

HUNTER NEWSLETTER

Issue 21

June/July 2018

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-

71st WD v GHY CHALLENGE for the Mrs A. A. Theobald Shield

Great News:

We have a team of competitors heading over to Adelaide for the weekend of July 27/28th to defend our holding of the Shields; both male and female.

The Teams:

Female: Anna Kentwell
Dana Dekkers
Gill Highnam
Helen Rainey
Carolyn Sigmont

Male: Alec Highnam
Peter Rainey
Mark Rainey (U14)
Eric Sigmont
Kevin Esmore
Tony Doran

Team Manager: Phil Hutton.

GOOD LUCK TEAM

UP-COMING WINTER XCR18 EVENTS

Sunday 22/07/2018 XCR Rd 6 – Albert Park 10k & 3k (Albert Park)

Saturday 27/07/2018 - **Glenhuntly/Western Districts Match in South Australia.**

Saturday 4/08/2018 XCR Rd 7 – Lake Wendouree 15km & 6km (Ballarat)

Saturday 18/08/2018 XCR Rd 8 – Anglesea Ekiden Relays (Anglesea)

Sunday 19/08/2018 – Australian Half Marathon Championships (Sunshine Coast, QLD)

Saturday 25/08/2018 – National XC Championships (Maleny, QLD)

Sunday 2/09/2018 XCR Rd 9 – Burnley Half Marathon & 5km (Burnley)

Saturday 15/09/2018 XCR Rd 10 – Tan Relays (Kings Domain)

Sunday 16/09/2018 Australian Marathon Championships (Sydney, NSW)

Department of Health and Human Services (DHHS) Grant \$1400.

The Club recently received a grant of \$1400 to support a project we are undertaking with the Emerson School. We are looking at funding a coaching project to support a training programme for the school.

The Club plans to match this figure and seek the assistance of a dedicated coach to oversee the coaching programme.

This is another great initiative of the Club and we thank committee members, Chris Winter and Andrew McEvoy, who prepared the Grant submission and are leading the way; Chris is a teacher at the Emerson School.

Coaching Groups

Kevin Mannix's young squad. Great to see.



Glenhuntly kids sessions

We start back for term 3 on Monday 16th July.

All kids welcome, ages 8 to 14 years old.

Suits budding athletes and kids keen to get fitter and faster for their team sports.

The sessions are coached by Kevin Mannix from Run for Body and Soul, and are aimed at enjoyment and improving the kids running form and fitness, along with the fundamentals of jumps and throws.

Session times are:

Mondays 2 sessions: 4pm to 5pm, and 5pm to 6pm

Wednesdays 1 session: 5pm to 6pm

Contact Kev Mannix – email: run4bodyandsoul@optusnet.com.au or mob: 0400 021 889

Or via the club on – email: hunteraths@gmail.com or mob: 0423 529 091

ANOTHER TOP INITIATIVE BY THE CLUB

Our First international – Herb Bascombe (400m) 1st Empire Games Hamilton, Canada, 1930



Just 10 years after the formation of our Club (GAAC), we were honoured to have our first athlete selected to represent Australia at an international meeting; Herb was 24 years of age.

It was quite a big achievement in the scheme of things as there were just SIX athletes from Australia to be selected in athletics; 4 Vics and 2 NSW.

The Empire Games in 1930 were the culmination of many prior attempts, first mooted in 1891 by Astley Cooper with the idea of a Pan Britannic Festival gaining attention but little tangible response. 20 years later at the celebrations for the coronation of King George V a Festival of Empire was held at Crystal Palace. There were 5 events in the track and field section (100yd, 220yd, 880yd, 1 mile, 120yd hurdles;" the Inter-Empire Championships". Progress was stymied

by War which intervened and it was not until M.M. Robinson of the Hamilton Olympic Club in Canada took up the ideal. Enthusiasm grew following 1928 Amsterdam Olympics but lukewarm support from official of the Old Country led to the Games being held in Robinson's home town. 21 events were held.

Herb had to give up a lot to represent his country.

Australia was entering a time of depression, with jobs hard to obtain or retain, and athletes had to travel to the other side of the world by ship (3 week trip each way), compete, and then return by ship. Many couldn't afford to make this trip. It was to be a big financial sacrifice.

