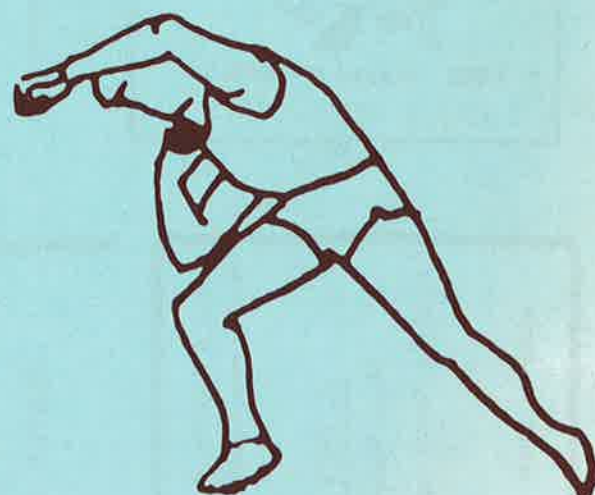


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PRESIDENTS REPORT

I would like to thank everyone who helped with the Tea Tree Plaza Promotion, especially Laurie O'Connell for his efforts in organising the whole thing, which went very well.

As stated in the last Gully Runner there will be a Camp held at Loxton and another at Olympic Sports Field early next year. Anyone interested can get details from their Club secretary.

It was decided at the Tanunda Conference that at the State Individual Championships, heat winners plus the next fastest times will progress to finals, and S.A. will not compete in the javelin event at the Aust. Teams Championships in Melbourne next year.

Otto Arens, a Grade 3 senior coach has offered to give running coaching on Sunday mornings at 9.00am to any U/12 - U/15 little athletes, starting Sunday, 30th September.

I would like to welcome any new members and hope to see old and new at Bulkana Oval on Sunday, 30th September at 1.00pm.

LORALIE DUNN

* * * * *

BINGO

BINGO

BINGO

BINGO

BINGO

TUESDAY NIGHTS

7.30 pm.

BULKANA OVAL CLUBROOMS

Spring Crescent, Banksia Park.

Bring your friends, relatives, neighbours.

* * * * *

DEADLINE for the next Gully Runner is the 3rd October (Wednesday).

Now fortnightly for the summer season.

All details to be given to Denise Cutts by that date.

TEAM MANAGERS REPORT

As Team Manager for Little Aths one of my jobs is to report to the members of the events and happenings of our Team of Little Aths. In this report however, I would like to tell you the members of Tea Tree Gully Athletics Centre about some of the "team" who have spent untold time, energy and sacrificed their own personal leisure time for the benefit and promotion of the Centre. Although obviously these are not the only people to do so and I have no intention of offending others I have not mentioned but the efforts of the following group should be told.

Margaret McBride and Anne Harper are two of the Social Committee ladies who have almost made the Clubrooms their second home, they have spent so much time there lately. The ladies have "fitted out" the kitchen area and procured most of the bits and pieces (including fridges, freezer, pie-warmer, stove, etc.). In her "spare time" Margaret arranged the tea, coffee and biscuits for the Bingo session and arranged the 10 pin bowling while Anne has stocked the athletic singlets and knickers and also arranged new Centre tee shirts.

Eric Matthews and Tony Davis are two guys who have set up residence in the gym and storage area. The amount of time and effort put in by these two to manufacture much of the gym equipment will be appreciated by those who witnessed their efforts. To those who didn't see the "bridge" under construction sneak a peep into the gym.

Ray Tedore has done vast amounts of work behind the scenes before, during and after completion of our Clubrooms. Ray is an ex office bearer of both Little Aths and Centre Management. Although his family is no longer involved in athletics Ray has still worked tirelessly for Tea Tree Gully. Congratulations on a job very well done Ray.

Two other ladies who must be mentioned are two of the Publicity and Promotions Committee members Denise Cutts and Judy Whiteland. The various notices, promotional material, Gully Runners and shortly the Programme Booklet that always appear don't just happen. A lot of time and effort is put in by these two ladies who really care about the finished product and the promotion of the Centre.

Of course there are many, many more who work very hard for our Centre but the above are those who I have seen recently, whose efforts should be appreciated by all members.

