

1988-89

Committee:

Pres: Brendan Hewitt
V.P: Dennis Lyons
Sec: James Wood
Treas: Richard Gerrard
Reg: Judith Gerrard
Uni.Rep: Darren Schreier,
Karen Wood

Members: Brian Chapman(Promo)
Graham Hill, Susan Lovejoy,
Lynda Radford, Peter Crisp,
David Kavanagh, Wendy Perkins,
Brenda Parkinson, David Woodley,
Bruce Abrahams
Coaches: Brenda Parkinson, Toby Schreier,
Peter Crisp, Bill Ross, Mike
Danila.

****By now several of our athletes were under non-Flinders, freelance coaches including Dean Tonkin, Graham Boase, David Stokes, John Daly, Don Brown and Allan Iverson.**

New Members:

Jane Anderson	Scott Hammerstein	Andrew Mensforth	Tony Staiano(ex-Italy)
Glynn Boyce(ex-UC)	Lucy Harris	Reece Ordner	Mark Taylor
Allan Carman(ex-EH)	Richard Hayes	Kelly Perkins	Chris Vogel
Julian Cathro	Sarah Maddern	Danielle Rippin	Aiden Weightman
Anna Cornish	Richard Manthey	Renee Smith	
Monique Dickinson	Mike Marshall(ex-NZ)	Marcus Speed(ex-Pem)	
Hamish Fisher			

Winter 1988: State Champions

Allan Carman	Senior 12km.X-Country	(38.05)	*His 80sec.winning margin was the largest in 1980s.
Yolanda Budich	Senior 4km.X-Country	(14.35)	
Yolanda Budich	Senior 8km.X-Country	(29.27)	--3 in a row.
Allan Carman	Senior Half-Marathon	(66.37)	
Yolanda Budich	U20 8km.Road	(28.31)	
Nathan Schumacher	U18 6km.X-Country	(n.a.)	
Nathan Schumacher	U18 5km.X-Country	(17.15)	
Meredith Ryan	U16 3km.X-Country	(11.06)	
Brett Cartwright	U16 4km.X-Country	(13.23)	
Brett Cartwright	U16 5km.X-Country	(n.a.)	
Mark Taylor	U14 4km.X-Country	(14.19)	

Winning Teams:

Flinders won the Victor Relay and was 3rd.as well.

Men's senior 8km.X-Country(Allan Carman,Jim Mack,John Kavanagh,Kym Janiak,Greg Lyons,
David Graham)

Men's senior 10km.Road(Allan Carman,Jim Mack,Brendan Hewitt,Kym Janiak,Greg Lyons,
John Kavanagh)

Men's senior 12km.X-Country(Allan Carman,John Kavanagh,Derek Green,Greg Lyons)

Men's senior 3000m.teams race(David Graham,Kym Janiak,Darren Abbott,Derek Green,John
Kavanagh,Greg Lyons)

Men's 4 x 1500m.(Darren Abbott,Allan Carman,Derek Green,David Graham)15.55

Women's Gawler Relay(Meredith Ryan,Yolanda Budich,Julie Cummings,Nikky Footer)35.48

****Flinders won its second Winter Premiership despite the team sizes on several events being enlarged.**

National Performances:

GOLD	Darren Abbott	National U17 4km.X-Country	(11.52)	*1st.SA male champion & 1st.Sub-12min.time-team
SILVER	Renee Smith	National Primary X-Country	(n.a.)	silver.
4	Meredith Ryan	National U15 3km.X-Country	(10.41)	--team silver
9	Brett Cartwright	National U17 4km.X-Country	(12.28)	--team silver
13	Allan Carman	National Senior 15km.Road	(46.29)	
14	Jim Mack	National Senior 15km.Road	(46.50)	
16	Nathan Schumacher	National U19 8km.X-Country	(27.31)	
9	Mark Harris	National U19 8km.X--Country	(26.36)	
18	Andrew Mensforth	National U19 8km.X-Country	(27.43)	
28	Katina Koukourou	National U15 3km.X-Country	(12.35)	
29	David Gerrard	National U19 8km.X-Country	(28.58)	
30	Mark Taylor	National U15 4km.X-Country	(14.08)	

In World X-Country Trials, John Kavanagh placed 2nd. and Peter Brett 3rd.

Individual Achievements:

Internationally, Yolanda Budich ran 4.37/9.45, placing 4th.in Leipzig(DDR) and 6th.in Wales.She became the third Flinders runner to be offered an AIS scholarship, but she declined .

Peter Brett won the Vastervik(Sweden)Half-Marathon(65)for the second year in a row, was runner-up in Gothenburg's Half-Marathon(65.24) against 27,000 runners,second in the Norway Road Classic(23.46 for 8km),3rd.in the Odense Half-Marathon(63.50 PB), second in the Enhorna 15km.(44.31) behind Nyambui,9th.at Lidingo-Lopett 30km.(1.40.26) against 30,000 people and clocked 2.19.54 at the New York Marathon.He was the only SA athlete to be invited to compete on the IAAF Mobil Grand Prix circuit in Europe. He competes on contract for Enhorna-Scaña in Scandinavia.

