

# BOX HILL AMATEUR ATHLETIC CLUB

## YEAR BOOK

1975-76



FOUNDED  
JUNE 25, 1932

### V A A A

'A' Grade

#### TRACK & FIELD PREMIERS

1963 - 64	1964 - 55
1965 - 66	1966 - 67
1967 - 68	1968 - 69
1969 - 70	1970 - 71
1971 - 72	1972 - 73
1973 - 74	1974 - 75

### V A A A

'A' Grade

#### CROSS COUNTRY PREMIERS

1971  
1974

#### ROAD PREMIERS

1970  
1974  
1975

TELEPHONE 89 3631

Affiliated to the

VICTORIAN AMATEUR ATHLETIC ASSOCIATION

## P R E F A C E

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This is the second issue of our Year Book, which has been produced and published by the Box Hill Amateur Athletic Club for the benefit of our athletes and others to gain an insight into the Club's activities.

It is produced primarily to place on record the performances of our athletes and to inform all new members of its rules and aims.

Furthermore, we trust by virtue of its existence, we may encourage new members to join and avail themselves of its facilities, coaching and healthy comradeship we know you will find within its circle of membership.

Personally, I feel confident that all can benefit by reference to the various sections of this booklet.

IAN FULLER

President

COMMITTEE

PRESIDENT	-	Ian Fuller	VICE PRESIDENT	-	Merv Blundy
PAST PRESIDENT	-	Cliff Scott	HON. SECRETARY	-	John Ramadge
HON. TREASURER	-	Lance Stephenson	ASST. SECRETARY	-	John Tyrell

EXECUTIVES

Registrar and Junior Competition Co-ordinator	Cliff Hobbs
Senior Competition Co-ordinator	Tony Taggart
Public Relations Officer	Neville Gardner
Equipment and Ground Improvements Officer	Frank Fell
Assist. Equipment and Ground Improvements Officer	Fred Cron
Editor - Club News	Mike Gurry
Gross Country	Bill O'Connor
Social Activities	Albert Rain
AUDITOR	Geoff Chambers
DELEGATES - V.A.A.A. Eastern Group	Ian Jones & Greg Duthie Bill O'Connor
GROUND MANAGER	Reg Barlow
COACHES	Allan Barlow Reg Barlow
JUNIOR COACH	Doug Grinsted

LIFE MEMBERS

A. Barlow	N. Gardner	H. Hogan
R. Barlow	R. Hanson	J. Ramadge
D. Barlow	R. Haywood	R. Ramadge
R. Beal	T. Kelly	K. Routley
W. Collins	J. Leach	G. Stringer
G. Duthie	W.M. Leach	N. Twitt
A.J. Frazer	R. Lees	

I N D E X

Preface .. .. .	Inside Front Cover
Committee, Coaches, Delegates and Life Members .. .. .	3
Index .. .. .	4
Ground Rules and Training Fees .. .. .	5
General Information	
Coaching, Use of Equipment, Rules of Competition	6
Track and Field Report, Australian and Victorian Performances by Box Hill Athletes for 1974-75 Season	7 & 8
Victorian Records held by Box Hill Athletes .. .. .	9
Best Interclub Performances - All Clubs .. .. .	10 thru 12
Box Hill Records	
Open .. .. .	13
Under 19 .. .. .	14
Under 13 to Sub-Junior .. .. .	15 & 16
Cross Country Report .. .. .	17
Cross Country Championship Results .. .. .	18 & 19
Road Championship Results .. .. .	20 & 21
Junior Cross Country Results .. .. .	22 thru 27

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### COACHING AND USE OF EQUIPMENT

The Box Hill Amateur Athletic Club is fortunate to have the services of both Allan and Reg Barlow for coaching advice and training. Our Junior Members can also seek training and advice on track and field events from Doug Grinsted. Starting practice, running style, correct breathing, training techniques, discus, javelin, high jump, etc., can all be correctly taught by our coaches.

During the track season Tuesday and Thursday evenings are special training nights for Juniors. Starting and field games practice is catered for on these nights, although any athletes may use the Club's facilities on any week night. The Club rooms are fully equipped with weights and special exercising equipment for those who wish to use them. Showers and toilet facilities are integral with the Club rooms and are for the use of all registered members. Please ensure that showers and toilets are left clean and tidy after use.

### RULES OF COMPETITION

All competitors who have been selected or who are anxious to compete at inter-club competitions must report to their Team Manager as soon as possible when reaching the ground. All competitors should ensure they reach the track by 1.00 p.m. sharp. The reason for this is that you may be needed to replace a selected runner who may be absent or injured.

Always report back to your Team Manager after your event with your time or distance and position.

Don't forget to let your Team Manager know your whereabouts, in case he may require you for an event - not previously entered for.

All competitors must be registered with V.A.A.A. and have received confirmation of acceptance before being permitted to compete in inter-club competition.

### INSURANCE

Members are covered by Personal Accident Insurance up to \$100. The amount paid is that not refunded by the member's Medical Benefit Fund.

### CLUB CAPTAINS

1975/76 Track and Field captain is Graham Haskell, with Albert Latu as his deputy. Junior captain is Andrew Cron, and Peter Tonkin is the vice captain.

## TRACK AND FIELD REPORT

1974-75 SEASON

This year has been one of mixed fortunes. Nevertheless, we were able once again to win the 'A' Grade Premiership flag for the 12th year in succession.

