

**RODNEY  
ROBRAN'S SPORTS**



*SEE US for all your athletics requirements  
and we'll also help fit you out in the  
**LATEST FASHION SPORTSWEAR***

at either of our  
**2 BIG LOCATIONS** at  
**TEA TREE PLAZA**  
and

**"BE A SPORT"**  
Ground Level - The Gallerie

*LIZ & RODNEY ROBRAN*

Shop 62, Tea Tree Plaza, 976 North East Rd. Modbury. Phone 263 0888  
Shop 7, The Gallerie, 20 Gawler Place. Phone 223 7285

**Tea Tree Gully  
Athletics Centre Inc.**



1981-82

**SUMMER PROGRAMME**

**FOR BUDGET  
BALANCING  
MONTHLY FOOD  
SPECIALS, SEE  
BOB HAMMOND....**



Bob Hammond



**of course!**

**MAIN NORTH  
EAST ROAD.**

**WINDSOR GARDENS**

**GOOD  
SPORT**

**The Advertiser**

YOUR OWN NOTES.

PEA TREE GULLY ATHLETICS CENTRE INC.

P.O. Box 43,  
St. Agnes 509.

Bulkana Oval,  
Spring Crescent,  
Banksia Park.

On behalf of the Centre Management Committee (C.M.C.) of T.T.G. Athletics Centre Inc., and all sub-committees, I wish to welcome all members to the start of the 1981/82 athletic season. Throughout the coming year you will find the information contained in this programme extremely useful and I hope that it will often be referred to by all members.

The Centre Management Committee is concerned with the overall running of the Centre. The C.M.C. consists of eleven elected positions, including representation of all the Sub-committees, namely:-

The Senior Athletics Comm.  
The Little Athletics Comm.  
The Fund Raising Comm.  
The Social Comm.  
The Editorial & Publicity Comm.  
The Development Comm.

The six clubs which form T.T.G. Little Athletics Centre all have their own committees.

T.T.G. Little Athletics Centre was formed in 1972 and since that time has proved to be in all respects one of the strongest Centres in South Australia. We currently are Cross Country Champions for boys and girls and are joint holders of the Inter-Centre Championships.

In 1975 a Senior Athletics Club was formed, with one of the prime objects of enabling our ex-Little Athletes to continue with the sport locally. Since it's formation the senior club has met with mixed success but last season proved to be the most successful yet and the prospects for the coming season appear to be equally encouraging.

For just over two years we have been negotiating with T.T.G. City Council for the provision of a full size athletic's track at St. Agnes, together with an associated club house and general amenities building. The building is to be a joint project with T.T.G. Soccer Club. It is hoped the whole complex will be completed for the start of the 1983/84 season.

I hope the coming season will be both successful and enjoyable for everyone concerned. I'm sure if we get your support once again, that it will be.

Ray Tedore.

T.T.G.A.C. COMMITTEE MEMBERS.Management Committee

President	Mr. Ray Tedore.	263 3368
Secretary	Mrs. Leonie Byrnes.	264 3883
Treasurer	Mr. John Lockwood.	251 1149
Education Officer	Mr. Jim Duncan.	251 1156
Social Secretary	--	
Publicity Officer	Committee.	

Little Athletics Sub Committee.

President	Mrs. Denise Yard.	264 6830
Secretary	Mrs. Pam Lomman.	264 6606
Competitions Off.	Mr. Graham Sullivan.	251 2418
Chief Recorder.	Mrs. Joy Page.	337 9571
Registrar	Mrs. Loralie Dunn.	261 6174
Team Managers	Mr. Nev. Sinkinson & Mrs. Gwen Duncan.	251 1156
Grounds Officer	--	
Officials Officer	Mr. John Graham.	263 2224

Senior Sub Committee

President	Mr. Roy Barber.	264 0636
Secretary	Mrd. Dianne Lockwood.	251 1149
Registrar	Mrs. Moira Somerton.	251 2884
Recorder	Mrs. Pat Leckey.	263 3935
Team Manager	Mrs. Wendy Barber.	264 0636
Social Rep.	Mrs. Kath Davies.	251 3214

Development Committee.

Development Manager. Mr. Ray Tedore. 263 3368  
heads a Development Committee which is currently handling negotiations for our new permanent grounds.

