

1983-84:

Committee:

Pres: Barry Venning  
Sec: Ros Feckner  
Treas: Raelene Tregenza  
Rec: Val Crisp

Members:--Brendan Hewitt  
Iris Shaw  
Toby Schreier  
Brian Chapman(from Jan.1984)

New Members:

Matthew Auld	Dave Harris	Carlo Petraccaro
Carol Beck	Ray Huisenfeld	Ben Phillips
Mark Bennett	Wayne Hulme	Indra Reinpuu
Graham Carson	Emma Keynes	James Roden
Alison Cartwright	Todd Keynes	Tiffany Symons
Brett Cartwright	Gabby Krieg	Tony Tonkin
Trevor Cibich	Scott Kirkwood	Raelene Tregenza
Greg Clark(ex-Wirr)	Linda Lange(ex-EH)	Carmille Wallace
Lance Cochrane(ex-Hen.H)	Nicola Lipscombe	Nikky Warren
Garry Crilley	Mark Nieass(ex-Wirr)	Liz White
Philip Fitzpatrick	Grant Oates	
John Fraser(ex-CTC)	Katherine Ottaway	
Joanne Gamble	Patsy-Ann Parkinson	
Petra Glaetzer	Shaun Parkinson	
Kylie Gower		

Winter 1983: State Champions

Brendan Hewitt	U20 "10km"X-Country	(23.26)	*
Cheryl Kernick	U20 6km.X-Country	(24.30)	
Kerran Oates	U18 "3km" X-Country	(5.06)	*
Shaun Parkinson	U18 5km.X-Country	(16.20)	
Tom Conley	U18 5km.Road	(15.39)	
Lisa Tregenza	U16 2km.X-Country	(6.50)	
Lisa Tregenza	U16 3km.X-Country	(10.54)	
Emma Keynes	U14 1km.X-Country	(4.20)	

\* This was the year of the notorious "short course" debacle at Victoria Park.

Winning Teams:

U18 Men's Road (Tom Conley, Andrew Hillam, Mark Foreman)  
U18 Men's 6km.X-Country (Shaun Parkinson, Tom Conley, Andrew Hillam)  
Junior Men's Victor Relay (3.54.54)  
U16 Girls 3km.X-Country (Lisa Tregenza, Jenny Shaw, Sally Perkins)

National Performances:

GOLD	Lisa Tregenza	National U17 4km.X-Country	(14.23)
13	Kerran Oates	National U17 4km.X-Country	(15.02)
15	Jenny Shaw	National U15 3km.X-Country	(11.32)
21	Patsy Parkinson	National U15 3km.X-Country	(11.48)
24	Sue Gaze	National U17 4km.X-Country	(16.14)
29	Shaun Parkinson	National U20 6km.X-Country	(21.04)
31	Andrew Hillam	National U20 6km.X-Country	(21.06)
(32)	(Yolanda Budich	National U15 3km.X-Country)	
36	Tom Conley	National U20 6km.X-Country	(21.26)
39	Nikky Warren	National U15 3km.X-Country	(12.26)
DNF	Mark Foreman	National U17 4km.X-Country	

\*\* Mark stopped to help David Graham who had appeared to collapse on the side of the course. Foreman had also saved Graham's life when the latter was drowning during the State School X-Country Trials at CBC--the result of a flash flood bursting the creek banks.

Also ran:--Cheryl Kernick in the National U19 X-Country(26.21), Tom Conley in the National U19 8km.X-Country(28.13) and Ray huisenveld in the National U17 4km.X-Country(16.14).

Also selected--Heather Ashcroft(U19) and Andrew Hillam(U19).

\* Toby Schreier and Iris Shaw co-managed the National Schools team(SA) in Canberra.

\* Lisa Tregenza was named as an AC for the National 10km.Road Ttiles in Adelaide while Heather Ashcroft, Kerran Oates and Jenny Shaw entered as "open" runners.