Our Under 13 age group Junior were also able by some great performances to earn for themselves the Premiership flag for this year. Much credit goes to John Tyrrell, their Team Manager, for his efforts and enthusiasm on their behalf.

The Victorian Championships saw some very fine performances, the most outstanding are as follows:

<u>SENIOR</u>	800 Metres	1st	Col McCurry	(1.48.4)	
	5000 Metres	2nd	Brendan Layh		
	3000 Metres Walk	1st	Ross Haywood	(12.47.6)	2nd Paul Nugent
	Long Jump	2nd	D.J. Commons		
	Triple Jump	1st	D.J. Commons	(16.07)	
	Pole Vault	1st	Andy Steward	(4.75)	3rd Mark Corscadden
	100 Yards	2nd	Graham Haskell	(9.5)	
	Decathlon	1st	Gary Bourne	(6379 points)	
<u>UNDER 19</u>	400 Metres	1st	Bruce Power	(47.9)	
	800 Metres	1st	Bruce Power	(1.53.5)	
	1500 Metres	3rd	Paul Grinsted	(1.55.8)	
	3000 Metre Walk	1st	Graham Dent	(13.39.2)	2nd R. Pilcher
	Long Jump	1st	David Commons	(7.07)	
<u>UNDER 17</u>	3000 Metres	3rd	G. Bowers		
	Long Jump	1st	Todd Lucas	(6.40)	
<u>UNDER 16</u>	800 Metres	3rd	Randy Hobbs	(2.02.8)	
	1500 Metres	2nd	Randy Hobbs	(4.15.6)	
	Long Jump	1st	Fritz Meyer	(6.07)	
	Hammer	3rd	Gary Warren		
	Pentathlon	3rd	John Martin		
<u>UNDER 15</u>	400 Metres	1st	Chris O'Connor	(54.0)	
	800 Metres	2nd	Chris O'Connor	(2.03.2)	
	Pentathlon	2nd	Chris O'Connor		
<u>UNDER 14</u>	100 Metres	1st	Greg Towers	(12.0)	
	3000 Metres	3rd	Ricky Wright	(10.10.2)	
	High Jump	2nd	David Luke		
	Long Jump	3rd	David Tyrell		
	Triple Jump	3rd	Chris Bradshaw		
<u>UNDER 13</u>	100 Metres	2nd	Linton Deane		
	400 Metres	1st	John Tilley	(60.6)	
	800 Metres	3rd	John Tilley	(2.17.0)	
	1500 Metres	2nd	John Tilley		
	1500 Metre Walk	2nd	Andrew Derbyshire		
	High Jump	2nd	Timothy Barker		
	Long Jump	3rd	Linton Deane		
	Shot Put	3rd	Linton Deane		

TRACK AND FIELD REPORT  
1974-75 SEASON

AUSTRALIAN CHAMPIONSHIPS

SENIOR	100 Metres	1st	Graham Haskell	(10.4)
	800 Metres	1st	Col McCurry	(1.48.5)
	800 Metres	2nd	Peter Fuller	
	3000 Metre Walk	1st	Ross Haywood	(12.49.2)
	3000 Metre Walk	2nd	Paul Nugent	
	Triple Jump	2nd	Don Commons	
	Pole Vault	2nd	Andy Stewart	
JUNIOR (under 19)	400 Metres	3rd	Bruce Power	(48.4)
	800 Metres	1st	Bruce Power	(1.50.6)
	800 Metres	6th	Paul Grinsted	
	1500 Metres	3rd	Paul Grinsted	
	3000 Metre Walk	1st	Graham Dent	(13.50.8)

SHELL EAST COAST SUB-JUNIOR (UNDER 17) MEET

400 Metres	2nd	Warren Brown	(50.7)
Long Jump	2nd	Todd Lucas	(6.98)

JOHN WELSH TROPHY

Awarded to the athlete gaining most points in the Decathlon Championship of Victoria.

Winner: Gary Bourne (6379 points)

OVER 70 YEARS WORLD RECORDS HELD BY REG BARLOW

2 Miles	-	12.47.6
3 Miles	-	20.41.0
3000 Metres	-	12:00.2
5000 Metres	-	21.06.2
10,000 Metres	-	44.24.4
1 Hour Run	-	13,508.55 Metres

OVER 70 YEARS AUSTRALIAN RECORDS HELD BY REG BARLOW

1500 Metres	-	5.26.1
1 Mile	-	5.56.2
6 Miles	-	42.47.0

TRACK AND FIELD  
VICTORIAN RECORDS  
(Currently held by Box Hill Athletes)

<u>Competitor</u>	<u>Event</u>	<u>Time or Distance</u>	<u>Age Group</u>	<u>Date Year</u>
B. Power	200 Metres	23.4	Under 15	1972
G. Eddy	400 Metres	46.2	Senior	1965
R. Hobbs	800 Metres	1.59.5	Under 15	1974
±G. Crouch	1500 Metres	3.36.9	Senior	1975
A. Benson	3000 Metres	7.50.2	Senior	1971
*W. Scott	5000 Metres	13.28.6	Senior	1975
R. Haywood	1500 Metre Walk	6.11.4	Under 19	1966
A. Stewart	Pole Vault	4.37	Under 17	1971
±W. Selvey	Discus	58.72	Senior	1967

VICTORIAN RELAY RECORDS  
(Held by Box Hill Athletes)

