of both bodies need to be completed, indicating on each form that you want a joint registration.

VICTORIAN ALLSCHOOLS

Some results from the Victorian all schools. Just the place getters (hope we didn't miss anyone!).

Women Under 20

Michelle Fistic	100mH	16.11	1 st
	400mH	69.55	3 rd

Under 18

Kate Fietz	100m	12.65	1 st
	200m	26.02	1 st
Sarah Stewart	100m	12.80	3 rd
Amy Zagato	800m	2:25.99	2 nd
Madeleine Crowley	400mH	68.77	2 nd

Men Under 20

Lane Harrison	100m	11.22	1 st
	200m	22.55	1 st
	400m	49.73	2 nd
Corwin Pusch	200m	22.68	2 nd
	400m	49.85	3 rd
Lachlan Aspinall	800m	1:56.74	2 nd
Adrian Vincent	5000m	15:57.19	3 rd

Under 18

Ned McLeod	400m	51.25	1 st
	400mH	56.14	1 st
	110mH	14.88	2 nd
Michael Saunders	800m	1:59.88	1 st
Kevin Craigie	800m	2:02.18	2 nd
Andrew White	1500m	4:06.12	1 st
	3000m	9:01.77	1 st
Daniel Clark	1500m	4:10.50	3 rd

Under 17

Adam Remmers	100m	11.31	1 st
	200m	23.02	1 st
Joel Pocklington	Pole Vault	4:00m	1 st
Ronnie Buckley	Shot Put	15.01m	1 st
	Discus	59.69m	1 st
	Hammer	58.63m	1 st

LEVEL 1 COACHING

To assist with the development and recruitment of new coaches to the sport, Athletics Victoria is offering to pay the cost of any member wishing to complete a Level 1 coaching course. If you are interested in becoming qualified as a coach then please contact the Club Coaching coordinator, Chris O'Connor for more details (ph 9882 6108 or email: coconnor@swin.edu.au)

NEW COMMITTEE

If you have anything you wish to discuss or if you would like to offer assistance either team managing, coaching, fundraising, officiating, canteen or anything else please contact one of the committee members listed below.

Graeme Olden 9885 0890 golden@sprint.com.au
Adam Pepper 8802 4462 pepper@sme.com.au
Angela Robbie 9898 3052
Julie Milner 9818 1278 juliem@brd.net.au
Joan Hines 9859 5081
Colin Organ 9813 3597 colo@bigpond.com
Dale Bickham 98905150 bickham@deakin.edu.au
Marcus Tierney 9497 3521
David Featherston 9467 2262
Fiona Buchanan 98173095 fionaland@yahoo.com

MANAGERS & CLUB CAPTAINS

The following people have been appointed team managers and club captains for 2002-2003. Could everyone please give all the support they can and help out these people whenever possible as they lead Box Hill to glory.

State League Managers:

Men - Chris O'Connor

Women - Cathy Tilley / Bev Power

Interclub Managers:

Men - Rob Falkenberg

Men Juniors - Glen White

Women - Cathy Tilley

Women Juniors - Elissa Ward

Captains:

Cameron Baker and Leana Tilley

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. For either of the above or uniforms please contact Julie Milner 9818 1278 or email juliem@brd.net.au.

AUSTRALIAN UNIVERSITY GAMES

Every year 5000 uni students congregate during second semester's mid semester break for a week of fun, debauchery and sporting glory called Australian University Games. This year it was Adelaide that didn't know what hit it and the town was just the right size to be taken over.

Box Hill athletes were very well represented and I will try to remember all the results that I can because the official results are not to be trusted.

Steve Hooker won the pole vault, followed by James Filshie and Cameron Baker in a 1,2,3 for Box Hill. Steve also ran 5th in the 200m final and Cameron came 5th in the 400mH as well as winning two medals in the relays. Mohammed Zeed prevented Cameron from winning medals in all three relays when he stormed home from 7th to 3rd in the last leg of the 4x100m for Victoria University.

