

1987-88

COMMITTEE

| | | | |
|---------------|--------------------------------|-----------|-----------------|
| President : | David Abbott | Members : | Hans Janiak |
| V/President : | Dennis Lyons | | Graham Hill |
| Secretary : | Brendan Hewitt | | Iris Shaw |
| Treasurer : | Don Blackwell | | Aiden Kavanagh |
| Registrar : | Bill McEwan | | Toby Schreir |
| | Judith Gerrard | | Richard Gerrard |
| Captains : | Brendan Hewitt, | | Brian Chapman |
| | Karen Wood (w), | | |
| | Peter Crisp, Lynda Radford(s), | | |
| Coaches : | Bill Ross, Tob Schreier, | | |
| | Peter Crisp, Brenda Parkinson | | |

New Members :

| | | | |
|------------------------|-------------------|------------------|-------------------|
| David Abrahams (ex-AH) | Michelle Green | Paul Lannio | Melinda Oxley |
| Damien Amato | Kym Handley | Josh Lawrence | Mike Richardson |
| Neil Benn | Lorraine Hocking | Ian Lovejoy | Meredith Ryan |
| Jeanette Boyce (ex-VC) | Samantha Hutchins | Melanie Lovejoy | Nathan Schumacher |
| Bo Breigan(ex-Norway) | Heidi Janiak | Richard Luff | Kathy Taffs |
| Ann Crawford | David Kavanagh | Shayne Martin | Holger Tandler |
| Julie Cummings | Katina Koukourou | (ex-EH) | Kirsty Wilmott |
| David Graham(ex-EH) | | Grant O'Sullivan | |

WINTER 1987

STATE CHAMPIONS

| | | |
|------------------|-----------------------|---------------------|
| Brendan Hewitt | Senior 12km X-Country | (40.48)--2 in a row |
| Brendan Hewitt | Senior 15km X-Country | (47.46) |
| Yolanda Budich | Senior 8km X-Country | (32.18)--2 in a row |
| Yoland Budich | Senior 10km Road | (35.16)REC/PB |
| Jim Mack | Senior 10km Road | (29.46)--2 in a row |
| Jim Mack | Senior 15km Road | (47.35) City-Port |
| Anne Crawford | Senior Marathon | (3.13.13) |
| Yolanda Budich | U20 5km Road | (17.12) |
| Shayne Martin | U20 8km Road | (27.09) |
| Darren Abbott | U18 5km Road | (n.a.) |
| Mark Harris | U18 6km X-Country | (21.43) |
| Brett Cartwright | U16 5km Road | (15.43) |
| Neil Benn | U14 4km X-Country | (16.09) |
| Darren Abbott | U18 5km X-Country | (16.17) |

Winning Teams

Men's Patawalonga Relay (Brendan Hewitt, Pat Custance, David Graham, Jim Mack)
35.38 *we were also third in this.

Men's Gawler Relay

Men's Victor Relay (John Kavanagh, David Graham, Derek Green, Darren Abbott, Greg Coulter, Kym Janiak, Peter Brett, Pat Custance, Brendan Hewitt, Ben Phillips) 3.23.42

Men's 10km Road (Jim Mack, Brendan Hewitt, Pat Custance, John Kavanagh)

Men's 12km X-Country (Brendan Hewitt, Jim Mack, Ben Phillips, David Graham)

Men's 15km X-Country

Women's Patawalonga Relay (Kerran Oates and 2) 16.52

Women's Gawler Relay (Yolanda Budich and 3) 35.14

U20 men's Patawalonga Relay

*Flinders Mens won its first Winter Premiership after surviving :

1. A protest over our late payment of affiliation fees.
 2. Erroneous team scoring in Men's 10km which saw us lose (initially)
 3. A threatened protest about us fielding the Greens and Jonathon Abrahams at the Gawler Relays without clearances.
 4. A new graded points system requiring teams to be fielded in every race.
 5. A threatened disqualification at the Victor Relay for our team changing over on the wrong side of the road.
- * Flinders won the Suhard Shield (David Graham, Kym Janiak, John Kavanagh, Shayne Martin, James Wood, Paul Collins)

