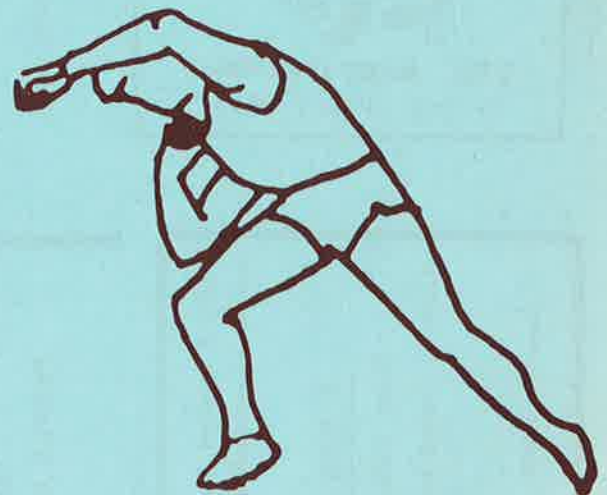
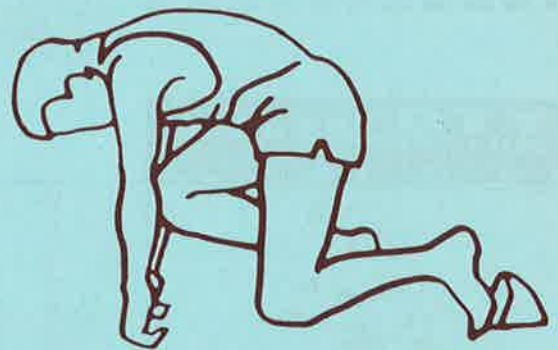


29 JUL 1984

TEA TREE GULLY LITTLE ATHLETICS



GULLY RUNNER

84-85

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PRESIDENTS REPORT

As mentioned many times before most of the money we need to run the Centre is raised from Bingo. We still need callers and helpers on Monday nights at the Highlander Hotel and hope to soon start on Tuesday nights at our own Clubrooms. At the moment I am making up a list of Reserves, people who could attend if they are short. Just to sell tickets or call back winning numbers. No experience needed. I would be happy to hear from anyone willing to help out regularly or just occasionally.

On 11th August Rhonda and Bob Miller, Jane and Keith Ballenger, David and myself are attending the L.A. State Conference at Tanunda. Listed below are different topics to be discussed and I would be pleased to hear from anyone with any comments or ideas:-

Progression to State Individuals

What will Centres/Zones do for U/13 - U/15 age groups ?
(Competition and Social)

What fun events will Centres provide for children, particularly U/6?

Alternative ideas for Zone Team Championships.

Also any ideas regarding the running of our own Centre.

Lastly I would like to wish the children all the best for the State Cross Country Championships. On 19th August, let us try and keep both shields.

LORALIE DUNN
261 6174

+ + + + +

Let John Wilmes, the Centre Fundraising Officer, make his contribution to the Gully Runner.

Few present members will know me. If you do you have a very good memory. I used to be around in fundraising before, 1978 or there about. I mainly did the administration for our bingo, which supplied us with a steady and enviable income.

Practically all the money raised, thousands of dollars, came out of the pockets of people not directly involved in athletics. Most of that money, carefully hoarded over the years by Centre Management Committee, has now been spent on the new club building. To make the club building a home for the club, we need more. Asking for more makes me feel like Oliver. Of course Oliver was refused 'more' but I feel confident, that now the centre cannot entirely rely on bingo income for our needs, you, the members or parents of members, will give support.

Buy your floor space now: send your cheque to our P.O. Box 43, St. Agnes address, to your club secretary, or pay me in cash if you want to see me disappear into the sunset.

While you are writing that cheque, open a bottle of beer, or empty that bottle of port. But keep the empties..

In the early summer season we'll ask you to take your dead marines to Sunday training or competition; watch for the date.

I do not want to encourage bad habits, but do your hardest to create a stack. Ask your neighbour, or your father in law to keep the empties for you.

I will be back in future, asking for more. The only thing I promise is that I'll try to make spending your money as pleasant as possible.

If that is possible..

JOHN WILMES.

TEAM MANAGERS REPORT

Well the big day is almost upon us. The big day of course is the State Cross Country Championships on August 19th. If every child who has qualified competes on this day I feel we may have a good chance of retaining the Boys and Girl's Shields. But remember every child will be needed.

The ladies of the Social Committee will have arranged a party tea for after the Championships and hopefully again this year we will have a video film of the children competing. Further details will be given shortly.