### Individual Achievements:

1. Lisa Tregenza clocked equal fastest time (with Donna Gould) at Pat. Relay (5.22) and won the Great Mars Beach Run.
2. Kerran Oates won the U18 & Open Anzac Miles (5.27 & 5.34) on the same day, Torture Ridge (45.12) and the Golden Mile (4.55/Aust. street record).
3. Jenny Shaw won the U16 Anzac Mile (5.34) and Flinders Medical Centre 5km (19.24).
4. Heather Ashcroft won Flinders Med. Ctre. 14km (56.56).
5. Ray Huisenveld and Lisa Tregenza won the Flinders X-Country Fun Run. (4km).
6. Ben Phillips emerged sensationally with a collapsing 2.59.59 at Festival City Marathon.
7. Brian Chapman won the New Year's Day Pt. Germein "Run for the Crab" 5km.

### Summer 1983-84: State Champions

Lisa Tregenza	Senior 1500m.	(4.32.1) *Flinders' first senior
Heather Ashcroft	U20 3000m.	(10.12) State title.
Kerran Oates	U20 800m.	(2.16.5)
Brendan Hewitt	U20 2000m. Steeplechase	(5.39.8) SA Junior Rec.
Karen Moyle	U20 400m.	(58.4sec)--2 in a row
U20 4 x 100m. Relay	(N. Dillon, T. Roberts, K. Moyle and....)	(49.4)...A. Hopkins)
Richard Porter	U18 2000m. Steeple	(6.11.9)--2 in a row
Natalie Dillon	U18 100m.	(12.25sec)
Natalie Dillon	U18 200m.	(25.50sec)
Lisa Tregenza	U18 3000m.	(10.02.4)
Natalie Dillon	U16 100m.	(12.59)
Natalie Dillon	U16 200m.	(25.07)
Scott Kirkwood	U16 800m.	(2.00.7)
Simon Parker	U16 1500m.	(4.11.5)
Jenny Shaw	U16 1500m.	(4.52.0)
Don Leadbetter	Vet. Hammer	(38.54)--5 in a row
Glenn Powell	Vet. Pole Vault	(3.66m)--2 in a row.

### Interclub:

Flinders finished 2nd. in B-grade behind Intercollegians.

### National Performances:

GOLD	Lisa Tregenza	National U17 1500m.	(4.31.28)	---"All-Australian"
GOLD	Lisa Tregenza	National U17 3000m.	(9.55.44)	
SILVER	Natalie Dillon	National U18 100m.	(12.02sec)	
SILVER	Natalie Dillon	National U18 200m.	(24.92sec)	
SILVER	Natalie Dillon	National U16 200m.	(26.2sec)	
SILVER	Natalie Dillon	National U18 4 x 400m. Relay		
SILVER	Natalie Dillon & Tracey Roberts	National U18 4 x 100m. Relay	(47.93sec)	
SILVER	Emma Keynes	National U15 800m.	(2.15.38)	
BRONZE	Emma Keynes	National U15 1500m.	(4.47.06)	
BRONZE	Natalie Dillon	National U15 100m.	(12.29sec)	
4	Brendan Hewitt	National Open 3000m. Steeple	(8.42.39)--Olympic Trials	
4	Karen Moyle	National U19 400m.	(58.34sec)	
4	Lisa Tregenza	National U18 1500m.	(4.34.51)	
4	Tracey Roberts	National U17 Long Jump	(5.60m)	
4	Natalie Dillon	National U16 100m.	(12.6)	
4	Graham Carson	National U15 3000m.	(9.18.7)	
5	John Fraser	National U19 2000m. Steeple	(6.25.33)	
5	Tom Conley	National U18 1500m.	(4.04.32)	
5	Kerran Oates	National U17 800m.	(2.11.81)	
5	Todd Keynes	National U17 2000m. Steeple	(6.15.7)	
5	Simon Parker	National U16 1500m.	(4.21.3)	
6	Richard Porter	National U18 2000m. Steeple	(6.08.76)	
7	Kerran Oates	National U17 1500m.	(4.44.5)	
7	Tracey Roberts	National U18 Long Jump	(5.39m)	
7	Rachel Parker	National U15 3000m.	(11.05.7)	
8	Tracey Roberts	National U18 400m. hurdles	(65.28sec)/(64.41 heat)	
8	Natalie Dillon	National U17 200m.	(25.52sec)	
8	Graham Carson	National U15 1500m.	(4.27)	
8	Kylie Gower	National U15 Long Jump	(5.28m)	

\*\*\*\*Todd Keynes, Kerran Oates, Darren Marsh (javelin) also selected for March Nationals. Toby Schreier went as coach-manager.



