

1984-85

Committee:

Pres: Mike Parker

V.P.s: David Abbott (later Pres. & LA liaison)

Barry Venning

Sec: Ros Feckner

Treas: Raelene Tregenza

Reg: Iris Shaw

Coaches: Toby Schreier, Brenda Parkinson,

Peter Crisp, Barry Venning.

Uni.Reps: Paul Sutcliffe, Indra Reinpuu

Auditor: David Iveson

Recorder: Val Crisp

Athlete Grants: Paul Sutcliffe, Brian Chapman, Raelene Tregenza

Members: Brendan Hewitt

Les Riekie

Peter Crisp

Karen Moyle

Bob White (Public Off)

Brian Chapman (Promo.)

Captains: Wayne Hulme & Karen

Moyle (W)

Peter Crisp & Brenda

Parkinson (S)

New Members:

Jonathon Abrahams (ex-AH) Sharon Hayes

Joshua Bobbridge Kym Janiak

Yolanda Budich (ex-WILL) Chris Johns

Brenton Bushby John Kavanagh

Paul Collins (ex-EDLAC) Carolyn Laslett

Rigid Conlen Mike LeBasso

Greg Coulter Greg Lyons

David Forrest Allan Maxwell

David Gerrard Nick Mitchell

Teresa Hekmeijer Craig Montgomery

Jeanette Hill Norm Murphy

Kieran Hogan Gordon McHugh

Jo Newmarch

Ben Norman

Brett Ordner

Margaret Pope

Steve Porter

Lynda Radford

Mike Richardson

Malcolm Roberts

Sherrill Roberts

Phil Ryan

Mark Sandford

Bill Stathoulis

Nicole Stewart

Keran Sutcliffe

Bob Sweet (ex-AH)

Nicole Symons (ex-Pem)

Kevin Timoney

Byron Tubb

John Wheatland (ex-WD)

Neil Wilson

Rick Wilson (ex-CTC)

James Wood

Mike Woods

Sonia Zahirski

Winter 1984:

State Champions:

Tom Conley U20 10km.X-Country (33.09)

Tom Conley U20 8km.Road (26.29)

Ben Phillips U20 8km.X-Country (27.25)

Yolanda Budich U20 4km.X-Country (15.15)

John Fraser U18 6km.X-Country (20.54)

Brett Cartwright U16 5km.Road (16.57)

Brett Cartwright U14 4km.X-Country (14.23)

Alison Cartwright U14 2km.X-Country (7.25)

Yolanda Budich U16 3km.X-Country (11.25)

Winning Teams:

Senior Women's Gawler Relay (Heather Ashcroft 8.31, Lisa Tregenza 8.35 plus 2) 35.15

**This was Flinders' first senior winter relay victory.

U20 Men's Patawalonga Relay (Greg Lyons, Todd Keynes, Simon Parker, Brett Cartwright)

U20 Men's Gawler Relay (2.12.56)

U20 Men's Victor Relay (Ben Phillips, Andrew Hillam, Brendan Hewitt, Jonathon Abrahams, Lance Cochrane, Simon Parker, Phil Fitzpatrick, John Fraser, David Woodley, Heather Ashcroft) 3.44.21 REC.

U20 Men's 8km.X-country (Ben Phillips, Andrew Hillam, Lance Cochrane)

U20 Men's 10km.X-Country (Ben Phillips, Tom Conley, Andrew Hillam)

U20 Women's 4km.X-country (Yolanda Budich, Alison Cartwright, Emma Keynes)

U18 Men's 6km.X-country (John Fraser, Ray Huisenveld, Richard Porter)

U16 Men's 5km.X-Country (Greg Lyons, Brett Cartwright, Simon Parker)

U14 Girls 2km.X-Country (Alison Cartwright, Rachel Parker, Rebecca Parker)

National Performances:

SILVER Heather Ashcroft National U20 6km.X-Country (22.58)

SILVER Yolanda Budich National U15 3km.X-Country (11.30.4)-SA team

6 Lisa Tregenza National U17 4km.X-Country (15.16) silver

11 Ben Phillips National U20 8km.X-Country (27.36)

16 Andrew Hillam National U20 8km.X-Country (28.01)

17 Heather Ashcroft National Senior 10km.Road

**Our first senior women's winter State Rep.

18 Jenny Shaw National U17 4km.X-Country (16.28)

19 Ray huisenveld National U19 8km.X-Country (28.44)

National Performances (winter 1984)...cont.