Herb had joined the Glenhuntly Club in 1925 at the age of 19, having done little or no running at school, CBC Abbotsford, but he had done some running at battalion/regiment sports from the age of 14.

He was invited to join the Club after winning the 100 yards Old Boy's Cup at his old school. He proved to be a tower of strength for our Club in the latter part of the 1920s; winning his first State Title in 1926.

Australian's at first Empire Games 1930:

J Carlton	100yd, 220yd.
G Golding	440yd third. 880yd DNF.
A Hillhouse	3 mile second (14:27.6) and Steeple second.
R MacDougall	Mile 7th of 9
W Whyte	Mile second of 9
H Bascombe	440yd 6th in final of 6, 880yd ran out in heat.

Herb was coached by regular Club Coach, Phil Neeson, who used to handle up to 80 runners on a Sunday morning, and who also coached other Club members including another Victorian Champion in Alan Elliston. (Phil Neeson returned to the Club in the 1950s to coach club members including Trevor Jupp, Tom O'Loughlin etc)

Some of Herb's achievements included:

- **He was a member of the Club's Victorian Record breaking Mile Medley relay team along with Alan Elliston, Charlie Sypott, and Orm Westcott. Time:**
- **Victorian Titles:**

1926	440 yards	51.8
1927	220 yards	23.2
1928	440 yards	50.0 Victorian Record.
- **Australian Titles:**

1929	440 yards	880 yards
	Australian Record for 440 yards	48.6
1930	Australian Record for 880 yards	1:57.2.

Herb returned to Australia after the Empire Games to a situation of accentuating unemployment and found work difficult to obtain. Along with others in the sport, he argued that amateur athletes needed to receive pay for

loss of time/salary while away competing. Amateurism, however, was very strictly enforced in Australia; not so overseas.

Herb decided to turn professional.

Critics were quick to condemn and stated he had the opportunity to represent Australia at the 1932 Olympics and beyond. But Herb retaliated by stating that even if he continued in amateur athletics, he would be unable to attend Australian Championships and the Olympics because financial sacrifice too great. It certainly wasn't ingratitude to the Club or the sport in which he had given his all over 6 years; often running in 4 events each week.

Herb raced as a professional at the Maryborough Highland Games and began preparing an assault on the Stawell Gift in 1931. Unfortunately, he suffered a leg injury and was unable to compete. Not much is known about Herb after that as he went up country in search of work.

AV AWARDS FOR 3 CLUB MEMBERS- 50 Years M'ship.

Kevin Esmore:



Kevin began his athletics with the Williamstown Club in 1968/9. Kevin began training as a thrower, jumper, but settled on distance running. Kevin has always been a supportive club person embracing the club culture of having a go. He joined the Hunters in 1975 after moving to Ormond and quickly involved himself in the Club as team manager, treasurer (1977-86) a Vice President for 10 years. As a competitor, Kevin has competed in most winter events for most of his 50 years and, although he now lives in Bendigo, still travels regularly to represent the Club. Kevin has been a huge supporter of the Western District Challenge; travelling to Adelaide and billeting Adelaide athletes. Congratulations Kev; well earned.

Joe Murphy:



*Joe began his athletics as a 12 yr old with the now disbanded Footscray Athletic Club in 1967. He competed in both Summer and Winter distance running and was U17 Vic Schools Cross Country Champion in 1972. He was a member of the Footscray team that set an Australian U19 4*800m record. In 1977 he transferred to the Williamstown Athletic Club and was a prolific competitor setting a Club 1500m record.*

By 1983, Joe had joined Glenhuntly and was prominent in our Club's strong XC premiership teams, being appointed Club Captain for the 1985. Overall, his career at the top saw him represent our Club in 31 Division 1 winter teams and he was a member of our drought breaking track premiership in 1987. For 9 years, Joe was editor of the popular Club Newsletter. Joe has continued to represent our Club in 40,50+ and 60+ teams in Cross country. Joe has always made a very worthwhile contribution to our Club; Well done Joe.



Steven Stern: *Steven joined the Club in 1968 as a 17 yr old distance runner. He trained hard and developed into one of the top middle distance runners in the State by the mid to late 1970s. He regularly competed in A Grade with our very strong team; achieving times of around 1:52.0 and 3:50.0.*

In 1979, Steven won a bronze medal in the Victorian 1500m Championship with a time of 3:46.4 and represented our state in the Australian titles. Steven's work in the legal profession was very demanding and highly sought after and so his further involvement in competition was limited but regular. In more recent times, Steven has began competing for the Club Masters team in the Walks; Well done on this achievement Steven.