Laurie O'Connell

* * * * *

SNIPPETS

- 1/ Thank you to all the people who helped out at the Tea Tree Plaza promotion.
- 2/ Several of our children did well in the recent Australian Maths Competition for the Westpac Awards. Results brought to my attention were: - Kylie Page - distinction. Jeremy Ballenger - distinction
Karen Ramsay - credit Sarah Ballenger - credit
- 3/ Also heard Robyn Wren made the SAPSASA State netball team. Congratulations Robyn.
- 4/ News on additional sponsors probably in the next issue of the Gully Runner.
- 5/ Magpies for Premiers !

SOCIAL REPORT

Our social programme has at last got off the ground with the 'Bowling Night' on Saturday. We had a great turn out and apart from some technical hitches beyond our control, everyone seemed to get value for their money. It was great to be able to go back to the clubrooms afterwards. Our new pie warmer came into its own and several members enjoyed a game on the pool table. At the moment the pool table and video game are on trial. If we feel they are successful, we keep them, if not we can send them back. They are both on a profit sharing basis but the pool table has to earn \$15 per week before it is a viable proposition. Eventually we will have our own, but you will all need to play a bit more Bingo to raise the money.

Our next major event is our opening on 28th October. I will need lots of help on that day. I will put up lists in the clubroom for volunteers for different areas e.g. kitchen, table service, barbeque, dish washing, etc. etc. It will be 'all hands on deck' if we want to make a good impression. When the clubs get themselves organised for the new season I should also like a social representative from each, who will be my contact point to get the various jobs done.

We hope to have a short display using all the children on opening day. Each child will have a maroon and blue "pom-pom" to wave so we will be calling for volunteers for a working bee one day to make these. They are easy to make but as we need 300 of them, it becomes time consuming. Looks like a busy time ahead. See you all soon.

Margaret McBride

* * * * *

The definite date for the bottle collection is the 11th November, please put a red circle around that date on your calendar, and keep collecting the empties to bring to Spring Crescent.

The tile sales keep coming in steadily, though so far have mainly appealed to long standing members. Not all! Little athlete Andrew Gooch had a lucky win at our first Bulkana Bingo session and promptly invested in a tile with part of his winnings. To be put up, on his insistence, next to his grandfather's name. Which will put three generations of the same family on our tile board. Will that be unique or are other families going to do the same? There are still tiles for sale.

Our first bingo on Bulkana oval was quite successful, many of the old customers from the Gully hotel were there, and, good to see, several Centre members. There were vacant seats however, and since this is your club and your clubhouse, with all profits going to your club, try to attend the bingo on Tuesdays at 7.30pm. And let me stress, you don't have to be the publication and P.R. officer to be a lucky winner (that is an inside joke).

We are hopeful to receive a donation from one of the major supermarkets in the form of vouchers. We intend to raffle these, and early in the summer season you may receive a raffle book, which we hope you will be able to sell. Raffle tickets will be 30 cents each, in books of ten, and prizes will be worthwhile. In the case of little athletes the raffle books will probably be distributed via the centre registrar. The seniors have promised to try to sell as many raffle books as the little athletes. Let's make it a contest. But if you have principal objections to selling or buying raffle tickets we will of course respect that and request you to return the tickets to the centre.

continued next page.....

The Highland Hotel bingo has been our most successful fundraiser for a long time. Part of the money is raised by selling instant bingo tickets. We will start selling instant bingo tickets on the Bulkana bingo from the 18th September, and these tickets will also be available on competition days. If you are inclined to try your luck by investing 25 cents for a possible \$50.00 return, please do so on Bulkana oval.

JOHN WILMES

* * * * *

COACHING FOR U/12 to U/15s

Friday night coaching is available for the above age groups from all clubs beginning October 5th from 5pm - 6pm at Bulkana Oval.

GIVEN DUNCAN

* * * * *

BANKSIA PARK CLUB NEWS

Training has now commenced every Wednesday from 5pm to 6.30pm at Bulkana Oval.

* * * * *

DERNANCOURT CLUB NEWS

Firstly a warm welcome to all old and new little athletes and their families to the 1984-85 season with Dernancourt. Parents are invited to follow their children to the various events at training and to ask questions. Our club A.G.M. will be held at training on Thursday October 4th. Please try to be there as the success of the club depends on your interest and help.

Thanks to Bob Moulden, David, Loralie and Kerry Dunn for helping to move equipment in to the new Clubrooms on Sunday 16th.

Our best wishes to the Janzer family and thanks for supporting our club for a number of years.

Congratulations to all the athletes who competed in the Cross-Country season.

All fathers will be rostered to help set-up Bulkana Oval on at least one occasion during the season. Putting equipment away is open to everyone and the more people who get involved, the sooner everyone can go home.

