

1985-86

Committee:

Pres: David Abbott
V.P.s: Mike Parker & Barry Venning
Sec: Roslyn Feckner
Treas: Raelene Tregenza
Reg: Iris Shaw
Uni Rep: John Fraser
Recorder: Val Crisp
Other Official: Maureen Clark
Coaches: Toby Schreier, Brenda Parkinson, Peter Crisp.

Members: Bill McEwan
Lance Cochrane
Karen Moyle
Kym Janiak
Brian Chapman(Promo)
Captains: Karen Moyle, John Fraser(S)
Lisa Tregenza, Lance
Cochrane(W)

New Members:

Steve Barron (ex-UC)	Christy Ditchburn	Ngeno Mkandawire(ex-Mali)
Tony Brideson(ex-LA)	Ian Dyson	Jim Moursellas
*Holder of National	A.Forster(Mt.Gamb)	David Omond(ex-UC)
Little Athletics 3J	Paul Gerrard	Darryl Pudney(Mt.Gamb.)
Record.	Richard Gerrard	Cameron Rasheed
Barbara Burgemeister	Wayne Gerrard	Susan Segraves(ex-USA)
Darren Burgess	Melanie Hodgkinson	Norm Sinclair
Richie Byers	Rebecca Jenkin	Bill Stockman
Sally Collins	Greg Jericho	Peter Thomas
Sarah Conniff(ex-EH)	Carolyn Krieg	Simon Tregenza
Mike D'Aloia	Samone Lacey	Tania White
Tracey Dawes	Tony Mahar	Martin Whitty
		Simon Winter
		* Karen Wood

Winter 1985:

State Champions

Yolanda Budich	Senior Women's 4km.X-Country	(14.25)	*First Flinders senior winter title.
**	At 15, youngest-ever winner of title.		
Ben Phillips	U20 8km.Road	(26.37)	
Ben Phillips	U20 10km.X-Country	(32.23)	-2 in a row.
Kerran Oates	U20 4km.X-country	(15.15)	
Kerran Oates	U20 6km.X-Country	(25.40)	
Lisa Tregenza	U18 4km.X-Country	(15.12)	
Yolanda Budich	U16 3km.X-Country	(10.52)	-2 in a row.
Alison Cartwright	U14 2km.X-Country	(8.11)	
Brett Cartwright	U14 4km.X-Country	(14.17)	-2 in a row
Rebecca Parker	U14 2km.X-Country		

Winning Teams:

Flinders females won the Mary Cavanagh Shield(Kerran Oates, Rachel Parker, Sonia Zahirski)
U18 Men 5km.X-Country (Greg Lyons, Darren Schreier, James Wood, Kym Janiak)
U16 Men's 5km.X-Country (John Kavanagh, Steve Porter, Darryl Pudney, Brett Cartwright)
U16 Girls 2km.X-country(Sonia Zahirski, Rachel Parker, Emma Keynes)
A composite Flinders women's team finished the Victor Relay (4.12.43)

National Performances:

6	Ray Huisenfeld	National U19 8km.X-country	(27.22)
8	Yolanda Budich	National U17 4km.X-Country	(15.07)
8	Lisa Tregenza	National U18 4km.X-Country	(15.13)
9	Greg Lyons	National U17 4km.X-Country	(13.18)
12	Brett Cartwright	National U15 4km.X-Country	(13.59)
14	Simon Tregenza	National U15 4km.X-country	(14.03)
16	John Kavanagh	National U17 4km.X-country	(13.31)
18	Steve Porter	National U15 4km.X-Country	(14.15)
20	Nikky Warren	National U17 4km.X-country	(16.36)
21	Darryl Pudney	National U15 4km.X-Country	(14.21)
21	Rachel Parker	National U15 3km.X-Country	(11.48)
22	Darren Schreier	National U17 4km.X-Country	(13.42)
23	Alison Cartwright	National U15 3km.X-country	(11.50)
23	Greg Jericho	National U15 4km.X-Country	(14.24)
26	Sonia Zahirski	National U15 3km.X-Country	(11.54)
32	A.Forster	National U15 4km.X-Country	(14.43)

**Toby Schreier was manager/coach of the SA Schools X-Country team which had to arrive at the Perth venue an hour before the race after their plane had been hijacked the night before, making the connection through Adelaide inoperatable.