Tim Renowden ran an absolute blinder to lead his team to the silver medal in the 4x400m before backing up for an 800m in the medley and a bronze. Tim Williams was the star of the track with four medals, two of them gold in the 100m and 200m and with a semi time of 10.54 I can't wait to see what he is going to do this season.

Sam Hassett gets a paragraph of his own. After an 8th placing in the 5000m he ran in the final of the 1500m and ran a brilliant first 3km of the 10,000m before he dropped out. But his best performance was in the footy where he was selected in the Green and Gold team.

The girls side was led by the pole vaulters. Rosanna Ditton won the women's vault in very impressive style in atrocious conditions. Fiona Buchanan, Kym Lawson and Jessica Turner all finished between 3rd and 8th in the vault as well but I am not sure where because the official results were wrong.

But as always not all the action was on the track. Box Hill athlete highlights were:

- The Chariots of Fire sprint with accompanying music
- Australia's premiere hammer thrower showing she definitely is a party girl (and a little too much of herself for Tim R's liking) at the formal dinner
- A Box Hill male finally winning the Monash King of Uni Games title
- Fiona Buchanan finding out she can run 400m (are Box Hill team managers reading this?)
- "Look Rosie, I've had just about enough of you!"
- The fact that Adelaide is mentioned in the same sentence as the legendary Perth
- And the life long friendships that have been made.

CLEAN UP IN THE GYM

It has been noted that the gym is looking decidedly messy. Our cleaner is unable to sweep the floors when weights are spread from one end to the other. Apart from looking pretty terrible, it is also dangerous. When you are finished with a weight or take it off a bar could you put it back on the tree. This is a rule in every commercial gym, is not very hard to do, and would keep our gym in a much tidier state.

EDITORS NOTE

It is October and while the season is just about to start for me the track season is basically over. Uni Games has been an important part of my life for the last seven years but no more. For anyone who has not gone you can not imagine how much fun it is. For those that have been to one they will endeavor to find ways to extend their degree to fit in some more before their time is up.

This years trip to Adelaide has to go down as one of the best ever. I can honestly say that besides winning a gold medal (we will save that for National Club Championships) I have participated in Uni Games to

the full. My favorite moments in athletics are running 4x400m relays for Monash along with fellow Box Hill athletes Tim Renowden and Tim Williams. To look over at someone who cares so much about the team that he pulled out of his individual event to run the relay is inspirational. The team spirit causes everyone to run above themselves even if they have not had enough sleep or may now be a carrier of a horrible disease after too much partying the night before.

To my fellow team mates I say good luck for the future, and to those who are yet to experience an Australian University Games, get enrolled, harass the sports department at your uni, go and have the time of your life.

To submit articles either see Cameron Baker or el Presidente Graeme Olden down at the track or email Cameron on cbak2@student.monash.edu

CLUB 10 MILE CHAMPIONSHIP

On Sunday 18 August 2002, a small group of athletes gathered on the bike track near the Eastern Freeway to do battle for the Frank Tutchener Shield for the Club 10 mile champion. Sam Hassett and Graeme Olden set off at a brisk pace while Chris O'Connor, Dale Bickham and Chris Bunney settled in behind. Rachel Johnson, Carly Carmody and Kerry Putt started very conservatively, while unfortunately Amanda Harper missed the start by about 30 minutes and ran by herself behind the rest of the field. After about 3 km, Sam dropped back slightly and Graeme Olden pulled away to record a comfortable victory, while Sam managed to hold off a determined Chris O'Connor for second place. Dale Bickham and Chris Bunney had a monumental tussle over the last kilometre with Dale just edging out Chris on the line and both athletes just squeezing under the one hour barrier.

The female entrants in the race decided that 10 km was far enough and finished at the end of the first 10 km lap. Many thanks to Chris O'Connor for setting the course and to Julie Milner for supporting the runners and timekeeping.