XCR'18 Round 4**BUNDOORA (incl. All Schools)****Junior Men**

Round 4 of the XC season also doubled up as the All Schools XC Championships. The conditions at Bundoora were cold and windy and very typical of recent years for this event. Whilst each participant represented their school the Glenhuntly junior men team members featured prominently.

We had 11 team members who competed and from this group there were two age group winners, three placegetters and six top 10 finishes. The competitors were: U14 - Sam Lindsay (9th); U15 - Josh Francou (11th), Logan Janetzki (25th) and Rubin Howard (27th); U17 - Romin Kodikara (4th) and Jade Cook (73rd); U18 – Edward Marks (1st), Adam Spencer (2nd), Jason Clayton (8th) and Cody Bellgrove (41st); and U20 – Haftu Strintzos (1st). Considering there were 600 junior men who competed across the age groups the results of all of our team members were fantastic. Congratulations to everyone who competed and to those who placed well done on your excellent performance.

Several of the team will have qualified to represent Victoria at the National XC Championships to be held in Qld in August and we look forward to tracking how our team members shape up against the very best competitors from around Australia.

Junior Women

Although our girl numbers for the XCR are small this winter, we had a couple of them representing their schools with some outstanding success. Sophie O'Sullivan and Juliet McBurney, both representing Wesley College, finished FIRST and FOURTH in the Women's U18 event. A really impressive effort.

In the U17 event, Genevieve O'Brien, representing McKinnon Secondary College finished in 19th position; Genevieve is a very young U17 so has plenty of more mature runners to contest. New member Lauren Tran impressed with 28th in the U20 girls. Well done.

Open Women

The Cross Country State Championships at Bundoora produced awesome runs from the Open Women's Team with many improving on their times from last year. What looked to be a potentially cold and wet day of running turned out to be a one of great conditions despite being a little chilly at the start line. We had 5 athletes in the top 20 and 7 in the top 30, which is a fantastic effort! It was great to see Karinna Fyfe (with an impressive 8th place finish) and Cass Mesta (26th) running with us for their first XCR race of the season and also Anna Saw (20th) and Tarli Bird (15th) showing great form on their way back from injuries. New recruit Anna Kentwell backed up from a 27km mountainous trail run the weekend beforehand to finish in a speedy 13th place. Dana Dekkers set herself a new 10km PB (19th) and Rebecca Beagley smashed her previous time from last year, finishing 29th. Young gun Erika Florez had a super run rounding out the top 40. Our Premier Women took out the top spot for this round, which places them first on the leaderboard and our Division 2 Women came in 3rd!

Open and Masters Men

One of the mainstays of the XCR calendar, Bundoora Park offered a challenging course with surprisingly good conditions for the State Cross Country Championships last Saturday. We had 26 starters across Open and Masters Men.

Some individual highlights were:

- Jack Highnam returning from a chronic illness to make his 2018 debut. Jack's enthusiasm around the group has been missed. A big second half of the season awaits him.
- Peter Rushen running almost two minutes faster than 2017 and placing 3rd in his age group.

Our Division 2 team finished 3rd, 40+ 2nd and 60+ 3rd. It was great to welcome back Olympian Rhydian Cowley, among others and our increased depth showed. Compared to Cruden Farm, our Division 1 and 2 outfits increased their team score by 84 and 204 points, respectively. Our numbers are steadily increasing and it was great to see our Division 5 team score points for the first time this season. After four rounds, our 40+ continue to sit atop the ladder.

I'd also like to acknowledge Nick van Agtmaal. Nick has been unable to compete for the last two rounds due to a hernia operation but has still travelled to support the team. It's this kind of team spirit that makes a great club.

We now put cross country behind us and look forward to some road racing. Next round we head to Sandown Racecourse for the Victorian Road Relay Championships. I look forward to another great turnout!

Go Hunters!