This year is the 10th Anniversary of the Club and the Committee is organizing a dinner in the new clubrooms on Saturday 24th November. All past and present Dernancourt parents are invited, so mark the date on your calendar and we'll see you there.

Regards,
Robert Miller.

OFFICIAL OPENING OF THE NEW TEA TREE GULLY ATHLETICS CENTRE
CLUBROOMS on Sunday, 28th October at Bulkana Oval.

The proposed programme is as follows:-

10.00 am Competition commences.

Little Athletes

<u>U/6</u>	<u>U/7</u>	<u>U/8</u>	<u>U/9</u>	<u>U/10</u>	<u>U/11</u>	<u>U/12</u>	<u>U/13</u>	<u>U/14</u>	<u>U/15</u>
70m	200m	100m	70m	70m	60mH	60mH	400m	100m	100m
Disc	Disc	200m	200m	Disc	S.P.	400m	T.J.	400m	400m
L.J.	L.J.	H.J.	S.P.	L.J.	L.J.	Disc	H.J.	Disc	T.J.
								S.P.	S.P.

Seniors

100m 1500m and High Jump

10.30am Arrival of the Premier and the Mayor of Tea Tree Gully

10.45am Opening Display

11.00am Official Opening

11.30am Competition recommences

12.30pm Barbecue lunch

1.30pm 'Fun Event' Hammer Throw (Open) - Adults Only **Prizes**

Sack Races - By Age Groups **Prizes**

2.30pm Mixed Relays - Seniors 4 x 400

- Little Athletes 16 x 100

* * * * *

COACHING AND EDUCATION

GRADE 1 COACHING COURSE

Names of people interested in doing this course are still being taken, as a commencement date has not yet been set. To date five T.T.G. parents have nominated to do the course.

Further details may be obtained by phoning me on 337 9571.

C - D GRADE OFFICIALS COURSE

A local course is to be held in our new clubrooms - tentative dates being November 12th, 19th and 26th (Monday nights). The course is open to all parents and any athletes over 12 years of age.

Further details will be advised in following Gully Runners, but it would be appreciated if people could let me know if they will attend.

S.A.L.A.A. COACHES CLUB

The next session to be held by the Coaches Club will be on Thursday 18th October, 1984 at 7.30pm at O.S.F.

The session will include:-

(a) Open forum on dealing with older age groups.

(b) Shot Put and Discus.

JEFF PAGE
EDUCATION OFFICER

Hi Friends,

It will not be long, in fact only 8 weeks, before the summer season of 1984/85 starts.

As mentioned by Wendy in last month issue of the Gully Runner, our men will compete in "A", "C" and "D" Grade as well as in the U/20, U/18 and U/16.

Looking back over the years, one realises how much of a struggle it has been, to get where we are today. Last year was our first year in "A" Grade and we were able to hang on to it, with some luck and a good deal of good organisation and beseechment by Wendy Barber. Throughout the season we are not a Club who believes in putting pressure on the individual to compete, and we also believe that it is wrong to poach athletes away from other clubs. On the other hand it must be realised that we need to strengthen our ranks in order to become a force in S.A. Athletics. I for one believe that we can do it.

There are various ways to achieve this and I would like to mention a few.

Lifting the performance standard of our existing athletes
Remember, the start of the season is not far away and you should be starting your general fitness training, if you have'n't already, and work on your technical refinements. After all, lifting of performance is all our aims, regardless of our present level.

A voluntary and planned increase of competition of our existing athletes.

As mentioned before, we do not believe in putting our athletes under undue pressure and I certainly would not ask you to overcompete. However if properly planned it is possible to do a little extra. In planning your Training - Competition Program do not forget the principal of grading your competition i.e. Low key-, medium class, and top class competition.

Low Key = seen as training, with emphasis on technique and skills for skill events and speed and endurance for track events. Under- or overdistance of the main event are typical examples. This type of competition will help in the planned progress toward the peak performance of the season, and would give the club valuable points.

Increase of MEMBERSHIP.

Once again, we do not poach athletes away from other clubs however, I believe that there is a difference between poa-

ching and giving people the opportunity of becoming a part of the best there will be.
Our clubrooms are completed and it will not be long before they are in full operation. Although, Eric, Tony and Roy are still working hard on some gym-equipment, that area is already in full use.
So why not make use of the clubrooms to introduce other athletes and invite them to become part of it. You will do them and us a favour, in particular if they should live in the T.T.G. area.
This of course does not only apply to senior men, but women girls and boys of all ages. As mentioned before, we have teams in all agegroups, both women and men and it is in the young generation that our future lies.
It should not be too hard, if everyone of us recruits only one new member, what a difference it will make.