National Performances :

| | | | |
|--------|--|------------------------------|---------|
| SILVER | Yoland Budich | National U18 X-Country 4 km. | (13.40) |
| SILVER | Brett Cartwright | National U15 4km X-Country | (13.24) |
| | * SA's firstever male medal winner at School X-Country | | |
| 4 | John Kavanagh | National U18 6km X-Country | (19.12) |
| | * Also SA team silver | | |
| 4 | Darren Abbott | National U17 4km X-Country | (12.55) |
| 11 | Jim Mack | National 15km Road | (46.21) |
| 13 | Mark Harris | National U18 6km X-Country | (n.a.) |
| | * Also SA team silver | | |
| 20 | Jim Mack | National 12km X-Country | (n.a.) |
| 20 | Kym Janiak | National U20 8km X-Country | (n.a.) |
| | * Also SA team bronze | | |
| 24 | Melanie Lovejoy | National U18 4km X-Country | (n.a.) |
| 28 | Brendan Hewitt | National 12km X-Country | (n.a.) |
| 34 | Sonia Zahirski | National U17 4km X-Country | (21.35) |
| 53 | Greg Jericho | National U17 4km X-Country | (14.23) |
| Unpl. | Shayne Martin | National U20 8km X-Country | (n.a.) |
| | * Also SA team bronze | | |
| DNF | Susan Segraves | National 15km Road | (-) |

Individual Achievements :

Ben Phillips was first (12km in 41.49) and Kerran Oates second (8km in 33.06) in National I-V X-Country at FU. Ben also won the Chiro Cup 5km (16.01).
 Brendan Hewitt ran fastest Pat Relay leg (8.46) and Gawler Relay (14.45).
 Jim Mack won Half-Case Half-Marathon (69.03).
 David Graham won Suhard Shoeld (4.14 Mile).
 Julie Cummings won Festival City Marathon (3.07.41).
 Derek Green won St. Marys 10km X-Country (37.07) and Oakbank Professional 6km X-Country.
 Susan Segraves won SARRC 15km (57.05).
 Peter Brett won Grand Prix (\$500) and Glendi Run (\$500).
 City-Bay saw Yoland Budich the second youngest winner ever at 15 (42.00) with Heather Ashcroft 2nd and Claire Bradley 3rd. Kym Janiak's 3rd was highest ever by a Flinders junior.
 Yolanda won Camry 10km (36.33), Collonades 10km (\$400), Gawler Relay (8.37).

SUMMER (1987-88)STATE CHAMPIONS

| | | |
|--|----------------------|-----------------------|
| Yolanda Budich | Senior 15000m | (4.32.0) |
| Yoland Budich | Senior 3000m | (9.47.6) |
| Julie Cummings | Senior 10000m | (40.42) |
| Peter Brett | Senior 5000m | (13.59.2) |
| David Graham | Senior 1500m | (3.49.8) |
| Brendan Hewitt | Senior 3000m Steeple | (8.54.0)---2 in a row |
| Yoland Budich | U20 3000m | (9.51.9) |
| Tracey Dawes | U20 Triple Jump | (10.71m) |
| Kym Handley | U20 1500m | (5.01.49) |
| Kym Janiak | U20 5000m | (15.24) |
| Darren Abbott | U18 1500m | (4.00.2) PB |
| Darren Abbott | U18 3000m | (8.47.1) |
| Darren Abbott | U18 2000m Steeple | (6.09) |
| Tony Brideson | U18 Triple Jump | (14.17m) |
| U18 Women's 4 x 400m. Relay (Carolyn Krieg, Melanie Lovejoy, Sonia Zahirski, Rebecca Parker) | | (4.13.60) |
| Meredith Ryan | U18 3000m | (10.51.3) PB |
| Meredith Ryan | U16 3000m | (10.27.3) PB |
| Loren Su | U16 400m | (58.7) PB |
| Simon Perkins | U16 800m | (1.59.95) PB |
| Simon Perkins | U16 1500m | (4.09.44) PB |
| U16 Women's 4 x 100m Relay (Loren Su, Sherry Wadmore, Joanne Kerlogue, Kylie Matheson) | | (50.61) |
| U16 Women's 4 x 400m Relay (Samantha Hutchins, Loren Su, Melba Hutchins, Kym Handley) | | (4.09.11) |
| Raelene Tregenza | Vet. 100m | ---2 in a row |
| Raelene Tregenza | Vet. 200m | ---2 in a row |
| Raelene Tregenza | Vet. Triple Jump | (10.63m) |
| Virginia Hare | Vet. Field Events | |

Interclub

Our regular officials were Graham Hill, Ray Kerlogue, Brian Matheson, Trevor Burgemeister and Val Crisp.