19	John Fraser	National U18 6km.X-Country	(21.48)
20	Liz White	National Senior Marathon(Wang)	(3hrs.15min)
23	Patsy-ann Parkinson	National U17 4km.X-country	(17.05)
25	Nikky Warren	National U17 4km.X-Country	(17.44)
25	Janifer Baker	National U15 Road Walk	
24	Brett Cartwright	National U15 4km.X-country	(14.33)
	***	At 11 years, Brett was the youngest	SA x-country rep.ever.
26	Rachel Parker	National U15 3km.X-Country	(12.17)
27	Emma Keynes	National U15 3km.X-Country	(12.18)
32	Alison Cartwright	National U15 3km.X-Country	(12.24)
37	Greg Lyons	National U17 4km.X-country	(14.08)

Individual Achievements:

Internationally, Brendan Hewitt joined Peter Brett on scholarship at Fresno State Uni., California. Brett won the Fresno Invitational 8km.X-Country(23.53 REC) with Hewitt 3rd. Brett then won the Stanford Invitational X-country 10km(30.21) and Hewitt ran 8.58 for 3000m.steeplechase at Eugene,Oregon, before a hip dislocation and stress fracture forced him to abort his USA stay.

Les Riekie contested the World Police Olympics in Phoenix,Arizona.

Nationally, Heather Ashcroft contested the World X-Country Trials at Bundoora, but was involved in the start foulup when a third of the field was left waiting at the wrong start line as the gun fired. After this, chronic leg and back-related injuries forced Ashcroft into triathlons and only the occasional road/x-country appearance.

Paul Sutcliffe(4th.),Ben Phillips(5th),Lance Cochrane(23rd) and Jonathon Abrahams(29th) combined to win the teams bronze medal in the National I-V X-Country Championship.

Locally:

Darren Schreier won the Prince of the Mountains road race(55.22)

Yolanda Budich was 5th.and Heather Ashcroft 2nd.(20m.behind winner) in City-Bay.

Yolanda Budich won Two Bridges Fun Run(55mins),Port Elliot to Victor(28.19) and McLaren Vale Bushing Festival Fun Run. She has been beaten only once in the Victor run since 1983. Willunga High's winning Victor to Morialta schools 100km.relay team included Yolanda Budich, Alison Cartwright and Graham Carson.

Flinders Cross-Country Fun Run winners included Yolanda Budich & Graham Carson(3km), Heather Ashcroft(6km), Rebecca Parker & Josh Bobbridge(Primary).

Grant Oates and Kerran Oates quinnellad Torture Ridge with Kerran making it 2 in a row and Grant being the youngest ever Fun Run winner at age 15(in open company).

Heather Ashcroft won the FMC Fun Run and set an under 20 record in the Greenbelt Half-Marathon(79.30) for which she was runnerup.

Paul Sutcliffe won the Blackwood Fitness Centre Fun Run and the Anzac Mile(4.29).

Flinders (Jenny Shaw,Emma Keynes,Robyn Woodley,Karen Moyle) won the DRC Half-Hour Parlauff Relay for women,covering more than 27 laps of OSF.

