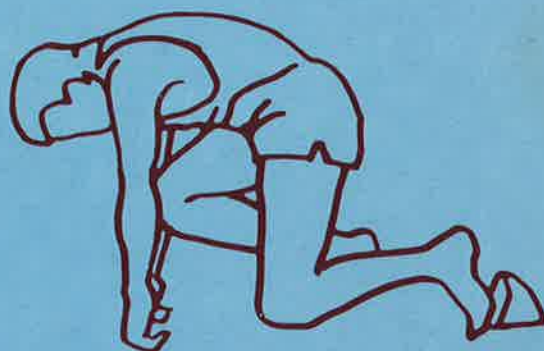


28 SEP 1980

TEA TREE GULLY ATHLETICS CENTRE INC.



GULLY RUNNER

1980-81



SHELLEY ST.

**OPEN
7 DAYS A WEEK**

*Proprietors - Peter and
Maureen Russell*

**Remember the Old
Style of Garage?
A FRIENDLY G'DAY**

*Well we try and run
Shelley St. like that*

GIVE US A TRY!
CNR. NORTH EAST RD AND
SHELLEY ST. T.T. GULLY.
PHONE: 264 2086

**ROOTS & LEAVES
GARDEN CENTRE
PTY. LTD.**

OPEN 7 DAYS A WEEK

- Native Trees and Ferns.
- Pine Bark - Red Gum Chip.
- Mulch - Railway Sleepers.
- Sand - Metal - Loam.
- P.V.C. Pipe and Fittings.
- Cement - Steel Lawn Edging.
- Shade Cloth - Black Plastic.

Cnr. Tolley Rd. & Smart Rd. ST. AGNES
Ph. 263-0492 or 265-0665 A.H. 264-1610

**BANKSIA PARK
DELI**



106, Elizabeth St.
Banksia Park.



*For all your Continental Smallgoods
Bread, Biscuits, Cakes, Ice Cream,
Soft Drinks, Frozen Food,
Groceries*

**CUT LUNCHES
HOT PIES & PASTIES
FRUIT & VEGIES**

**OPEN 7 DAYS A WEEK
7.30 a.m. - 8.30 p.m.
PHONE 263 2511**

TRAK

**SPORTS & CYCLE CENTRES
- SPORTS -**

We have an extensive range of Clothing,
Footwear, and Sports Equipment at
very competitive prices.

- CYCLES -

Come and see the largest stocks of
Ricardo Cycles from Skid-Kid Cycles
to Lightweight 10SP Racers.

Find us at ...

**INGLE FARM SHOPPING
CENTRE 265 0357
and**

**ST. AGNES SHOPPING
CENTRE 264 7888**

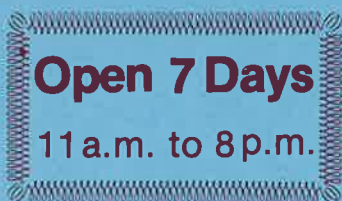


- **PERSONALISED SERVICE
LOCAL - COUNTRY -
INTERSTATE**
- **OVERSEAS SHIPPING
SERVICE**
- **STORAGE A SPECIALITY**

264 4455

KLOSE'S REMOVALS
32 WILLIAM ST. TEA TREE GULLY
Proprietors: Graham & Colleen Klose

**BANKSIA PARK
FISH & CHIP SHOP**



Freshly Cooked

**Fish & Chips • Chickens
Tasty Hamburgers & Steaks
All Welcome • Bring a Friend!**

Telephone 263 1908

Welcome!

to the



SHAN TUNG

1259 North East Road, Ridgehaven
(Opposite St. Agnes Shopping Centre)

OPEN 7 DAYS A WEEK

LUNCH SPECIALS - FROM \$3.00

**SUNDAY SPECIAL BANQUET STYLE
LUNCHES**

**Parties & Banquets catered for
263 1240**



**MIDWAY QUALITY
MEATS**

106 Elizabeth Street
Banksia Park

**QUALITY BUTCHERS
RETAIL AND BULK
MEATS ALWAYS
AVAILABLE**

Also

**B.B.Q. Catering Service
MIDWAY DINNER TOURS**

Ph: 264 0228 Closed Mondays



T.T.G.A.C.Inc.,
P.O. Box 43,
St. Agnes
5097

THE GULLY RUNNER

Vol.2. No.1.
September 28th 1980.

