

***THE HUNTER
December 2017***

***NEWSLETTER
No. 15***

***Wishing all Club
Members a very
Merry Christmas
and a safe and
happy New Year.***



In this Issue:

Upcoming Events

Club Help Needed

Summer Shield

Club News

Zatopek10

Vic Milers Club

Australian All Schools

The Club in the 1950s

We look forward to members taking part in the Shield rounds in January, the Shield final, and to the Victorian Championships in February. Keep an eye on the Athletics Victoria Website for information and entry closing dates.

Upcoming events in January.

<i>Jan</i>	<i>6th</i>	<i>Victorian Multi Event Championships.</i>	<i>Geelong</i>
	<i>6th</i>	<i>AV Shield – Round 10.</i>	<i>Knox or (Aberfeldie)</i>
	<i>6th</i>	<i>AV Throws – Meet 4</i>	<i>Ringwood</i>
	<i>12th</i>	<i>AV Shield – Round 11.</i>	<i>Nunawading or (Lakeside)</i>
	<i>18th</i>	<i>Victorian Milers Club</i>	<i>Lakeside</i>
	<i>20th</i>	<i>AV Shield – Round 12</i>	<i>Casey Fields or (Aberfeldie)</i>
	<i>21st</i>	<i>AV Throws - Meet 5</i>	<i>Nunawading</i>
	<i>26th</i>	<i>Victorian Country Championships - Ballarat</i>	

CLUB HELPERS REQUIRED

PLEASE ASSIST; EVEN IF FOR JUST A SHORT TIME. IT ALL HELPS.

The Club's next rostered Shield duty is at round 12 at Casey Fields on January 20th.

Our duties are: 3 at Long Jump and 1 General. THANK YOU to Tess George, Mark Thompson, Heather Dekkers and Francois Petitjean who have offered to cover these duties.

We require TWO helpers at the Victorian Multi-event Championships on January 6th at the John Landy Field in **Geelong**.

Can anyone assist please?

Please respond to: gohunter@tpg.com.au

The Club in the 1950s

Some brief observations

The Club in the 1950s was very different to what it is today. Back then there were two separate entities; a men's club (Glenhuntly Amateur Athletic Club(GAAC)) and a women's club (Glenhuntly Women's Amateur Athletic Club(GWAAC)). Each competed in separate associations (VAAA and VWAAA) and at different venues (men at the Olympic Park and women at Royal Park.)

Both had very small memberships compared to today, amateur status was strictly adhered to, and training had to be allocated to different times; ie: the women were not permitted to train at the same venue and times as the men. Both clubs had their own Club Rooms, nestled in the north-west corner of Glenhuntly Park; adjacent to the Caulfield racecourse which was used for training. The two clubs did have regular social activities, such as Dances and Picnics (travelling in the rear of a furniture van), with each other.

Both Clubs began the 50s in B Grade and were not experiencing much success; although the introduction of a Winter Premiership for the men in 1951 saw the Club successful in winning the inaugural D Grade premiership.

The Women's Club began to experience greater success in the Track and Field Summer competition from about 1954 when they progressed from B Grade into A Grade on the back of some extremely talented young athletes. From 1956 -1960 the team won FIVE consecutive A Grade premierships, as well as our athletes being successful in many Australian and Victorian titles, including setting records in the relays. Much of this success was built on a foundation of winter gym and training sessions. The winter competition season was virtually non existant for women although the introduction of some nominal distance events by 1960 saw the development of Cross country for women. Distances were 1 mile for seniors and 880 yards for juniors.

The Men's Club began to experience greater success in the Winter cross country and road season from 1956 when we won the B Grade premiership before moving into A grade and beginning an incredible run of success in winter that extended until 2007 when we won our last premiership. Since the Melbourne Olympic Games in 1956, Club members have had phenomenal success on the international scene as well as nationally and at State level. By 1960, the club had developed a very strong winter team and had begun to field teams regularly in all events, including relays (eg. Chelsea to Brighton, Caulfield to Healesville and a 24 hour relay in Richmond, where in finishing second to Geelong Guild, we also bettered the existing World Record.