<u>Event</u>	<u>Competitors</u>	<u>Time</u>	<u>Age Group</u>	<u>Date Year</u>
±4 x 1500 Metre Relay	P.Grinsted, P.Fuller G.Taggart, G.Crouch	15.29.6	Senior	1975
4 x 200 Metre Relay	T.Lucas, G.Perry W.Brown, A. Robins	1.31.9	Under 17	1975
4 x 400 Metre Relay	T. Lucas, G.Perry B.Simpson, W.Brown	3.25.9	Under 17	1975
4 x 100 Metre Relay	C.Johnson, R.Hayes M. Burrige, F. Meyer	46.5	Under 16	1975
4 x 200 Metre Relay	R.Hobbs, R.Hayes C.Johnson, M.Burrige	1.35.8	Under 16	1975
4 x 400 Metre Relay	R.Hobbs, R.Hayes C.Johnson, A.Cron	3.36.7	Under 16	1975
4 x 800 Metre Relay	R.Hobbs, A.Cron B. Kavanaugh, C.O'Connor	8.25.4	Under 16	1975
4 x 200 Metre Relay	M.Elphinstone, S.Hore, M.Breen, J. Tilley	1.53.3	Under 13	1975
4 x 400 Metre Relay	M.Breen, S.Hore G.Dunstan, J.Tilley	4.15.5	Under 13	1975

± Also an Australian Residential Record

\* Victorian Record is held by R. Clarke in 13.28.2, however  
W. Scott holds Australian Residential Record with  
13.28.6.



BOX HILL GROUP  
BEST INTERCLUB PERFORMANCES

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<u>Event</u>	<u>Age Group</u>	<u>Competitor</u>	<u>Time or Distance</u>	<u>Club</u>	<u>Year, Date</u>
100 Metres	Senior	Haskell G.	10.4	Box Hill	1973
	Sub-Junior	Kinna P.	10.8	Waverley	1973
	Under 15	Lear T.	11.7	Oakleigh	1975
	Under 14	Bull S.	12.0	Waverley	1973
	Under 14	*Gouderjaan P.	12.0	Frankston	1974
	Under 13	Bull S.	12.1	Waverley	1973
200 Metres	Senior	*Fitzgerald P.	21.0	Glenhuntly	1974
	Senior	Mitchell R.	21.6	Box Hill	1973
	Sub-Junior	Power B.	22.4	Box Hill	1974
	Under 15	(Boyce G.	23.6	Malvern	1974
		(Lear T.		Oakleigh	1975
	Under 14	Bull S.	23.9	Waverley	1974
Under 13	Bull S.	25.0	Waverley	1973	
400 Metres	Senior	*Field B.	46.7	Melb. Uni.	1974
	Senior	Grant P.	47.3	Box Hill	1974
	Sub-Junior	Power B.	49.4	Box Hill	1974
800 Metres	Senior	Crouch G.	1.50.0	Box Hill	1974
	Sub-Junior	Power B.	1.58.2	Box Hill	1973
	Under 15	Hobbs R.	1.59.5	Box Hill	1975
	Under 14	Nicklen M.	2.09.0	Oakleigh	1973
	Under 13	Clarke M.	2.14.7	Ringwood	1974
1500 Metres	Senior	Crouch G.	3.42.1	Box Hill	1974
	Sub-Junior	Gillfillan R.	4.06.4	Oakleigh	1974
	Under 15	Hobbs R.	4.18.2	Box Hill	1975
	Under 14	Clarke M.	4.21.5	Ringwood	1975
	Under 13	Clarke M.	4.34.2	Ringwood	1974
3000 Metres	Sub-Junior	McRae A.	9.00.9	Waverley	1974
5000 Metres	Senior	*Williams A.	14.08.0	Ivanhoe	1972
	Senior	Scott W.	14.08.6	Box Hill	1974
1500 Metres Steeple	Senior	Hogarth M.	4.29.0	Ringwood	1973
3000 Metres Steeple	Senior	Taggart G.	8.57.6	Box Hill	1974
1500 Metre Walk	Senior	Haywood R.	6.03.0	Box Hill	1972
	Sub-Junior	Baker S.	6.44.6	Oakleigh	1975
3000 Metre Walk	Senior	Haywood R.	12.56.0	Box Hill	1974~
800 Metre Walk	Under 15	Wilkinson P.	3.36.0	Box Hill	1975
	Under 14	*Sandford B.	3.38.8	Collingwood	1974~
	Under 14	Wilkinson P.	3.40.3	Box Hill	1973
	Under 13	Barker B.	3.52.0	Oakleigh	1972

\* Athletes which hold Box Hill Group Record but are not members of this venue.

