

# HUNTER NEWSLETTER

May/June 2018

No 20

## OAM to Club Coach Terri Anne Cater Congratulations

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*Good luck to ALL club junior members representing their Schools at the Victorian All Schools XC Championships at Bundoora this Saturday.*

*Also selection trial for Australian Championships.*

*You should have received a request from AV to ask you to ACTIVATE your Digital membership card. PLEASE DO SO.*

### **PLEASE consider the Club's requests to:**

- *Participate in the WD Challenge in Adelaide on 28/29 July weekend.*
- *Fulfil a volunteer role at an XCR event*

## **Western District Challenge in Adelaide**

**Support the Club/Support the legacy**

**DATE SET: WEEKEND July 28/29<sup>th</sup> JULY**

We are seeking members to travel to Adelaide for the weekend of 28/29<sup>th</sup> July to defend our wins made in Melbourne last year.

This is the Club's longest surviving Challenge; having been run between the two Clubs since 1947.

The race is held over a flat course 5km and the Men's challenge has 4 club representatives while the Women's Challenge has 3 representatives.

The Club has a proud record in this challenge, but have struggled to get competitive teams to travel to Adelaide in recent years. Sadly, two years ago, no team travelled to Adelaide so we had to forfeit; the only time in its 70 year history. Let's hope we don't allow this to happen again.

The challenge was the brainchild of Gus Theobald and WD's Wally Beames, and has had many exciting contests over the 70 years.

A women's Shield was introduced in 1999 with our women winning 13 times.

Trevor Vincent OAM and Life Member holds the record for the most appearances in a Club team at 21 times; but this year WD Club President, currently on 20 times, can equal this imposing record. TV is unable to attend this year. In the women's event, A Princi WD has been in 5 teams; B Moss and J Princi 4. For GHY C Little, D Dekkers, L Grimes and S Lund have all been in 3 teams.

Some other stats:

- TV won the men's race 7 times; with Ben Kelly and Keith Lyons 5 each.
- Cass Little with 2 is the only multiple winner of the women's event.

**PLEASE: If you can find your way free to attend Adelaide for this event let Chris Winter or Phil Hutton know.**

Chris: 0402600307      [winter\\_ace@hotmail.com](mailto:winter_ace@hotmail.com)

Phil: 0477968620      [gohunter@tpg.com.au](mailto:gohunter@tpg.com.au)

## **WINTER CALENDAR XCR18**

**Saturday 21/04/2018 XCR Rd 1 – Jells Park XC Relays (Jells Park)**

**Saturday 5/05/2018 XCR Rd 2 – 8km XC (Short XC) (St Anne's Winery, Myrniong)**

**Saturday 26/05/2018 XCR Rd 3 – 12km XC (Long XC) (Cruden Farm)**

**Saturday 16/06/2018 XCR Rd 4 – XC Championships (Bundoora Park); includes All School Championships (JUNIORS U14-U20): you will need to enter this event on line with AV; it is not covered by XCR 18 package or Maxi Package)**

**Saturday 7/07/2018 XCR Rd 5 Sandown Road Relays (Sandown Racecourse)**

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

**Saturday 28/7/18 - Western Districts Challenge – Adelaide. SA.**

**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)**

## **NEWS FROM THE CLUB COMMITTEE**

Following the AGM in May, the Club Committee welcomes four new committee members to its ranks and this has greatly strengthened the administration of the Club. THANK YOU to the new members for standing for selection. We also thank Beau Lang and Peter Cuttler, who have retired from the committee, for their many years of service.

