



Box Hill Athletic Club Annual Report 2023/24





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President's Report 2023/24

I am pleased to present the President's Report for the 2023/24 year. It has been a highly successful season both on and off the track.

Finances:

Our club's financial status remains strong, with our reserves peaking at over \$125,000 but we have earmarked large portions of this to fund the shade structure and the pacing lights. Our events, the Box Hill Classic, Box Hill Twilight and the Box Hill Burn, with the addition of our sponsors and donors have been key in ensuring we have a solid financial base.

Pacing Lights:

One of the big outcomes for the year was the installation of pacing lights. We are the first track in Australia to have pacing lights and we ran two successful events using them. I cannot stress what a fantastic outcome this is for the Club. Around the world at the major international events such, as Diamond Leagues, pace lighting have become standard – but only for the truly elite.

For us, a local club in Australia to build, finance and install our own is a huge achievement. What this does for the Club? if you want to run a fast time in Australia, Box Hill is without question your first choice. And this applies for all athletes, not just elites. Every standard of runner gets to benefit from them - we call this (jokingly) the democratisation of running.

We were extremely fortunate to have Club member Peter Stefanos who has been incredibly generous, through his company Pennywise Peripherals, to offer to build the system. Jon Seddon, another engineer was also a key player. Thanks to Scott Brooks for assisting in installing.

New Lighting installed

We were also delighted to finally have the new main lighting installed. We had six new light pillars installed, replacing the old four pillars. The system has been built to allow us to easily upgrade the lighting at a future date. Special thanks to Paul Hamer, State ALP Member for Box Hill, for his support in securing the funding for this project and to the Whitehorse City Council for installing.

Shade Structures

Our next cab off the rank are shade structures. We have not been able to commence this project until the lights were installed and are hoping to have this completed in the next month or so.

Club Records:

We are immensely proud of our athletes who have set numerous club records this year (up to AGM). Their exceptional performances demonstrate their dedication and talent. I would like to congratulate the following athletes on their outstanding achievements:

- Eva Wilson: Open, U20 Hammer Throw - 4kg (51.12m)
- Eva Wilson: U18 Hammer Throw - 3kg (55.09m)
- Monique Williams: U15, U16, U17, U18 2000m Steeplechase (7:21.49)
- Lacey Williams: U15 90m Hurdles (13.92)
- Sophie Hall: U14, U15, U16, U17, U18, U19, U20 3000m (9:22.96)
- Sophie Hall: U14 800m (2:14.87)
- Harry Dolman: U15, U16 Long Jump (6.60m)
- Harry Dolman: U15, U16 High Jump (1.88m)
- Georgia Griffith: Open 1500m (3:59.04)
- Georgia Griffith: Open 3000m (8:24.20) – National Record



Special mention to Sarah Billings who ran a sub-4 min (3:59.59) 1500m, making her the 4th fastest Australian ever over 1500m.

Australian Representatives:

Our Club takes immense pride in supporting our athletes who go on to represent Australia. This year, we had several athletes who represented our country on the global stage:

- Melissa Duncan – World Cross Country Championships
- Ellie Sanford - World Championships - Bucharest
- Sarah Billings - World Road Championships
- Andre Waring – Oceania Championships, and World Cross Country Championships
- Stella Radford – Oceania Championships
- Dalton Di Medio – Oceania Championships
- Georgia Tayler – Oceania Championships

We also currently have three athletes on scholarships at US Universities, Izac Bibile, Doug Buckeridge, and Tom Diamond. This a great achievement for these three.

Sponsors:

As mentioned, we are delighted to have gained strong sponsors such as Tradetech Service Australia, Bendigo Bank, Athletics International, and Bread Street. Their support has been invaluable to our Club's success.

Volunteers:

Our dedicated volunteers have been instrumental in organizing successful events throughout the year. We extend our gratitude to all the volunteers, including Committee members who have dedicated their time and effort.

Coaches:

Our coaches play a pivotal role in supporting our athletes' growth and development. We appreciate their expertise and guidance.

We look forward to another successfully year underpinned by strong membership and performances on the track.

Jeremy Griffith

Club President

Treasurers Report

Our assets at year-end are strong at \$125,509 but we do have two large, committed expenditures to come post 31st March 2024 of \$15,510 for the balance of pacing lights and \$64,000 for shades. These are important projects for the Club but will leave our reserves lower than normal at around \$45,000 after the completion of those projects.

The generous sponsorship from Tradetech, and Bendigo Bank, grants from government and donations should be acknowledged as they are playing an important role in enabling us to provide elite events and improve facilities.