To the children who have qualified only once remember the last cross-country will be held at "The Paddocks" corner of Bridge and Maxwell Roads, Para Hills on Aug. 12th. Please make the effort to qualify and compete in the State Championships the following Sunday.

LAURIE O'CONNELL

+ + + + +

SNIPPETS

I caught up with Sarah Cooke (U/15) at a schools cross-country meeting recently held at Birdwood. She wished to be remembered to all and also to thank all the people who made her time at Tea Tree Gully last season so enjoyable. Sarah has a part time job working weekends at the Birdwood Mill Museum tea-rooms. So if you visit the Mill be sure to say hello to Sarah. I'm sure she will be pleased to see you.

Great to see Toni Lomman competing for us again. Toni is our only U/15 girl to have qualified for the cross-country champs. Unfortunately for us Toni has concentrated on softball during the summer season.

The recent training/get together of Little Aths and Seniors a couple of weeks ago was tremendous. Although not as well attended as I expected those who made the effort had an enjoyable time. The Senior Aths and the older Little aths went on a 5-6km run whilst the younger Little aths (and some of the parents) jogged about 3km. After the runs the volleyball was set-up and some of the dads showed the youngsters how the game should be played.

Welcome to the newcomers who have joined this winter. I trust you will enjoy yourselves and compete in the friendly manner that Tea Tree Gully is renown for.

Karina Turner is in Brisbane this weekend competing for the South Australian Athletics Assoc. in the Australian All-Schools Winter Championships (race walking U/15 age group). Karina is certainly seeing the country as she went to Perth earlier this year with the State Team.

Good to see Steven Moyes on the comeback trail. After a small layoff and a frustrating summer season due to injuries (both sporting and self inflicted) Steven is again competing and has indicated he will compete with the Seniors this coming season.

Sorry to hear Sharon Flatman has been in hospital lately. Appeared to be a dodgy appendix or an infection in that area. Bad luck for Sharon and Tea Tree Gully as Sharon was going to compete in the last two cross country events to help the Team.

More Snippets next page.....

Snippets Continued...

Also heard Karen Morley has won one of the Coca Cola awards for her performances at the State Individual Championships. Only four awards are given each year - two to boys and two to girls. Congratulations Karen.

In the last Gully Runner you would have read a plea to buy a tile. Several people have asked me what does it mean. Simply it means it is a form of fund-raising initiated by our Fund Raising Officer, John Wilmes, to raise additional funds to off-set the very high costs of equipping and furnishing our Clubrooms. By purchasing a tile with a \$5 donation your name will be suitably displayed on a replica wall chart. This is a positive, simple way to support the Tea Tree Gully Athletics Centre.

It is really surprising how quickly costs mount up. Things like cutlery, crockery, curtains, etc. soon nibble into our accumulated funds. Do you realise that if we cannot find reasonable second hand tables and chairs the cost to purchase new ones is in the order of \$3,000. How about it. Want to buy a tile?

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NEEDED FOR THE CLUBROOMS

Do you have an old working vacuum cleaner or carpet sweeper you know longer require. We will gladly take it off your hands.

Please watch this space for more items that may be required.

+ + + + +

DEADLINE for the next Gully Runner is the 22nd August (Wed.) All articles to be given to Denise Cutts by that date.

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SOCIAL REPORT

Now that we actually have the club rooms in our grasp, things look so much brighter. We can plan functions.

Our first function in the rooms will be the break-up party for the cross country season - and of course celebrating our victory. As we cater for this with soup and hot dogs, we need to know how many intend to come and we will cover our costs by charging the adults \$1. We would also appreciate donations of cakes for sweets. We have a small social committee who are willing to organise events for you but who need help from you in running them, so please do not be shy about offering to help. At the bottom of this report is a tear off slip for you to fill in to indicate the number intending to come to the cross country party.

The next function we have organised is a bowling night at the new Clovercrest Bowl on September 15th. We have booked the entire 14 lanes from 7pm-9pm on that night. As only 6 can play per lane this makes a total of 84 people, so it will be first come first served. Again as we need to know in advance how many intend coming, could you please let me know by the 19th August and pay your money. The cost will be \$3.50 for U/17 and \$4 for adults. This will cover our costs and allow us to have prizes for the best or worst bowlers. If you have younger children and do not feel they could bowl, I suggest you do what I intend doing with Dianne - let her play a couple of my frames occasionally to keep her involved but still don't pay for her as a player.

Again there is a tear out slip for your numbers who intend playing.

We will return to the club rooms for supper and trophy presentations afterward.

BYO. Tea, coffee and cordial and biscuits will be provided.