Editorial Committee.

There is a committee of six who produce the 'Gully Runner' and all other publicity for the Centre. Articles for the 'Gully Runner' are always welcome.

Fund Raising Sub Committee

A group of people organise our Bingo evenings, held each Monday and Tuesday nights at the Highlander and Tea Tree Gully Hotels respectively. Bingo is our main fund raising activity, any offers of assistance are very welcome. Please contact Mr. Ron Lane. 263 9631

45, CURRAWONG CR

SENIOR PROGRAMME - 1981/82 SEASON.

## October

7	International Meeting.
17	Achilles Cup.
19	Salisbury Host Day.
24/25	Primary School Boys.
28/31	Interclub + 5 Km. Walk.
28/29	Decathlon/Heptathlon Trials.
30	S.A.P.S.A.S.A. Championships.
31)	Coca Cola Games.

## Nov. 1)

## November

4/7	Interclub 2. + 10,000 Km. Run.
11/14	Interclub 1. + 5 Km. Walk.
18/21	Interclub 2.
18/19	Decathlon/Heptathlon Trials.
25/25	Interclub 1.
December	
2/5	Interclub 2. + 10,000 Km. Run.
9/12	Interclub 1. + 5 Km. Walk.
12/13	National All Schools - Brisbane.
16	Twilight Interclub 2.
19	A.M. Interclub.
20	Xmas Meeting.
28	Bay Sheffield.

## January

6	Twilight Interclub.
9	A.M. Interclub.
Mon. 11	Alcoa Challenge Series.
13/16	Interclub 2. + 10 Km. Run.
16/17	National S/J Match, Men - Perth. Wom. - Brisbane.
20/23	Interclub 1. + 5 Km. Walk.
30	Australia Day & City of Adelaide Events.

## February

1	S.A. v Vic. v Tasmania. - Hobart.
3/6	Interclub 2.
10/13/14	State Championships.
17/20/21	" "
24/27	Interclub Final 1. (Under 15 Boys Pentathlon 2).

## March

3/6	Interclub Final 2. (U/15 Boys Pentathlon 1.)
-----	--

SENIOR PROGRAMME contd...

March  
 13 Highland Games.  
 18/21 Aust. Track & Field Championships (Brisbane).  
 20/21 L.A. State Championships.  
 27 Catholic Schools Championships.

April  
 3/4 Secondary Schools.  
 10/11 State Country Championships (Barmera).  
 25 Broken Hill Meeting.

A.M. TIMETABLES 1981/82.

<u>Timetable 1 (Saturdays)</u>		<u>Timetable 2 (Saturdays)</u>	
9.30	Shot Put. G. South 100m. B.	9.30	200m. B. (11-14)
9.40	Javelin B.(13-14)	9.45	60m. B.
9.45	400m. G. H.J. B.(9-10)	9.50	H.J. G. 1 & 2
10.00	60m. B-G U/12 L.J. G. Div.1-2	9.50	Shot Put. B. (13-14)
10.20	400m. B.		Discus B. 9-10
10.35	100m. G.(lwr. Div.1st).	10.00	L.J. B. (11-12)
10.40	H.J. B.(13-14)		800m. G.
	Javelin B.(11-12)	10.00	Javelin. G. 1 & 2
	Triple Jump. B.(9-10)	10.20	70m. H.2'6" G. U/12
11.00	L.J. G.(Div.3-4)	10.25	80m. H.2'6" G. (12-13)
	Discus. G.	10.30	80m. H.2'6" B. (9-12)
11.25	T.J. B.(13-14)	10.35	90m. H.2'6" B. 13.
	H.J. B.(11-12)	10.40	90m. H.2'6" G. (14-15)
	Javelin B.(9-10)	10.45	L.J. B. (9-10)
12.00	4 x 100m. Relay. G.		Shot Put B. (11-12)
12.05	4 x 100m. Relay. B.		Discus. B. (13-14)
12.15	1500m. G.	10.50	100m. H.2'9" B. 14
12.20	1500m. B.	11.00	Javelin G. 3 & 4
		11.05	200m. G. (1.d.f.)
		11.15	H.J. G. 3 & 4
		11.20	800m. B.
		11.30	L.J. B. (13-14)
			Discus B. (11-12)
			Shot Put. B. (9-10)
		12.05	4 x 100m. Relay. G.
		12.10	4 x 100m. Relay. B.
		12.20	800m. Walk. G. & B.