### **Club Committee:**

**Club President:** Kara Gilbert  
**Vice President:** Michael Ryan  
**Club Secretary:** Helen Rainey  
**Treasurer:** Kurt Golonka  
**Club Registrar:** Julie Nield  
**Coaching Director:** Joshua Plante

<b>Committee:</b>	<b>Andrew McEvoy</b>	<b>Jack Highnam</b>	<b>Dana Dekkers</b>
	<b>Angelo Portelli</b>	<b>Chris Winter</b>	<b>Joshua Plante</b>
	<b>Pam Noden</b>		

- Coaches have been asking for strength conditioning programs for members and Joshua Plante has investigated some gym opportunities- more information to come in the next few months.
- Joshua Plante attended the Caulfield Little Athletics AGM and has had discussions concerning a partnership between Little Athletics and Glenhuntly.
- The new Duncan Mackinnon Reserve all-weather track is nearing completion with the laying of the track and its marking. It won't be long now until we are on it for training and competition. We believe a round of shield has been allocated to our track for next season.

### **LOOKING FOR INFORMATION**

**I am trying to identify length of membership at our club for all members.**

### **CAN YOU ASSIST PLEASE?**

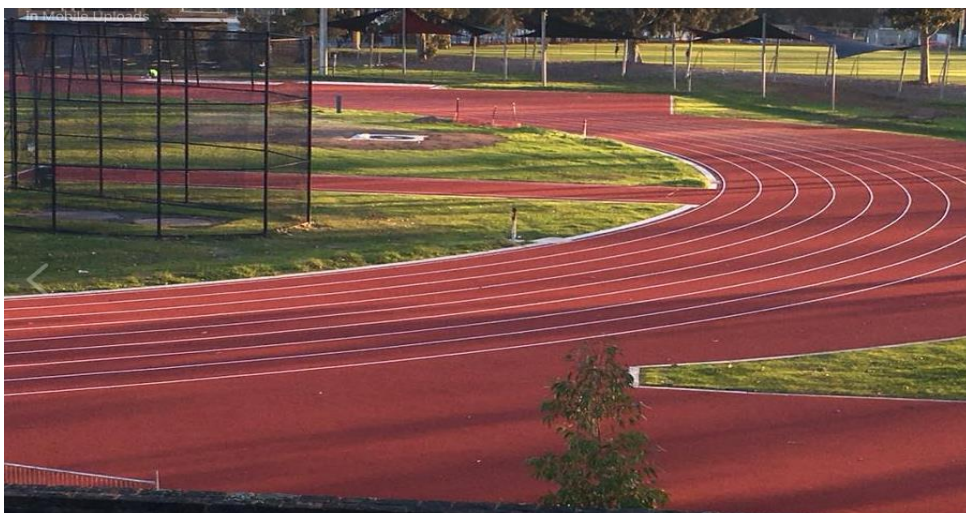
**All that I am after is the YEAR that you joined our Club.**

**Could you please email the date to [gohunter@tpg.com.au](mailto:gohunter@tpg.com.au)**

## Club Track –Duncan Mackinnon Reserve.

We're nearly there. This sight will be bringing smiles and excitement to our Club Coaches and athletes as they see the finishing touches on the track.