The Editor

Notices:

Bottle Drive

Remember the bottle drive, organised by John Wilmes for Sunday 11th November, between 12 Noon and 2 pm. Save those Stubbies and other bottles and give John a hand.

Officials

Anyone interested in taking the Officials Grading Exams of the S.A.A.A.A., please apply to Margeret Cahill by 13th November indicating the choice of your event.
The Examinations will be conducted on Tuesday the 22nd of November in the evening at O.S.F.

TRAINING:

Due to the CITY - BAY RUN on Sunday the 23rd of Sep. the Training sessions for that day have been canceled.

AS from Tuesday the 25th of Sep. the Official training sessions will be as follows:

Middle- and Distance Runners Sq

Will train until further notice as to date i.e.

Sunday 9am Clubrooms Gym - Weight Training

Tuesday 8pm " " " "

Wednesday 5.30pm at O.S.F. - Trackwork

Saturday 4.30pm " " "

All other Squads

Sunday 10am Club - Gym - Weight- Circuit Training

Tuesday 5pm Bulkana Oval- Event Training

Thursday 5pm " " " "

Sale of Footweare:

Anyone interested in selling their Spices and- or other Running Shoes, in reasonable condition of course, should bring them along to the Clubrooms.

OFFICIAL OPENING OF CLUBROOMS

The official opening of our clubrooms will be conducted by the Premier of S.A. the Hon. John Bannon on Sunday the 28th of October at 10 am.

COGRATULATIONS:

To Gerald Carr, who competed in the recent Police Olympics in the U.S. with great success. I was not able to find out exact details, however we know that he won a Bronze Medal in the Arizona Trials and finished in the Olympics with a 4th, 5th and 7th placing.

We hope to see Gerald soon and he can tell us all about it In the meantime Congratulations once again.

ANSWERE to last month Trivia Question:

The first Athlete to breake 3.50.0 for the mile was John Walker of N.Z. on 12th August 1975 in Gothenburg with Splits of 55.8 - 1.55.1 - 2.53.0 - 3.49.4 . Walker ran exactly 10 seconds faster than Roger Bannister's first Sub-four min. mile twentyone years erlier.

This month Trivia Question:

Who was ranked 142nd in the world alltime 400 metres for Women at the end of 1983?

(South Australian Verna Burnard was ranked 93rd.)

CROSS COUNTRY RESULTS

Victor Harbor Relay:

Our team of eight men and two women completed the gruelling Relay in a Club-record of 4.11.31 hours.

Following is a comparison between the 1983 and 1984 Relays

	<u>1983</u>		<u>1984</u>
1.	P. Worley 27.27	1.	L. Byrnes 28.36
2.	J. Lockwood 23.53	2.	P. Worley 20.55
3.	P. Norbury 23.20	3.	B. Rohrig 18.00
4.	S. Worley 26.32	4.	K. Page 21.57
5.	K. Page 22.25	5.	S. Worley 24.13
6.	E. Matthews 26.27	6.	E. Matthews 25.59
7.	J. Beechan 29.27	7.	C. Voulelis 28.50
8.	R. Blackmore 29.18	8.	R. Blackmore 28.38
9.	J. Murfitt 35.37	9.	M. Arens 25.34
10.	R. Rohrig 26.14	10.	D. Turner 28.49
	<u>4.30.40</u>		<u>4.11.31</u>

Weather: Wet and windy

Weather: Cool and fine

Although some of the improvement can be attributed to the better weather cndition, there is no doubt that the standard of our distance Runners has improved.

CITY MARATHON 26.8.84

B. Rohrig	2.27.46
K. Page	3.02.14
S. Worley	3.24.57
G. Duncan	3.29.46
P. Worley	4.00.17
J. Murfitt	4.05.01
J. McNulty	4.09.58

Congratulations to all of you

INTERVARSITY FUN RUN 10 k

L. Byrnes 42.02 1st

BALLARAT VIC. WALK 1.9.84

3 k K. Turner 17.03

5 k K. Turner 30.37

Both of these times represents a Personal Best.