### Record Breakers:

Brendan Hewitt set National U20 record in 3000m.Steeplechase(8.38.9). This was his second breakage of the record(8.54.7 earlier). At the time it was the fastest time in Australia that season and broke a 20 year old record set by Kerry O'Brien by 8secs. The record still stands and in fact makes Brendan still Australia's 10th.fastest-ever steeplechaser. It was only 9secs outside the world junior record at the time and made him our first Australian record-holder.

Brendan Hewitt set a State U20 record in the 2000m.Steeplechase(5.39.8) after breakages of 5.44.1 and 5.42.0. It ranked Australia's #4 all-time performance.

Lisa Tregenza broke the State U18 & U20 mile record with 4.52.8

Heather Ashcroft broke the State U20 10,000m. record with 37.20.9.

### Individual Achievements:

1. Brendan Hewitt contested the NZ steeplechase championship in Auckland, placing second to Olympian Renner in the rain on a flooded track(8.51).
2. Four Flinders runners became the Club's first to contest the annual Zatopek Meet in Melbourne. Three had their fares paid by the VMC:  
Brendan Hewitt 3rd. in Junior 3000m. (8.25)  
Lisa Tregenza & Kerran Oates were unplaced in the mile.  
Paul Sutcliffe did not survive the heats of the mile.
3. Kerran Oates and Heather Ashcroft represented SA in SA v VIC v TAS Interstate match which was discontinued thereafter.

### Professional:

Melissa Beeche became the first Flinders athlete to run Pro., placing second in the Bay 400m.

### National Rankings:

3	Brendan Hewitt	3000m.Steeplechase	(8.38.9)	Commonwealth-ranked #30.
3	Brendan Hewitt	2000m.Steeplechase	(5.39.8)	
4	Natalie Dillon	200m.	(23.65w)	- See 1984-5 for details.
12	Lisa Tregenza	3000m.	(9.38.0)	
15	Heather Ashcroft	10,000m.	(37.20.9)	
19	Lisa Tregenza	1500m.	(4.29.6)	
21	Natalie Dillon	100m.	(12.02w)	- See 1984-5 for details.

### Honours Won:

"ALL-AUSTRALIAN"(Schools) Lisa Tregenza  
SASI Scholarship Brendan Hewitt  
SHELL SQUAD Greg Cocks, Lisa Tregenza, Richard Porter  
Flinders Awards:-Outstanding Male Brendan Hewitt  
Female Lisa Tregenza  
-Patron's Award Brian Chapman  
(Promo & Fund-raising)

### Administration:

Brian Chapman joins flinders Committee as Promo.  
Officer charged with fund-raising, recruiting,  
publicity, event organisation.

### Finance & Fund-Raising:

Flinders assists in AA fun runs for % and catered  
State Schools X-Country. We sold water at end of  
Torture Ridge for 10¢ a cup.

The Great Berliner Bun Run, assisted by Cowley's Rick Tregenza who  
supplied the buns, was held 1984-6(Rec:Steve Austin 29.06).

By March 1984, Flinders was in a position to commence subsidising  
its state representatives. The first grants were \$63, then \$50  
in 1984 and varying between \$100 and \$300 depending on fund-  
raising achieved and destination of trip to Nationals.

Social: In June, regular Sunday am long runs commence(Nat.Park, Kuitpo)  
In July, a Sports Night was held at Blackwood Leisure Centre and in  
August, a Family Fun Night at FU Sports Centre. In City-Bay Brendan  
Hewitt ran dressed as a gorilla and Paul Collins/Jenny Shaw as white  
rabbits. October saw a Flinders V Broken Hill dual meet at OSF and  
in February there was a premiership Chicken Social. Presentation  
was a BBQ. The FMC Festival of Sports in March saw Brendan Hewitt  
sensationally bounced by an errant earth-ball while leading the 1500m.  
He expletively deleted the kids who pushed it onto the track



# Steeplechase find Brendan follows in Kerry's footsteps

By ANDREW BOTH

**In 1966 Kerry O'Brien, then 19, ran a 3000 metres steeplechase in an unofficial world junior record of 8 min. 46 sec.**

Eleven days ago, Brendan Hewitt, 19, ran the same event in 8:54.7, an official Australian junior record.

O'Brien later set a world record. Time will tell whether Hewitt can do the same thing.