Athletes are reminded that these times are provisional only and should be checked in the Summer Handbook when it becomes available.

SPECIAL EVENTS DAYS Cont.

Australian Teams Championships

Each year a team of 22 athletes from the Under 12 age group is selected to represent our State in the Australian Championships. Tea Tree Gully has on several occasions had representatives in this team. The Championships will be held this year in Tasmania at Easter Time.

The Cross Country Season

Registration fees also cover the Cross Country Season which is held between May and August. It is a personal choice to compete or not, the competition is against other metropolitan centres.

T.T.G. currently holds both boys' and girls' shields. More information about this programme at the end of the Summer Season.

EXPLANATION OF SPECIAL EVENTS DAYS - LITTLE ATHLETES.State Relay Championships - DECEMBER 13TH.

A highlight of the season is the State Relay Championships which are held at Olympic Sports Field, Kensington. In a sport which is basically individual this presents the opportunity for our athletes to work together as a team. Relay teams are selected in each age group from the times recorded in the early part of the season.

Inter-Centre Championships

On December 6th., our Centre will compete at Kensington O.S.F. against the other Centres in the Eastern Zone, to determine the champion club for the Zone. On February 28th., the winning centre will compete with the winners of Northern, Western and Southern Zones for the Champion Little Athletics Centre Trophy.

On each of these days it is very important that we have maximum attendance if we are to realise our aim of winning the trophy this season.

Zone Team Championships - MARCH 7TH.

Each season a combined team of athletes is selected to represent Eastern Zone in a Championship against the other Zones. Recorded performances for all children in the Zone are analysed to make the team selection. Athletes are restricted to two or three events to give more children the opportunity to compete.

Peter Fullager Walks - FEBRUARY 7TH.O.S.F.

This day is a competition for children from throughout the State to take part in walking events only.

Rotorama - Saturday 13th. Feb. - Colley Reserve, Glenelg.State Individual Championships - MARCH 20TH - 21ST. O.S.F.

Although the emphasis in Little Athletics is on fun and fitness for all children, the Association recognises that many athletes seek the opportunity to compete in their chosen events against children from throughout the State.

The Association sets qualifying standards for all events in all age groups. These standards must be met on at least two occasions prior to nomination. When the standards and closing dates for registration are available they will be published in the 'Gully Runner'.

P.M. TIMETABLES 1981/82Timetable 1. (Saturdays)

12.45	H.J.	W.
	1500m. Walk.	W.
1.00	Pole Vault.	
	Long Jump.	J.
	Javelin	C.D.E.
1.05	110m. H.	ABCDE JS/J
1.20	100m. H.	W.
	Hammer T.	J.
1.30	1500m.	ABCDE JS/J.
1.40	Shot Put.	C.D.E.
1.45	Triple J.	S.J.
	Discus.	W.
2.10	Javelin.	A.B.
	High Jump.	W.
2.25	Shot Put.	S.J.
2.30	1500M. Walk.	
2.40	Paraplegic.	
2.45	Pole Vault.	
	100m.	ABCDE J & S/J
	100m.	W.
	Triple Jump	C.D.E.
2.50	Discus	J.
3.10	Shot Put.	A.B.
	High Jump.	J.
3.15	1500m. Walk.	
3.25	400M. Walk.	
3.30	Triple Jump.	A.B.
3.35	400m. ABCDEJ	S/J.R
	Javelin	S.J.
3.50	Discus.	W. Div.1
4.20	4 x 100m. Relay.	W.
4.30	4 x 100m.	"
		ABCDEJ & S/J.

(Wednesdays)

7.30	1500m. Steeple	SJ.
7.40	2000m.	" J.
7.50	5000m.	A.B.
8.15	5000m.	C.D.E. Res.
8.35	5000m.	Res.

5,000m. walks to be conducted on Oct.28, Nov.11, Dec.9, & Jan.27.