EDITORIAL

The members of the Centre Management, Little Athletics and Senior Athletics Committees welcome everyone to our Open Day for Little Athletes and our Information Morning for Senior Athletes at Bulkana Oval today.

We especially welcome those who have accepted our invitation to join us in friendly competition and training today and hope that you will all enjoy your visit to us. If you like what you see today we hope you will accept our invitation to join our Centre.

The following short history of T.T.G.A.C. Inc. may be of interest to you:- Tea Tree Gully Little Athletics Centre was founded in November 1972 with a membership of 20. It is now the largest and most successful centre in South Australia with only the Relay Championships not yet to our credit - maybe 1980/81. The Senior Club was formed in 1975 so that our little athletes could continue on in athletics if they so desired. It has not as yet realized its full potential due to a shortage of older athletes but it has the potential of becoming the largest and strongest Senior Club in S.A.

For those new to our club and perhaps reading this magazine at home you will be able to find in the contents relevant phone numbers to contact should you be seeking more information. Please feel free to seek out a committee member at any time for information, we all try to give meaning to our motto 'Athletics for Family Fun and Fitness'.

Janet Moyes (Publicity & Promotions)

for all T.T.G.A.C.Inc Committee members.

The next Gully Runner will be distributed at Bulkana Oval on Sunday October 5th. Anyone who would like to submit an article or information please contact 251.1812 no later than Tuesday night September 30th.

Please be sure to collect your copy, one per family.

Tea Tree Gully Athletics Centre Inc. wishes to thank local businesses who have assisted us in the production of the Gully Runner, the Summer Programme book and other publicity. The financial support these businesses have given will enable us to produce all of our publicity for the 1980/81 summer and winter seasons free of charge to our members.

Sponsors are:-

B.P. SERVICE STATION	-Shelley St. Tea Tree Gully
ROOTS AND LEAVES GARDEN CENTRE	-Cnr. Tolley and Smart Rds.
BANKSIA PARK DELICATESSEN	-106, Elizabeth St. Banksia Pk.
TRAK - SPORTS AND CYCLE CENTRES	-St. Agnes Shopping Centre
KLOSE'S REMOVALS	-32, William St. Tea Tree Gully.
BANKSIA PARK FISH AND CHIP SHOP	-Banksia Park Shopping Centre
SHAN TUNG RESTAURANT	-1259, N.E. Road, Ridgehaven
MIDWAY QUALITY MEATS	-106, Elizabeth St, Banksia Pk.
SKIN CITY	-1303, N.E. Road; Tea Tree Gully.
QUALITY FODDER & VETERINARY STORE	-164, Smart Road, St. Agnes.
AGCHEM PTY. LTD.	- Available at Garden Stores.
CASE CARPORTS	-58, Taworri Road, Fairview Park.
KARADINGA - Y.M.C.A.	-Montague Road, Modbury
RENTRITE T.V. SERVICE	-121, Hancock Road, Tea Tree Gully.
VALLEY FLORIST	-1220, Grand Junction Road.
ST. AGNES INSURANCE CENTRE	-Benbowie St. St. Agnes.
H. & H. HOME MADE CAKES	-414, Milne Road, Redwood Park.
ST. AGNES HARDWARE	-128, Tolley Road, St. Agnes
TEA TREE GULLY HOTEL	- 1349, North East Road.
T.T.G. REAL ESTATE	-1267, N.E. Road, Ridgehaven
P.G.H. CERAMICS	-Greenwith Road, Golden Grové.
J. FRY JEWELLERS.	-1220/22 Grand Junction Road.
HOLDEN HILL MUSIC	-612; N.E. Road, Holden Hill
MC DONALDS - FELIXSTOWE	-465, Payneham Road, Felixstowe.
JEFFRESS PRINTERS	-9, Osman Place, Thebarton.
TOLLEYS WINES	-Available-Hotels and Bottle Shops.
RODNEY ROBRAN'S SPORTS STORES	-Tea Tree Plaza & The Gallerie
THE ADVERTISER NEWSPAPERS	-Available from all Newsagents
CHESTERFIELD PTY. LTD.	-1303a, N.E. Rd. Tea Tree Gully.
HYDE AND WEBBER CHEM-MART	-St. Agnes Shopping Centre
MIX 'N' MATCH	-1336, N.E. Road, Tea Tree Gully.