Ben Phillips was 60th.in the Lidingo-Lopett, then trained with Koskei's distance squad in Kenya for a few months.

Brian Chapman defeated Henry Rono in the San Diego Marathon by a mile(3.48 to 3.55). Flinders placed 3rd. in the Enhorna(Sweden) Road Relay collecting \$500.Members were Paul Collins,Brian Chapman,Ben Phillips and Peter Brett augmented by Garry Henry and Nick Biddeau.

Locally, Yolanda Budich was fastest leg at the Pat Relay and Gawler Relay, won the Half-Case 5km.(17.37), Collonades 10km(36.19/\$400),Airport-TNT(\$250) and Pt.Elliott to Victor. She was also 2nd.in City-Bay as was Allan Carman.

Allan Carman was also fastest leg in the Pat Relay(9.14),set a junior record in the Greenbelt Half-Marathon(66.35) behind Brad Camp and won City-Port(44.54).

Peter Brett won Glendi's \$500, Jonathon Abrahams took the Coober Pedy 12km.(41min/\$250), Brian Chapman prevailed in the Robe 10km. Meredith Ryan dominated the Women's Week World Championship Schoolgirl Fun Run, Jim Mack won Half-Case Half-Marathon(69.21) and Robert Ziersch took the Torrens Discovery 30km.

Summer 1988-89: State Champions

Peter Brett	Senior 5000m.	(13.55)--2 in a row
Peter Brett	Senior 10000m.	(29.16)
Darren Abbott	U20 3000m.Steeple	(9.41)
David Gerrard	U20 1500m.	(4.13)
Tony Brideson	U18 Triple Jump	(14.45m)
Melinda Oxley	U18 Triple Jump	(11.16m)
Melinda Oxley	U18 200m.	(26.75sec)
Simon Perkins	U18 1500m.	(4.10)
Brett Cartwright	U18 3000m.	(8.42)
Meredith Ryan	U16 1500m.	(5.01)
Under 16 Women's 4 x 100m.Relay		(52.66sec)
Raelene Tregenza	Vet.100m.	(13.86sec)
Raelene Tregenza	Vet.200m.	(27.19sec)
Raelene Tregenza	Vet.Triple Jump	(10.68m)

Interclub

Flinders won U18 women's Summer Premiership.

Ray Kerlogue(Jumps"11") and Peter Crisp(Starter"3") qualified for AAU Official Badges. Our regular officials were Graham Hill,Ray Kerlogue,Trevor Burgemeister, Val Crisp.

National Performances:

GOLD	Darren Abbott	National U18 2000m.Steeple	(5.54.1) PB
GOLD	Tony Brideson	Pacific School Games(17)3J	(14.58m)
SILVER	Tony Brideson	National U19 Triple Jump	(14.81m) "All-Aust"/State U18 REC.
SILVER	Tony Brideson	National U18 Triple Jump	(15.03m) State U18 REC.
BRONZE	Brett Cartwright	National U17 3000m.	(8.40.3)
4	Darren Abbott	National U19 1500m.	(4.00.7)
4	Melinda Oxley	National U19 Triple Jump	(11.09m)
4	Meredith Ryan	National U15 3000m.	(10.35)
4	Brett Cartwright	Pacific School Games(16)3000m.	(8.53.9)
6	Kym Janiak	National U20 1500m.	(3.55.6)
7	Mark Harris	Pacific School Games (17)2km.Steeple	(6.18.5)
7	Simon Perkins	Pacific School Games (16)1500m.	(4.09.4)
7	Scott Hammerstein	National U16 High Jump	(1.85m)
8	David Gerrard	National U19 1500m.	(4.22)
8	Meredith Ryan	Pacific School Games(16)3000m.	(10.30)

National Performances...cont.

9	Darren Abbott	National U18 3000m.	(9.00)
9	David Gerrard	Pacific School Games(17)1500m.	(4.08)
9	Mark Harris	Pacific School Games(17)5000m.	(15.52)
9	Tony Brideson	Pacific School Games(17)Long Jump	(6.59m)
9	Mark Taylor	National U15 1500m.	(4.30)
10	Scott Hammerstein	National U17 High Jump	(1.90m)
DNQ	Marcus Speed	National U18 800m.	(1.58semi)
DNQ	Reece Ordner	National U15 Long Jump	(5.67m.Q)
DNF	David Graham	National 1500m.senior	--
DNQ	David Graham	National Senior 800m.	