Athletes Profile: Mark J. Arens

Statistics: Age 22 Date of birth 23rd March 1962
Height 1.79m Weight 67kg

Mark, a fourth year medical student at Flinders University Medical School, started in Track and Field Athletics as a U/10 Little Athlete in 1972. He was in fact the very first active member of the Surrey Downs L.A. Club and the T.T.G. Little Athletics Centre.

His time as a Little Athlete was one of enjoyment and learning. Although Mark represented the State in the U/12 team running the 800 and 1500 metres, he took part, and enjoyed all events. So much so, that as an U/12 he won the Centre Overall Championship over Andrew Seagrim, who of course became the Australian Junior Champion in 1981.

After the U/13 year Mark took up Tennis for one year, but his love was running, to which he returned as an U/15 running for Enfield Harriers until the formation of our Senior Club a year later.

Mark started Event-specific training when he was 17 years of age and it will be another two to three years before he will reach his peak.

Best Performances:

100m - 11.9 , 200m - 23.8 , 400m - 50.4 , 800m - 1.50.4
1000m - 2.24.0 , 1500m - 3.43.0 , 1 mile - 3.59.4
2000m - 5.15.5 , 3000m - 8.24.3 , 5000m - 14.30.0

Achievements to date:

1978 - U/16 800m and 1500 State Champion
1979 - U/18 800m and 1500 " "
1980 - " " " " " " Nat. Championsh. 2nd
1981 - U/20 800m and 1500 State Champion
Nat. Championsh. 2nd
1982 - Open 800m and 1500 State Champion
Australian Junior 1500m Champion

Records held:

U/15 - 4.13.4 - State Open & residential 1500m
U/18 - 1500m - 3.52.9 - State Residential
" - 800m - 1.53.3 - " "
U/20 - 800m - 1.50.4 - State Residential and Open
1000m - 2.24.0 - State Open - Res. and Australian
1500m - 3.43.0 - State Residential
2000m - 5.15.5 - State Res. Open and Australian
1mile - 3.59.4 - State Residential & Open Record

I asked Mark what out of all these achievements were his highlights so far.

"I have had a lot of enjoyments and thrills, but without a doubt, breaking the 4 minute for the mile and two weeks later winning the 1500m Australian Junior Title are the greatest thrills I have had in athletics"

And what are your plans for the future as far as running is concerned?

"I hope to run well this coming season as to make the Final of the Australian Championship 1500"

"After that I hope to be able to represent Australia in the 1986 Commonwealth Games in Scotland"

COACHES CORNER

Have You got a PLAN ?

I recently read an article by Jack Pross, National Middle-Distance Coach, in which he lamented the lack of a PLAN in most of our Athlete's training and development.

Knowing Jack for some years now and having had the pleasure of working with him on a few training camps, I had no reason to doubt him. Nevertheless, Jack made me think and look about me once more.

What he has seen on a National level, is true also here in South Australia.

If we look around, we will identify talent everywhere and in abundance. Not all of these, in fact only a few, will be interested in taking up Track & Field Athletics.

For those who are interested and come to us for guidance, it is of utmost importance that a plane be developed as soon as possible.

No matter what the level of development, a PERIODISATION - PLAN is essential in order to achieve the ultimate target.

The ultimate target may be an Olympic medal for some, a National or State Championship for others, or simply a higher Personal Performance level and will most likely lay a few years ahead.

Once the Athlete has had a basic training period, and his - her strength's and weaknesses are known, a Plane can and should be developed.

This plane should show a series of peaks, troughs and plateaux corresponding to performance needs and levels. It is of importance that the Athlete takes a part in the development of the plane to allow for other commitments, work-family - study - social etc.

An overall plane can then be broken up in yearly, monthly and weekly cycles.

I have heard Athletes, yes even Coaches say " what is the point of all this planing, if something goes wrong - an injury, illness etc., it has all be for nothing". Of course these things can and do happen. They are send to tray us, and we have to make the right adjustments. It may take a little longer to reach that target or we may have to make a detour to get there, but without a plane , we will not get there at all.

Also, with a plane, incorporating the appropriate training methods, levels of both quantity and quality (intensity) for both training and competition, the likelihood of injury will be minimised.

O. Arens

Next month : A sample Plan and discussion of some aspects of it.

* * * * *

BINGO

BINGO

BINGO

BINGO

BINGO

BINGO

TUESDAY NIGHTS

7.30pm.

BULKANA OVAL CLUBROOMS

Spring Cresc., Banksia Pk.

Bring your friends, relatives, neighbours.