Summer 1984-85

State Champions

Lisa Tregenza	Senior 1500m.	(4.34.2) -- 2 in a row
Richard Porter	U20 2000m.Steeple	(5.56.4)
Kerran Oates	U20 1500m.	(4.43.3) -- 2 in a row
Natalie Dillon	U20 100m.	(12.4sec)
Natalie Dillon	U20 200m.	(24.9sec)
Heather Ashcroft	U20 3000m.	(10.01.5)--2 in a row
Ben Phillips	U20 5000m.	(15.25.9)
David Woodley	U20 1500m	(3.58.1)
U20 Women's Medley Relay(Karen Moyle,Emma Keynes,Jenny Shaw,Kerran Oates)		
U20 Women's 4 x 400m.Relay(Jenny Shaw,Karen Moyle,Lisa Tregenza,Kerran Oates)		
U20 Women's 4 x 100m.Relay(Tiffany Symons,Lisa Tregenza,Lynda Radford,Natalie Dillon)		
U20 Men's 4 x 400m.Relay(David Woodley,Greg Clark,Brenton Bushby,David forrest)		
U20 Men's Medley Relay(David forrest,Greg Clark,David Woodley,Richard Porter)		
U18 Men's Medley Relay(Craig Montgomery,Byron Tubb,Simon Parker,Todd Keynes)		
U18 Women's 4 x 400m.Relay(Lynda Radford,Tiffany Symons,Robyn Woodley,Natalie dillon)		
Grant Oates	U18 2000m.Steeple	(6.49)
Robyn Woodley	U18 1500m.	(4.53.3)
Natalie Dillon	U18 100m.	(12.4sec)--2 in a row
James Wood	U18 1500m.	(4.04.6)
Lisa Tregenza	U18 3000m.	(10.02.4)--2 in a row

State Champions(1984-85)...cont.

Yolanda Budich	U18 3000m.	(10.01.2)
Yolanda Budich	U16 800m	(2.15.8)
Yolanda Budich	U16 1500m.	(4.54.4)
Kym Janiak	U16 800m.	(2.01.3)
John Kavanagh	U16 1500m.	(4.14.1)
Glenn Powell	Vet.Pole Vault	(3.66m)--3 in a row

Interclub: No teams reached the finals.

National Performances:

GOLD	Natalie Dillon	National U18 200m.	(24.70sec)--SA's only track gold.
GOLD	Phil Ryan	National U15 Javelin	(63.22m)
GOLD	Raelene Tregenza	National Vets.100m.	(13.6sec) 35+
GOLD	Raelene Tregenza	National Vets.200m.	(27.7sec) 35+
SILVER	Yolanda Budich	National U16 1500m.	(4.36.74) PB
BRONZE	Richard Porter	National U20 2000m.Steeple	(5.58.58)
BRONZE	Natalie Dillon	National U20 4 x 100m.Relay	
BRONZE	Yolanda Budich	National U16 3000m.	(10.06.91)
BRONZE	Phil Ryan	National U16 Javelin	(57.50m) PB
4	Ben Phillips	National U20 5000m.	(15.29.51)
4	Natalie Dillon	National U20 4 x 400m.Relay	
4	Lisa Tregenza	National U18 1500m.	(4.33.35)
5	David Woodley	National U20 800m.	(1.52.65) PB
5	Natalie Dillon	National U20 200m.	(24.65sec)
5	Natalie Dillon	National U18 100m.	(12.34sec)
7	Natalie Dillon	National U20 100m.	(12.35sec)
7	Grant Oates	National U18 2000m.Steeple	(6.37.5)
7	Leanne Kellas	National U17 100m.Hurdles	(15.72sec)
7	Kym Janiak	National U16 800m.	(2.03.88/2.01.2 heat)
7	John Kavanagh	National U16 1500m.	(4.12.42) PB
8	Kerran Oates	National U20 800m.	(2.17.67)
8	Greg Lyons	National U18 3000m.	(9.17.7)
8	Darren Schreier	National U16 2000m.Steeple	(6.37.7)
Finalist	Rebecca Parker	Pacific School Games 800m.	
DNF	James Wood	National U18 1500m.	

Also selected:-Graham Carson(Nat.U18 3000m), Todd & Emma Keynes,Darren Schreier,Lisa Tregenza
Yolanda Budich,Robyn Woodley & Rachel Parker(various National Schools races)
Several may not have went.

Records:

Graham Carson broke the State U16 5000m. Record with 15.38.0

National Rankings:

6	Richard Porter	2000m.Steeple	(5.56.4) *
8	Brendan Hewitt	3000m.Steeple	(8.58.9)
13	Heather Ashcroft	5000m.	(17.10)--Also #18 All-Time
14	John Fraser	2000m.Steeple	(6.08.5) *
26	Natalie Dillon	200m.	(24.62sec)
26	Heather Ashcroft	3000m.	(9.52.5)

International Reps: (**Our first Australian rep)

Natalie Dillon represented Australia on the Junior Team Tour to USA in May-June,1984.
She ran 100m.(4th)12.10sec. and 200m.(2nd.)23.65sec.at Mt.SAC Relays,both wind-aided.
Natalie's 200m.time equalled the altitude-aided State Record of Di Burge recorded at the
Mexico city olympics in 1968. Nevertheless it was a World University Games qualifying time
and just 0.4sec.off Commonwealth Games qualifying. She also raced a 100m.in San Francisco,
placing 5th. in 12.1sec. Her coach was Greg Adams.