**REMEMBER:** Please keep out of the construction zone until the Club is finally given the go ahead to use it.



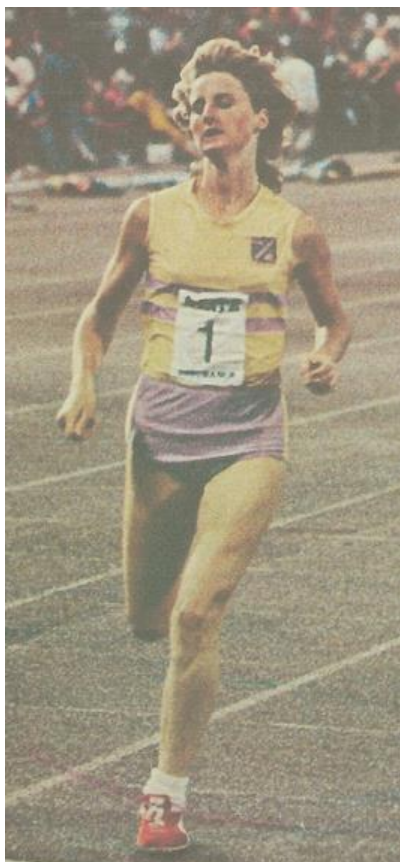
## Club News



1. News from the [Esmore's](#) in Bendigo. Son Sam, who has now graduated in marketing from Latrobe Uni, has taken to the roads to get fit like Kev. Kev still travels to XCR to represent the Club in the 70+ mens. Dedication. That's Sam in the red.
2. News from past junior member, [Will Sharp](#)(15yo), who is now concentrating on his swimming talents. Some fantastic results from Will. State age champion in 4 events, medals at national age championships and competitive swims in the Open championships as well. Top effort Will.
3. THANK YOU to [Andrew McEvoy](#) and his team of volunteers who were involved in packaging and loading a shipment of Monash Weight /fitness equipment bound for our friends in the Solomon Islands. We really appreciate the efforts of these volunteers to give up their time to represent the Club in this way. To: [Chris Allan](#), [Josh Plante](#), [Laura Eades](#), [Joel and Anung Samsu](#), [Dana Dekkers](#), [Peter Rushen](#), [Andrew Crawley](#) and [Andrew McEvoy](#). A job well done and Thank you all.
4. Caulfield Little Athletics  
Thank you to Joshua Plante, Coach, from Glenhuntly Athletics Club. Josh presented the 2 Glenhuntly Awards to [Theo Soldati & Cara Smith](#). We look forward to seeing both Theo and Cara continue their athletics with Glenhuntly. — at Duncan Mackinnon Athletics Track.
5. \*\*\*\*\*  
**The latest update from the Council is that with the recent inclement weather and the forecast wet weather this week the line marking works have been delayed approximately 5 days. So it's anticipated that the track opening date will be the of 25th June 2018.**



## **OAM to Club Coach – Terri Cater (nee Wangman)**



**Fantastic News** from the recent Queens Birthday Honours list.

**Club Coach, Terri Cater, received the honour of OAM, Congratulations Terri.**

Terri has been member of our Club Coaching panel for well over a decade as she has combined her club and school coaching (formerly Caulfield Grammar) squads at Duncan Mackinnon Reserve. She is the current coach of outstanding Club junior sprinter, Christine Byrne.

A former outstanding junior sprinter and middle-distance runner herself, she represented Australia at two Commonwealth Games (1974, and 1982); gaining a silver medal in the 4\*400m and fourth in the 800m at Brisbane, as well as two World Cups. She was selected for Australia in the 1976 Montreal Olympics but did not compete; a selection dispute intervening.

Terri also won Australian titles over 400m in 1981 and 800m in 1981 and 1982, as well as being runner up on a number of occasions.

A past member of the OAKLEIGH Athletic Club, Terri had a terrific competitive career. A Police Officer by profession, Terri has devoted her life to helping others, and the HUNTERS have been very much the recipient of her commitment to coaching and service.

She joined our club Coaching panel in the early 2000s with her friend and former Commonwealth Games teammate, the late Maxine Corcoran (Johnson), and they were a tremendous team and certainly gave our Club a high quality addition to our Coaching panel. She regularly attends Club meets and titles to assist and advise her charges.

In 2015 she was awarded the “Maxine Corcoran Memorial Coaches Award” for the outstanding Club Coach, and in 2007 she was the recipient of the “Theobald/Foley Award” for outstanding service to the Club.

**WELL DONE TERRI.** We are all thrilled for you on this award and greatly appreciate all you have done to assist our Club.

## The Boston Marathon – Peter Rushen (55+)

Once I had decided to compete in my first overseas marathon, the choice seemed obvious. It had to be the world's most famous road race, "The Marathoner's marathon," Boston.

If I had know what I would see when I drew the curtains of my hotel window on the morning of the race I may have chosen more wisely. With strong winds, hard rain and bitter cold the conditions were "challenging."

