



Senior News



COMING EVENTS.

SEPT. 23 (Sat.) - Working Bee at the Club & Oval (10 am - 4 pm)
 SEPT. 24 (Sun.) - " " " " " " " " " " " "
 (If wet, back up is Sept. 30 & Oct. 1)
 SEPT. 28 (Thur.) - T.T.G. Club promotion at Tea Tree Hub (5 - 9 pm)
 SEPT. 30 (Sat.) - " " " " " " " " " " (11 - 3)
 OCT. 7 (Sat.) - Summer Competition Open Day - O.S.F.
 OCT. 15 (Sun.) - T.T.G. Open & Try Out Day - Bulkana Oval (1 - 3pm)
 OCT. 22 (Sun.) - " " " " " " " " " "
 NOV. 4 (Sat.) - Interclub commences - O.S.F.
 DEC. 8 - 10 - Aust. All Schools T. & F. Championships - Sydney.

WORKING BEES

The Club needs YOUR support to set up the track and clubrooms for the coming summer season - please spare a couple of hours at Bulkana Oval to help us out, athletes are included. In years gone by, helpers have consisted of mainly committee people - let's see some athletes and some parents there this time, even if only for a short time. If you can come anytime between 10 am and 4 pm it certainly would be appreciated - we will provide a sausage sizzle for lunch. Jobs that have been earmarked to complete are as follows;

Remove graffiti	clean gutters	tidy/repair chairs
mend doors	dust walls	remove cobwebs
vacuum gym	wash windows	clean cupboards, tables, chairs
marking track	digging & raking	jump pits
equipment	weed throwing areas	up-grading all
		clean equipment shed.

CLUB PROMOTIONS

We are also seeking the support of members and athletes to help promote athletics and the Club, together with the Little Athletes, at the new shopping centre at Tea Tree Plaza - the Tea Tree Hub. Athletes, in T.T.G. uniform can hand out pamphlets and also demonstrate some of the events. See above for days and times.

OPEN & TRY OUT DAYS

We would like to see every athlete who intends to compete this summer to attend both the Try Out Days to enable to have a hit out at their events, meet the other athletes, obtain any uniform requirements, register and inform the Team Manager which events they will possibly compete in. On Oct. 22 there will be a B.B.Q. lunch available; Little Aths. will be competing in the morning till around 1.00pm and then the Seniors programme will start about 1.30pm. See you all there.

QUIZ NIGHT

The Centre is to conduct a Quiz Night on December 1st (7.30 pm) at the Para Hills Community Club, Bridge Road. Invite your bright friends now so they reserve the date - tables of 8, at a cost of \$5 per head. Buy your drinks at their Bar. Xmas raffle.

TEAM CAPTAINS

Team Captains will be elected this year, so could all athletes give some consideration to who they think might be their choice, as there will be an election among the athletes during one of the early O.S.F. competitions.

ATHLETE'S PROFILE

NAME: Duncan Mac Donald
Birthdate: 27-5-1977
Marital Status: Single but working on it.
Nickname: Slam Dunk
Best Events: Cross country, steeple, Horizontal line
Worst Events: Team sports.
Years Competing: 8
Occupation: student, barman
Favorite Sports person: Said Aovita, revolutionised
Distance running in mid 80s
Other Sports: none.
Hobbies: working + studying
Best Performance: still to come (Maybe this season)
Worst Performance: Brisbane cross country (Dehydration
while leading national championships)
Favorite Movie: Great escape.
Favorite TV Show: The Bill
Favorite Song: Don't know
Favorite Food/Drink: Pizza, Cappucino
What is the most inspirational thing anyone has ever said to you: "Quick run, they're coming after us!"
(After being a very naughty boy)
Money no objection, which car would you drive: 1983 Porsche 930 Turbo
(Classic part of motoring history)
Future ambitions:
 Stay out of Trouble,
 work hard,
 Live long,
 and be remembered.



SUMMER COMPETITION - CALENDAR

	OCTOBER				NOVEMBER				DECEMBER			
Sat	7 Summer Comp Open Day	14 Salisbury Host Day	21 Club Multi Event	28 Coca Cola Games	4 Interclub A	11 Interclub B	18 Alternative Prog.	25 Relays	2 Interclub A	9 Interclub B	16 State Relay Champs	23 Alternative Prog
Sun		TTG Open Day	TTG Open Day	Coca Cola Games	Western Districts Host Day				Little Aths Relays			
Mon												
Tues												
Wed	Distance Run Open Night	Alternative Prog. A	Alternative Prog. B	Alternative Prog. A	Interclub A	Interclub B	Alternative Prog. A	Alternative Prog. A	Interclub A	Interclub B	Alternative Prog. A	
Thurs												
Fri												



	JANUARY					FEBRUARY					MARCH				APRIL
Sat	30	6 Alternative Prog.	13 Interclub A	20 Interclub B	27 Relays	3 Interclub A	10 Interclub B	17 Alternative Prog.	24 State Champs	2 Interclub ?	9 Alternative Prog.	16 Alternative Prog.	23	30 Interclub A Finals	6 Multi Event Champs
Sun						Little Aths PB Day	Little Aths PB Day		State Champs					Interclub B Finals	Multi Event Champs
Mon															
Tues															
Wed	Alternative Prog. B	Interclub A	Interclub B	Alternative Prog. A	Interclub A ??	Interclub A	Alternative Prog. A 10 K State Champs	5 K State Champs	Alternative Prog. B	Alternative Prog. A	Alternative Prog. A	Alternative Prog. B	Interclub A Finals	Interclub B Finals	
Thurs															
Fri				Adelaide Games											

NATIONAL TRACK AND FIELD CHAMPIONSHIPS 1995/1996

AUSTRALIAN ALL SCHOOLS -
 NATIONAL SCHOOLS KNOCKOUT FINAL -
 OPEN & U20-
 U14,U16,U18

SYDNEY 8-10TH DECEMBER
 SYDNEY 12TH DECEMBER
 SYDNEY 7-10TH MARCH
 MELBOURNE 21-24TH MARCH