National Performances

| | | | |
|----------|---|---------------------------------------|--------------|
| GOLD | Brendan Hewitt | National Senior 3000m Steeple | (8.45.91) |
| | *Flinder's first senior national champion | | |
| GOLD | Brett Cartwright | National U15 3000m | (8.52.56) |
| BRONZE | Yolanda Budich | National U20 3000m | (9.50.36) |
| BRONZE | Geoff Forrest | National U20 110m Hurdles | (15.87 sec) |
| BRONZE | Darren Abbott | National U17 2000m Steeple | (6.10.04) |
| BRONZE | Loren Su | National U16 4 x 400m Relay | |
| * 4 | Yolanda Budich | National U20 1500m | (4.31.59) |
| 5 | Tracey Dawes | National U16 Triple Jump | (10.51m) |
| 5 | Kylie Matheson | National Little Athletics Multi-Event | |
| 6 | Darren Abbott | National U17 3000m | (8.50.02) |
| 7 | Peter Brett | National Senior 5000m | (13.50.62) |
| 7 | Peter Brett | National Senior 10000 | (28.55.50) |
| 8 | David Graham | National Senior 1500m | (3.56.67) |
| 8 | Melinda Oxley | National Little Athletics Multi-Event | |
| 9 | David Gerrard | National U19 2000m Steeple | (6.32) |
| 9 | Melinda Oxley | National U15 Triple Jump | (10.50m) |
| * BRONZE | Simon Perkins | National U15 1500m | (4.11.54) PB |

| | | | |
|-------|---------------------|----------------------------|-----------|
| 10 | Nikky Footer | National U17 3000m Walk | (16.03) |
| Unpl. | Samanth Hutchins | National Primary High Jump | (n.a.) |
| DNQ | Yiannis Mauropoulos | National U19 110m Hurdles | |
| DNQ | Sherry Wadmore | National U16 300m Hurdles | |
| DNQ | Kylie Matheson | National U15 Triple Jump | |
| DNQ | Melba Hutchins | National Primary 800m | |
| DNQ | Samantha Hutchins | National Primary 800m | (4th S/F) |
| DQ | Loren Su | National U16 400m | |

Records :

John Kavanagh broke Australian U18 5000m record (14.58) after his earlier breakage (14.52) was disallowed for insufficient watches.

Darren Abbott broke state U16 5000m record (15.22.8).

Simon Perkins broke state U16 1000m record (2.39.5) after his earlier breakage (2.35) was nullified when timekeepers missed him finishing.

Professional

Zatopek - David Woodley 6th in Pro Mile (4.07 off 55m)
 Bay - Richard Luff won 70m (7.54 sec off 4.75m)
 David Woodley won 800m (1.52.7 off 25m)
 Yolanda Budich won 800m (2.13.7 off 35m)
 Derek Green won Front markers 1600m (4.12 off 125m)
 Simon Perkins won Junior 800m (1.57.2 off 40m)
 Stawell - Large group stayed at Tandara, but no winners

Individual Achievements :

Zatopek - David Graham 2nd in Mile (4.06.41)
 Peter Brett 4th in 10,000 (28.36)
 Kym Janiak (8.24.7), Greg Lyons (8.27) and John Kavanagh (8.35) notched PBs in Junior 3000m.
 AIS Camp - In January Flinders Distance Squad, partially funded by a Sugar Industry grant, trained and competed at AIS, Canberra. James Wood ran a PB 1500m, Yolanda Budich qualified for World Junior Championship 1500m and David Graham became the first SA runner to defeat Robert DeCastella since his rise to fame (done in the 3000m).

Yolanda qualified for the World Junior Championships in 1500m (4.25.8), 3000m (9.38) and 10,000m (35.50). John Kavanagh (31.14) and Kym Janiak (31.01) did likewise in 10,000m, but were excluded from the national team because of an AAU policy against juniors contesting longer distances.

Brendan Hewitt ran 4.12.7 for 1500m steeple, the third fastest ever by an SA runner. He also won the Adelaide Games 3000m steeple (8.47), while David Graham's (8.53.44) was the fastest-ever steeple debut by an SA runner.

Right: SHAYNE MARTIN
(International)

National Rankings :

| | | | |
|------|----------------|---------------|----------|
| 1 | Brendan Hewitt | 3000m steeple | 8.45.91 |
| 2 | Brendan Hewitt | 2000m steeple | 5.46.0 |
| 3 | David Graham | 2000m steeple | 5.47.0 |
| 5 | Peter Brett | 10 000m | 28.36.23 |
| 6 | David Graham | 3000m steeple | 8.50.4 |
| 8 | Peter Brett | 5000m | 13.43.5 |
| 9 | David Graham | Mile | 4.06.41 |
| 10 | David Graham | 3000m | 8.14.74 |
| 14 | Yolanda Budich | 10 000m | 35.50.8 |
| 15 | Yolanda Budich | 1500m | 4.25.8 |
| * 16 | Darren Abbott | 2000m steeple | 6.04.4 |
| 20 | Shayne Martin | 800m | 1.50.04 |
| 20 | Yolanda Budich | 3000m | 9.38.0 |
| 27 | Julie Cummings | Marathon | 3.07.41 |
| * 16 | David Graham | 1500 m. | 3.47.5 |



Jim Mack... improving times



Simon Perkins of Flagstaff Hill limbers up before a training session. 0478



STRIDING OUT... Flinders University runner Ben Phillips races towards a cross-country win yesterday. Picture: STUART HANNA



JEANETTE BOYCE



Paul Collins

International Reps

Shayne Martin represented Australia on a Junior National Team Tour of Canada/USA. He was our first Australian male track rep. Shayne recorded 1.50.04, the fastest SA time for years, for second place in the 800m. at B.C. Titles in Burnaby, Canada. He also clocked 4.00.84 for 1500m., then 1.52.16 for 6th. in Vancouver and 1.51.00 when runner-up in Pullman, WA.