BOX HILL GROUP  
BEST INTERCLUB PERFORMANCES

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<u>Event</u>	<u>Age Group</u>	<u>Competitor</u>	<u>Time or Distance</u>	<u>Club</u>	<u>Year Date</u>	
110 Metre Hurdles	Senior	*Plant V.	13.7	Glenhuntly	1974	
	Senior	Latu S.	14.4	Box Hill	1974	
	Senior	Green R.	14.4	Box Hill	1973	
	Sub-Junior	Tew G.	14.9	Waverley	1972	
90 Metre Hurdles	Under 15	Lear T.	13.3	Oakleigh	1975	
80 Metre Hurdles (3'3" Hurdles) (3'0" Hurdles)	Under 15	Dusting S.	11.8	Waverley	1972	
	Under 14	Mitchell P.	13.6	Oakleigh	1975	
	Under 14	Randall B.	13.0	Box Hill	1974	
	Under 13	Tyrell D.	13.1	Box Hill	1975	
400 Metre Hurdles	Senior	Grant P.	52.7	Box Hill	1974	
Triple Jump	Senior	Commons D.J.	16.27	Box Hill	1973	
	Sub-Junior	Andison I.	14.85	Waverley	1969	
	Under 15	Tempany B.	12.68	Oakleigh	1974	
	Under 14	Meyer F.	12.36	Box Hill	1974	
	Under 13	Meyer F.	11.27	Box Hill	1973	
Discus	Senior	Clark P.	49.20	Box Hill	1971	
	Sub-Junior	Illingworth P.	43.00	Old Trinity	1971	
	Under 15	*Lane G.	42.86	Frankston	1974	
	Under 15	Hudson K.	42.78	Croydon	1975	
	Under 14	Hudson K.	42.78	Croydon	1975	
	Under 13	Hudson K.	37.70	Croydon	1974	
High Jump	Senior	*Peckham L.	2.10	Glenhuntly	1974	
		Moss I.	2.08	Box Hill	1970	
	Sub-Junior	Shaw G.	1.90	Box Hill	1969	
	Sub-Junior	Illingworth P.	1.90	Old Trinity	1970	
	Under 15	Tregallis M.	1.74	Waverley	1975	
	Under 14	Tregallis M.	1.74	Waverley	1975	
	Under 13	Tregallis M.	1.65	Waverley	1974	
Shot Put (16 lb)	Senior	*Rigby R.	16.49	Glenhuntly	1974	
	(16 lb)	Senior	Latu S.	14.28	Box Hill	1970
	(10 lb)	Sub-Junior	Illingworth P.	16.63	Old Trinity	1971
	(8 lb)	Under 15	Illingworth P.	14.72	Old Trinity	1970
	(6 lb)	Under 14	Fejer R.	15.22	Oakleigh	1975
	(6 lb)	Under 13	*Giralde L.	12.02	Footscray	1974
		Under 13	Hudson K.	10.89	Croydon	1974

\* Athletes which hold Box Hill Group Record but are not members of this venue.

BOX HILL GROUP  
BEST INTERCLUB PERFORMANCES

<u>Event</u>	<u>Age Group</u>	<u>Competitor</u>	<u>Time or Distance</u>	<u>Club</u>	<u>Year Date</u>
Long Jump	Senior	*Halsen J.P.	7.70	Collingwood	1974
	Senior	Andison I.	7.48	Waverley	1972
	Sub-Junior	Commons D.A.	7.05	Box Hill	1972
	Under 15	Waite R.	6.29	Waverley	1973
	Under 14	Meyer F.	6.03	Box Hill	1974
	Under 13	*Oder C.	5.42	Keon Park	1974
	Under 13	Tyrell D.	5.37	Box Hill	1975
	Javelin	Senior	Gusbeth A.	66.19	Box Hill
Sub-Junior		Illingworth P.	65.29	Old Trinity	1971
Under 15		*Keene P.	55.60	Ivanhoe	1974
		Illingworth P.	50.08	Old Trinity	1970
Under 14		Fejer R.	39.10	Oakleigh	1975
Under 13		*Saver G.	32.61	East Mel.Harr.	1974
Under 13		Leane B.	32.36	Oakleigh	1973
Pole Vault		Senior	*Boyd R.	5.02	Collingwood
	Senior	Stewart A.	4.75	Box Hill	1975
	Sub-Junior	Stewart A.	4.27	Box Hill	1971
	Under 15	Leane B.	3.35	Oakleigh	1975
	Under 14	Leane B.	3.20	Oakleigh	1974
	Hammer	Senior	*Leffler R.	59.88	M.U.A.C.
Senior		Pollock A.	46.25	Box Hill	1973
Sub-Junior		*Carbis C.	46.30	Coburg	1974
		Van Beuge H.	41.73	Old Carye	1970
Relay 4 x 100		Senior	-	*41.00	Glenhuntly
			41.30	Box Hill	1974
	Sub-Junior	-	44.20	Box Hill	1974
	Under 15	-	*46.20	East Mel.Harr.	1974
	Under 15	-	46.8	Oakleigh	1974
	Under 14	-	48.8	Waverley	1973
	Under 13	-	51.8	Waverley	1973
Relay 4 x 200	Senior	-	*1.25.1	Glenhuntly	1974
			1.26.0	Box Hill	1974
	Sub-Junior	-	1.31.8	Box Hill	1974
	Under 15	-	*1.36.8	East Mel.Harr.	1974
	Under 15	-	1.38.7	Oakleigh	1975
	Under 14	-	1.42.7	Box Hill	1974
	Under 13	-	1.47.9	Waverley	1973

\* Athletes or Team which hold Box Hill Group Record but are not members of this venue.