Simon Evans

Honorary Treasurer (CPA 736942)



BOX HILL ATHLETIC CLUB Inc.			
STATEMENT OF RECEIPTS AND EXPENDITURE: YEAR ENDING 31 MARCH 2024			
	2024	2023	Notes
Balance carried forward from previous year (31 March)	\$ 92,591	\$ 86,331	
Receipts			
Box Hill Burn	\$ 8,425	\$ 6,275	
Box Hill Classic	\$ -	\$ 13,150	
Canteen, Bar, BBQ	\$ 8,274	\$ 8,101	
Donations	\$ 5,235	\$ 5,902	
Grant for Shades	\$ 88,000	\$ -	
Sponsorship	\$ 16,440	\$ 24,200	
Interest	\$ 1,434	\$ 198	
Membership fees	\$ 8,764	\$ 10,296	
Uniforms	\$ 2,497	\$ 3,482	
Gym	\$ 2,625		
Other	\$ 195	\$ 1,196	
Total Income	\$ 141,889	\$ 72,800	
Expenditure			
Athletics Victoria	\$ 650	\$ 605	
Audit fee	\$ 431	\$ 354	
Bank and merchant fees	\$ 592	\$ 656	
Box Hill Burn Expense	\$ 6,073	\$ 11,696	
Box Hill Classic Expenses	\$ 473	\$ 12,507	
Box Hill Twilight	\$ 2,522		
Canteen	\$ 4,108	\$ 3,829	
Elite Athlete Support	\$ 3,156	\$ 3,732	
Equipment and facilities (BHMC)	\$ 9,000	\$ -	
Shades	\$ 23,950	\$ -	
Pole Vault Mats	\$ -	\$ 18,541	
Pacing Lights	\$ 42,675		
Life Member Memberships	\$ 752	\$ 380	
Presn. Night, Honour Board & Trophies	\$ 909	\$ 1,136	
Relay entries	\$ 6,501	\$ 4,499	
Uniform	\$ 5,178	\$ 3,126	
Other	\$ 2,001	\$ 5,479	
Total Expenditure	\$ 108,971	\$ 66,540	
Surplus / (Deficit) for the year	\$ 32,918	\$ 6,260	
Bendigo Bank and term deposit at year end	\$ 125,509	\$ 92,591	
Represented by			
Bendigo Bank operating Account	\$ 82,388	\$ 50,904	\$ -
Bendigo bank Term Deposit	\$ 43,121	\$ 41,687	
Total cash and Deposits at Bendigo Bank	\$ 125,509	\$ 92,591	



Winter XCR Season Report 2023

Box Hill AC fielded numerous Open, underage and Masters teams in the 2023 XCR season. We had a number of teams which consistently performed well. In many winter races we fielded teams which were under full strength, due to athletes recovering from injuries or choosing not to be available.

For the second consecutive season, all races scheduled were contested. A number of teams performed well in Cross Country, Road and relay events.

Team positions were very good, but not quite enough to come away the Premier Division premierships for males and females. Box Hill's male Premier Division team placed third for the season. The team won the Half Marathon and had three second place finishes in the Box Hill female Premier Division Team finished third, winning the Sandown Road Relay championship and the Tan relays.

Box Hill's Division 2 male team finished fifth over the season, with the Division 3 team placing seventh, and the Female Division 5 team placing sixth.

Our Under 20 male team came fifth overall, with the Under 18 team finishing sixth and 15th for the second Under 18 team. The Under 16 team took 13th position and the Under 14 team secured eighth place.

The underage female teams were strong when we fielded full teams, like the male underage teams. However, Saturday school sport commitments meant that many teams were incomplete from week to week. The Under 20 female team was 13th, with the Under 18 female team 17th, the Under 16 team also 17th and the Under 14 teams finishing seventh and 12th respectively.

Box Hill also fielded male 40+ teams which completed the season in third and 16th position, two 50+ Male teams, third and eighth, and a 40+ female team which finished in fifth position.

There are 10 rounds of winter competition each year, and Box Hill had some standout individual performances. The opening event, the Cross Country Relays at Jells Park, saw the BHAC men's Premier division team place fourth, over two and a half minutes behind Bendigo which finished third. Best performances came from Peter Green (18:36), Nick Baggott (18:53 and Josh McLeod (18:55). Our men's Division 3 team finished 9th with three runners (Alex Ritchie, Dharam Deol and Craig Tate) breaking the 20-minute barrier.

The women's Premier Division team started the season well, winning the bronze medal and particularly strong legs run by Victoria Skaltsonis (20:58) and Stella Radford (21:04).

The male 40+ team won the silver medal, just 15 seconds behind Mentone, with Justin Jeffrey and James Howe, running the first two legs, anchored by Steve Dinneen, who ran the smart time of 18:57, bringing the team from equal third, and passing, Richmond to claim second. The 50+ team was seventh.

