



Tea Tree Gully Athletics Club.
Senior Newsletter.

JULY 1998

Inside this issue:

Presidents
Report

Winter Season/
Results

Committee
Members

"Our Sport"

Membership

Profile on
Scarlett Cook

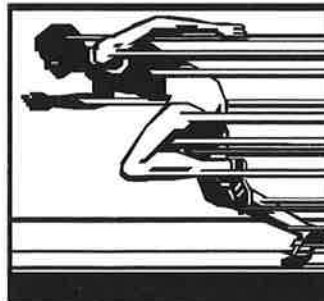
Can I Quote You

Anstey Hill

"The Gully Breeze."

PRESIDENT'S REPORT.

Good news that the position of team manager will be filled by Linda Stewart (Female Manager) and Daniel Judd (male manager). This is sure to give us the organisation on competition day that is so vital. Please support Linda and Daniel in their quest to provide competition days both enjoyable and successful.



There are still vacant committee positions of social secretary and publicity and promotions.

Our **Coaching Staff** is currently:

- Steve Butler – Sprints
- Jeff Page – Sprints & Hurdles
- Noel Bray – Middle/ Long Distance
- Pat Todd – Long, Triple, High Jump.

COACHES.

We welcome Steve Butler back to the club. Steve competed for the Gullies before working interstate, but has now returned. Steve has agreed to coach our sprinters and is already involved with winter conditioning both on the track and in the gym.

Noel Bray

Senior Committee.

Noel Bray - President
Ian Denham - Secretary
Linda Stewart - Registrar & Team Manager
(Women)
Daniel Judd - Team Manager (Men)
Pat Todd - Recorder
Andrew Beck
Jeff Page- presently on study leave O.S.

**Have you paid
your
Registration?
- see Pat Todd.**



Editor :
Ian Denham
Articles welcome.
Phone 82895982

WINTER RESULTS

The winter season is well under way with a good turn out of TTG runners at events. Our Men's C grade team is well in front of the other teams and would be very competitive in the B grade competition. Terry Gallagher and Gerry Doyle are competing for Gullies in Winter as their own clubs aren't fielding teams. We have appreciated their consistency and competitive spirit. As well as the summer distance group our depth has been enhanced by the return of Brett Worley to the club and the emergence of new runner Ben Hirst. This year we have filled the team in all championship events and look forward to completing the season with success.

RESULTS:

May 2nd Suhard Shield

4km C grade.

G.Doyle 13:45 , D.Judd 14:26, I Denham 14:46,

N.Bray 14:48,

O 35 Women D.Allen 18:25

U 16 Women A.Tucker 22:05

May 9 Enfield Host Day

Womens 6km

D.Allen 30:5

Mens 10km

G.Doyle 38:43, N.Bray 41:59 I. Denham 43:05

Men U 16 2km

P.Henderson 8:09.

May 23rd Pat Relays

Womens U 18 1500m

S.Cook 5:51, B. Townsend 6:33, A.Tucker 7:19

Men/ Women C Grade 3km

T. Gallagher 10:02, G.Doyle 10:13, H.Hamilton 10:23, (cont)

ANSTEY HILL – 27 JUNE.



Despite a decline in number of Mountain Goats the Anstey Hill Challenge was truly another memorable run for all participants. The devoted band of willing volunteers who set up and catered for all runners must be congratulated on their efforts and I am sure all visiting runners enjoyed the Challenge. The conditions were ideal for both the 4 km and 8 km runs, which venture through the scenic Anstey Hill. The winner of the 8km was Scott Howe from Enfield Harriers. The club is hoping to have this particular run included as one for Premiership points in 1999 to attract more participants.

TTG Performances - Noel Bray : 31 min 57, Ian Denham : 33 min 11 , Daniel Judd : 34 min 40. Dave Turner 39 min 25.

Due to "unforeseen circumstances" both Terry Gallagher (37.06) and Bob Pearce (37. 06) both missed the start. Therefore their times are not a true reflection of their Athletic prowess. Paul Henderson ran the 4 km in 16:09.

"Can I Quote You"

"You'll never beat me again"

D.Judd. to Club President and fellow competitor N. Bray.

Daniel never one to make rash statements may regret these comments which were made in the preliminary stages of the Winter Season.

