

1989-90Committee

Pres: David kavanagh

V-P: Susan Lovejoy

Sec: James Wood

Treas: Richard Gerrard

Reg: Judith Gerrard

Uni. Rep: Jonathon Abrahams

Karen Wood

Coaches: Peter Crisp, Toby Schreier,
Brenda Parkinson.Captains: Robert Ziersch, Yolanda Budich (W)
Peter Crisp, Karen Wood (S)

Members: Greg Lyons

Yolanda Budich

Graham Hill

Bruce Abrahams

Robert Ziersch

Wendy Perkins

David Woodley

Brian Chapman (Promo)

New Members:

Gavin Heath

Catherine Redden (ex-Pem)

1989 WINTERState Champions:

Yolanda Budich

Senior 8 km. X- Country

(28+) -- 4 in a row

Allan Carman

Senior 15 km. Road

(46.59) DA through
entry foulup

Nikky Footer

U20 10,000m. Road Walk

(56.08)

Simon Perkins

U18 6 km. X- Country

Meredith Ryan

U18 4 km. X- Country

Winning Teams.Men's Patawaalonga Relay (David Graham, Brett Cartwright, Robert Ziersch,
John kavanagh, Brendan Hewitt, Allan Carman) 54.40.Men's 10 km. Road (John kavanagh, David Abbott, Brett Cartwright,
David Graham, Greg Lyons, Derek Green)
* kavanagh, Abbott & Cartwright, all juniors,
bettered the World Junior Championship 10,000m.
qualifying standard.Men's 8 km. X- Country (Allan Carman, Brendan Hewitt, Brett Cartwright,
John kavanagh, Greg Lyons, David Graham)Men's 3000m. Team (Darren Abbott, Greg Lyons, David Graham, Brett
Cartwright, John kavanagh, Derek Green)Women's 3000m. Team (Meredith Ryan, Julie Cummings, Melanie Lovejoy,
Katina Koukourou).* We are likely to win our third straight Winter Premiership despite ① A
seven day entry deadline & ② A State X-Country/National Marathon clash.
National Performances

GOLD	Brett Cartwright	National U17 4 km X- Country	(12.09)
	* Greatest winning margin (19 secs) in history		
6	Meredith Ryan	National U17 4 km. X- Country	(14.40)
12	Mark Taylor	National U15 4 km. X- Country	(13.40)
21	Katina Koukourou	National U15 3 km. X- Country	(11.31)
21	Nathan Schumacher	National U19 2 km X- Country	(27.52)
24	Renee Smith	National U15 3 km. X- Country	(11.43)
26	Andrew Mensforth	National U19 2 km. X- Country	(22.22)
26	Neil Benn	National U15 4 km. X- Country	(14.00)
31	Gavin Heath	National U19 2 km. X- Country	(22.54)
DNF	Simon Perkins	National U17 4 km. X- Country	—

Individual Achievements

Nationally, Nikky Footer won the Australian Federation Junior (U20) 5km. Road Walk title.

Locally, Allan Carman was fastest leg at Patrawalonga Relay (8.41), won City-Port (44.52) & Greenbelt Half-Marathon (66.28).

Yolanda Budich was fastest at Pat Relay (5.15), won The South Adelaide F.C. Fun Run and two Capita 5km. Runs (17.30).

Meredith Ryan (Brighton HS seniors) & Neil Benn (Aberfoyle Pk. HS juniors) were part of winning teams in the Oakbank-Morialta 100km. schools Relay. Meredith won the Women's Week Fun Run again (18.01 for two outer laps of Victoria Park Racecourse) & Neil took the Hub-A-Dash 4km. (14.34).

Robert Ziersch won the Sunday Mail-Capita Half-Marathon (75.02) Brett Cartwright the Capita 5km, Julie Cummings the Hub-A-Dash 10km. (38.04), Marie Bleakley the Menglers Hill 3.2km. (43.33) & Renee Smith won Hub-A-Dash 4km. (17.38) and Great Obstacle Run.

Records:

Darren Abbott broke the SA U18 Record for 3000m. (8.21.8), The third fastest ever by an Australian in the age group.

Honours Won:

National Sugar Industry Savad - Peter Brett, Brendan Hewitt, Tony Brideson, Darren Abbott
Q&E Award - Darren Abbott
University of Alabama Scholarship - David Graham.

Administration

1. Flinders outlayed \$200+ to "top soil" the eastern edge downslope which had deteriorated over three years.
2. Our registrations make us S.A.'s second largest club.

Finance & Fund-Raising

1. BWA Abrahams' People in Motion pay us nett entry fees from the 4-race Capita series.
2. ANZ Travels Paul Hollaway donated \$1000 travel prize for 5km. Glenelg Fun Run.
3. As a result \$7800 has been budgeted to fund our interstate and international representatives.

THE FUTURE

Two obvious aims are:

1. To produce a Commonwealth Games rep. and Olympian.
2. To become SA's largest club.

It would also be ideal if we could totally cover the costs of interstate/international travel for our representatives.

Note that a Pro Meet is planned at FU next March.

Flinders has developed on the basis that ① Athletes join without coercion or a "heavy sell" and ② Individual excellence is more important than Interclub pennants.

These elements are likely to stay.