For more information on this period, visit the links:

<http://www.glenhuntly-athletics.com/gwaac-womens-1929-1995>

<http://www.glenhuntly-athletics.com/gaac-mens-1921-1995>

CLUB NEWS

- **Missed Melbourne Marathon Festival Result.**

Apologies to Club Master's runner, **Joe Campisi**, whose result for the 10000m at the Melbourne Marathon festival in October was overlooked.

Joe ran the 10000m in a time of 44min 31sec to **win** his age category 60-64. This was a great effort by Joe who has been battling health problems for the past two years.

Joe rejoined the Club this year after the Oakleigh Athletic Club disbanded, having been a valued Hunter member in the 1980/90s.

- **From Heather Dekkers.** Wow...What a Day! Got the biggest surprise ever this morning at Dana's training at Jells Park. Thought we were having a special brekky for her birthday next week...but it was a special surprise for me. Our wonderful friends from the club put together and presented me with a new camera...got the biggest shock...so excited and so very grateful. I love this group and Dana and I have made so many special friends and really appreciate everything you all do for us. So glad we are part of Glenhuntly Athletics Club. Thank You to all of you...I am one happy camper who will be snapping more than ever...so smile heaps.



Well done to **Sharon Firusua**, our good friend in the Solomon Islands, on winning three Gold at the Pacific Mini



Games held in Vanuatu recently. 5000m 10000m and half marathon. Sharon is keeping up the good work she learnt from TV and Lesley when she was training with them in preparation for the Rio Olympic Games last year. From Sharon: "Thanks Coach TV, Coach Lesley Grimes, Andrew McEvoy, Andrew Piper, Tony Nunu & Genny Nunu, Pris Chow & my friends in Glenhuntly Club. You all helping me in my

running career to be someone special as champion since the day I knew you all until I left, Every single athletes in Glenhuntly helps in one way or another. Words can't express my big THANKS to you all. CHEERS."

- More Records to **Gwen Steed**. She is at it again. Following on from her world record 3km walks (W75+) back in October, Gwen now adds the Australian and Victorian W75+ 2000m Walk record to her long list. Her time of 13:42.9. There doesn't appear to be world records for the 2000m walk. Needless to say, Gwen also takes the club record too.



- **Club Membership** recently crept past our numbers from last year. In the AV Annual Report 2016/17 our club was the third largest Victorian Club behind Athletics Essendon (286), and Box Hill (266). Last year we had 261 members; we now have 262 members. This is made up of Athletes 232, Coaches 37 (some of these are also competing athletes), Officials 14, Social 1, and AV Life Members 4.

- **Congratulations** to all our junior members who completed their VCE studies over the past year. It is a big year trying to juggle all the demands of study, sport, social, family etc. It was good to notice



on of our top juniors, **Will Ockenden**, on the front of the Herald Sun on Fri 15th Dec, advertising the VCE Results

Guide. Will is a top athlete and Cyclo-Cross competitor (soon to represent Australia in the World U23 Championships) and always gives 100% to his activities.

- **Club Training.** The Club is fortunate to have a very dedicated group of coaches to cover athletes of all abilities. Not only do they provide expert advice and a great training atmosphere, they are prepared to be available in all types of weather and conditions. At Monash Uni there is a regular weekly attendance (Tuesdays) of 60 or so athletes and on Saturday morning for the Hills session. Given Melbourne's unpredictable weather, it is great to see their dedication, and that of their athletes.



- **Athletics Victoria** is seeking feedback on the Winter XCR17 season. We encourage all members to participate in their survey with their views so that the product being offered is what members want.

Link: <https://www.surveymonkey.com/r/PDLXTH8>

- **Julie Nield, Club Registrar**, and family, have left for a White Christmas in Montreal Canada. They are away for a month and look to be really excited with the sights they have seen so far. Enjoy your holiday guys.



- Club Life Member and former Olympian, **Tony Cook**, sure knows how to get himself in the News. In the Herald Sun on December 20th, in Vox Pop (page 49) and in answer to a question “Do you enjoy Christmas shopping or is it a chore?” Tony says “No. I don’t like shopping. It takes longer when my wife comes, as she wants to look at everything.” Tony and Iris, both past club members, continue to have association with the club through their children (Julian) and grand-children (Jade, Taj and Minkie).