In National Veterans:

SILVER	Raelene Tregenza	National Vet.Triple Jump	(10.64m)
SILVER	Raelene Tregenza	National Vet.400m.Hurdles	(67.8sec)
BRONZE	Raelene Tregenza	National Vet.100m.	(12.9sec)
BRONZE	Raelene Tregenza	National Vet.400m.	(61.2sec)
4	Raelene Tregenza	National Vet.200m.	(26.9sec)
Unpl.	Glynn Boyce	(15.5/31.6/76.0)	

Records:

Brett Cartwright broke Australian U16 3000m. Record four times lowering it to 8.31.8
Tony Brideson broke State U18 Triple Jump Record at least twice raising it to 15.03m.

Professional:

Derek Green won \$1000 Port Pirie Mile off 115m.

Bay Sheffield---Kym Janiak won 800m. in 1.53.6 off 30m.

---Lynda Radford won 120m. in 15.0sec. off 6m.

---Simon Perkins won Junior 800m. in 1.57.7 off 28m.(2 in a row)

---Darren Abbott won 1600m.Backmarkers in 4.05.8 off 80m.

Stawell-----Greg Lyons won 2 mile Backmarkers off 200m.(Youngest ever 2mile winner)

---Derek Green won Frontmarkers Mile

Individual

Kerran Oates toured USA in May on an exchange trip.

Sonia Zahirski and Marcus Speed toured west coast USA on a Youth for Understanding trip, with Sonia placing 3rd.in San Diego's Balboa 5km.(U18).

Peter Crisp & Lynda Radford coordinated a trip to Victorian Championships which they competed in.

National Rankings(Not available as yet)

6	Peter Brett	5000m.	13.48.76
7	Peter Brett	10000m	29.16.8

International Representatives

Yolanda Budich represented Australia in the World Junior Championships in Sudbury,Canada, where she finished 17th. out of 25 in the 10,000m.(38.42). She was our first World Championship female rep.

Peter Brett and John Kavanagh represented Australia in the World Cross-Country Championship in Stavanger,Norway. Brett,in his 4th.consecutive national team(matching DeCastella and Moneghetti's record), placed 96th.(42.55).

Kavanagh finished 20th.in the junior 8km.world title(26.47), a position bettered only by DeCastella,Moneghetti,Steve Austin and Tony Ford among Australian males ever.He was the 4th.non-black African to finish. John followed up by winning the junior Cinque Mulini 7.5km.race(25.19) against 90 Europeans.

Peter Brett then raced the World Cup Marathon in Milan, clocking about 2.26.

Honours Won:

MOBIL GRAND PRIX CIRCUIT INVITATION---Peter Brett(1st.SA male ever)

NATIONAL SQUAD---Brendan Hewitt,Peter Brett, Tony Brideson

MLC AWARD---Brett Cartwright, Meredith Ryan

SASI SCHOLARSHIP---David Graham,Peter Brett,John Kavanagh, Yolanda Budich, Brendan Hewitt.

SHELL SQUAD---Darren Abbott,Yolanda Budich, Tony Brideson,Brett Cartwright,Kym Janiak, Simon Perkins, John Kavanagh

ALL-AUSTRALIAN(Schools)----Tony Brideson

JULIE NYKEL FOUNDATION---Meredith Ryan

Professional---Greg Lyons "Distance Runner of Meet" at Stawell;John Kavanagh/David Gerrard "SA Distance Runner of the Year";Toby Schreier "SA & National(=)Coach of the Year"

Kym Janiak "Athlete of Meet"(Bay)

Honours Won...cont

Club Awards: Outstanding Male---John Kavanagh; Outstanding Female---Yolanda Budich
Patron's Trophy---Hans Janiak
Most Promising Newcomer---Allan Carman; Most Improved---Darren Abbott.
Golden Shoe---Holger Tandler

Administration

1. There was a brief scare over a car park planned for the bottom oval at FU.
2. Peter Crisp gains a position on the SATFCA Executive.
3. Bruce Abrahams launched a Flinders Recreational Jogging group on Thursdays at FU.
4. Our Constitution underwent its first major amendment with the introduction of Associate Membership (attracted 18)& dropping of the term "amateur".

Coaching

Rumanian coach Mike Danila had good impact on field eventers and some runners during his brief stay.

Finance & Fund-Raising

1. Richard Gerrard arranged Sargeant's Lucky Ticket sales at Marion Shopping Centre(\$200+).
2. David Kavanagh arranged Australian Credit Union raffle(\$540).
3. Bruce Abrahams transfers Capita road race finish system proceeds to Flinders(\$1500+)
4. A \$500 Sugar Industry grant went to Peter Crisp's squad(medicine balls)
5. A \$800 SASI grant went to a bounding mat for Indoor Course.
6. Total income was \$18,944 and \$16,704 was total expenditure.
(Fun Runs,Phone Books) (\$5234 to State Athletes,\$2755 to singlets)

Social

Family Sports Centre Day--indoor soccer was the highlight.

A Quiz Night was a success.

A FU student recruiting BBQ attracted three.

A Peter Brett/John Kavanagh Fund-Raising Pool Party/Kegger was a boomer.

Toby's 50th. was great.



● Peter Brett: Pleased with overseas preparation



● Lyons: Been running for just four years