	10 km	10 miles
1. Graeme Olden	34:27	55:09
2. Sam Hassett	35:55	57:47
3. Chris O'Connor	36:18	58:33
4. Dale Bickham	37:10	59:58
5. Chris Bunney	38:26	59:59
Rachel Johnson	49:04	
Carly Carmody	51:12	
Kerry Putt	37:09 (turned back early)	
Amanda Harper	(missed start)	

HALF MARATHON

The Victorian Half Marathon Championships at Burnley on Sunday 15 September was John Meagher run his best race for many years to claim fifth position in the excellent time of 67:45. In warm, windy conditions, John ran with the leaders for several kilometres before he dropped off the leading pack and then showed great strength to run by himself and hold his position for the rest of the race. With the battle for the Box Hill winter points score very close between Luke Yeatman and Graeme Olden before the race, these two athletes ran together for about 5 km before Luke dropped back and started losing ground to Chris Bunney and Dale Bickham behind him. Graeme Olden ran on solidly to finish in 18th place in a time of 72:24, while Luke hung on grimly to finish in 30th place (75:25), just ahead of Chris Bunney (76:54) and Dale Bickham (77:52). This third place finish was sufficient to enable Luke to win the overall winter trophy by just one point.

Adam Pepper ran one of his best races for some time to complete the course in a time of 80:44 for 53rd place, just ahead of Paul Boxshall in 62nd place (81:40).

Kimberley Coltman showed great determination in her first race back after a couple of years away from the sport to finish 42nd in a time of 108:59.

8K CROSS COUNTRY BALLARAT

Ballarat is a frequently used venue for AV Winter races and the 8km Cross Country for open men was held at the Mt Helen Campus of Ballarat University. Conditions were very reasonable by Ballarat standards. The course was softer than many expected and wearing spikes was an advantage.

The Women's 6km Cross Country race turned up a surprise result for some spectators, with Sarah Jamison demonstrating her versatility comprehensively defeating Anna Thompson. Nicky Chapple started well but surrendered a couple of places as the race progressed. She ultimately placed 6th, backed up by Megan Sloane in 32nd place (2nd in the 45 plus age group), and Carly Carmody who came 65th.

The men's race was a much more interesting event with a number of changes of lead. Box Hill had five well placed athletes, with Luke Yeatman being the best-performed on the day. Luke has had a number of good performances and he looked solid during his race. Graeme Olden ran a sound race to place 27th, followed in shortly after by Sam Hassett who is consolidating his fitness and doing better in the later

races and Marcus Tierney. Dale Bickham finished four places behind Tierney, again being more prominent in the early stages of the race. This has been a fine season for Dale, and he has performed very well in the road races.

Chris O'Connor placed 6th in his age category and he made up the senior team finishing 74th. Tony Bird, 1st in his age category, had another tight battle with Adam Pepper, beating him by two places on this occasion. See the Club web site for a full set of results.

HERCULES

At 3pm on Friday 11th October at Olympic Park at the world Masters Games, club elder statesman Robin Barkley demolished his rivals in the men's 60-69 pole vault to win gold. Known as Hercules to his friends Robin has been a supporter and competitor for Box Hill for decades, single handedly holding up our Division 2 pole vault team.

At the Masters he just missed setting a new Australian record even after injury forced him not to train for five months. Interestingly the silver medallist, Bob Watson from Canada, beat Robin in the 1962 Perth Commonwealth Games but this time Robin returned the favour.

Robin also won the World Masters in Brisbane in 1996 and holds the Australian record for the men's 50, 55 and 60.

Rumor has it Robin was even competing 12kg over weight, but he has been saying that for the last ten years. Well done to club stalwart Robin "Hercules" Barkley.

PETER BEATY NEWS

When Graeme Olden sent out a reminder notice to all club members regarding a working bee he obtained a very strange reply from former club athlete Peter Beaty. "I would love to be able to attend the 'working bee' at the club but unfortunately I am working in Germany and then California from Sep - Dec!! Seriously, please say hi to everyone and I shall endeavor to say hello when I return to Aus."

Good luck on your job Peter and we welcome you back to Box Hill anytime.