Timetable 2. (Saturdays)

12.45	Javelin.	W.
	Long Jump.	A.B.
1.00	400m. H.	W.
	400m. H.	ABCDE J & S/J.
	Pole Vault.	S/J.
	High Jump.	S/J.
1.15	Hammer T.	CDE S/J.
1.20	800m.	W.
1.30	Javelin.	J.
1.35	800m.	ABCDE J/S.J.
1.45	Shot Put.	W.
2.00	Long Jump.	W.Div.1.
	Discus.	S.J.
2.20	High Jump.	A.B.
2.35	Hammer T.	A.B.
	Discus.	C.D.E.
	200m. Paraplegics.	
2.40	Long Jump.	C.D.E.
	200m.	W.
3.05	200m.	A.
3.25	Shot Put.	J.
	Shot Put.	W.
3.35	Discus.	A.B.
3.35	Triple Jump.	J.
3.35	High Jump.	C.D.E.
3.45	Long Jump.	W.
3.50	3000m. Walk.	ABCDE J.W.
3.55	Javelin.	W.
	Long Jump.	S.J.
4.15	4 x 400m. Relay.	ABCDE J. S/J. & W.

(Wednesdays)

7.30	3000m. Steeple	A.B.
7.45	3000m.	" CDE Res.
8.00	5000m.	J.
8.20	3000m.	W.

1,000M. to be conducted on Nov.4, Dec. 2 & Jan.13.

STANDARDS FOR SENIOR ATHLETES - set by A.A.A.S.A. from 1979/80 Association Handbook (any alterations will be advised).

BOYS UNDER AGE COMPETITION QUALIFYING STANDARDS

Note :- competitors need not attain these standards in order to compete.

100M.	15.6 sec.	Long Jump	3.60m.
200M.	33.9 sec.	Triple Jump U9, U10	6.00m.
400M.	78.0 sec.	Others.	7.41m.
800M.	3 min. 7.8 sec.	Shot Put.	4.71m.
1500M.	6 min. 39.6 sec.	Discus.	12.82m.
High Jump.	1.14M.	Javelin U9, H10	10.00m.
		Others	14.03M.

MENS INTERCLUB QUALIFYING STANDARDS.

	<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>	<u>Jun.</u>	<u>S/J.</u>
400M.	52.0	53.5	55.0	60.0	60.0	64.0
800M.	2.02.0	2.06.0	2.10.0	2.20.0	2.20.0	2.25.0
150M.	4.10.0	4.20.0	4.30.0	4.50.0	5.00.0	5.10.0
5000M.	16.30.0	17.00.0	18.00.0	19.00.0	19.00.0	-
Steeple.						
3000M.	10.30.0	11.00.0	11.30.0	12.00.0	-	-
2000M.	-	-	-	-	7.10.0	-
Walks.						
1500M.	7.30.0	8.00.0	8.30.0	9.00.0	9.00.0.	9.15.0
3000M.	16.00.0	17.00.0	18.00.0	19.00.0	18.30.0	-
Hurdles.						
110M.	18.0	19.0	20.0	21.0	19.0	20.0
400M.	61.0	63.5	65.0	67.0	67.0	-
Field Events.						
Shot.	10.30m.	9.50m.	9.00m.	8.00m.	8.00m.	m10.00
Hammer.	30.00m.	26.00m.	24.00m.	22.00m.	25.00m.	-
Discus.	30.00m.	26.00m.	24.00m.	22.00m.	25.00m.	22.00m
Javlin.	43.00m.	38.00m.	35.00m.	33.00m.	33.00m.	29.00m
H.J. )	1.70m.	1.65m.	1.60m.	1.55m.	1.55m.	1.45m
Start.)	1.65m.	1.60m.	1.55m.	1.50m.	1.50m.	1.40m
Pole V.)	3.05m.	2.90m.	2.75m.	2.60m.	2.60m.	2.45m.
Start.)	2.90m.	2.75m.	2.60m.	2.45m.	2.45m.	2.30m
L.J.	6.00m.	5.80m.	5.60m.	5.35m.	5.35m.	5.05m
T.J.	12.50m.	12.00m.	11.50m.	11.00m.	11.00m.	10.35m

T.T.G.A.C. GRADING:- Senior C and E.  
MEN, Junior "A"  
Sub-Junior A. & B.

AWARDS AND CERTIFICATES FOR LITTLE ATHLETES.