- **2022 Commonwealth Games** will be held in Birmingham England.

The UK’s second largest city host the Games and will expand its stadium to hold 40000 spectators.



- Congratulations to all members of the **Club’s Throwing Squad**; lead by coach Josh Plante. In its first season as a squad they have achieved some fantastic results. Some notable performers have been James Harper PB U14 Shot Put 9.91m, Gemma Craddock U14 4th at Schools Nationals, Max Rosenberg U16 Shot Put PB 14.51m, and Alicia Yiannios PB Shot and Discus.



- Come along and support some of our other coaching initiatives undertaken this year. Well done to **Kevin Mannix** and **Lincoln Mah**, the leaders of these groups.



***Join Kevin Mannix at
Duncan Mackinnon on
Mondays at 5.00-6.00pm
(during school terms)
Suitable for youngsters 9 -
14.***

run4bodyandsoul@optusnet.com.au



***A Recreational running
Group led by Lincoln Mah
at Duncan Mackinnon on
Sunday afternoons at
3.00pm.
Come along and join
Lincoln.***

Huntersrunningfamily@gmail.com

AUSTRALIAN ALL SCHOOL CHAMPIONSHIPS

Six of our junior athletes represented Victoria in these championships and there were some impressive results. Well done to you all.

Gemma Craddock	U14	Javelin	37.87m	4 th
Jessica Stefanovic	U14	Shot Put	11.57m	4 th
Lochlan Curry	U16	High Jump	1.87m	5 th
Jessica Stefanovic	U14	Discus	29.22m	8 th
Romin Kodikara	U16	800m	2:01.77	10 th
Jason Clayton	U18	800m	1:58.16	12 th
Alistair Strutt	U18	2km Steeple	6:34.40	14 th

ZATOPEK 10 December 14th Lakeside

3000m U20	Haftu Strintzos	16 th	8:38.35
100 yards	Aidan Debernardi	11 th	10.39
100 yards	Christine Byrne	4 th	11.45
Long Jump	Nicholas Hum	4 th	7.09m
1500m	Anna Saw	14 th	4:37.69
4 * 400m	Claudia Carter Emily McLean Sophie O'Sullivan Nicola Davis	6 th	3:56.16

VICTORIAN MILERS CLUB Meet 2 December 19th

800m	Female			
D	Sophia Hanlon (13yo)	6 th	2:25.04	
1500m	Female			
A	Sophie O'Sullivan (16)	3 rd	4:28.91	
A	Anna Saw (Open)	7 th	4:34.09	
C	Juliet McBurney (16)	14 th	5:08.07	
1500m	Male			
B	Daniel Hamilton (19)	2 nd	3:59.12	
C	Jason Clayton (16)	2 nd	4:05.09	
	Romin Kodikara (15)	10 th	4:14.64	
	Alistair Strutt (16)	14 th	4:15.13	
D	Jack Bullock (21)	13 th	4:22.60	
E	Tony Russo (46)	8 th	4:25.04	
	Eamonn Murphy (22)	11 th	4:26.31	
G	Sam Lindsay (12)	12 th	4:59.77	



Sam Lindsay, 12yo, and one of the Club's youngest members, proudly showing the trophy he won for the Sub Junior Winter Athlete for 2017.

Sam ran at the Miler's Club this week and broke 5 minutes for 1500m. Great result.

Sam is the son of Club Master's Simon Lindsay.

SUMMER SHIELD

- The Club competes in Blue Zone (South Eastern Melbourne).
- To represent the Club in the Shield Finals on February 12 an athlete must have purchased a T&F Summer Package or a Maxi Package.
- An athlete must have competed at THREE rounds of competition AND must have competed at least once in their event to contest it at the finals.
- Shield is contested as a graded competition with athletes awarded points for their performance in an event. (Points range from a maximum of 600 down to 100 for achieving the standard.
- In Open competition, male and female, club's are allocated to ONE division only; ie: all a club teams compete in the one division (there is no longer A,B,C,D and E grade club teams). Glenhuntly's Open teams all compete in division 1.
- Each round, 11 points are awarded with 9 for second, 8 third and so on. For the seven scoring rounds to date, 77 ladder points is the maximum.
- Open Women, Masters Men, and Masters Women, all remain undefeated.
- Open Men and U14 Girls are well clear on their premiership ladders, with U14 safe in second place. U18/U16 girls have combined to move into premiership contention in U18 age.