## BOX HILL RECORDS

SENIOR  
OPEN

<u>Event</u>	<u>Competitor</u>	<u>Time or Distance</u>	<u>Date Year</u>
100 Metres	G. Haskell	10.1	1973
200 Metres	G. Haskell	20.6	1974
400 Metres	G. Eddy	46.2	1965
800 Metres	P. Fuller	1.47.3	1972
1500 Metres	G. Crouch	3.34.3	1974
3000 Metres	A. Benson	7.50.2	1971
5000 Metres	W. Scott	13.28.6	1974
10,000 Metres	W. Scott	28.00.9	1975
1500 Metres Steeple	D. Barlow	4.10.5	1966
3000 Metre Steeple	G. Taggart	8.47.0	1974
1500 Metre Walk	R. Haywood	6.02.8	1971
3000 Metre Walk	R. Haywood	12.43.9	1971
110 Metre Hurdles	R. Green	14.2	1973
400 Metre Hurdles	P. Grant	50.9	1974
Triple Jump	D.J. Commons	16.23	1973
Discus	W. Selvey	58.90	1967
High Jump	P. Boyce	2.08	1965
Shot Put	W. Selvey	17.32	1960
Long Jump	D.A. Commons	7.24	1973
Javelin	V. Mitchell	66.70	1973
Pole Vault	A. Stewart	4.75	1975
Hammer	A. Gusbeth	53.32	1974
100 Yards	(G. Haskell G. Eddy)	9.5	1974
1 Mile	G. Crouch	3.55.6	1975
3 Miles	A. Benson	13.26.0	1971
4 x 100 Metre Relay	(G. Eddy, B. Williams T. Moore, G. Westlake)	41.0	1965
4 x 200 Metre Relay	(P. Grant, G. Douthie J. Hassett, G. Haskell)	1.26.0	1974
4 x 800 Metre Relay	(J. Hassett, C. McCurry B. Power, G. Crouch)	7.38.5	1975
4 x 1500 Metre Relay	(P. Grinsted, P. Fuller G. Taggart, G. Crouch)	15.29.6	1975

NOTE: These records are the best times or distances accredited to each athlete and may have been established at any amateur athletic meeting throughout the world and recognised and recorded as such.

## BOX HILL RECORDS

JUNIOR  
UNDER 19

<u>Event</u>	<u>Competitor</u>	<u>Time or Distance</u>	<u>Date Year</u>
100 Metres	M. Fielding	11.3	1974
200 Metres	G. Eddy	47.4	1964
400 Metres	B. Power	47.9	1975
800 Metres	B. Power	1.50.6	1975
1500 Metres	G. Grinsted	3.59.7	1975
3000 Metres	C. Layh	8.36.2	1974
5000 Metres			
1500 Metres Steeple	V. Fox	4.22.3	1971
1500 Metres Walk	R. Haywood	6.11.4	1966
3000 Metres Walk	G. Dent	13.39.2	1975
110 Metre Hurdles	P. Grant	14.5	1972
400 Metre Hurdles	P. Grant	52.6	1972
Triple Jump	D.A. Commons	15.18	1974
Discus	P. Boyce	2.08	1965
High Jump	C. Donald	2.03	1974
Shot Put	D. Fell	12.17	1974
Long Jump	D.A. Commons	7.31	1974
Javelin			
Pole Vault	A. Stewart	4.41	1974
Hammer			
1 Mile	W. Scott	4.20.2	1969

These times and distances are the best that can be found to date. As Under 19 performances are performed in Senior "A", "B", "C" and "D" grades, it is extremely difficult to obtain best results. Consequently, these are tentative figures only. Advice on updating these times would be appreciated.

BOX HILL CLUB RECORDS  
UNDER 13 to SUB-JUNIOR

<u>Event</u>	<u>Age Group</u>	<u>Competitor</u>	<u>Time or Distance</u>	<u>Date Year</u>
100 Metres	Sub-Junior	M. Darragh	10.8	1972
	Under 15	C. Perry	11.6	1974
	Under 14	G. Towers	12.0	1974
	Under 13	F. Meyer	12.3	1973
200 Metres	Sub-Junior	B. Power	22.4	1973
	Under 15	R. Hayes	23.9	1974
	Under 14	F. Meyer	24.4	1974
	Under 13	F. Meyer	25.6	1973
400 Metres	Sub-Junior	B. Power	49.4	1974
	Under 15	C. C' Connor	54.0	1975
	Under 14			
	Under 13	J. Tilley	60.6	1975
800 Metres	Sub-Junior	B. Power	1.58.2	1973
	Under 15	R. Hobbs	1.59.5	1975
	Under 14	C. O' Connor	2.09.7	1974
	Under 13	R. Hobbs	2.15.8	1973
1500 Metres	Sub-Junior	S. Parsons	4.10.4	1972
	Under 15	R. Hobbs	4.15.6	1975
	Under 14	R. Hobbs	4.26.8	1974
	Under 13	J. Tilley	4.40.1	1975
3000 Metres	Sub-Junior	G. Bowers	9.07.0	1975
	Under 15			
	Under 14	R. Wright	10.10.2	1975
	Under 13			
1500 Metres Walk	Sub-Junior	P. Wilkinson	6.59.0	1975
1500 Metres Walk	Under 13	A. Darbyshire	8.11.3	1975
800 Metres Walk	Under 15	P. Wilkinson	3.38.0	1975
	Under 14	P. Wilkinson	3.40.5	1974
	Under 13	(A. Darbyshire	4.01.0	1975
		(J. Wilkinson		1971
110 Metre Hurdles	Sub-Junior	M. Fielding	15.8	1974
90 Metre Hurdles	Under 15	B. Randall	13.7	1974
80 Metre Hurdles (3'0")	Under 15	T. Lucas	13.0	1973
	(3'0") Under 14	B. Randall	13.0	1974
	(3'3") Under 14	S. Randall	13.7	1975
	(3'0") Under 13	D. Tyrrell	13.1	1975
Triple Jump	Sub-Junior	D.A. Commons	14.81	1973
	Under 15	F. Meyer	12.56	1975
	Under 14	F. Meyer	12.36	1974
	Under 13	F. Meyer	11.25	1973