The longer the race went the stronger the headwind blew and the harder the rain came down. With everybody's pacing strategy literally blown away it was all about getting to the line, dry clothes and shelter, as best you could. By the time the race was over the elements had taken a toll, 60% of the elites DNF, seasoned veterans delirious with hypothermia, tough competitors in tears on the side of the road and the slowest men's winning time since the famous "run for the hoses" of 1976, when spectators lined the streets with their garden hoses to offer runners relief from the soaring temperature.

I started as the 2695th fastest qualifier, with high hopes and a lofty ambition of running sub 2:50. Two hours, fifty-eight minutes and fifty-eight seconds later I was the 1,610th individual to cross the finish line. I was soaking wet, fully spent, 6th in my age division and very, very happy to have finished.





## **Emir Casey Fun Run for Ovarian Cancer 2018**

It was great to see members of the Club and the Monash University training group out in support of this event.

Trevor Vincent and Sonia O'Sullivan have been strong advocates and organisers behind this event and were on hand to assist and watch the event grow over the years.

And there were some fantastic results for the Club too.

Following their great runs at Cruden Farm the previous day, Anna Kentwell won the event from Dana Dekkers. What a top effort.

Here they are pictured with coach Trevor Vincent.



## **XCR18 Rd 3 – Cruden Farm (12km) Results.**

### **Masters Women**



**Left to Right: Gill Highnam 40+, Lisa Deramond 50+, Kim Nancawen 50+, Kara Gilbert 40+, Kellie Macknamara 40+, and Helen Rainey 40+. Where's Lesley?**

### **Open and Masters Women**

It was a fantastic weather for a new distance for the women at Cruden Farm. There were 5 of our Open Women and 5 of our Masters Women who competed and some great results were run.

We had 3 make the top 15 finishes with Anna Kentwell making the podium and coming 3<sup>rd</sup> and Amelia Aslanides coming 7<sup>th</sup> and Dana Dekkers coming 14<sup>th</sup>. Not far behind was Rebecca Beagley and Anung Samsu making up the Premier division and coming 2<sup>nd</sup> overall.

And well done to the Masters women with Gill Highnam not far behind Anung with Kellie Macknamara, Kim Nancaswen, Kara Gilbert and Lisa Deramond not far behind and gaining 2<sup>nd</sup> division 7<sup>th</sup> place.

## ***Glenhuntly Athletic Club***

Well done to everyone who ran considering a small group of Women and looking forward to the 10km at Bundoora.

### **Junior Men**

Fantastic weather and a fantastic location for XC at Cruden Farm. There were eight of our junior men who competed and some very good results were posted.

We had four top 10 finishes from Sam Lindsay U14, Josh Francou U16, Jason Clayton U18 and Jasper Pickering U20. The stand out performance of the day was Sam Lindsay who finished in third place and received his first XC medal. Sam has been steadily improving and he is closing in on the two boys who have led the way in the individual races this season – well done Sam. In finishing 7<sup>th</sup> Josh posted a smart time and his improving fitness will see him continue to press for a top 5 placing. Sam and Josh are well placed on the individual result ladder whilst the U18 team is placed 5<sup>th</sup> – ladders can be seen on the AV website.

For a number of our team it was the first time they had raced over the various age group distances. Jade Cook and Josh Whittle had to run the 8km circuit and both had solid performances which will stand them in good stead for later races. I also would like to note Jack Green's performance in the U20s. Jack was keen to break the 4 min km pace at Cruden Farm and it was good to see him go well under this pace – good result Jack.

### **Open and Masters Men**

The traditional 10 Mile (16 km) Championships were reduced to 12 km this year. This was welcomed by all as the mercury nudged a warm 20 degrees. We had 25 starters across Open and Masters Men. Our Division 1, 2, 4 and 40+ teams all improved on their result from Myrning while our Division 3, 50+ and 60+ teams achieved the same placing. 40+ are 1st on the ladder after Round 3.