**12 Flinders runners withdrew from the SA team for the National U18/20/Open.

Individual Achievements:

Internationally, Ben Phillips and Paul Sutcliffe accepted athletic scholarships at Hancock JC, Santa Maria. Paul went via England, returning in mid-1986 wearing his hair in an Iroquois or "Mister-T" style. Ben had less luck, breaking an SA record of sorts ---he lasted 13 days in bed at Santa Maria having picked up mononucleosis. Chris Fisher's 21 day unsuccessful stay at UTEP was the previous record for scholarship brevity. Peter Brett ran 28.44 at Mt. SAC Relays, Walnut, California.

Locally Jenny Shaw ran in the Heathfield HS team which won the Victor-Morialta 100km. school relay, while Yolanda Budich, Brett & Alison Cartwright ran in Willunga High's winning junior team (6.23.30).

City-Bay saw Yolanda Budich runner-up (42.05) and Segraves 5th. Yolanda also won the Noarlunga 5km (17.52).

Kerran Oates won her third straight Torture Ridge and lowered her National Street Mile record in winning the Golden Mile.

Kym Janiak won Hell and Back with sprite Kym Handley being rushed to casualty with a split knee.

Lisa Tregenza won the SARRC 15km (57.52).

Brett Cartwright, at 12, became the youngest ever winner of a senior DRC winter Night Run, accounting for Lance Cochrane over 3000m. in 9.34.

Greg Lyons won the 1986 Footylympics 5000m. in 15.15 before 5000 people.

Summer 1985-86:

State Champions

These were Flinders'

Brendan Hewitt	Senior Men's 3000m. Steeple	(8.49.3) * first senior men's
David Woodley	Senior Men's 800m.	(1.53.3) * track state champions.
Lisa Tregenza	Senior Women's 1500m.	(4.27.0) ---3 in a row.
Lisa Tregenza	U20 1500m.	(4.35.8)
Lisa Tregenza	Senior women's One Mile	n.t.a. * Held as a "one-off"
David Woodley	U20 800m.	(1.54.7)
Richard Porter	U20 2000m. Steeple	(6.06) ---2 in a row
Men's U20 Medley Relay team		
Women's U20 Medley Relay team		
Women's U20 4 x 400m. Relay team		
Natalie Dillon	U20 100m.	(12.61) ---2 in a row
Natalie Dillon	U20 200m.	(24.9) ---2 in a row
Natalie Dillon	U20 Triple jump	(11.64m.)
Natalie Dillon	U18 100m.	(12.58) ---3 in a row
Jenny Shaw	U18 1500m.	(4.56.3)
Kym Janiak	U18 800m.	(1.57.3)
John Kavanagh	U18 3000m.	(9.14)
Greg Lyons	U18 1500m.	(4.04.3)
Men's U18 4 x 400m. Relay team		
Men's U18 Medley Relay team		
Women's U18 Medley Relay team		
Men's U16 4 x 400m. Relay team		
Men's U16 Medley Relay team		
Bill Stockman	U16 Pole Vault	(3.50m)
Tony Brideson	U16 Triple Jump	(13.54m)
David Gerrard	U16 2000m. Steeple	(6.44.1)
John Kavanagh	U16 1500m.	(4.14.7) ---2 in a row
John Kavanagh	U16 3000m.	(9.12.7)
Raelene Tregenza	Vet. 100m.	(13.1sec)
Raelene Tregenza	Vet. 200m.	(27.1sec)
Glenn Powell	Vet. Pole Vault	-----4 in a row

**This was a particularly outstanding Championships for the distance squad with a record 35 gold, silver, bronze medals being captured in events 800 or above and our best runners finishing no lower than 3rd. in any event.

Interclub:

Flinders was 4th. in Men's B, D and U20 Finals.