## BOX HILL CLUB RECORDS

## UNDER 13 to SUB-JUNIOR

<u>Event</u>	<u>Age Group</u>	<u>Competitor</u>	<u>Time or Distance</u>	<u>Date Year</u>
Discus (1½ kg.) (1 kg.) (1 kg.) (1 kg.)	Sub-Junior	P. Miller	48.54	1967
	Under 15	A. Malm	40.68	1971
	Under 14	C. Johnson	33.87	1973
	Under 13	P. Hand	27.82	1974
High Jump	Sub-Junior	C. Donald	1.84	1972
	Under 15	G. Swan	1.83	1968
	Under 14	F. Meyer	1.62	1973
	Under 13	D. Luke	1.60	1975
Shot Put (10 lb.) (8 lb.) (6 lb.) (6 lb.)	Sub-Junior	P. Sampson	15.49	1968
	Under 15	A. Malm	13.26	1971
	Under 14	P. Hand	13.04	1975
	Under 13	P. Molloy	9.48	1969
Long Jump	Sub-Junior	D.A. Commons	7.02	1973
	Under 15	F. Meyer	6.03	1974
	Under 14	F. Meyer	6.03	1974
	Under 13	D. Tyrrell	5.40	1975
Javelin (1 lb 8.5 oz.) (1 lb.5.25 oz.) (1 lb 5.25 oz.) (1 lb 5.25 oz.)	Sub-Junior	R. Plumley	45.90	1968
	Under 15	A. Malm	40.68	1971
	Under 14	L. Hodges	39.72	1974
	Under 13	G. Morrow	34.70	1967
Pole Vault	Sub-Junior	A. Stewart	4.27	1971
	Under 15	A. Stewart	3.05	1970
	Under 14	(S. Fisher	2.44	1965
		(B. Randall		1974
Hammer (10 lb.)	Sub-Junior	G. Warren	37.20	1975
4 x 100 Metres Relay	Sub-Junior	(A. Robins, C. Perry W. Brown, T. Lucas B. Power, M. Fielding J. Higgins, M. Read	44.2	1975
		(C. Perry, R. Hayes J. Doyle, W. Nunn		1972
		(F. Meyer, C. Johnson R. Hobbs, B. Randall		1974
	Under 15	(D. Tyrrell, C. Morris C. Grant, S. Randall	47.0	1974
	Under 14		49.1	1974
	Under 13		52.9	1974
4 x 200 Metre Relay	Sub-Junior	(A. Robins, C. Perry W. Brown, T. Lucas	1.31.9	1975
	Under 15	(M. Burrridge, P. Hodgman R. Hobbs, C. Johnson	1.38.8	1975
	Under 14	(F. Meyer, C. Johnson R. Hobbs, C O'Connor	1.42.7	1973
	Under 13	(D. Tyrrell, C. Morris P. Bedgood, S. Randall	1.52.6	1974

These best performances are taken from interclub and final rounds and include V.A.A.A. Championships where the athlete has competed in his correct age group.

## CROSS COUNTRY REPORT

1975 SEASON

Without a doubt this was our most successful season ever. For the 2nd year in succession we won the 'A' Grade Cross Country Premiership. However, as the club won both the 'A' and 'B' Grade Premierships in 1974, the committee of the V.A.A.A. deemed it necessary to give us two 'A' Grade Teams. This, of course, meant that we had no chance of winning the 'B' Grade Premiership.

In the Road Premiership our 'A' Grade team were again successful in taking the title for the second year. A great performance by Box Hill against strong opposition, without doubt proved we are the number one club in the State.

The Road Relay saw us again winners for the fifth year in succession. A magnificent run by Bill Scott of 17.45 assured us of victory over a very strong Glenhuntly side, by a margin of 20 seconds.

In the Junior section far more interest has been generated this year, largely due to the efforts of Merv Blundy in introducing under age handicap cross country races for all ages up to Under 17. These races were held at various venues and covered distances between 3000 to 6000 metres. There were many excellent performances by our Junior boys which should enable us to maintain our cross country supremacy when they reach senior ranks.

Particularly successful early in the season were Mark Breen with two 1st places and a 3rd place, and Ricky Wright with one 1st place and three 2nd places outright. Unfortunately leg injuries forced them out of competition later in the season. The most consistent performer without a doubt was Trevor Elsey who competed in almost every cross country race possible.

Grant Taggart  
Cross Country Captain



## CROSS COUNTRY

1975

SENIOR8000 Metres Cross Country Championship of Victoria  
Goorambat-Benalla May 10, 1975.

			<u>Time</u>	<u>Points</u>
<u>No.1 'A' Team</u>	* 1st	W. Scott	23.50	14
	10th	B. Layh	24.59	12
	14th	P. Hamer	25.08	11
	22nd	B. Share	25.26	10
	29th	R. Wilson	25.49	9
	41st	A. Wells	26.10	8
<u>Teams Race</u>	<u>Points 117</u>	<u>Position 1st</u>		
<u>No.2 'A' Team</u>	46th	M. Watson	26.23	7
	47th	D. Gazely	26.25	5
	53rd	P. Glynn	26.37	4
	69th	T. Trenkner	27.05	3
	78th	M. Donnelly	27.17	2
	87th	G. Taggart	27.27	1
<u>Teams Race</u>	<u>Points 380</u>	<u>Position 4th</u>		
<u>Also Ran</u>	102nd	D. Andrews	27.56	
	142nd	M. Entwistle	28.59	
	160th	K. Routley	29.33	
	217th	D. Shorland	31.15	