Everyone put in a tremendous effort. Some individual highlights were:

- Jake Malone placing 46th in his debut individual race for the club. He was also the first Hunter to cross the line.
- Andrew McEvoy powering home to place 2nd in his age group. He is currently equal 2nd in the Champion Athlete Men 45-49.

It was great to welcome new member Cameron Evans in his first event for the club.

Next round we head to Bundoora Park where both Open and Masters Men will compete over 10km. We haven't filled Division 5, 6 and 7 teams this year. Let's get out there in numbers on June 16 and show everyone what a big and proud club we are!

Sadly, no junior girls contested this event. We do encourage all members to assist with recruiting new members. If you know of anyone who may be interested, please let the Club aware, so follow up can occur.

**CALL: Trevor on 0407 922 597**

## Glenhuntly Athletic Club

<b>Cross Country - Cruden Farm 26 May 2018</b>			
<b>Place</b>	<b>Surname</b>		<b>Time</b>
<b>Men Open 12K</b>			
46	Malone	Jake	41.14
69	Cook	Jamie	42.40
72	Claxton	Denyan	42.50
77	Bullock	Jack	42.56
82	McEvoy	Andrew	43.17
68	Winter	Chris	43.30
94	Macknamara	Peter	44.10
106	Scott	Geoff	44.52
114	Ceddia	David	45.12
144	Samsu	Joel	46.52
156	Cook	Julian	47.21
206	Rushen	Peter	49.15
277	Bryant	Mike	53.28
284	Ryan	Michael	53.49
286	Wynne	Matt	53.58
298	Wardlaw	Chris	55.21
308	Portelli	Angelo	56.26
317	Campisi	Joel	57.09
344	Murphy	Joe	61.11
362	Loader	Lyndon	65.13
367	Dunbar	Rob	66.38
373	Johnson	Len	69.37
DNF	Esmore	Kev	
DNF	Beguely	Pat	
DNF	Lang	Beau	
<b>Men U14 4k</b>			
3	Lindsay	Sam	15.10
<b>Men U16 6k</b>			
7	Francou	Josh	20.43
21	Howard	Rubin	22.32
<b>Men U18 8k</b>			
10	Clayton	Jason	28.27
28	Cook	Jade	34.33
30	Whittle	Josh	35.25

## Glenhuntly Athletic Club

Men U20 6k			
10	Pickering	Jasper	20.19
24	Green	Jack	23.23
Women Open 12K			
3	Kentwell	Anna	45.13
7	Aslanides	Amelia	46.02
14	Dekkers	Dana	48.16
25	Beagley	Bec	50.45
54	Samsu	Anung	54.07
57	Highnam	Gill	54.11
91	Macknamara	Kellie	59.20
106	Nanscawen	Kim	61.44
112	Gilbert	Kara	63.04
139	Deramond	Lisa	71.35
<b>Teams Results - Women</b>			
	<b>Team Place</b>	<b>Ladder</b>	
Div 1	2	1=	
Div 2	7	5	
40+	5	4	
<b>Teams Results - Men</b>			
	<b>Team Place</b>	<b>Ladder</b>	
Div 1	7	7	
Div 2	9	10	
Div 3	3	12	
Div 4	7	6	
M40+	3 & 15	1, 18, 23	
M60+	3 & 4	3	
M18	6	5	
	<b>AV Officials</b>		
	Lorraine Morgan AM		
	Pam Noden		
	Maureen Austin		
	Marg Dunbar		

**Thank you to our dedicated and regular officials.**





**Sam Lindsay BRONZE U14.**

## **The 2018 Theobald Foundation Awards**

Gus Theobald was a great clubman and a member of our club for 57 yrs; 1933-1990. He was our longest serving club president (17 years) and a committee member for over 50 years. He was a Victorian 50Km Walk Champion and a World Age Master's Champion and World Age Record Holder in walking events. Gus was also our Cross Country team manager and official for nearly 40 years and at the time of his untimely death in 1990, aged 93, he was still a competitor for us in summer interclub competition.

Gus was a remarkable man.