Tea Tree Gully Athletics Centre Inc. commends these business houses to our members and asks that you support our sponsors and so support YOUR CLUB.

ACTIVITIES FOR THE COMING WEEK 29.9.80 - 5.10.80

LITTLE ATHLETES

Training at your local club training ground:-

Banksia Park	- Wednesday 5.00pm. at Bulkana Oval
Dernancourt	- Thursday 5.00pm at Dernancourt School
Modbury	- Wednesday 5.00pm. at Modbury Primary School
Modbury South	- Tuesday 5.00pm at Modbury South School
St. Agnes	- Thursday 5.00pm. at St. Agnes School
T.T.G. School	- Wednesday 3.45pm at Memorial Oval T.T.G.

For further information for these clubs, please phone:-

Banksia Park	- Mr. D. Lockwood	251 1149
Dernancourt	- Mrs. B. Ramsay	264 4849
Modbury	- Mrs. P. Slater	263 3474
Modbury South	- Mr. J. Graham	263 2224
St. Agnes	- Mr. B. Copper	264 6770
T.T.G. School	- Mr. R. Mitchell	264 8026

Competition Sunday October 5th. -OPENING DAY - Home friendly
Bulkana Oval 1.00pm.

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

---ooOoo---

SENIOR ATHLETES

Training will be held on Tuesday and Thursday nights at Bulkana Oval, commencing 4.30pm., also on Sunday morning, commencing 10.00am concluding approx 12.30pm.

Any enquiries - phone Mrs. Rena Robinson 251 1565
or Mr. Ray Tedore 263 3368

THE CITY-BAY RUN - We know that a large contingent from Tea Tree Gully took part in the City-Bay Run last Sunday, although a few results are known we have not yet compiled a full list, perhaps next week.

Congratulations to all who represented us, little athletes, seniors and parents alike. How many shared the sentiments expressed to me by one such runner, "The worst part was seeing some runners who had already completed the course running back to Adelaide to collect their cars while I still had quite a distance to go."

---ooOoo---

SAFETY

In Athletics, there exists a responsibility both for awareness of the need for safety precautions and for their observance at all times.

Safe methods must be taught from the beginning. As the Athlete progresses through the various activities they must be made fully aware of the potential dangers involved, and the necessary safety precautions to be observed.

Spectators must also be aware of the safety aspects and should co-operate by watching from behind safety equipment or where no safety device provided, from a safe distance.

At training sessions many athletes may be experimenting with developing new techniques of throwing various implements with little safety equipment, so it is vital to be aware of the situation.

THROWING EVENTS

1. Throwing implements must be treated at all times with respect.
2. All throwers should stand behind the throwing circle until called up for their throw.
3. Only one athlete should throw at a time. The athlete and the coach/official must ensure the throwing area is free before commencing the throw.
4. The Discus/Shot MUST NOT be thrown back to the circle, it should be carried.
5. Discus officials should not stand on the right hand side of a right handed thrower (converse).
6. Athletes must not "play about" with the Shot. It may drop onto an Athletes foot causing permanent damage.

NEWS FROM HERE AND THERE

REPRINTED FROM THE S.A.L.A.A. NEWSLETTER 11.9.80

DARWIN 1980

Congratulations to the South Australian Team. They made us proud to be associated with them. For those who have not been able to catch up with the final results they are as follows - Victoria 497, New South Wales 493, South Australia 472, Western Australia 442, Queensland 386, Northern Territory 225, Tasmania 150.

While stressing that all team members played their part in achieving an excellent result it would not be fair if we did not add a mention for the following performances:-

Susan Abbott 1st.100m., 1st.200m., 2nd. 400m.

Tania Baggio 2nd. Shot

Sylvia Canalia 3rd. High Jump

Chrisine Mitchell 2nd. Discus, 3rd. Shot put.

Renee Talbot 3rd. 1500m. Walk

Girls Relay Team, comprising Sylvia Canalia, Natalie Everall, Tania Baggio and Susan Abbott won the Gold medal for South Aust., the first time we have ever won this event.