Cross Country - Bundoora Park - 16 June 2018

MEN

	Open - 10K		Time	Time	
			2018	2017	
31	Rhydian	COWLEY	32.21		
42	Sam	TOLL	32.46		
49	Daniel	HAMILTON	32.54		
67	Jake	MALONE	34.02		
76	Jamie	COOK	34.35	34.26	
77	Jack	BULLOCK	34.38	36.12	
92	David	CEDDIA	35.07		
95	Mark	THOMPSON	35.09	36.03	
98	Chris	WINTER	35.19	35.44	
102	Julian	KUPLER	35.33	36.00	6th 40-44
104	Peter	MACKNAMARA	35.42	38.04	3rd 45-49
111	Andrew	McEVOY	36.02	37.24	4th 45-49

		Peter and Jan Rushen			
		Nick Van Agmataal			
		Will Little			
		Helen Rainey			
		Set up and Pack up			
		Lyndon Loader			
		Tim Bryant			
		Chris and Declan Murphy			
		Tony Doran			
		Len Johnson			
		Peter Buller			
		R Howard			

A big thank you to all of the above managers, helpers, and runners, for their assistance in what was a very big day for the Club.

Club News.

- 1. CONGRATULATIONS TO OUR JUNIORS WHO HAVE GAINED SELECTION TO REPRESENT VICTORIA AT THE NATIONAL CROSS COUNTRY CHAMPIONSHIPS TO BE HELD XXXXXXXXXX***

Haftu Strintzos U20 Eddie Marks U18

Sophie O’Sullivan U18 Juliet McBurney U18

Sam Lindsay U14



Our **SUPER DUO**, Kara Gilbert (President) and Rob Dunbar, travelled to Cairns in early June to compete in the gruelling Ironman 7.0 series. Sadly, Kara was a DNF after a swim of 1 hour: 33min, 40secs, and after 150km on the bike.

Rob, however, completed the challenging course with a top effort; a 658 overall (9th in his 60-64 age group). **AWESOME.**

Swim: 1:11.14
Transition 1: 6 min 27sec
Cycle: 6:14.33
Transition 2: 7 min 30sec
Run: 5:29.12

TOTAL TIME: 13 hours: 08 min, 58 sec.



A fantastic run from 16yo Club Junior, Sophie O'Sullivan at the European U18 Championships. Making her debut run for Ireland at the event, Sophie, daughter of Irish great, Sonia O'Sullivan, finished with **SILVER** in the 800m in a time of 2:06.05: a club record for U17, and U18 .

- *Past members will be saddened to hear of the passing of former member **Tony Davis**, who passed away this week. Tony was a member of our Club in the early 1990s and represented us strongly over 800m/1500m in State League races. Tony had a best 1500m time of 3:44.28 and finished 8th in the Australian Championships in 1991. In addition, in the Australian Mile Title he was **THIRD** (time unknown). A valued club member, gone too early.*

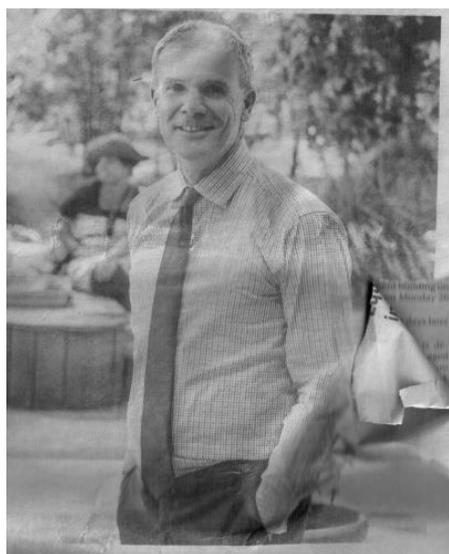


- *First night at the **NEW Duncan Mackinnon Park**. Monday, June 25th 2018.*

Tuesday (26th) evening the VMA Glen Eira venue organised their first race on the upgraded race. The First event was an 80 Metres Estimated Time Sprint at 7:15pm. True to form, and very eager to be first, Glenhuntly member Pete Battrick, in his Glenhuntly singlet (but without his walking poles!), completed the race and set a new club record (for all ages) for 80m Estimated Time on the UPGRADED track. (How long will this last?) If you can better 40secs for 80m then the record is yours.

Peter commented post-race that he likes the 80m Sprint because he doesn't get lapped by Chris Winter!