This foundation was set up by the club in 1992, in his honour, to encourage young athletes in their development and also to show our appreciation to those who give so much to foster the sport of athletics in our community. There are *THREE* separate awards; two encouragement and an appreciation award

## ***Glenhuntly Athletic Club***

**This year's recipients are:**

**Gemma Craddock U14**



**Jason Clayton U18**



**Julie Nield – Club Registrar and  
Volunteer Coordinator.**



***Club Newsletter***

***Send items to [gohunter@tpg.com.au](mailto:gohunter@tpg.com.au)***

## **Our new breed at the 12km XC**

It was fantastic to see two of our up and coming young runners run so well at their first individual cross country for the Club; coming in FIRST for the Club in their open Event. Jake Malone finished in 46<sup>th</sup> in the men's Open Championship while Anna Kentwell finished a magnificent third placing.

Well done to you both.



**Jake Malone**



**Anna Kentwell**

## **Lesley and TV's Training Squad**



### **— WARBURTON TRAINING CAMP. June 9-11<sup>th</sup>**

**Report from Dana  
Dekkers.**

Over the Queens Birthday Long Weekend, the club held a training camp in Warburton, which has become somewhat of a tradition over the last few years and is claimed to even rival the well-known “Falls Creek Training Camp”. This year’s camp lived up to its expectation with a weekend filled with great running, delicious food, picturesque scenery and top-quality company.

The 3km Time Trial on Saturday produced some stellar runs, with no one letting a bit of mud and icy conditions stop their speedy times. Those who were brave enough tackled the Dee Road climb for their warm up and those who were smart enjoyed the aqueduct trail. As shown by the number of long sleeves sported, Sunday morning started out quite fresh but Warburton produced the goods with perfect running conditions for the long run. This run allowed us to enjoy the stunning scenery that Warburton has to offer with a great loop following the river and the aqueduct. The final session for the weekend was the Mona Fartlek Session along the aqueduct, which was done in a ‘turn and chase’ fashion and got everyone working hard.

In addition to running, the group also explored some of the other things Warburton has to offer. A walk to the monastery on Saturday afternoon, a trip to the Reefton Pub and a walk through the Redwood Forest on Sunday afternoon, the traditional buffet camp meals as well as trips to the many popular cafés and quaint shops were all part of the fun. And what’s a camp without a bonfire? Even temperatures around 0°C didn’t stop the appeal of roasting marshmallows and bonding around a campfire. The Warburton Running Camp is a weekend of good hard training and great memories. It would be great to enjoy the camp with more of the club next year!



## **From the Archives - 1930s – Geoff Weber.**



In the early 1930s, Geoff was proving to be quite a sensation on the sporting scene in Victoria. The son of an Australian Heavyweight Wrestling Champion, he was quick to follow in his father's footsteps. From the age of 10 he was showing out as an athlete at Brighton Tech, winning 75yd and 100yd events as well as wrestling. He also showed out in inter-school football, cricket, athletics, (high jump, shot put, and long jump; setting records in all three). In 1931 he played inter-tech baseball and B section football in the Metropolitan Football Association. This final year of schooling saw him win the open high jump, 100yards, 120yard hurdles, shot put, and long jump; ALL records.

He joined our club for the 1932 season, representing us in a wide range of events. He also played a few games for St Kilda VFL seconds. In wrestling, he came runner-up in the Amateur Wrestling Championship of Victoria. In football he won his club's best and fairest trophy as well as representing our club again in 1933. He won the State Wrestling Title and was runners-up in the Australian Championship. He was also runner-up in the Australian Weight-lifting Championship, holding records for snatch, clean and jerk.

He again won the B&F award at football and was invited to play the final game of the season for St Kilda XV111 in VFL. He was also won world championships for skipping, and double-skipping, and took part in roller-cycling, standing long jumps, swimming, and life-saving.

He worked for Beattie's Physical Culture School in St Kilda and was a splendid physical specimen. In 1934 he won a competition promoted in 1934 to discover the most perfectly developed man in Australia.