MARGARET MCBRIDE

.....+.....+.....+.....+.....+.....+.....

CROSS COUNTRY PARTY

NAME

NO. ADULTS

NO. CHILDREN

.....

.....

.....

.....+.....+.....+.....+.....+.....+.....

BOWLING NIGHT

NAME

NO. ADULTS

NO. U17

.....

.....

.....

CROSS COUNTRY RESULTS

1/7/84 BAROSSA

U/6 G Charis McLean 8th 4.42
U/7 Vicki Lungarini 4th 3.52
U/8 Nicole Main 2nd 3.15, Jennifer Crooks 5th 3.35, Alison May 7th 3.38, Diane McBride 8th 3.39, Patrice Hawke 9th 3.42
U/9 Kylie Moulden 3rd 4.51, Amelia Hawke 6th 5.15
U/10 Karen Morley 1st 4.32, Karen May 6th 5.01
U/11 Kate Ballenger 2nd 5.59, Kylie Page 3rd 6.06, Kendell Brilleman 4th 6.16, Sharon Semmler 7th 6.54, Diana Lungarini 9th 7.24
U/12 Sarah Ballenger 2nd 6.08, Karina Turner 3rd 6.39
U/13 Belinda Anderson 2nd 9.53, Sandra Martin 3rd 10.02, Kerry Dunn 5th 10.55
U/14 Jenny Wren 1st 9.49
U/15 Toni Lomman 1st 9.16
U/6 B Hamish McLean 2nd 2.40
U/7 Darren Moulden 3rd 3.16, Gareth Ellis 4th 3.23
U/8 Glen Morley 9th 3.25, Clayton Lang 12th 3.31
U/9 Daniel Semmler 1st 4.32, Laughlin Lang 4th 4.44, Jeremy Sturtzel 8th 5.01
U/10 David Ferguson 3rd 4.25, Andrew Campaign-Burns 5th 4.30, Ben Tanzer 7th 4.35, Darren Page 10th 4.54
U/12 Adam McBride 3rd 5.51, Scott Main 4th 6.14, Ronald Sturtzel 6th 7.08
U/13 Justin Lang 2nd 9.52
U/15 Steven Moyes 1st 8.19
Mums and Dads. Dave Turner 3rd 4.09, D. McLean 4th 4.13, Jeff Page 5th 4.14, Geoff Ellis 9th 4.30

NOARLUNGA

U/8 G Nicole Main 2nd 3.54, Jennifer Crooks 4th 4.10
U/9 Kylie Moulden 1st 5.05, Vicki Hoad 3rd 5.19
U/11 Kate Ballenger 3rd 7.31, Kylie Page 4th 7.43, Sharon Semmler 7th 8.26
U/12 Rebecca Gilmour 2nd 7.21, Sarah Ballenger 5th 7.47
U/13 Belinda Anderson 4th 9.51, Sandra Martin 5th 10.43, Kerry Dunn 7th 11.10
U/14 Kerry Martin 1st 9.57
U/15 Toni Lomman 1st 9.28
U/7 B Darren Moulden 2nd 3.47, Gareth Ellis 4th 4.07, Damien Gilmour 6th 4.19
U/8 Mathew Campaign-Burns 6th 4.15
U/9 Daniel Semmler 3rd 4.30, Jeremy Sturtzel 10th 5.12, R. Wordingham 11th 5.14, Andrew Gooch 12th 5.16
U/10 Ben Tanzer 4th 4.29, Darren Page 8th 4.51, Andrew Campaign-Burns 9th 4.54
U/12 Scott Main 6th 7.36, Ronald Sturtzel 8th 8.10
U/14 Gavin Duncan 2nd 8.06

WESTPORT LITTLE ATHLETICS CENTRE

CROSS COUNTRY - BEACH RUN

SUNDAY JULY 29TH, 1984.

VENUE: Point Malcolm Reserve,
Military Road, SEMAPHORE PARK (next to
Fort Glanville Caravan Park).

PROGRAMME

11.00am	U/6 G	500m Fun Run	1.00pm	U/10 G	1,500m
11.10	U/6 B	500m Fun Run	1.15	U/10 B	1,500m
11.20	U/7 G	750m	1.30	U/11 G	2,000m
11.30	U/7 B	750m	1.45	U/11 B	2,000m
11.40	U/8 G	1,000m	2.00	U/12 G	2,000m
11.50	U/8 B	1,000m	2.15	U/12 B	2,000m
12 noon	U/9 G	1,500m	2.30	U/13 G	3,000m
12.10	U/9 B	1,500m	2.45	U/13 B	3,000m
12.30pm - 1.00pm	LUNCH		3.00	U/14 &	
			3.15	U/14 &	
			3.45	U/15 B	3,000m
				Mums &	Distance by
				Dads	negotiation

PRESENTATION AFTER EACH AGE GROUP

Certificates to all Competitors

Ribbons for 1st, 2nd & 3rd Placegetters and "Completers"

ENTRY FEE: 50c - payable at the start of each event.