Former Club Member, and now Principal of Doveton College, has recently been awarded a \$45000 National Teaching Prize; one of 12 recipients. Well done Greg. Formerly Principal of Parkdale Secondary College for 8 years, Greg was a talented athlete and an important part of our Club's teams in the 1980's and 90's.



During the winter seasons

XCR'18 Round 5

SANDOWN RELAYS

Glenhuntly Open Men

by Chris Winter

Round 5 of XCR'18 signalled the start of road racing with the Sandown Racecourse Relays. With inclement weather forecast, AV made the call to shorten the legs to one lap (3.1km). In true Melbourne fashion, the clouds cleared by lunchtime and runners enjoyed clear, yet blustery conditions. We had five teams in Open Men.

We had strong showings across all divisions. Our best placed team on the day was Division 3 (5th) followed by Division 1 (6th). Three out of our five teams improved on their results from Jells Park Relays in Round 1. After five rounds, our best placed team is Division 1 in 6th.

Some individual highlights were:

- Matt Wynne continuing to race and earn points for the team despite a leg injury.
- Dale Woodbridge stepping into our Division 5 team at the last minute. Dale has been a regular in previous seasons but has taken a break from racing this year to focus on his postgraduate studies.

I'd like to thank all our juniors that stepped up to run in our Open teams at short notice: Haftu Strintzos, Jason Clayton, Romin Kodikara, Jasper Pickering, Jack Green and Logan Janetski.

From one car racing circuit to another, we now turn our attention to the Albert Park 10km on Sunday July 22. I look forward to more great results!

Go Hunters!

Glenhuntly Masters Men

by Andrew McEvoy

Injuries meant numbers for the Masters Men were slightly down at Sandown this year, however, we still managed to field 5 strong teams. While the shortened event probably didn't work to our overall advantage, each team braved the blustery conditions and achieved some solid results.

The 40+ (1) team worked hard to peg back a big lead by Collingwood on the first leg and finish in 3rd place. Very consistent performances across the board with only 11 seconds separating each runner.

The 40+ (2) team finished 6th and highlights included a strong performance by an injured Mickael and a father and son match race between Angelo and Noah Portelli (Noah ran third in the U/14's). On this occasion, experience prevailed but there is still plenty of time between now and the Tan Relays for Noah to plan his re-match (there were some reports of Noah "going easy" to ensure he got a lift home but I must stress that these reports are completely unsubstantiated).

The 40+ (3) team received a DNF because we were only able to field 2 runners but thanks to Kev Esmore and Daniel Jitnah for competing.

The 50+ team finished 6th with impressive runs by Pete Rushen, Bas Taggart and Mick Ryan who backed up well from his Gold Coast Marathon performance last weekend.

The 60+ team also had an excellent result with Joe Murphy winding back the clock and finishing hard to help the team take out 3rd place. Big thanks to Rob Dunbar for stepping up and competing.

The EMERSON School (at Sandown Relays) A Club Initiative

Nine students from the Emerson School took part in the Sandown Racecourse Relays on Saturday July 7. The seven boys and two girls competed by invitation in the U14 and U18 divisions. For many of the students it was their first competitive running experience. Despite the cold and wet conditions, every one of them completed the 3.1km loop with pride. Thank you to Andrew McEvoy and other Hunters for your support out on the course.

Our relationship with the Emerson School continues to blossom. Next term the focus will shift to track and field as the students prepare for their school athletics carnival. We hope to see the students representing Glenhuntly again during Summer Shield.

HELP US TO HELP THEM

If you would like to be involved in this exciting and incredibly rewarding initiative, please contact Chris Winter on 0402600307 or winter.christopher.c@edumail.vic.gov.au.

Junior Boys

We had a good turn up from the junior men at the Sandown relays last weekend. Whilst the weather forecast was horrific, the day turned out to be ok for the running period, we had 12 junior men competitors and everyone performed well.

A little different from previous races was that we had one U14 and one U18 team and six who competed in the Open Men teams. Our U14s finished just out of the medals in 4th place and Sam Lindsay had the fourth fastest U14 time of the day at 10.50. We also need to call out that we had our newest member of the club, Mark Rainey who had his first run with the club in the U14 team. Well done Mark, a great run first up. Our U18s finished 11th and thanks to Rubin Howard who is bottom age U16 who ran up in the U18s to form a team and who had a good run.