Honours Won:

NATIONAL SQUAD ----- Heather Ashcroft & Brendan Hewitt
SASI Scholarship --- Brendan Hewitt
SHELL SQUAD ----- Natalie Dillon & Phil Ryan. "SHADOW" SHELL SQUAD--Heather Ashcroft
*** Ashcroft & Budich,both runners-up at Nationals, were excluded when
the selectors chose to ignore cross-country & road performances.

Honours Won...cont.1984-5):

Club Awards: Outstanding Male --- Richard Porter; Outstanding Female --- Natalie Dillon
Patron's Award --- Toby Schreier (Coaching & Founding Father)
Most Improved --- Grant Oates; Most Promising Newcomer --- Lynda Radford &
Yolanda Budich(F);
Administration: Phil Ryan(M)

1. Incorporation was initiated by Bob White.
2. An officials' roster was instituted for summer to spread the load. Maureen Clark & Val Crisp were our regular OSF officials.
3. A shortage of our old uniform material saw the introduction of a new pin stripe design and an ongoing saga of uncertainty in this area.
4. Flinders conducted Metro South Trials for Schweppes Games at OSF.
5. The feasibility of laying synthetic runways at FU was discussed with FUSA in November.
6. The following applications were submitted to the State Athletics Association(AA response shown in brackets):

Country Athlete Travel Subsidy	(Rejected)
Equipment purchase grant	(Rejected)
Life Be In It Programme Grant	(Endorsement Refused)
Grass Roots Talent ID Scheme	(Rejected)
Jubilee 150 Grant	(Rejected)
Winter Conditioning Course/endurance	(Rejected)--"Toby's there anyway"
Winter Indoor Conditioning Course at FU	(Rejected)--"Coaches unqualif i"
* A series of guest coaches,including Glynis & Chris Nunn,Graham Boase and John Hamann, conducted the course.	
Summer Junior coaching Course	(No Response)
Car Wash at OSF as fund-raiser	(Rejected)
Nomination of Y.Budich & H.Ashcroft(National silver medalists) to Shell Squad.	(Rejected)
Secretary's letter querying their omission	(Secretary requested to appear before the AA Board)

Finance & Fund-Raising:

1. Club's turnover exceeds \$10,000 for the first time.
2. A \$2000 grant from QEll Silver Jubilee Trust obtained for high jump mat, throwing implements, coach's fees and administration.
3. A \$500 grant from Marion Council went to promotion, recruitment, administration and fun run organisation.
4. Massacre Mountain(Torture Ridge), Hell and Back, Flinders X-Country Fun Run,Great Berliner Bun Run and Mars School X-Country Challenge were conducted to raise money for state reps. The team for I-V X-Country organised its own fun run.
5. Film shows at FU raised little, but our premier of "Personal Best"(Billy Mills story) at the Piccadilly raised heaps.

Coaching & Training:

1. A problem involving left-handed males frequenting our Shepherds Hill Reserve toilet was resolved by locking the building and its eventual demolition.
2. The notorious St.Marys "12 minute rep. gut-buster" was introduced by the coach (temporarily only thank goodness).
3. The Winter Indoor Conditioning course was reinstituted at Sturt CAE on Monday nights. Coaches involved with the course or spin-off groups included Mark Johnston,Barry Venning, Brenda Parkinson, Harley Dillon, Dean Tonkin, Gerry Govier & Peter Crisp.
4. Regular Sunday am runs specifically at Kuitpo commence.
5. Toby Schreier had been awarded his Level 2 coaching accreditation.