Competitors must run in correct Age Group and footwear must be worn - NO SPIKES.

HOME MADE HOT SOUP, PIES & PASTIES, HOT DOGS, CAKES AND SWEETS - ALL DAY.

We will be running Whatever the Weather....

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COACHING AND EDUCATION

Parents - please note:-

(1) GRADE 1 COACHING COURSE

The Australian Track and Field Coaches Association will be conducting a Grade 1 Coaching Course during the coming months of August and September (usually only 1 per year held).

This Nationally Accredited Course will be run over 9 weeks on Sundays from 10.00am to 12.30pm.

If you are interested in attending this course please contact me on 337 9571 for further details.

(2) BASIC COACHING COURSE

A Basic Coaching Course is planned to be held at O.S.F. on Monday nights (7.30pm) from 27th August through to 17th September.

Please let me know if you wish to attend.

(3) S.A. LITTLE ATHLETICS COACHES CLUB

The next meeting of the L.A. Coaches Club is to be held at O.S.F. (8.00pm) on Thursday 23rd August. These meetings are open to everybody from interested parents right through to the top coaches in Little Athletics.

JEFF PAGE
Coaching &
Education Officer

INGLE FARM LITTLE ATHLETICS CENTRE

1984 CROSS COUNTRY

SUNDAY 12th August

SPONSORED BY
CRISTO SPORTSWEAR
ph. 258 9560

VENUE: "The Paddocks",
Cnr. Bridge & Maxwell Rds. PARA HILLS

1. All children are eligible to enter in their correct age groups and will receive certificates. Only registered members of S.A.L.A.A. are eligible to receive pennants if placed first, second or third. Ages as determined at 1/10/83.
2. Correct centre uniform must be worn and footwear is compulsory (no spikes).
3. An entry fee of 50c is payable prior to commencement of race.
4. All competitors to report to Start Marshall 5 minutes before advertised starting time.

PROGRAMME

10.45am	U/6 B	750m	10.45am	U/6 G	750m
11.00	U/7 B	750m	11.15	U/7 G	750m
11.30	U/8 B	1,000m	11.45	U/8 G	1,000m
12.00	U/9 B	1,500m	12.15	U/9 G	1,500m
12.30pm	U/10 B	1,500m	12.45	U/10 G	1,500m
LUNCH BREAK					
1.30	U/11 B	2,000m	1.45	U/11 G	2,000m
2.00	U/12 B	2,000m	2.15	U/12 G	2,000m
2.30	U/13 B	3,000m	2.45	U/13 G	3,000m
3.00	U/14 B	3,000m	3.15	U/14 G	3,000m
3.30	U/15 B	3,000m	3.45	U/15 G	3,000m
4.00	Mums & Dads	3,000m			

PRESENTATIONS OF PENNANTS WILL TAKE PLACE DURING THE DAY
Barbecue lunch and cool drinks will be available.
For further information contact - John Rich - Ph. 265 2288

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WALKERS RESULTS

30/6/84 Regency Park 3km

U/12 Boys D. Carman 16.04, R. Sturtzel 19.32

U/10 B J. Sturtzel 18.26, D. Page 19.38

U/12 Girls K. Turner 17.17, T. Sinkinson 17.35

U/10 G J. Crooks 20.26

7/7/84 The Levels

3km. U/15 G K. Turner 17.23

2km. U/12 G T. Sinkinson 11.47

U/12 B A. Wait 12.38

1km. U/10 G V. Hoad 6.05, J. Crooks 6.19

U/10 B J. Sturtzel 5.47, D. Page 5.58, D. Semmler 6.17,
D. Moulden 6.24

14/7/84 Craigmore "King of the Mountains"

U/12 B $\frac{3}{4}$ mile D. Carman 8.32, R. Sturtzel 9.48

U/12 G K. Turner 8.53, T. Sinkinson 9.27, K. Page 10.34

U/10 B $\frac{1}{2}$ mile J. Sturtzel 5.33, D. Page 5.33, D. Moulden 6.13

U/10 G V. Hoad 5.54, J. Crooks 6.09

21/7/84 Regency Park

U/12 B 3km. D. Carman 16.59, A. Wait 19.13

U/12 G K. Turner 17.06, T. Sinkinson 17.24

U/10 B 1km D. Semmler 5.43, D. Page 6.02, D. Moulden 6.58

U/10 G V. Hoad 6.10, J. Crooks 6.17

STATE CROSS COUNTRY CHAMPIONSHIPS

19TH AUGUST, 1984.