T.T.G. Attendance Certificate.

For every child who participates in the Inter-Centre competition (Sun. Dec. 6th.) 2 points will be awarded. For participating in an interclub or inter-centre friendly meeting 1 point will be awarded. For attending every meeting on our programme a child can earn 20 points-to win a certificate 17 or more points must be earned. If our centre wins through to the Inter-Centre Final (on Sun. Mar. 7th.) 2 more points can be earned making the possible 22. Therefore in that case 20 points will be required to win a certificate. On the weekend February 6/7 attendance at either meeting will win one point.

Attendance at certain other athletics meeting which clash with our programme may be counted for an attendance point. Please check with our Recorder prior to the event for clarification.

Centre Best Performance Certificates.

Are awarded when a Centre Best Performance is bettered or equalled at official meeting on the T.T.G.L.A. centre programme. Centre best performances are displayed on our record board. New C.B.P. Certificates will be presented at the following home meeting where possible.

REGULATION FOR T.T.G. LITTLE ATHLETICS CHAMPIONSHIPS.

10. To be eligible to compete in the T.T.G. Centre Championships children must be registered and have competed in at least 50% of possible meetings since their registration.

PLEASE NOTE - For the purpose of T.T.G. Championships children who have registered with the centre in the previous season will be expected to re-register no later than November 1st. 1981.



REGULATIONS FOR T.T.G. LITTLE ATHLETICS MEETINGS.

Home, Inter-Centre, and Centre Championships.

Will all parents please familiarise themselves with the following rules:-

1. All competitors must wear suitable footwear. Spikes are not permitted.
2. Children must compete in their own age group.
3. Pacing is not permitted and may result in disqualification.
4. When track events require heats there will be no final. Ranking in heats will be strictly adhered to and final placings will be on recorded times. N.B. An exception to this rule is in the T.T.G. Championships whereby in the event of more than one child obtaining the same winning time in different heats all children with that time will take part in a run off to determine final placings. The better time recorded by the children in either race to be entered on their place certificate. In the event of a tie in the same heat for first place each child will be awarded first place.
5. Competitors must report to the official or their group leader at the beginning of each event. If not wishing to attempt the first or any subsequent height in the high jump, they must still report and remain at the event until eliminated. If a competitor is not available when called to jump/throw they will be called again at the end of the round or before the high jump bar is raised. If still not available they will miss the attempt for that round.
6. Age groups U/11,12,13 must use the thick high jump landing mattress.
7. Both ends of the long jump pit may be used provided that one end is being used by and age group younger than U/11. This will require extra attention by the officials to ensure the pit is clear to jump.
8. At throwing events competitors and spectators must stand to the rear and at least 3 metres clear of the throwing circle, or outside the discus net where provided. U/12 & U/13 age groups must throw from discus area No.1, i.e. the one with net and the thrower only is allowed inside the net during competition or practice.
9. At Association Events e.g., Eastern Zone Championships, Little Athletes competing must be in correct centre uniform, including registration number. For race walking events athletes must have their registration number temporarily attached to the back as well.

T.T.G. LITTLE ATHLETES - SUMMER COMPETITION PROGRAMME.October

Sun. 4th.	1.00 pm.	Home. Bulkana Oval.
Sun.11th.	1.00 pm.	Home. Bulkana Oval.
Sat.17th.	9.00 am.	Away. Salisbury East L.A., Rundle Park Reserve, Rundle Rd. Salisbury South.
Sun.25th.	1.00 pm.	Home. (Oct.24/25th. Prim Sch. Championships).

November.

Sun. 1st.	1.00 pm.	Home. Bulkana Oval.
Sat. 7th.	1.15 pm.	Away. Henley Disctricts, Henley Memorial Oval, Cudmore Tce., H.Beac
Sun,15th.	11.30 am.	Home. Broadmeadows & Noarlunga. B.B.Q. Lunch.
Sun.22nd.	9.30 am.	Away. Enfield L.A., Greenacres Res. Manoora Street, Greenacres.
Sun.29th.	1.00 pm.	Home. Bulkana Oval.

December.

Sun. 6th.		O.S.F. KENSINGTON. Eastern Zone Inter/Centre.
Sun.13th.		O.S.F. KENSINGTON. State Relay Championships. Teams and programme to be advised.
Sun.20th.)		XMAS BREAK.
Sun.27th.)		