Box Hill's 40 + team also won the silver medal for their age category, with Kaman Ip, Rachel Johnson doing the early work, and Julie Norney tuning the speedy time of 24:32.

Our junior teams tried hard to do their best. The Under 18 male event had two teams competing and placed fifth and sixth, with a particularly strong legs from Kalan Luong (9:28), Nathanael Uecker: (9:53), Andre Maillardet (9:56). The Under 16 team placed seventh, with a very good leg from Joshua Field (10:35).

The Box Hill female team excelled themselves and cleaned up the field with excellent runs from Priya Deol (11:52), Millicent Fraser (12:06) and Monique Williams (11:29).

The next event was the Lakeside 10 k race and junior 3 k race at Albert Park.

Stella Radford placed second (33:44), Victoria Skaltsonis was fifth (34:10) and Elizabeth Doueal was 10th (35:18) The male Under 20 race saw Isaac Mex finish eighth in 33:15.



Lachlan Baxter was third in the Under 14 3k in 10:24. Millicent Fraser was ninth in the Under 16 3 k race. The Ravenswood 8k Cross Country race was won by Andre Waring with a well-executed race plan and Dale Carroll also went well finishing 10th (25:11). Victoria Skaltsonis ran well in the open women's race to win the silver medal in 29:04.

Joshua Field ran very competitively to complete the 4k course in second position (14:55) Box Hill had some better team results with the male División 1 team placing second, the male Division 2 team, second, and the male Division 3 team finishing 3rd.

The fourth event was the 12 K Cross Country at Cruden Farm in Langwarrin. We had a number of athletes who performed particularly well. These included Andre Waring finishing 4th (37:23) in the open male 12k. Cross Country and Alistair Christy, ninth (38:09) in the same race. In the female 12k Cross Country, Stella Radford ran a brilliant race to take first place (43:21) with a slender lead over Victoria Skaltsonis who finished 2nd (43:32). Box Hill's Division 1 team finished 2nd, the Division 2 team finished third and the Division 3 team also finished 3rd. The female Division 1 team also placed second. The male 40 + team finished third.

The next race was the Sandown Road Relay, for many competitors, the iconic event on the calendar. Senior athletes run two laps of the race track, and most junior teams run one circuit. This event has been run at the same course almost continuously since the 1960s although when there was a track realignment it was transferred to the Latrobe University one year in the 1980s.

Box Hill had never won the race until 2008, winning the minor medals on numerous previous occasions, and after that first win. we have experienced many subsequent successes.

The Premier Division team won the bronze medal with Peter Green (18:59) and Alistair Christy (18:20) running the two fastest legs for our team. Alistair Christy came from behind to overtake Western Aths in his second circuit.

The female Premier Division team won the gold medal with a come from behind win over Glen Huntly in Victoria Skaltsonis's final leg of the race after an excellent fourth leg run by Melissa Duncan. Stella Radford (20:34), Elizabeth Doueal (22:36), Donve Viljoen (23:30), Melissa Duncan (21:29) and Victoria Skaltsonis (21:13) all ran solid leg and deserved their victory, Box Hill's male Division 5 team took fifth place.

The Under 20 team were 3rd and Kalan Luong (20:54) and Toby Griffith (20:58) both cracked the 21-minute barrier.

The 40 + team nearly caught Richmond team due to a prodigious effort from the final runners (James Howe, 22:20, Paul Prentice, 22:40 and Luke Nelson, 22:40).

The Box Hill 50+ team won the bronze medal, with John Meagher the standout recording 21:32. The female 50 + team finished 3rd, with Julie Norney being the standout performer.

The female Under 16 team placed 3rd. with all team members giving their all. Individual leg times were Monique William (11:32), Charlee Newman (12:04) and Millicent Fraser (11:35).

The sixth winter competition was the selection trial for the Victorian team to run in the national Cross Country championships. For the senior athletes, the distance was 10 kilometres. There were also junior races held by School Sport Victoria at the same venue, preceding the senior races.

In the male Under 20 race, over 8 kilometres, Thomas Diamond claimed the silver medal with a very solid hit out in the time of 24:47.

In the women's 10k race, Victoria Skaltsonis continued her excellent winter form also winning the silver medal in the time of 35:19.

The men's 10 k championship race was run with two Box Hill athletes featuring with a top 10 performance: Doug Buckeridge was placed 6th (30:13) and Alistair Christy ran a plucky 10th (20:34). Steve Dinnen won the 40+



division with an impressive run (33:18). John Meagher had yet another victory in the 55 + division recording the time of 34:18.

The Premier Division finished in 4th place. The male Under 20 team won the silver medal (comprised of Thomas Diamond, Izak Bibile (27:19) and Toby Griffith (28:47). The 40 + male team won the bronze medal, and the 50+male team also finished 3rd.