However, he seems to have the world at his feet in the glamorous if gut-tearing event in which athletes must clear 35 steeples, including seven water jumps.

With his dedicated approach to training and having survived a background of adversity which has included serious shin and hamstring injuries, Hewitt is destined to be one of Australia's top steeplechasers.

He aims to compete at the 1986 Commonwealth Games in Edinburgh and afterwards there is the 1987 world championships and the 1988 Olympic Games to strive for.

Hewitt hopes to leave for the US in September to train and study at the Kansas State University.

"It's got two tartan tracks, two indoor tracks and Steve Miller, the head coach, has coached 127 Olympians," Hewitt said yesterday.

Meanwhile, he is running about 100 km a week under the guidance of coach Toby Schreier.

Since O'Brien set his world record of 8:21.98 at West Berlin in 1970, the time has been slashed to 8:05.4 by Kenya's Henry Rono.

Rono's record has stood for 5½ years. To expect Hewitt to break it would be asking a lot.

However, one thing he wants to do before turning 20 in August is to eclipse O'Brien's junior time of 8:46.



Brendan Hewitt in training last night.

## Debut silver to Brendan

**A** DELAIDE'S brilliant young steeplechaser Brendan Hewitt, made a stunning international debut by winning a silver medal in the NZ championships

Hewitt, 19, established himself as the second best steeplechaser in the Oceania region by placing second to Kiwi International Peter Renner (8 mins 33 secs).

The Flinders athletics club junior stunned the large crowd at Auckland's Mount Smart stadium by running shoulder to shoulder with the highly favorite Renner for the first three laps

Hewitt eventually finished in 8 min 51 sec, well ahead of another New Zealand star, David Grimes.



Kerran Oates (left), David Graham and Lisa Tregenza . . . national title favorites





After the heat of the big run Heather Ashcroft (left) and friend Kerran Oates cooled off in the shallows at Glenelg Beach. Heather, 16, of Flinders, especially needed the refreshing dive—she finished second in the women's section of the Glenelg to Brighton and back fun run. The race was part of the Commemorative Festival at Glenelg and, although Kerran, also 16, did not fare as well as her friend, there was fun for all in the run. A week of special events has been planned at Glenelg to celebrate Proclamation Day.

10-12-83

## AUSTRALIAN ALL-SCHOOLS TRACK & FIELD CHAMPIONSHIPS

FRI.-SUN.  
DEC. 9-11

OLYMPIC SPORTS FIELD  
KENSINGTON



David Dixon



Lisa Tregenza

SEE AUSTRALIA'S FUTURE OLYMPIANS  
IN ACTION

★ FRI: 12.30-9.30 p.m.; \$2.50 (Adults) & \$1 (children & pensioners).  
Distance races at night.  
★ Sat. & Sun. 9 a.m.-5.30 p.m.; \$2.50 (Adults) & \$1 (children & pensioners).  
Heats from 9 a.m.  
Full bar and canteen facilities. Ample parking.

ATHLETES' DRINKS BY COCA-COLA BOTTLERS (SA)

3120730016 9 12

## Dillon's secret

**PLIOMETRICS** sound like something that should be kept strictly inside the classroom.

But for promising SA schoolgirl athlete Natalie Dillon, it's her secret weapon in a fight for athletic supremacy.

According to Dillon, 15, a year eleven student at Scotch College, her unique training method involves hopping, depth jumps and bounding exercises.

"It's the rebound process that's so important," she said. "It enables the accumulation of energy from one action to another to be utilised in a short space of time."



Natalie Dillon

By Deanna De  
Iudicibus

Dillon will be keeping all of that and her energy in mind when she takes to the track in the State Athletics Championships at Olympic Sportsfield this weekend.

She will compete in the under 16 100, 200, and 400m events, and the long jump and 100 and 200m events in the under 18 category.

She holds State titles in the under 13 200m, and under 15 100 and 200m events in her five-year career.

Dillon joined the Mitchell Park Little Athletics Club when she was 10.

"I wasn't very good until I reached the under 13 age group, and then joined the Flinders Athletics Club and won my first under 13 200m at the State championships," she recalled.

"I think my mental attitude had a lot to do with it. I thought to myself, I'm going to win this race, and I did."

She has notched up six

interstate athletics trips to date with three medals, gold, silver and bronze to her credit.





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3120730016 9.12

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