Is Daniel finding it tough combining his



preliminary teaching career, part time work, social engagements with Jane and running career?

You judge for yourself.

Pat Relays: Noel - 11:42. Daniel- 11:28

Tanunda Half Marathon: Noel -1 hr 22:33 Daniel 1hr 23:52

Anstey Hill :Noel 31:57 - Daniel 39:25

State 8km Title (Carisbrook): Noel- 31:41 Daniel- 32:52.

Daniel time is on your side.

“Our Sport”

Our sport of Athletics attracts us for all it does *not* have in common with the others.

1. **No balls or sticks.** In athletics the action centers on people, not objects.
2. **No time outs.** A race doesn't stop for commercials or any other excuse.
3. **No overtime.** A race ends at its finish line, with no one ever asked to go the extra kilometer to settle a score.
4. **No substitutions.** A weary athlete can't call for relief and less a talented one doesn't have to warm the bench.
5. **No Fighting.** When was the last time you saw two athletes stop in mid race and settle their argument with their fists.
6. **No Booming.** People who watch our sport from the sidelines don't act on the urge to verbally abuse an athlete they don't like.
7. **No clear losers.** When losing means falling short of personal standards, even the last finisher can "win."



THE WINTER TEAM.

| | |
|-----------------|------------------|
| Terry Gallagher | Troy Stasinowsky |
| Amanda Tucker | Hamish Hamilton |
| Brooke Townsend | Duncan Mc Donald |
| Paul Henderson | Gerry Doyle |
| Scarlett Cook | Daniel Judd |
| Ben Hirst | Noel Bray |
| Dave Turner | Ian Denham |
| Bob Pearce | Deb Allen |
| Brett Worley | Hamish Hamilton |

PROFILE

SCARLETT COOK.

Age - 15

D.O.B. - 28/3/83

Favourite Food - Chocolate

Favourite Movie - Grease

Highlight of Career - 1st win in State

Championships

Lowlight - injuries

Favourite Song - Lounge Act

Favourite T.V. Show - Simpsons

Favourite Event - 3km

Disliked Event - 400m

Ambition - World Champion at 3km

Favourite training session - multiple 200ms

(How many is multiple?)

CONGRATULATIONS Scarlett on your selection in the State team that will travel to Canberra in late August.



MEMBERSHIP.

The Senior Committee will soon begin the planning phase for the 1998/99 summer Season. We look forward to a continuing relationship with Athletes who have competed with us in the past. It is the responsibility of these continuing athletes to promote our sport and in particular of course our club. Recruitment of athletes to Tea Tree Gully is very important if the club is going to have success both individually and as a team. Is there someone you know that could take up the sport of athletics with our club? Please invite them to join us. Past experience suggests that recruitment of new athletes has often been successful when TTG athletes have made a personal approach to the prospective club member. Think back to the commencement of your career, how did you develop an interest? Our club can provide the coaching and advice to introduce people to the sport of athletics. A realistic aim for each club member is to bring one other person to the club. Who will you choose?

RESULTS CONT. (Pat relays)

D.McDonald 10:29, T.Stasinowsky 11:22, D.Judd 11:28, N.Bray 11:42, D.Allen 14:09

May 16th DRC Regency Park

U 18 3 km

T.Stasinowsky 10:34, P .Henderson 11:18

May 31st Barossa Light Half Marathon.

N.Bray 1 hr 22:33, D.Judd 1 hr 23:52 I Denham 1 hr 28:54

10km T.Gallagher 34:03 - Winner.

June 14th ASA Road Championships - Santos Stadium

10km

T.Gallagher 33:16, G.Doyle 34:18, B.Worley 36:31, B.Hirst

36:35, N.Bray 36:54, I.Denham 38:39

Womens U 18 5km

S.Cook 19:28.

July 4th ASA State Cross Country Championships - Carisbrook

8km

T.Gallagher 28:05, G.Doyle 29:38, B.Hirst 30:46, N.Bray 31:41

H.Hamilton 32:01, I.Denham 32:02, D.Judd 32:52

4km

S.Cook 16:10, P.Henderson 16:30.



Thought for the Month

“Minds are like parachutes.....

.....They only function when open.”