1200 Metres Cross Country Championship of Victoria  
Bundoora - Christian Brothers College May 31, 1975

<u>No.1 'A' Team</u>	11th	B. Layh	38.19	14
	20th	R. Wilson	38.57	12
	21st	B. Share	39.06	11
	33rd	D. Gazely	40.04	10
	36th	M. Watson	40.13	9
	40th	P. Glynn	40.18	8
<u>Teams Race</u>	<u>Points 161</u>	<u>Position 3rd</u>		
<u>No.2 'A' Team</u>	41st	G. Taggart	40.22	7
	54th	P. Fuller	41.07	5
	63rd	T. Collie	41.28	4
	90th	D. Andrew	42.32	3
	93rd	A. Wells	42.39	2
	100th	I. Jones	43.01	1
<u>Teams Race</u>	<u>Points 441</u>	<u>Position 5th</u>		
<u>Also Ran</u>	157th	V. Fox	44.53	
	286th	A. Bagnall	50.52	
	310th	W. Riley	53.44	
	315th	D. Coleclough	54.18	

\* Medal Winner

## CROSS COUNTRY

1975

SENIOR16000 Metres Cross Country Championship of Victoria  
Sunbury June 7, 1975

			<u>Time</u>	<u>Points</u>
<u>No.1 'A' Team</u>	* 2nd	W. Scott	50.58	14
	8th	B. Layh	52.01	12
	13th	R. Wilson	53.06	11
	15th	D. Gazely	53.21	10
	16th	B. Share	53.29	9
	38th	A. Wells	56.22	8
<u>Teams Race</u>	<u>Points 92</u>	<u>Position 1st</u>		
<u>No.2 'A' Team</u>	50th	M. Watson	57.15	7
	60th	T. Collie	57.47	5
	84th	D. Andrews	59.52	4
	90th	I. Jones	60.25	3
	113th	I. Sloane	61.28	2
	126th	V. Fox	62.10	1
<u>Teams Race</u>	<u>Points 523</u>	<u>Position 6th</u>		
<u>Also Ran</u>	131st	K. Routley	62.38	
	227th	A. Bagnall	71.54	
	248th	D. Coleclough	77.00	
	253rd	W. Riley	79.09	

CROSS COUNTRY CHAMPIONSHIPS

(Assessment for Best Overall Athlete)

<u>Position</u>	<u>Competitor</u>	<u>Competition Points (each race)</u>			<u>Total</u>
		<u>1</u>	<u>2</u>	<u>3</u>	
1st	B. Layh	12	14	12	38
2nd	R. Wilson	9	12	11	32
3rd	B. Share	10	11	9	30
4th	W. Scott	14	-	14	28
5th	D. Gazely	5	10	10	25
6th	M. Watson	7	9	7	23
7th	A. Wells	8	2	8	18
8th	P. Glynn	4	8	-	12
9th	P. Hamer	11	-	-	11
10th	T. Collie	-	4	5	9
11th	G. Taggart	1	7	-	8
12th	D. Andrew	-	3	4	7

\* Medal Winners W. Scott 8000 Metres 1st  
W. Scott 16000 Metres 2nd

PREMIERSHIP LADDER

<u>Senior 'A' Grade</u>	<u>Place</u>	<u>Points</u>	
Box Hill No.1	1	12	- Premiers 1975
Glenhuntly	2	11	
St. Stephens	3	6	

## ROAD CHAMPIONSHIPS

1975

SENIOR25,000 Metres Road Championship of Victoria  
Sandown Racecourse - Springvale July 19, 1975

	<u>Position</u>		<u>Time</u>	<u>Points</u>
No.1 'A' Team	4th	B. Layh	80.32	14
	8th	P. Hamer	82.10	12
	17th	G. Taggart	84.31	11
	21st	D. Gazely	85.58	10
	29th	T. Collie	86.54	9
	33rd	P. Glynn	87.40	8
<u>Team Race</u>	<u>Points 112</u>	<u>Position 1st</u>		
No.2 'A' Team	36th	A. Wells	88.25	7
	44th	M. Donnelly	90.27	5
	69th	D. Andrews	93.08	4
	79th	D. Potts	96.02	3
	86th	K. Routley	96.58	2
	112th	N. Taylor	100.57	1
<u>Teams Race</u>	<u>Points 426</u>	<u>Position 5th</u>		
<u>Also Ran</u>	118th	I. Jones	102.07	
	119th	M. Wolgehagen	102.13	
	134th	R. Harrison	105.06	

10,000 Metres Road Championship of Victoria  
Werribee July 26, 1975

No.1 'A' Team	* 1st	B. Layh	23.05	14
	10th	P. Hamer	24.00	12
	19th	G. Taggart	24.34	11
	22nd	M. Watson	24.42	10
	26th	D. Gazely	24.49	9
	41st	P. Glynn	25.19	8
<u>Teams Race</u>	<u>Points 119</u>	<u>Position 3rd</u>		
<u>Also Ran</u>	59th	T. Collie	25.59	7
	67th	T. Trenkner	26.12	5
	81st	D. Andrews	26.37	4
	87th	M. Donnelly	26.48	3

15,000 Metres Road Championship of Victoria  
Fishermens Bend, South Melbourne August 30, 1975