VENUE: Christian Brothers College Sportsground.
Bartels Road.

HOSTED BY WESTERN ZONE

1. Registered members of the S.A.L.A.A. are eligible to enter, receive medals and score points for their Centre provided that they have competed in at least TWO Cross Country meetings held by Centres/Zones during the current season. Other children may enter but are ineligible to receive medals or score points for their Centre in the Teams Championships.
2. Correct Centre uniform must be worn.
3. Footwear is compulsory (no spikes).
4. Each competitor must compete in his/her own registered age group.
5. Entry fee of 50c to be paid when reporting to the Official prior to event.
6. Competitors must report to the Official in charge of their event 15 minutes prior to the scheduled starting time.
7. There is no limit to the number of competitors from each Centre, subject to Rule 1.
8. Medals will be awarded to 1st, 2nd & 3rd placegetters, subject to Rule 1. Medals however, will not be presented to placegetters in the U/6, Overage or Mums & Dads events.
9. Certificates will be issued to all Competitors.
10. Pacing by non-competitors will result in disqualification.
11. Association Trophies (Boys & Girls) for Teams Championships will be presented to the winning teams.

SCORING SYSTEM: (Girls & Boys separately).

Add 1 to largest field of qualified athletes on the day which equals penalty points. (e.g. largest field U/10 Boys - 22 Athletes - penalty points 23 for Boys).

First receives 1 point, Second receives 2 points, Third receives 3 points and so on.

Only three qualified athletes from each Centre can score points for their Centre.

If a Centre has only 2 qualified entrants who come first and sixth, points gained for that Centre are 1, 6 and 23 (penalty). Fourth and subsequent qualified placegetters retain points scored, which do not count, but may result in other Centres scoring higher points. The lowest teams points scored wins the trophy.

('Qualified' means those registered Little Athletes who meet Rule 1).

Under 6 events will not be included when determining Teams Championship points.

PROGRAMME OF EVENTS

10.40am	U/6 Boys	300m	10.50am	U/6 Girls	300m
11.00	U/7 "	750m	11.10	U/7 "	750m
11.20	U/8	1,000m	11.30	U/8	1,000m
11.40	U/9	1,500m	11.50	U/9	1,500m
12.05pm	U/10	1,500m	12.15pm	U/10	1,500m
12.30	U/11	2,000m	12.40	U/11	2,000m
12.55	U/12	2,000m	1.10	U/12	2,000m
1.25	U/13	3,000m	1.45	U/13	3,000m
2.05	U/14	3,000m	2.25	U/14	3,000m
2.45	U/15	3,000m	3.05	U/15	3,000m
3.25	Overage	3,000m	3.45	Mums & Dads	T.B.A.

Barbecue and refreshments facilities will be available.

Gully Gazette

Hi Friends,

Since the last Gully Runner, our Distance Runners (plus one field athlete) have kept up the good work of promoting our Club. At the Gawler Relays on Saturday the 14th July we were represented by one womans team (4 x 2500m) and two mens teams (8 x 5000m). Well, we had two teams running, but not without the assistance of one lady - Susan Worley.

TEAM MANAGERS REPORT

T.T.G. has just received confirmation from the Summer Competition Committee that we will again be competing in Senior men's 'A', 'C', 'D' divisions and U/20, U/18 and U/16. It appears at this stage that the women will revert back to Graded competition until the final 2 weeks when there will be inter club Finals based on the season's results. The first round of Inter-club 1 competition will take place on Wednesday October 31st and Saturday November 3rd. The finals this year will be held after the State Championships and there will be a separate day for Relays.

There are moves afoot to change the men's shorts from white to maroon - how do you feel about that guys? The idea was received with some enthusiasm by some of the cross-country runners.

The training session/BBQ in Botanic Park was not particularly well attended (-thanks to those who made the effort). by Seniors - perhaps that had something to do with the awful weather or just sheer exhaustion after the Gawler Relays the day before. We were able to field 2 mens teams and 1 womans (a total of 20 runners) with some surprising performances. Our new addition to the club Philip Anson from Queensland was surprised to find we had so many T.T.G. shirts around - amazing what the relays bring out!

Winter conditioning training has started and with the use of the gym making life much easier, especially when it's wet. Don't forget those of you who haven't yet started - we are just waiting for you 10am Sunday mornings!