As for the six team members who supported the Open Men teams Haftu Strintzos led off the Division One team and posted a blistering 9.02 which was one of the fastest times of the day and the fastest time of all Glenhuntly runners. Romin Kodikara, Jason Clayton and Jasper Pickering all ran in the Division Two team and all posted great times consistent with the Open men runners in that Division. We also had Jack Green and Logan Janetzki who ran in the Division Four team and they posted the two fastest times in that division for our

team. These results show that the calibre of the junior men will be a great asset to the Open Men teams when they progress out of the junior ranks. Of interest, several different combinations of times run by our junior runners would have put us right in the medals in the under age teams. This observation makes it important to know who is available to compete as early as possible to position our team composition for the best results.

One last thing that I noted in looking at the results related to the father and son rivalries. Our U14s are closing in on the Dads. Sam Lindsay is right on the heels of his dad Simon and his time was just six seconds behind Simon. Similarly Noah Portelli is closing in on Angelo and he was a mere 20 seconds off the pace of the old man in only his second race. Watch out Dads the boys are coming after you!

The next race on the XC calendar is the Albert Park road race and it is Sunday morning which is different to the normal Saturday racedays. It will be 10kms for the U20 and U18 team members and 3kms for the U16 and U14s. For those that do not have XC as part of their membership, individual race entries close Wednesday 18/7/18 at midday on the dot. For those that have a XC package no pre-entry is required and you just need to turn up on the day on time.

Racing starts early at Albert Park on the Sunday morning as the roads are closed off around the lake. The U14s and U16s will start at 8.30am and the U18s and U20s at 9.00am. An early get up will be necessary to allow time for parking and warm up. Over the past couple of years this has been a great day with racing finishing inside the lakeside stadium on the running track. Looking forward to a good turn out from our junior men as we have reached the half way mark of the XC season, those going to the national XC champs are building their preparation and for those aiming for the summer season a good opportunity to build their fitness to hit the track season in good form.

Please let me know if you will be competing and if you have any questions please contact me.

Michael Halloran

Glenhuntly Junior Mens Team Manager

Sandown Relays XCR Round 5 held July 7th

Div/Age Group	Name	Time	Team Place	Ladder
Women				
Div 1	Anna Kentwell	11.00		
	Cassie Little	11.57		
	Erica Patterson	12.24		
	Rebecca Beagley	11.27		
	Dana Dekkers	10.59		
		57.47	5	1=
Div 2	Gill Highnam	12.23		
	Anung Samsu	12.38		

	Linda McCaffrey	15.02		
	Anna Ross	13.18		
		53.21	11	9
40+ (1)	Kara Gilbert	14.12		
	Lynn Bullock	15.35		
	Helen Rainey	15.17		
		45.04	4	4
MEN				
Div 1	Haftu Strintzos	9.02		
	Daniel Hamilton	9.17		
	Jamie Cook	9.44		
	Sam Toll	9.31		
	Rhydian Cowley	9.16		
	Jack Bullock	9.48		
		56.38	6	6
Div 2	Chris Winter	10.10		
	Tom McFarlane	9.53		
	Jason Clayton	10.05		
	Denyan Claxton*	11.15 (10.09)		
	Romin Kodikara	10.11		
	Jasper Pickering	10.24		
	* Late change	61.58	7	6
Div 3	Joel Samsu	10.56		
	Geoff Scott	10.38		
	Eamonn Murphy	11.03		
	Nick Van Agtmaal	10.47		
	Simon Bowly	10.58		
		54.22	5	
Div 4	Jack Green	11.52		
	Adam Braverman	12.55		
	Matt Wynne	12.32		
	Michael Comport	11.57		
	Logan Janetski	11.06		
		60.18	9	
Div 5	Len Johnson	15.36		
	Long Nguyen	10.40		
	Dale Woodbridge	11.28		
	Cameron Evans	12.06		
		49.48	9	
40+ (1)	Simon Lindsay	10.44		
	Andrew McEvoy	10.33		
	Julian Kuppler	10.33		
		31.50	3	1=
40+ (2)	Mickael Soussan	11.13		
	Alec Highnam	11.52		
	Angelo Portelli	13.33		
		36.38	6	