Jonathon Cenko 3rd. 60m.h.

Greg Dayman 2nd. Discus, 2nd. Triple Jump.

Bradley Hutchinson 3rd. 1500m. Walk.

Grant Johnston 3rd. 100m.

Boys Relay Team comprising Jonathon Cenko, M. Cavaiuolo, G. Dayman and G. Johnston finishes third.

GRADE 1. COACHING COURSE

The Australian Track and Field Coaches Association will be conducting another Grade 1. course, commencing on October 29th.

Preliminary coaching courses will also be held commencing in October, any Tea Tree Gully parents interested in attending one of these courses please phone Mr. Roy Barber -264 0636.

S.A.L.A.A. SOCIAL COMMITTEE NEWS.

The Social committee for S.A.L.A.A. has organised two functions to which all of our Little Athletes and families are invited.

PICNIC This is to be arranged for children on Sunday 14th December at a venue yet to be decided, however it clashes with the Christmas Party which we have arranged for our own Centre.

DINNER DANCE.- To be held at the Soccer Club Rooms at O.S.F. on Saturday February 21st. 1981 at 7.30pm.- this night is free on our own Social Calendar so we may be able to organise a group to attend. \$20.00 a double, Red and white wine included with dinner.

If you are interested in attending contact Mrs. B. Allen 264 6831. More details later in the season.

THE MYSTERY OF THE SHOVELS AND SPADES.

Did you attend the working bee at Bulkana on 17.8.80??
-when the steps were laid.

Did you end up with the wrong shovel or spade?.

Mal Dunn, Keith Lomman and Lou Moyes did. Mal says that the best looking spade used to be his and he will swap it back anytime for the wobbly handled one he has now.

We should ask Gloria how long Mals' spade has been in as new condition!

DERNANCOURT CLUB NEWS.

We welcome all new members to our club and say welcome back to those who have been a little athlete before.

We had our opening Fun Day at the school last Sunday and we hope that those who attended had an enjoyable time. Unfortunately the weather deteriorated during the afternoon and by the time we started our A.G.M. several of the parents had already left for home.

We have formed a committee but we would be very interested to hear from other parents who would like to join the committee.

You can contact :- Mrs. Bev Ramsay - President -264 4849
Mrs. Joy Page - Secretary -337 9571

Practice will continue on Thursday evenings 5.00pm to 6.00pm.

Hope to see you there,

Beverley Ramsay (President).

SALE OF USED ATHLETICS CLOTHING AND SHOES

Athletes, both large and small often seem to grow out of their "togs" before they are worn out.

Do you wish to sell or buy your childrens running gear ?

A trading table will be set up at Bulkana Oval on Sundays October 5th and 12th. Any goods you wish to sell should be bought along cleanes, pressed and with names and prices on same.

Some of our older Little Athletes will particularly be looking for good used spiked shoes which they can use if they decide to join with the Seniors and attend Kensington on Saturday mornings.

Any queries to Mrs. Barbara Allen - 264 6831

YOUR SUMMER PROGRAMME BOOK

On receipt of your registration fee you will each be issued a copy of 'Summer Programme 1980/81' please be sure to keep it safely as we have printed in there most of the information you will need for the coming season. Last year we used to reprint the programme for the coming Sunday each week in the Gully Runner, it is not our intention to do so this year.

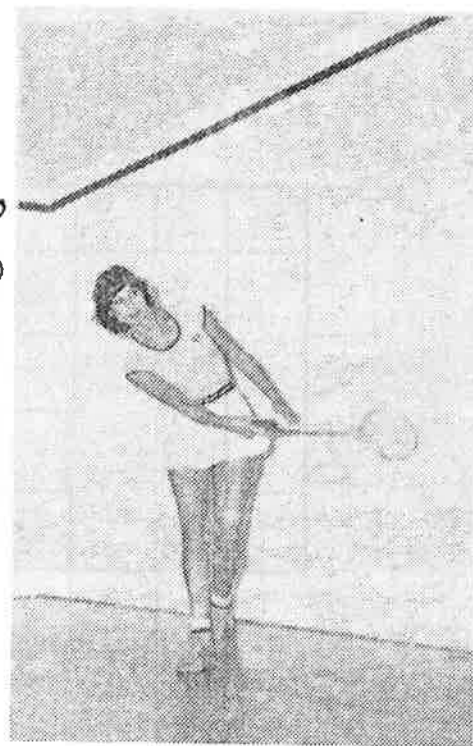
Rules and regulations for both Senior and Little Athletics competition are included and they likewise will not be reprinted.