WENDY BARBER

CROSS COUNTRY RESULTS

7th July 1984 - Bill Stafford Day - 10k

Phil Anson 37.21.0

14th July - Gawler Relay - Gawler

Women 4 x 2.5k

L. Byrnes 9.15, D. Lungarini 10.37, K. Voulelis 10.52,

N. Sinkinson 10.54 - 41.36

Mens 8 x 5k

Team 1: B. Rohrig 16.41, P. Anson 16.43, P. Worley 18.03,

J. Elliot 18.48, M. Arens 15.02, K. Page 18.30, G. Carr 19.21,

A. Angeli 18.39 - 2.21.47

Team 2: J. Murfitt 19.55, J. Lockwood 22.02, A. Matthews 21.38,

C. Voulelis 20.47, R. Blackmore 21.37, E. Matthews 21.50,

S. Worley 21.36, J. Elliot 18.52 - 2.48.17

NEW MEMBER:

We welcome among us, a new member in Phil Anson, who no doubt will strengthen our ranks. Phil comes from Ipswich, Queensland where he successfully competed as a middle distance runner. Looking from the results of the last few weeks, will reveal that Phil has certainly made a good start here.

CONGRATULATIONS:

To Michael Hehner and Anne, who announced their engagement three weeks ago. We wish Michael and Anne the very best for the future.

To Karina Turner who has been selected in the State Team to walk in the Australian All Schools Championships in Brisbane on 28th July. The best of luck Karina.

COMING EVENTS:

28th July: A.A. of S.A. Victor Harbour Relays .
Victor Harbour to Pt. Noarlunga - 10 x 4 miles.
This is the last Winter Relay for this season and I am sure we will be well represented, once more.

4th August: A.A. of S.A. Cross Country Championships
Craighburn (Minda) Farm - Coromandel Parade, South Blackwood.
NOTE: Your nomination must be received by the Association not later than the 28th July, the day of the Victor Harbour Relay.

8th August: A.A. of S.A. Schoolgirl and Schoolboy Cross Country Championships.
Shepherds Hills Reserve, Ayliffes Road, St. Marys.

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Dear Club Member,

At this point in the season I don't suppose too many of you would be aware of the stage we have reached with the building of our club rooms. For those of you who have not had the pleasure - and I mean pleasure, of seeing them first hand, they have now almost reached the stage of virtual take-over. As I write, the tiler has just completed the tiling of the recreation area. You may remember that I previously made an appeal for members to "buy-a-tile" to help off-set this additional cost, over and above the \$75,000 already incurred for our facilities. So far the response has been very luke warm - I personally am putting this down to the majority of members non-involvement at this time of year in athletics, but we have got the ball rolling.

Please make an effort to help us help ourselves and not leave it to our Bingo stalwarts (now reduced to one session per week) to do our revenue raising for us.

We have in hand a display board where each donation will be formally acknowledged, please make an effort to get your name there.

Thanking you in anticipation,
Wendy Barber
President.

TEA TREE GULLY ATHLETICS CENTRE "BUY-A-TILE" DRIVE
I would like to "buy" tiles at \$5 each in the
Tea Tree Gully Athletic Centre building at Bulkana.

NAME

ADDRESS

.....

AMOUNT ENCLOSED

TRIVIA QUESTION:

Most people know that Roger Banister was the first runner to break the 4 minute barrier for the mile, however who was the first runner to run the mile below 3.50 ?

A SNIPPET

One of our throwers trains regularly at the Clovercrest Tavern. Word has it he was joined recently by, of all people, a distance runner. Hope it isn't progressive training -

ATHLETES PROFILE

LEONIE BYRNES

Statistics: Age 37. Date of birth 18th October, 1946.

Height: 5ft. 2" Weight: 48kg.

Leonie, mother of two, Phillip and Linda had her first experience in Track and Field Athletics as a school girl while attending Croydon Tech-High school. Her coach then was no other than Len Barnes.

A few years (well - a few more) went by before Leonie discovered the joys of Athletics once more. This was four years ago and since then Leonie has been one of the faithfuls of T.T.Gully, both on and off the Track.

Best Performances:

100m 13.8, 200m 28.46, 400m 61.4, 800m 2.23,

1500m 4.56, 3000m 10.54, 5000m 19.08

Highlights of Athletic career to date:

"The State Championship 1984, when I competed in five events, the 200m, 400m, 800m, 1500m and 3000m and achieved a personal best in each one of them".