40(3)	Kev Esmore	24.31		
	Daniel Jitnah	15.20		
	Team incomplete			
			DNF	1
50+ (1)	Peter Rushen	11.18		
	Bas Taggert	12.55		
	Mick Ryan	13.10		
		37.23	6	17
60+	Hugh Wilson	14.13		
	Rob Dunbar	14.22		
	Joe Murphy	13.33		
		42.08	3	3
U18	Jade Cook	11.55		
	Rubin Howard	11.06		
	Josh Whittle	11.50		
		34.51	11	
U14	Sam Lindsay	10.50		
	Mark Rainey	14.44		
	Noah Portelli	13.53		
		39.27	4	
AV Officials				
	Maureen Austin			
	Marg Dunbar			
	Pam Noden			
	Tina Miller			
Team Managers				
	Helen Rainey			
	Peter Battrick			
	Richard M-White			
	Trevor Vincent			
	Heather Dekkers			
	Michael Halloran			
	Simon Bowly			
	Len Johnson			
	Chris Winter			
AV Helpers				
	Tony Doran			
	Phil Hutton			
	Jian Yen			
	Peter Macknamara			

The amazing Eric Sigmont – long-time club member.

(Winner of the inaugural Gold Coast marathon in 1979.)

This article, by appeared in the Gold Coast Bulletin in June this year.

At 69-years-young, Eric Sigmont will run the Gold Coast Marathon again this July, forty years on from his win in the event's inaugural year.

The Victorian runner said he could not believe it had been four decades since his 1979 victory where he clocked a time of 2 hours 28 minutes 44 seconds.

“It feels like it was just yesterday,” Eric said.

“What I remember most about the race is the people in their front gardens using hoses to keep us cool. You didn't see that in any other race.”

The event started as a Rotary Club initiative to promote healthy living on the Gold Coast, featuring a six-lap loop between the Isle of Capri and Chevron Island where 691 competitors raced next to cars on the highway.

Eric's win was not an overnight success story. He began running at age 15 and received an athletics scholarship to study at the University of Houston in the United States.

The then 31-year-old moved back home to Melbourne and entered the Gold Coast Marathon after he was attracted to the first prize on offer.

“When I was in the US I met a girl and we got married in 1975,” he said.

“Her family lived in Hawaii so when I saw the prize was a trip to Honolulu, I thought it would be a good opportunity to visit.”

Leading up to the marathon, Eric sized up the competition and felt confident his previous races would stand him in good stead.

Club Members at the Gold Coast Marathon

Some terrific results from this year's 40th staging of the Marathon.

M35-39 Mark Thompson 2:59.09

W25-29 Amelia Aslanides 2:50.40

M65-69

Eric Sigmont

4:47.10 (Feature story)

And from Michael Ryan – Male 55-59**3:51.08**

“I headed up to the Gold Coast to run the Marathon which was 40th year edition, after a solid block of training in relatively cool conditions in Melbourne I was hoping I was prepared enough to cope with the heat and humidity that can be a factor towards the end of this race, I went out at relatively comfortable 5min pace which I held up to about the 30km mark, however after running past the finish line at 30km

Which is some kind of a cruel joke, I still had 7kms to the turnaround, I could feel myself slowing and slowing I made it to the turn around and had about 5km to go, at this point in the race you just do whatever you can to make it to the finish, the crowd support was great lots of cheering and people handing out snakes and drinks, I put in a bit of a sprint and crossed the line, swearing never again! I was well outside my target time and somewhat disappointed, however looking back I think the humidity was a factor, you sometimes learn more from a bad race than when things go your way.” Time 3.51.08

WE are training on our new track at Duncan Mackinnon Reserve.

Most training groups are now training on the new track and from all reports are finding it a fantastic facility.

Could we ask, though, that after training, a cleanliness check of the change rooms be made. Please don't leave it dirty and untidy.

Red Bullet Personal Training has operated in the Carnegie / Murrumbeena area

For the last 6 years, we offer outdoor group training and specialized one on one PT sessions.

All done in a fun and supportive environment , no matter what your fitness level, I can help you to improve, and see results.

I can offer a free two week trial to Glenhuntly members to attend any class: Boot Camp or Boxing.

**My contacts: 0425872893 or Facebook Red Bullet Personal Training: Instagram RedBulletPT.
(Conducted by Club Vice President, Michael Ryan)**

ERIC RAN THEM OFF THEIR LEGS

VICTORIAN runner Eric Sigmont led from start to finish to win the first Gold Coast international marathon on Saturday.