The seventh event on the winter program was the Ballarat 15k road race with a 6k road race for junior competitors.

Alistair Christy had another noteworthy performance with a 4th placing (45:41), just out of the medals. In the open women's race, Melissa Duncan raced to 3rd position 52:34 and Stella Radford performed well to finish 5th (54:53).

In the female Under 16 6k road race, Millicent Fraser was 5th (22:47), Monique Willams finished 6th (22:56) and together with Lacey Williams (24:42), they secured the silver team medal.

Other top ten finishes were: Steve Dinneen, second in the 40+ race (48:18), Kaman Ip, eight in the 45 + division (68:19), with Rachel Johnson finishing 9th (69:13) in the same race. In the female 55+ race, Julie Norney was first (49:05), with John Meagher first (51:17) in the corresponding male contest, and Peter Stefanos placing 7th (59:21).

Garth Calder took 5th place in the 60 + section (61:04) and Chris O'Connor was 7th (62:40).

The Ekiden Relays were next cab off the rank and Box Hill fielded a small number of teams. This race was not well supported and there needs to be a review as to whether this event should be replaced or another venue chosen.

Box Hill fielded two senior teams with the male Premier Division team placing 8th and the female Premier Division finishing 5th.

The penultimate races were held at Burnley, featuring the Half Marathon and a 5k road race, predominantly for junior competitors.

Box Hill had some excellent performances. The male race was won convincingly by Andre Waring whose time was 64:20. There were two other Box Hill top ten placings: Alistair Christy who placed 5th (65:40) and Anthony Aloisio, 8th (67:06).

In the female section, Victoria Skaltsonis picked up yet another medal, finishing second (74:15), beaten by a slender 15 second margin. Melissa Duncan gave another good account of herself, running into fourth place (77:48).

Box Hill athletes had a number of age category top 10 finishes. Pail Prentice finished 4th in the 45 + section. Kaman Ip, second, in the female 45+ age group completed the course in 99:38, with Rachel Johnson crossing the line in third place in 102:37. In the female 50+ division, Julie Norney won the gold medal (87:42). Michael Eury was second in the 50+ division (83:30). Garth Calder was 6th in the 60+ age group (88:13) with Chris O'Connor 9th (92:09).

There were some good team placings as well Box Hill's Premier Division team won the teams category and the Box Hill female Premier Division placed second. Our female Division 5 male team was third.

The junior 5k road race produced some encouraging results from our junior competitors.

Izak Bibile placed second in the Under 20 male competition in the time of 15:10. Andre Maillardet was 4th in the under 18 age bracket running the course in 15:39, Amelia Morton claimed the bronze medal in the Under 18 female race recording the time of 17:41. Charlee Newman was third in the female Under 16 race (19:00). Lachlan Baxter ran well in the male Under 14 competition to place third in the time of 17:25.



The final competition for the winter season was the Tan Relay race, where each runner in the team runs one circuit of the Tan.

Box Hill's male Premier Division team placed fourth with the quickest legs being run by Dale Carrol running 10:58, and Nick Baggott running 11:39. Box Hill's Division 2 team was fifth.

Our women won the Premier Division race with an excellent team effort. Standout legs came from Sarah Billings, 12:09, and Melissa Duncan, 12:36.

The Under 20 female team finished in fifth place, The Under 18 male team won their race, with Kalan Leong recording 12:10, Joshua Carlin, 13:00 and Andre Maillardet completing his lap in 12:31. The Under 14 male relay saw Box Hill place second. The Under 14 female teams both won medals, with the A team winning gold (Sophie Hall, 12:44, Addie Taylor, 14:36, and Madeleine Sekias, 14:33) and the B team won the silver medal. The Under 16 female team placed third with legs from Monique Williams, 14:37, Priya Deol, 14:26 and Sophie Field, 15:58.

In the Master's competition, Box Hill finished first in the 40+ race with contributions from Paul Prentice, 12:51, Luke Nelson, 13:22, and Steve Dinneen, 12:02. The 50+ male team finished fifth.

The 40+ female team won their age division with our team clinging to a slender lead to win by five seconds. The team was comprised of Julie Norney, 14:16, Kaman Ip 16:35, and Rachel Johnson, 16:42.

Summing up, the season produced some exceptional individual and team efforts, which have been identified above, but more consistency in the number of athletes competing at as many of the races as possible will see an improved performance for the club.

Thanks to all club members who volunteered to officiate during the season. Chris O'Connor works tirelessly at each event, taking, erecting and packing up the tent, preparing teams, making registration numbers available and ensuring athletes are aware of the course and providing refreshments to club members. Thanks also to Rachel Johnson for the sterling efforts she makes to ensure each new member has a uniform available on each race day.