National Performances

GOLD	Bill Stockman	National U18 Pole Vault	(4.00m)
GOLD	James Wood	National U17 1500m.	(4.02.62)
GOLD	Raelene Tregenza	National Vet.100m.	(12.6sec)
GOLD	Raelene Tregenza	National Vet.200m.	(27.1sec)
SILVER	Phil Ryan	National U19 Javelin	(62.74m)
SILVER	Phil Ryan	National U17 Javelin	(59.20m)
BRONZE	Natalie Dillon	National U20 4 x 100m.Relay	
BRONZE	Lisa Tregenza	National U20 1500m.	(4.29.47)
BRONZE	Cameron Rasheed	National U16 Pole Vault	(3.40m)
BRONZE	Brenda Parkinson	National Vet.80m.Hurdles	(14.8sec)
4	Brendan Hewitt	National Senior 3000.Steeple	(8.55.82)
4	Richard Porter	National U20 2000m.Steeple	(5.58.09)
4	Natalie Dillon	National U18 100m.	(12.16sec)
4	Yolanda Budich	National U18 1500m.	(4.35.92)
4	John Kavanagh	National U16 3000m.	(8.59.53)
4	Bill Stockman	National U16 Pole Vault	(3.30m.)
4	A.Forster	National U15 3000m.	(10.08.75)
6	Yolanda Budich	National U20 1500m.	(4.41.50)
6	James Wood	National U18 1500m.	(4.04.95)
6	David Gerrard	National U16 2000m.Steeple	(6.39.89)
7	John Fraser	National U20 2000m.Steeple	(6.09)
7	Scott Kirkwood	National U18 800m.	(2.02.39)
7	Geoff Forrest	National U18 110m.Hurdles	(15.66sec) PB
7	Greg Lyons	National U18 2000m.Steeple	(6.26.43)
7	John Kavanagh	National U16 1500m.	(4.16.38)
7	Sonia Zahirski	National U15 3000m.	(11.33)
7	Tony Brideson	National U15 Triple Jump	(12.60m)
8	Natalie Dillon	National U18 200m.	(26.11sec)
8	Leanne Kellas	National U17 100m.hurdles	
Finalist	Lynda Radford	National U19 100m.	
Finalist	Lynda Radford	National U19 200m.	
9	Greg Lyons	National U18 3000m.	(8.52)
DNQ	Darryl Pudney	National U15 800m.	
DNF	Darryl Pudney	National U15 1500m.	

Records:

John Kavanagh broke the Australian U16 3000m. Record twice with 8.47, then 8.38.0

John Kavanagh broke the SA U16 1000m.Record with 2.41.4

Yolanda Budich broke the State U16 5000m. Record with 18.08.1

Yolanda Budich broke Donna Gould's State U16 3000m. Record with 9.48.9

**This record was doubly creditable because it was achieved on a puddle-covered cinders track at Adelaide Harriers, OSF having been closed down allegedly to save wear on the track surface. As well it was just 1.5sec.outside the Australian U16 record.

Natalie Dillon set a State U18 & U20 Triple Jump Record(11.98m)

National Rankings:

3	Brendan Hewitt	3000m. Steeple	8.49.3	
3	Natalie Dillon	Triple Jump	11.98m.	
9	Richard Porter	2000m. Steeple	5.58.09	* Junior only
14	Lisa Tregenza	1500m.	4.27.07	
19	John Fraser	2000m.Steeple	6.05.6	* Junior only
21	Yolanda Budich	1500m.	4.29.6	
30	Phil Ryan	Javelin	62.74m	

International Rep. (**Flinders' first Male Australian rep.)

In Jan.1986, Phil Ryan won selection for Australia in the National Schools Team to tour New Zealand. His best performance was a 4th.placed throw of 54.60m.

Honours Won:

AIS SCHOLARSHIP---Natalie Dillon

SHELL SQUAD---Richard Porter, Phil Ryan, Natalie Dillon, Yolanda Budich

SASSA STATE BANK MEDAL---Greg Lyons & Yolanda Budich (both for X-Country)

SASI SCHOLARSHIP/TRAVEL---No Flinders athletes or coaching programmes were deemed worthy.