Future Aims - Plan:

"Each season I set myself the goal of improving in a particular event. In the past I have improved in some events more than I had expected. At the moment I work towards breaking the 40 minutes for the 10,000m. I have come close a few times and hope to achieve it soon."

Favourite Event:

"Although I am running long distances in the winter, my real interest is the track and the 400m my favourite event."

Not only is Leonie one of our best female athletes, but her enthusiasm extends also to the administration of our Centre and for the fourth year is our Centre Secretary. - The End.

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Anyone interested in doing the Seniors typing for the Gully Gazette please contact Wendy Barber on 264 0636.

Stencils are supplied and a typewriter provided if necessary.

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COACHES CORNER

WINTER CONDITIONING FOR YOUNG THROWERS - ERIC MATTHEWS

SCOPE My coaching has been almost entirely at club level with young athletes, the first ones being just about to enter senior ranks. The following observations are based on that experience, rather than to list typical conditioning programmes which abound in coaching publications, but which usually assume that the athlete is totally dedicated to track or field and often to only one event.

ATHLETE At club level our young athletes will usually wish to perform more than one event, and, being competitive by nature, they will invariably be involved with a team sport during the winter, the training for which will take precedence over athletics conditioning programmes. The only compromise I have found possible is to regard any relevant parts of the team training as part of the winter conditioning programme, supplementing them with strengthening exercises more specific to throwing. There is wide variance in the emphasis that team coaches place on cardiovascular training. All young athletes should be encouraged to maintain a reasonable level of C.V. fitness throughout winter and summer - say 3 or 4 8 minute miles. This will make dynamic exercises such as scissor jumps, rowing, bounding, short sprints etc much easier to repeat without loss of form, and will contribute to the athletes' general well being.

RECOMMENDED SESSIONS a. For athletes not involved with other training programmes I suggest for 14-15 year olds at least 2x1½ hour indoor sessions plus 3x30 min slow runs, weekly, increasing for 19-20 year olds to 3x2 hour indoor sessions, plus 3x30mins slow runs weekly. The indoor sessions should be all round strengthening exercises. b. For athletes involved in, say, 2 nights training plus week end competition with a team sport, the type of exercises and quantity/quality of running must be taken into account. It may be that additional cardiovascular training is not reqd., and the indoor sessions will most likely require a strong bias towards trunk, arm and shoulder exercises. The average young athlete will probably be studying for school or work, and, typically, the time available for indoor sessions would be 1x1½ hrs for 14-16 year olds up to 2x2hrs for 19-20 year olds, plus cardiovascular training as reqd to supplement team training.

VARIATIONS OF INTENSITY AND OBJECTIVES (TO SUIT MATURITY)

During the age span 14-20 the body undergoes great changes, which can be traumatic if accompanied by over ambitious exercise programmes. The early teens is usually a period of fast growth for bones and muscles. The muscle bulk will increase on average from about 30% to 45/50% of bodyweight regardless of training programmes, whereas a well muscled thrower will increase this in adulthood to 60% or more. Chronological age is not the best guide to physiological maturity and the coach must be guided by the "look " of the athlete, general muscular development, talking to parents and then erring on the conservative side. The generally accepted method for increasing muscular power is by using loads of approximately 65-75% of a single maximum effort (1RM, explanation later) and regularly increasing the loads as the athlete becomes stronger (PRE-progressive resistance exercise)) However I advise against using this for 14-15 year olds, depending on physiological maturity. Weight training for these ages should be restricted to efforts similar to body weight exercises. For instance, bench presses with a weight allowing 20-25 repetitions will impose similar loads on the arms and shoulders as would press-ups, but are far more attractive to the young athlete. If this principle of 20-25 repetitions without loss of form, is applied generally, the exercises listed can be performed without fear of injury through overload.

Don't be tempted to increase the load as they become easier, but rather increase the repetitions. Change the exercises regularly to maintain interest. These early years should be considered as developing an interest in strength training and handling weights. Youngsters should never be allowed to do repetitions with loads which make them struggle, and "targets" should not be set. At this stage let the improvements just happen. Occasional testing by jump and reach, standing broad jump overhead shot throws, flying start short sprints etc., will give a good indication of development, and are always popular with young athletes.

There is no sure way of deciding when an athlete is capable of handling a programme of progressive resistance exercises (P.R.E.) It is most likely that an athlete who is attracted to throwing events will be fairly strong with a heavy skeletal frame, although javelin throwers may be an exception. In general, 16 years for girls and 17 years for boys is a safe age, but athlete and coach should still be alert for persistent aches or pains which appear, or which are aggravated by any particular exercise.

P.R.E. PROGRAMMING.