Following the 1934 football season, Geoff decided that he would turn professional in November and aimed to play for St Kilda in the VFL in 1935. He was 20 years old. The VAAA asked him for a statutory declaration to declare his amateur status. He responded by telling them that he was training to be a physical culture instructor and that it did not affect his status as an amateur; no salary but only out of pocket expenses. He had never infringed his amateur status but felt that with Wrestling, Weightlifting and Football at a higher level, as well as his employment, he would now be earning money for sport.

Geoff went on to be an extremely successful wrestler, and weight lifter at Australian level.



## **Vicki Charles in Nelson New Zealand**

**Top effort Vicki; BRONZE in weightlifting at World Masters Games.**



A short summary of Vicki Charles in NZ. I arrived in Nelson just over two years ago with the intention of staying for one year. The first week I was at the local athletics track and weightlifting gym. I wanted to continue with all the sports I enjoy from sprinting pole vaulting throwing and weightlifting. For almost a year I persevered with sprinting, jumping in the sandpit with the one and only pole in Nelson and throwing. But coaches and squads are thin on the ground over here. Some very talented young people all watching you tube videos to learn their chosen sport. I have two coaches and a squad in weightlifting so I have gravitated to weightlifting. In April 2017 I had to choose between pole vaulting and weightlifting at the Worlds in Auckland. I choose weightlifting and was the most exhilarating competition I have ever done. Because it was international there were 10 judges 200 people in the audience and my sister viewed it on the internet. This was my third competition in weightlifting. The other two were in the back of the local gym. I lifted for NZ and I got a bronze medal which I'm proud of receiving. My main focus was to pursue my sculpture which has been quite successful to date selling locally and nationally. I have bought a home and converted my garage into a studio. I love living in Nelson NZ. The country is so beautiful and people very friendly. I miss competing for Hunters and I happy that the women's 40 have grown into a strong team. Go Hunters

***Thanks Vicki; great to hear you are really settled and happy across the ditch and enjoying your competition and sculpturing/art.***

***GREAT INITIATIVE – re Club Coaching.***

**Upcoming Events**

A banner for the Glenhuntly Athletics High Performance Workshop. The top half features the text "GLENHUNTLY ATHLETICS HIGH PERFORMANCE WORKSHOP" in large, bold, white capital letters over a background image of a running track. The bottom half is a solid yellow bar with the text "Date: Wednesday 20th June 7:00-8:30pm" in black. Below the banner, there is a calendar snippet for June showing the event "Glenhuntly Athletics HP Workshop" on the 20th.

**GLENHUNTLY ATHLETICS  
HIGH PERFORMANCE  
WORKSHOP**

**Date: Wednesday 20th June 7:00-8:30pm**

**Jun Glenhuntly Athletics HP Workshop**

Exciting times at Glenhuntly Athletics Club! With our new track almost ready to go we are also excited to announce a brand new high performance partnership with [Core Advantage Athletic Development](#) , one of the Australia's leading athletic development facilities!

Stay tuned over the next couple of days for the details and what this means for the club and its members!

Please also save the date on the evening of Wednesday June 20th when we will have the official parents and athletes meeting and official partnership launch.

## ***Club Life Member – Jeff Lang - in the news.***

*It's amazing sometimes what you find in a daily newspaper; the unexpected appears. Reading the Melbourne Herald Sun last week and there it was. An article on Jeff Lang.*

*Headed the" Capabilities of Australian ingenuity, coupled with Titomic's unique technology, are pioneering the pathways for sustainable global manufacturing that are only limited by imagination. This relates to the world's largest and fastest 3D metal printer. It is 9m by 3m and can make anything from jet wings to submarines.*

*Jeff is Titomic's Chief Executive. WOW, well done jeff. Jeff is also the club high jump coach and father to club runner Beau, daughter Chynea (former member) and wife Diedre (former member).*