Jim Mack represented Australia against New Zealand in the Skellerup Steeples, a 10000m. X-Country event in Christchurch. Jim, our first senior Australian rep, placed 13th. and was 3rd. Australian home.

Shortly after, Yolanda Budich and John Kavanagh represented Australia in a Junior Cross-Country Test against New Zealand in Taupo. Yolanda was second in the 4km. (14.10); leading Australia to the team gold. John suffered a fall to end up 30th. in the 8km. (28.04).

Brenda Parkinson, Raelene Tregenza and Virginia Hare contested the World Veterans' Championships in Melbourne with Brenda capturing gold in the (55+) 300m. Hurdles in a new world best time of 49.78sec. She also gained a silver in the 80m. Hurdles (12.71sec) and bronze in the 100m. (14.2 sec) and 200m. (29.4 sec). Raelene took silver in the triple jump (10.63m), bronze in the 200m. (27.4sec) and was 4th. in the 400m. (13.2sec).

Ben Phillips represented Australia in the World University Cross-Country Championships at Bologna, Italy, placing 67th.

Peter Brett made his third World Cross-Country team for Auckland, placing 105th. (37.54). He was our first world championship rep.

Honours Won:

NATIONAL SUGAR INDUSTRY SQUAD---Tony Brideson, Peter Brett.

WORLD X-COUNTRY SQUAD---Peter Brett, John Kavanagh

SHELL SQUAD---Darren Abbott, Yolanda Budich, Kym Janiak, John Kavanagh, Shayne Martin, Brett Cartwright.

SASI SQUAD---Jim Mack, Yolanda Budich, Brendan Hewitt, John Kavanagh, Shayne Martin, David Graham, Kym Janiak, Darren Abbott

MLC---Darren Abbott, Kylie Matheson

UNIVERSITY "BLUE"---Ben Phillips

PRO. ATHLETE OF YEAR---David Graham

KEITH FAULKNER TROPHY---Peter Brett

TED CAVANAGH TROPHY---Yolanda Budich (Both awards given for "best SA distance performance").

CLUB AWARDS:---Outstanding Male--Kym Janiak; Outstanding Female--Yolanda Budich

Patron's Trophy--Richard & Judith Gerrard (110% in varied areas)

Life Member--Toby Schreier (our first).

Best Newcomer--Shayne Martin & Meredith Ryan

Most Improved--Darren Abbott & Brenda Parkinson

Golden Shoe--Heidi Janiak

OCEANIA OLYMPIC ACADEMY DELEGATE--Brendan Hewitt

Administration

1. Flinders hosted National I-V X-Country.
2. The Bicentennial Authority granted Flinders \$2000 to conduct a Colonial Games at OSF. It featured starting blockholes, aborigine spear throw, an un-laned 400m, etc. Participation was moderate.
3. Mrs. White designed a club track suit.
4. Brian Chapman and Bruce Abrahams, of Flinders, were elected to AASA Board.
5. Presentation Night & the AGM were combined for the first time.
6. Former secretary Ros Feckner won the new car drawn at the Toyota Camry Fun Run.

Finance & Fund-Raising

1. David Graham received a Sugar Industry grant of \$200 for weight training/medical.
2. In August the Gerrard family coordinated our first phone book delivery project (\$4000 was raised--we had the hilly St. Marys area). BBQ for helpers laid on after.
3. The SA Road Runners added Super-K Run, Airport Run and Toyota Camry Run to our roster of fund-raising finish systems. Bruce Abrahams' PIM hired us for Chiro Cup, Torrens Discovery Run and Capita Road Race. We also picked up the Glendi Run.
4. We applied for a FUSA grant for the first time.

Coaching: Indoor Conditioning Course coordinated by Peter Crisp/Don Blackwell. A new set of hurdles was purchased.

Social: Dennis Lyons arranged a golf day at Goolwa; 14 went on a subsidised bus trip with Port Adelaide to Stawell Olympics (which was washed out!); David Woodley, Darren Schreier & James Wood formed a Social Committee; Post-Bay show at Lyons'; New Years show at Collins'.