The number of sessions and time per session must be established to suit the athlete and a supervising adult, not necessarily the coach. The exercises chosen should be for all round development with a bias towards event specific exercises being introduced 4 or 5 weeks before the competitive season. Try to make event specific exercises as close as possible to the actual movement pattern, i.e. a pulley and weight for overhead pulls correlates more closely to the javelin throw than the often used rubber band. In the former the resistance reduces as the load is accelerated. In the latter the resistance increases and decelerates the hand. Exercises don't need to be the same at each session, but it is easier to observe progression if the weekly programme is repeated. Start with 6 repetitions maximum (6RM) for each exercise, This means using a load with which the athlete can only repeat the exercise 6 times. To avoid a lot of trial and error, test each athlete for 1RM for all exercises in the programme, and then use about 70% of the loads thus obtained e.g..If an athlete can bench press a maximum of 100lbs, then he will require about 70lbs to limit the number of possible repetition to 6. There are numerous ways of progressively increasing load, but power gain is maximum using 6-8 RM, falling off only slightly at 10RM. A convenient method which does not require regular testing for 1RM is to employ the same loads until the athlete can perform 10 good repetitions. This will not occur at the same time for all exercises, but as it does, increase the load for that exercise to again limit the athlete to 6RM. About 5% is usually sufficient, but it doesn't matter if it takes a couple of sets to get it right. More complicated combinations can be devised for advanced athletes, such as varying loads and repetitions for successive sets in the same session. However the above simple method on increasing load gives good results.

EXERCISES

I will only list those I have used. There are many more, including the standard olympic lifts. I do not consider the latter to be particularly relevant to athletic performance.

LEGS: Calf raises, bar behind neck; standing hamstring curls(iron Boot); sitting lower leg raise (IB); prone straight leg raise-hip flexion(IB); supine straight leg raise-hip extension(IB); scissors jumps with dumb bells.

ARMS, SHOULDERS, CHEST: straight arm pullovers; inclined bench press; biceps curls; prone side raise-dumbbells; standing side raise-dumbbells; wrist rolling(grip and forearms); double arm overhead pulls (lats machine; single arm overhead pull(javelin specific) lats m/c; lats front; lats behind neck.

ABDOMINAL Inclined bench sit ups to trunk horizontal; inclined leg lifts; twisting sit-ups - bar at neck.

BACK Straight leg dead lift; back arch-hips on end of bench; forward bench and twist-bar behind neck.

GENERAL Half squats to 90deg. behind knees; combined bent over and upright rowing; lift and turn from splits-bar between legs.

Choose enough exercises to employ about 10 per set. The sets need not be the same in a session and one session may vary from another, depending on the individual athletes' requirements and aims.

A typical programme of 3 sets of 10 in each of 3 sessions could use only 10 exercises - the same in all sessions, or for example a combination of 5 exercises common to each set and a different 5 to make up the sets would allow the choice of 20 exercises.

When choosing these, remember that the antagonist muscles also require strengthening to avoid muscular imbalance. Probably the most neglected of these is the male triceps muscle due to a preoccupation with bulging biceps.. When muscles are strengthened they also become shorter and tighter, requiring greater effort from the opposing (antagonist) muscles; Stretching exercises are therefore necessary to maintain good flexibility and avoid damage to muscles and tendons during the dynamic contractions required to perform athletic events.

MUSCLE CONTRACTION - ISOMETRIC There is no movement of the joint about which the muscle acts and it is less effective for increasing power than CONCENTRIC AND ECCENTRIC contraction. It does not correlate well to athletic performance and is no longer in general use.

CONCENTRIC The joint moves in the direction dictated by a shortened muscle contraction. The resistance reduces as the power produces angular acceleration of the joint. Most weight training exercises require this type of contraction.

ECCENTRIC The muscle is forced to lengthen whilst attempting to decelerate a pre-existing joint rotation. Examples are thigh and calf muscles immediately before a rebound jump. These conditions produce the strongest contractions, as the electrical impulses which trigger the contraction continue at maximum frequency until the muscle starts to shorten. Exercises producing this type of contraction (Plyometric exercises) can be introduced as event specific near the beginning of the competitive season.

GENERAL COMMENTS

1. Always employ full range of joint movement in weight training, with the exception of squats.
2. Don't neglect trunk rotation exercises.
3. Don't spend a fortune on machines. There is no evidence that constant load exercises are more efficient than free weights - only more convenient.
4. Keep diaries and records of progression and results of occasional testing.
5. Don't allow athletes carrying an injury or recovering from one, to use heavy weights, They can be a danger to themselves and people around them.