Ladder Positions (Top 4) after Round 9 (3 rounds to go) Note: 2 rounds abandoned, therefore no ladder points.

Men			Women		
Open Div 1	Glenhuntly 1	74	Open Div 1	Glenhuntly 1	77
	Knox	65		Sandringham	63
	Glenhuntly 2	57		Knox	55
	Sandringham	28		Glenhuntly 2	42
Masters 40+	Glenhuntly 1	77	Masters 40+	Glenhuntly 1	77
	Knox	60		Knox	35
	Mornington	55		Glenhuntly 2	9
	Glenhuntly 2	32		-----	
U18	Frankston	69	U18	Frankston	75
	Casey Cardinia	66		Glenhuntly 1	58
	Knox	56		Knox	56
	Glenhuntly	48		Sandringham	55.5
U16	Frankston	69		Our U16 team now combined with U18	
	Mentone	66			
	Knox	51			
	Casey Cardinia	44			
U14	Frankston	73	U14	Glenhuntly 1	74
	Glenhuntly	65		Frankston	65
	Mornington	49		Knox	49
	Knox	30		Glenhuntly 2	35

Round 8 Best Performers in their divisions..

Open Men

Nicholas Hum T/F20	Long Jump	6.95m	569 pts
Attila Baranyay	100m	11.29	450

Open Women

Simone McInnes	5000m W	23:44.1	532
Jessica Kaufman	Javelin	39.65m	497

Masters Men

Alex Newman	Discus	29.64m	410
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Masters Women

Louise McLean	Discus	20.01m	409
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Under 18 Boys

Yotam Kimchi	Long Jump	6.15m	437
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Under 18 Girls

Alana Porter	Long Jump	5.44m	483
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Under 16 Boys

Liam Glew	Triple Jump	11.05m	320
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Under 16 Girls

Aisling O'Connor-Buckley	90m H	13.7	439
Leah O'Sullivan	400m	61.32	414

Under 14 Boys

Rubin Howard	1500m	4:44.9h	268
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Under 14 Girls

Ami Liu	Triple Jump	9.63m	376
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Round 9 Best Performers in their divisions.**Open Men**

Leigh Phelan	200m	23.38	496pts
Jordan Ziebell	110m H	15.44	492

Open Women

Emily McLean	400m H	63.08	499
Christine Byrne	200m	25.51	466

Masters Men

Peter Macknamara	1500m	4:21.9h	454
Andrew Crawley	Shot Put	10.55m	448

Masters Women

Heather Carr	3000mW	19:05.3	449
Louise McLean	Shot Put	7.09m	443

Under 18 Boys

Jason Clayton	800m	1:56.7h	479
Alistair Strutt	800m	2:02.1h	440

Under 18 Girls

Isabelle Harper	Triple J	10.57m	432
Alana Porter	200m	26.7	429

Under 16 Boys

Lochlan Curry	High Jump	1.83m	446
Max Rosenberg	Shot Put	14.51m	418

Under 16 Girls

Jordynne Orb	Triple jump	10.47m	427
Hayley Rees	High Jump	1.45m	390
Jarraah Martin	High Jump	1.45m	390

Under 14 Boys

James Harper	Shot Put	9.91m	191
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Under 14 Girls

Jessica Stefanovic	Shot Put	11.33m	443
Abigail Newman	Shot Put	9.51m	402

- How's this for team orientation? Young **Gemma Craddock U14** has already amassed 8733 points for her team at shield this season. She has competed in 27 events and has led the team into a strong position to contest the shield final. Young **Bec Newman, 11yo** has also been of huge value having contested 15 events after a late start to the season.