Club Awards: Outstanding Male--Phil Ryan Outstanding Female--Yolanda Budich

Patron's Trophy---Brenda Parkinson(coaching)

Most Improved--Ray Huisenveld Most Promising Newcomer--Bill Stockman

Golden Shoe----Phil Fitzpatrick

**This was a new award, donated by Brian Chapman, to recognise athletes who had trained in a dedicated fashion without achieving a state medal, state selection or other significant breakthrough.

Administration:

1. In October Richard Gerrard and Bill McEwan marked top and bottom FU tracks to set the standard for ground staff to follow in future years.
2. In January Flinders became the first athletics club to appoint a full-time development officer. A CEP grant enabled us to employ Christine Chevalier who looked after typing, a newsletter, fun run entries and mass mailers to recruits, etc. for 6 months.
3. Ian Willoughby achieved his AAU Level 1 Officials Badge.
4. Further applications were submitted to the State Athletics Association as follows (AA response in brackets):

Facility Development Grant to lay synthetic strips (Rejected)

Equipment Purchase Grant (Rejected)

Gifted Country Sportsperson Grant (Rejected)

Junior Coaching Course grant (Rejected)

Winter Conditioning Course Grant (Approved)

**Flinders was one of three centres designated to share a \$6000 government grant. One of the courses did not proceed. Despite a Government Department of Recreation & Sport indication in writing that we should expect a share of around \$2000, our grant was withheld by the AASA for a year and eventually amounted to only some \$800. Claims for administration and equipment costs were rejected by the AA as were several fees for our guest instructors/coaches.

As well, none of Flinders' 11 national medalists and 23 other Nationals qualifiers were invited to join a SASI Squad trip to Canberra for an AIS Camp/Australia Day Meet.

Finally the AASA forwarded an Iowa scholarship offer for Brendan Hewitt in April seven months after receiving it. The offer had lapsed.

Finance & Fund-Raising:

1. Yolanda Budich and Lisa Tregenza received sponsorship deals for SARRC's Smith and Weston 10km. series. As well Flinders members received a 20% discount card.
2. SA Road Runners Club sub-contracted its finish system operation to us for 50c finisher. This involved Greenbelt Half-Marathon, Festival City Marathon, 10/20km. and Women's 10km.
3. Summit to Suburb and Corkscrew-Mt. Misery Stampede were added to our fund-raisers.
4. Monroe sponsorship worth \$2000 was gained through Susan and Mike Segraves to cover windcheaters for our national qualifiers and casual tops for all members.

Coaching: . It was at this time Toby predicted "All the young guys at Flinders will run 5kms under 15 minutes if we stick to our methods". They have.

Social:

In June, the distance squad was reprimanded at an OSF Night Run for barracking so loudly the time-caller could not hear themselves calling split times.

In April there had been a disco at Belair Hall.

In May a busload of Flinders went to Broken Hill for the return dual meet against BH.

At a September "All You Can Eat Pizza Night", 40 of us ate \$250 worth.

In October a large Flinders group drove to the World Cup in Canberra. Nine slept in 4-bed units at the Car-O-Tel. Two speed tickets were accumulated and we were the only ones barracking for East Germany.

January saw the "Thrash Enfield" Beach Day and April the regular trip to the SA Country Titles, this time at Berri.



Lisa and Raelene Tregenza training at Flinders University. Mum can beat daughter over 100 and 200 metres but not over longer distances.

Daughter's feats inspire mum's track success



James Wood looks good at training this week.

Youngest winner

Our secretary,
ROS FECKNER

LEFT (on right)

was the car.

Brett Cartwright has become the youngest athlete to win a Senior Distance Running Club race at the Olympic Sports Field.

Cartwright, 12, won the three-kilometre event, overtaking Lance

Cochrane with three laps to go and recording a time of 9:34. Results:

Men's 3 km: B. Cartwright 9:34, L. Cochrane 9:44, D. Gerrard 9:46. Girls' 3 km: Y. Budich 10:06, K. Oates 10:45, J. Shaw 10:49, 5 km: I. Hill 15:48, B. Jones 15:54, D. Holmes 15:58. Junior 5 km: R. Huisenfeldt 16:01, G. Lyons 16:11, D. Schreier 16:11.