Social:

1. Blackwood Home Made Cakes started catering our annual Presentation Night.
2. A Flinders group competed in the SA Country Championships at Barmera over Easter.
3. An "All-You-Can-Eat-For-\$5" Night was arranged at Pizza Hut.
4. A pre-summer season Pastie and Cake Social featured Glynis and Chris Nunn.
5. In January, a Beach Day was organised with Enfield Harriers at Pt.Noarlunga South. Flinders won the Interclub cricket match (and again in 1986).
6. Lance Cochrane was a major driving force in the social area.

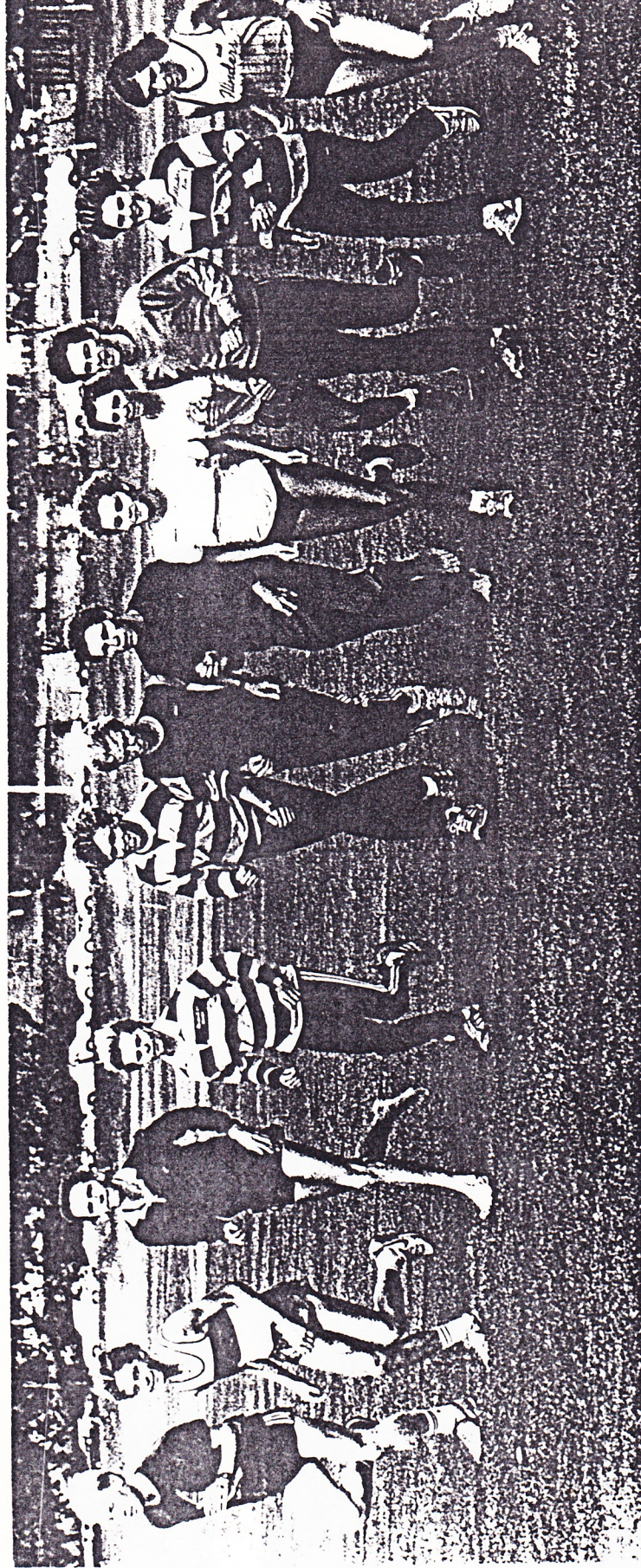


South Australia

Photo No. 1 - Yolanda Budich, Jenny Shaw, Emma Keynes and Lisa Tregenza
 members of the Flinders Amateur Athletics Club, which received
 a grant from the *Flinders A.A.C. Trust*

LEFT TO RIGHT

KYM JANAK
GRANT GATES
JAMES WOOD
HEATHER ASHCROFT
JOHN KAVANAGH
RICHARD PORTER
DAVE WOODLEY
ROBYN WOODLEY
KERRAN GATES
BEN PHILLIPS
LISA TREGENZA
YOLANDA BUDICH



RIGHT (BELOW):-

NATALIE DILLON
(intermediate)