The Social calendar is a brief outline of the planned events for the season, further information will be given from time to time but we hope you will all consider supporting our functions and keep the dates free.

An ommission from the programme book was the contact telephone numbers for the Little Athletics Clubs, they are printed elsewhere in this Gully Runner, please make a note of them for your reference.

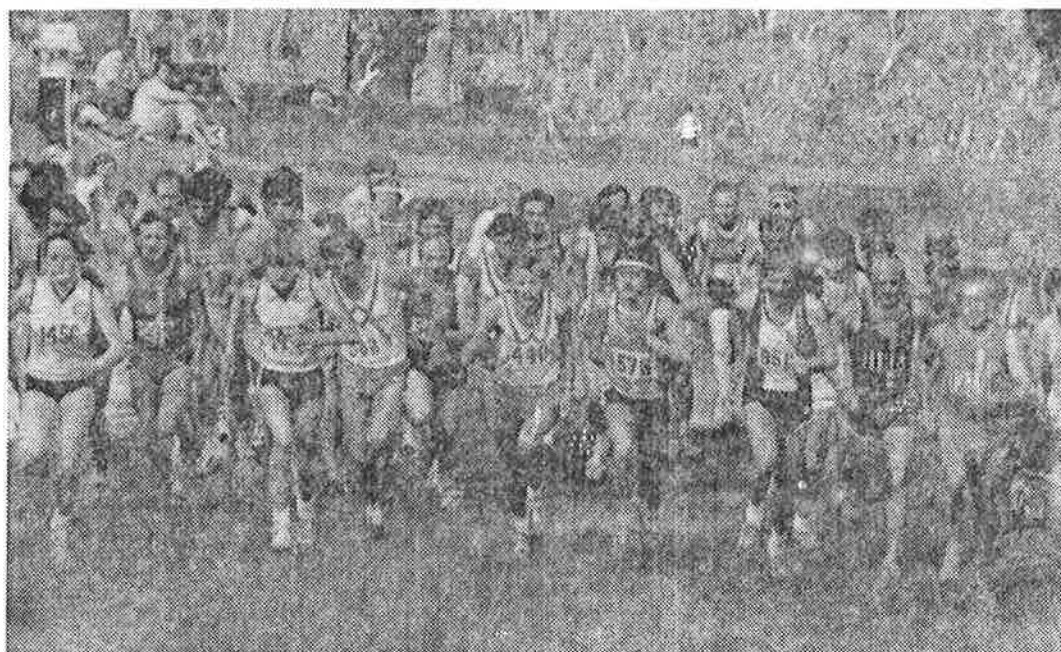


RENA ROBINSON,
(SENIOR
SECRETARY)
AT OUR SQUASH
NIGHT.