January

Sun. 3rd.)		" "
Sun.10th.)		
Sun.17th.	1.00 pm.	Home. Bulkana Oval.
Sun.24th.	11.30 am.	Home. Salisbury visiting. B.B.Q. Lunch available.
Sun.31st.	1.00 pm.	Home. Bulkana Oval.
<u>February.</u>		
Sat. 6th.	1.30 pm.	Away. Mitchell Park L.A. Panther Park, Laura Ave. St. Marys.
Sun. 7th.		O.S.F. KENSINGTON. Peter Fullager Walk.

LITTLE ATHLETICS PROGRAMME Cont.

February.

Sat. 13th. Rotorama.

Sun. 14th. 1.00 pm. Home. Bulkana Oval.

Sun. 21st. 11.30 am. Home. T.T.G. Championships.

Sun. 28th. O.S.F. KENSINGTON. INTER/CENTRE FINAL.

March.

Sun. 7th. O.S.F. KENSINGTON ZONE TEAM CHAMPIONSHIPS.

Sun. 14th. 11.30 am. Home. T.T.G. Championships.

Sat. 20th.)  
Sun. 21st.) O.S.F. KENSINGTON - STATE INDIVIDUAL CHAMPIONSHIPS.

TEA TREE GULLY ATHLETICS CENTRE BINGO.

Our principal fund raising activity is BINGO, held on Monday nights at the Highlander Hotel, Tuesday nights at the Tea Tree Gully Hotel. Commencing 7.30 p.m.

Any offers of assistance most welcome.

YOUR PROGRAMME BOOK - 1981/82.

The Editorial Committee thanks all who have been associated with the production of this information book.

Please keep for your reference and familiarise yourselves with the rules and information provided.

STANDARD PROGRAMMES FOR T.T.G.A.C./L.A. COMPETITION.

Programme No.1.

U/6.	70m.	60m.H.	Shot.	L.J.	
U/7.	70m.	60m.H.	Discus.	H.J.	
U/8.	70m.	60m.H.	Shot.	L.J.	
U/9.	70m.	60m.H.	Discus.	H.J.	
U/10.	70m.	60m.H.	400m.	Shot.	L.J.
U/11.	60m.H.	200m.	800m.	Discus.	T.J.
U/12.	60m.H.	200m.	800m.	Shot.	H.J.
U/13.	60m.H.	200m.	800m.	Discus.	H.J.

Programme 2.

U/6.	100m.	?	Discus.	H.J.	
U/7.	100m.	400m.W.	Shot.	L.J.	
U/8.	100m.	400m.W.	Discus.	H.J.	
U/9.	100m.	200m.	800m.W.	Shot.	L.J.
U/10.	100m.	200m.	800m.W.	Discus.	H.J.
U/11.	100m.	400m.	800m.W.	Shot.	H.J.
U/12.	100m.	400m.	800m.W.	Discus.	T.J.
U/13.	100m.	400m.	800m.W.	Shot.	T.J.

Programme 3.

U/6.	70m.	?	Discus.	L.J.	
U/7.	70m.	200m.	Shot.	H.J.	
U/8.	70m.	200m.	Discus.	L.J.	
U/9.	70m.	200m.	400m.	Shot.	H.J.
U/10.	70m.	200m.	800m.	Shot.	H.J.
U/11.	100m.	200m.	1500m.	Discus.	L.J.
U/12.	100m.	200m.	1500m.	Shot.	H.J.
U/13.	100m.	200m.	1500m.	Discus.	L.J.

Programme 4.

U/6.	60m.H.	100m.	Shot.	H.J.	
U/7.	60m.H.	100m.	Discus.	L.J.	
U/8.	60m.H.	100m.	Shot.	H.J.	
U/9.	60m.H.	100m.	400m.	Discus.	L.J.
U/10.	60m.H.	100m.	400m.	Discus.	L.J.
U/11.	60m.H.	400m.	1500m.W.	Shot.	H.J.
U/12.	60m.H.	400m.	1500m.W.	Discus.	L.J.
U/13.	60m.H.	400m.	1500m.W.	Shot.	H.J.