Sigmont, 31, of Melbourne, ran away from a field of 140 competitors in the first of six laps of a course which took them from the Evandale Civic Centre across Chevron Island, through Surfers Paradise and back to Evandale via the Isle of Capri.

He maintained his speed and opened up a handy lead which he held for most of the 42.4 kilometre (26½ mile) race.

Despite tiring noticeably over the final stages, Sigmont held on to finish one and a half minutes in front of Brisbane's Richard Bourne.

Although better times have been recorded on other courses in Australia, Sigmont's time of two hours 28 minutes 44 seconds was commendable against a strong head wind when running south.

For his efforts Sigmont collected the first prize of a trip to compete in the annual Honolulu marathon.

Nearly 1000 runners, including a contingent of Australian and New Zealand Army runners and two British soldiers, competed in the triple-event marathon programme.



Melbourne runner Eric Sigmont quenches his thirst and heads for a quick wash down with the sponge on his way to winning the first annual Gold Coast international marathon on Saturday.

The Gold Coast Bulletin's 1979 report about Eric Sigmont's win at the inaugural Gold Coast Marathon



Eric Sigmont running at the Honolulu Marathon, his prize for winning the inaugural Gold Coast Marathon in 1979

“I had expectations of winning because I had already completed 15 marathons and run 2:22:00 a year earlier,” he said.

“One of the chaps from that race was also running the Gold Coast Marathon, so I knew it was between the two of us. We started off running together but then I pulled into the lead at half way.

“After winning the race I had adrenaline running through me. My wife was also running so I watched her finish in third place.”

He was treated to the trip to Hawaii where he placed 26th in the Honolulu Marathon and followed up his 1979 win the next year with fourth place.

Eric said his passion for running and the event’s thrilling atmosphere enticed him to return the Gold Coast for the fifth time.

“I love running with thousands of people and having a crowd on the sidelines cheering. It will be fantastic to be back,” he said.

His advice for fellow runners is to wake up early on race day, run at an even pace and soak up the community atmosphere.

“Don’t go too fast too early and enjoy the people around you,” Eric said.

“If you feel good towards the end, then bring it on home.”

Although Eric said running at the 40th anniversary would be a good opportunity to put an end to his marathon career, he could be tempted to return.

“I might come back in 10 years’ time for the 50th anniversary.”

The 40th edition Gold Coast Marathon will be held on 30 June – 1 July 2018.

It will feature eight races including the Gold Coast Marathon (IAAF Gold Label Road Race), Wheelchair Marathon, ASICS Half Marathon, Wheelchair 15km, Southern Cross University 10km Run, Gold Coast Airport Fun Run, Garmin 4km Junior Dash and Garmin 2km Junior Dash.

The Gold Coast Marathon is organised by Events Management Queensland, a major event management company wholly owned by the Queensland Government as part of Tourism and Events Queensland.

For the record; Eric finished the Marathon in a very creditable: 4 hours: 47 minutes, 10 seconds.

One Year on: Club Members remember their beloved coach; Damien O'Shea

Sunday 17th June 2018 the Binno Squad held a BBQ at DMack in the most appalling conditions, rain, freezing wind, and occasional moments of sunshine!! We were celebrating the life of our great friend and coach, Damien O'Shea, who sadly and suddenly passed away a year ago on the 18th June, 2017. Damo was a great Hunter and gave so much of his time and energy to supporting young Club sprinters. But as we found out at his funeral his commitment to his family and his community was equally as strong and over a thousand people crowded in and around St Pat's to honour him and support his family.

It was great to see so many of the Squad turn up on Sunday 17th in such terrible weather, but Master Chef, Gary "Minners" Minihan took over the role left behind by Damo and, like any good BBQ we over catered. Raechel O'Shea, Damo's wife, said some heartfelt words to the Squad and had us all quietly shedding a few tears. And Darcy has returned to the Squad for her fitness and the friendship and support Hunters provide for each other in times of need.

We were hopeful the new track would be available on the scheduled date of 18th June as a further recognition of Damo's contribution, but not to be.

We miss you Damo, you are fondly remembered by all of us who had the pleasure of being your friend.