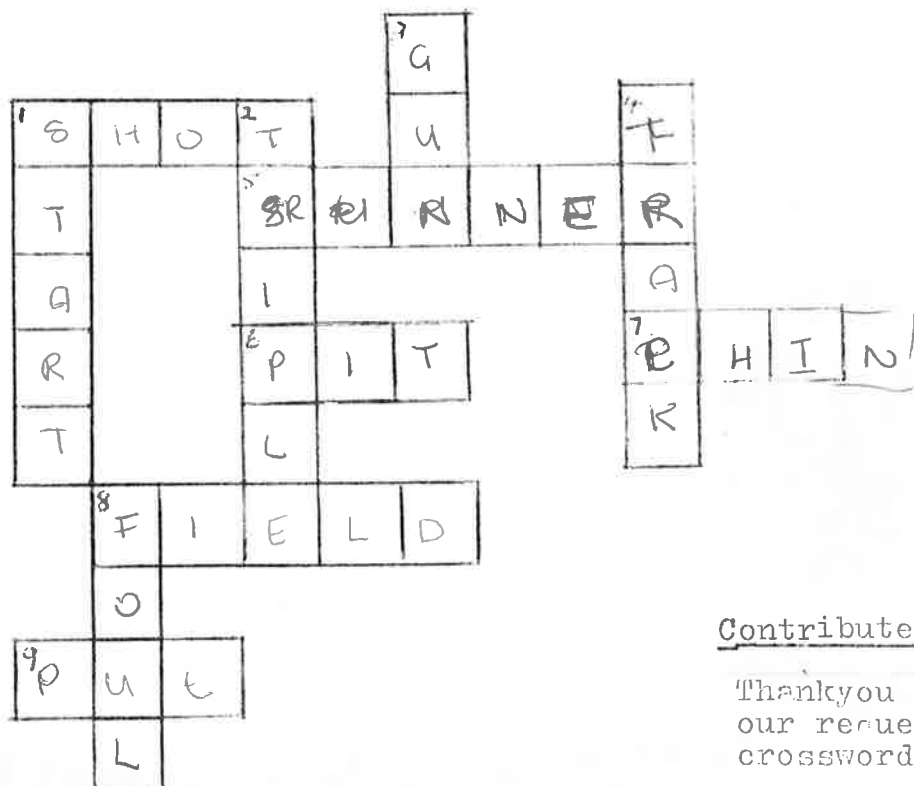


RICHARD DAVIS,
(SUB-JUNIOR)
AT MT. CRAWFORD.

START OF SENIOR
RACE AT MT. CRAWFORD,
6.9.80.



ANGELO ANGELI,
(SENIOR)
CROSSING THE
FINISH LINE.



Contributed by Ian Parker U/10.

Thankyou Ian for answering
our request for another
crossword.

Clues

Across:-

1. Field event
5. Fast.....
6. Landing
7. Held near
8. Track and
9. Push

Down:-

1. Finish (opp)
2. Jump
3. Starter
4. Lanes
8. Something wrong

ANSWERS TO LAST WEEK'S CROSSWORD.

Across :- 1. Safety
4. Highjump
6. Toe
7. Flop
9. Sphere
12. Bar
13. Tape
14. Starter

Down:-

1. Shot
2. Triple
3. Hurdle
5. Pit
8. Sprint
10. Place
11. Events

Can you work out a crossword for us? If so please give to Janet Moyes, phone 251 1812.

SHEEP CITY

**SHEEP SKIN CAR
SEAT COVERS
UGG BOOTS
SHEEP SKIN RUGS
MOCCASINS
LEATHER HAND BAGS
SOUVENIRS
OPAL JEWELLERY
GIFTS**

1303 NORTH EAST ROAD
TEA TREE GULLY
Telephone 264 4735



For STOCK FOOD
BIRD SEED
VET. SUPPLIES

QUALITY FODDER VETERINARY and ACCESSORIES STORE

164 SMART ROAD, ST. AGNES S.A.
TELEPHONE: 263 0707

After Hours: 263 6486

NEVILLE & YVONNE GENTRY

for QUALITY
GARDEN SPRAYS

ask for
AGCHEM Pty Ltd
products

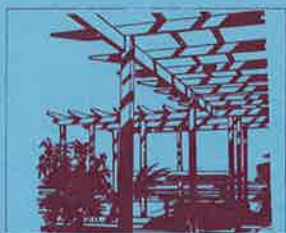
The
SOUTH AUSTRALIAN
Company

CASE CARPORTS

58 TAWORRI RD. FAIRVIEW PARK. 5126

PHONE: 251 1292

BUILDERS LICENCES G.2176 G.2177



Our speciality is blending Carports,
Verandahs and Pergolas to the style of
your home, using fine timbers.

K.A. & M.M. VAN DEN HEUVEL



KARADINGA

Y.M.C.A.

Family Leisure Centre



**JAZZ BALLET
& YOGA**

Casual & Permanent
Squash & Racquet
Ball Bookings
Always Welcome

CNR MONTAGUE RD &
FAIRLEIGH AVE. MODBURY
S.A. 5092

TELEPHONE: 263 5622

OPEN Mon - Fri 9 a.m. - 11 p.m.
Sat 9 a.m. - 5 p.m. Sun 2 - 9 p.m.



RENTRITE
T.V. SERVICE

Rental & Sales
Antenna
Installations

**REPAIRS TO COLOUR &
B /W T.V., STEREO,
RADIO & ELECTRICAL
APPLIANCES**

Rental incl. Hospital T.V.