Whitehorse Gift Twilight Meet Saturday, November 16 from 5 pm



On **SATURDAY, NOVEMBER 16, from 5 pm.** Box Hill Athletic Club in association with the Victorian Athletic League will be holding the second annual Whitehorse Gift.

There is the chance for every one to compete for prize money with a range of handicap events. There will also be a number of "PB" events

THE EVENTS:

See over for the program of events.

VAL Races: Entry Forms for WHITEHORSE GIFT 400 M HANDICAP and the One Mile VAL handicap can be obtained from the Vic Athletics League – 9428 7077

Other Handicap Races: Contact Box Hill Athletic Club for an entry form to enter the 110 metres handicap, the 800 metres handicap, the 3000 metres handicap, the veterans 1500 metres handicap or the pole vault handicap.

Entries Close Monday, November 11. Entry Fee \$8

N.B. These races are open to men and women over the age of 16.

PB events: There will also be a number of PB events that you can enter on the day: 60m, 300m, 1000m. Entry Fee \$2

For further details contact the organising committee:

Chris O'Connor 9882 6108 or 0410 490 630 coconnor@swin.edu.au

Graeme Olden 9885 0890 golden@sprint.com.au

Ian Sloane 9459 4486 sloane@cybernetint.net

Julie Milner 9818 1278 juliem@brd.net.au

WHITEHORSE GIFT – 16 NOVEMBER 2002
PROPOSED PROGRAM OF EVENTS

Time	Event
5:00 pm	400 m Whitehorse Gift Heats – VAL
5:00 pm	Pole Vault Handicap
5:15 pm	1000 m PB
5:25 pm	110 m Handicap Heats
5:40 pm	1500 m Veterans Handicap
5:50 pm	60 m – PB
6:05 pm	Mile – VAL Handicap
6:15 pm	300 m – PB
6:30 pm	3000 m Handicap
6:45 pm	110 m Handicap Final
6:50 pm	800 m Handicap Final
7:00 pm	400 m Whitehorse Gift Final – VAL
7:10 pm	Whitehorse Gift Presentation

Entry Fees:

VAL Races – Enter directly with VAL
Handicap Races - \$8 per event
PB Events - \$2 per event on the day



EVENTS ENTRY FORM

Whitehorse Gift Twilight Meet

Saturday, November 16 – 5 pm to 7 pm

Hagenauer's Reserve, Cnr Elgar Road and Barwon Street, Box Hill

Entry Forms for **WHITEHORSE GIFT 400 M HANDICAP** and the **One Mile VAL handicap** can be obtained from the Vic Athletics League – 9428 7077

Use this form to enter for other handicap events

There will also be some PB events that you can enter on the day for a \$2 entry fee.

Handicap Events: Entry fee - \$8 per event

NB. COMPETITORS MUST BE AT LEAST 16 YEARS OF AGE BY 1 OCT 2002

Surname or team name		First Name	
DOB		Rego No (AV)	
Contact address		Rego No (Vets)	
Tel (BH and AH)			

Event	PB	Date of PB	Best performance since 1/10/01	Date of performance	Minimum Prize pool
110m. handicap					\$100
Runners World 800m. handicap					\$300
Runners World 3000m. handicap					\$200
Pole Vault handicap					\$100
Vet's 1500m handicap (male 40+ - female 35+)					\$100

Payment by credit card or cheque. Make cheques payable to Box Hill Athletic Club. Please send entry form and cheque to Box Hill Athletic Club, PO Box 247 Box Hill, 3128 by **Monday, November 11**

Handicaps will be issued on the day. Entries on the day will **NOT** be accepted. Places may be limited. Entries will be accepted on a first come, first served basis. Email enquires to coconnor@swin.edu.au

Payment method (circle) : Mastercard / Bankcard / Visa / Cheque

Cardholder's name	Card No.
Card expiry date	Amount
Signature	

Acknowledgement - must be signed by all persons registering

I acknowledge that Box Hill Athletic Club bears no responsibility or liability for any injuries incurred while competing at the Whitehorse Gift and Fair.

Signature : _____ Date : _____

Please feel free to copy and distribute this entry form