264 0229

121 HANCOCK RD. T.T.GULLY

Valley Florist

MEMBER OF INTERFLORA
(Props. Doug and Sadie Brooks)

Specialising In . . .

*Weddings, Funerals,
Dried Arrangements,
Hanging Baskets of
Australian Natives.*



**FREE DELIVERY TO
MODBURY HOSPITAL**

PH. 263 5959 A.M. 264 2288

FOODLAND SHOPPING CENTRE
Hope Valley, 1220 Grand Junction Rd.



ST AGNES INSURANCE CENTRE

BENBOWIE ST., ST. AGNES 5097

**FOR ALL INSURANCE
263 9000**

LIFE, SUPERANUATION, SICKNESS &
ACCIDENT, HOUSEHOLD, CAR, BOAT,
CARAVAN.

BUSINESS & COMMERCIAL RISKS

**INSURANCE YEARLY
OR BY THE MONTH**

H. & H. Home Made Cakes

Redwood Park Shopping Centre
414 Milne Road, Redwood Park.



See
Heidi

for the **biggest** selection of
daily fresh baked

- Continental Cakes
- Home Made Pies, Pasties
Sausage Rolls & Pasty Pop Dogs
- Birthday Cakes and Cakes
for all occasions
Made to Order

OPEN 6 DAYS A WEEK

*Sundays 11 a.m. - 3 p.m.
Closed Mondays*

Ring 265 0107 a.h. 264 4592

Your Local Big 'H' Store



BIG SAVIN' SAM!

**ST. AGNES
HARDWARE**

128 TOLLEY RD
ST. AGNES.

Phone: 263 8716

For **All** Building
&
Handyman Supplies

5 DAYS Plus Sat and
Sun Morning

TEA TREE GULLY HOTEL

1349 NORTH EAST ROAD

Telephone: 264 2288

"SIP 'N' \$AVE"

From Our
Discount Drive-In
Bottle Shop

Dinner/Dance
Every Fri & Sat



Gas Spits,
Barbecues,
Glasses etc.
FOR HIRE

T.T.G. 263-4444
REAL ESTATE

1267 NORTH EAST RD., RIDGEHAVEN.



WE SELL HOMES IN YOUR AREA

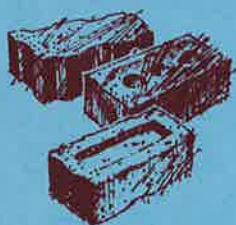
NO SALE — NO CHARGE



T.T.G. "MAKES IT HAPPEN"

T.T.G. 265-0555
REAL ESTATE

108 KELLY ROAD, MODSURY NORTH.



Choose the **RIGHT** brick

Open 24 hours a day and floodlit
at night, PGH display centres
show you over fifty ways to be
different with natural clay bricks.
You're welcome anytime.



PGH CERAMICS

11 Harrison Rd., Resown Park
Greenwith Rd., Golden Grove
Glen Osmond Rd., Glen Osmond.
Phone 46 0291.

Phone: 263 5476

A/H 264 9074

Watch & Jewellery Repairs
Ear-Piercing—Valuations

J. FRY JEWELLERS

Hope Valley Shopping Centre,
1220/22 Grand Junction Road, Hope Valley
(Next to Bremen Hotel)

Agent for SEIKO, CITIZEN, FELICIA, Watches



- SALES • REPAIRS •
- EXPERT ADVICE • HIRE •
- TUITION • SHEET MUSIC •
- GUITARS • KEYBOARDS • DRUMS •
- & MOST OTHER MUSICAL INSTRUMENTS

PHONE 261 9950

612 NORTH EAST RD. HOLDEN HILL
OPPOSITE HIGHLANDER HOTEL



*Put Your Best
Foot Forward
Little Athletics*

McDONALDS
465 PAYNEHAM RD
FELIXSTOW



JEFFRESS PRINTERS

9 OSMAN PLACE, THEBARTON

PHONE

352 1022

Commercial, Color and Offset Printers

TOLLEY'S

Pedare
WINES

Available in Hotels
and Bottle Shops
in South Australia

Douglas A. Tolley Pty Ltd
Hope Valley, S.A. 264 2255