No.1 'A' Team	5th	B. Layh	45.27	14
	12th	G. Taggart	46.19	12
	15th	P. Hamer	46.35	11
	16th	D. Gazely	46.40	10
	22nd	R. Wilson	47.48	9
	25th	P. Glynn	48.11	8
<u>Teams Race</u>	<u>Points 95</u>	<u>Position 1st</u>		

\* Medal Winner

## ROAD CHAMPIONSHIPS

1975

SENIOR

15,000 Metres Road Championship of Victoria (cont'd.)  
Fishermen's Bend, South Melbourne August 30, 1975

<u>Also Ran</u>	<u>Position</u>		<u>Time</u>	<u>Points</u>
	33rd	T. Collie	48.36	7
	51st	A. Lucas	49.38	5
	63rd	M. Watson	50.13	4
	73rd	D. Andrews	50.53	3
	106th	I. Jones	53.39	2

## ROAD CHAMPIONSHIPS

(Assessment for Best Overall Athlete)

<u>Position</u>	<u>Competitor</u>	<u>Competitor Points (each race)</u>			<u>Total</u>
		<u>1</u>	<u>2</u>	<u>3</u>	
1st	B. Layh	14	14	14	42
2nd	P. Hamer	12	12	11	35
3rd	G. Taggart	11	11	12	34
4th	D. Gazely	10	9	10	29
5th	P. Glynn	8	8	8	24
6th	T. Collie	9	7	7	23
7th	M. Watson	-	10	4	14
8th	D. Andrews	4	4	3	11
9th	R. Wilson	-	-	9	9
10th	M. Donnelly	5	3	-	8
11th	A. Wells	7	-	-	7
EO 12th	T. Trenkner	-	5	-	5
EO 12th	A. Lucas	-	-	5	5

Medal Winners    B. Layh - 10,000 Metres 1st

## PREMIERSHIP LADDER

<u>Senior 'A' Grade</u>	<u>Place</u>	<u>Points</u>	
Box Hill No.1	1	12	- Premiers 1975
Glenhuntly	2	9	
St. Stephens	3	6	

Marathon Championship of VictoriaPoint Cook to Werribee and Return June 28, 1975

*3rd	D. Gazely	2 hours	26 mins	26 secs
12th	T. Collie	2 "	34 "	14 "
56th	R. Harrison	3 "	1 "	1 "
65th	N. Taylor	3 "	5 "	20 "

## CROSS COUNTRY

1975

JUNIORFlemington Racecourse April 12, 1975Under 19 - 2 Laps of Racecourse (4,600 metres - approx.)

	<u>Position</u>	<u>Time</u>	<u>Points</u>
C. Layh	9th	15.08	7
B. Kavanaugh	18th	16.03	5
R. Hobbs	26th	16.28	4
G. Grinsted	28th	16.31	3

Under 15 - 1 Lap of Racecourse (2000 Metres - approx.)

R. Wright	6th	6.51	7
T. Elsey	-	7.10	5
P. Chandler	-	-	4

Under 13 - 1 Lap of Racecourse (2000 Metres - approx.)

M. Breen	* 1st	7.11	7
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Coburg Harriers - Murray Road, Coburg April 19, 1975Under 17 - 5000 Metres Cross Country Championship of Victoria

R. Hobbs	14th	19.52	7
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Under 15 - 2500 Metres

T. Elsey	7th	10.02	7
P. Chandler	9th	10.12	5

Under 14 - 2500 Metres

R. Wright	* 2nd	9.07	7
K. Cleary	5th	9.33	5

Under 13 - 2500 Metres

M. Breen	* 1st	9.29	7
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St. Bernards College - Essendon May 3, 1975Under Age Handicap Competition - 4000 Metres

	<u>Overall</u>	<u>Time</u>	<u>Age Group</u>	<u>Time</u>	<u>Points</u>
<u>Under 16</u>					
R. Hobbs	7th	19.46	1st	18.16	7
B. Kavanaugh	44th	25.30	6th	24.00	5
<u>Under 15</u>					
T. Elsey	19th	20.36	5th	19.36	7
P. Chandler	46th	25.13	14th	24.13	5
<u>Under 14</u>					
R. Wright	* 2nd	18.37	1st	18.07	7
K. Cleary	7th	19.44	4th	19.14	5

\* Medal Winners

## CROSS COUNTRY

1975

JUNIOR (contd.)Goorambat (12 miles from Benalla) May 10, 1975Under 17 - 8000 metres Cross Country Championship of Victoria

	<u>Position</u>	<u>Time</u>	<u>Points</u>
D. Potts	4th	27.50	7

Under 14 - 4000 Metres

R. Wright	* 1st	14.25	7
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Koonung Creek - Box Hill (Eastern Group) May 24, 1975Under Age Handicap Competition - 3000 Metres

	<u>Overall</u>	<u>Time</u>	<u>Age Group</u>	<u>Time</u>	<u>Points</u>
<u>Under 17</u>					
G. Grinsted	23rd	11.53	6th	10.33	7
<u>Under 15</u>					
C. O'Connor	15th	11.31	6th	10.51	7
T. Elsey	21st	11.49	8th	11.09	5
P. Chandler	35th	12.46	11th	12.06	4
<u>Under 14</u>					
R. Wright	* 2nd	10.33	1st	10.13	7
K. Cleary	9th	11.14	3rd	10.54	5
D. Tyrrell	39th	12.54	12th	12.34	4
M. O'Connor	50th	14.28	18th	14.08	3
W. O'Connor	52nd	14.56	19th	14.36	2
<u>Under 13</u>					
M. Breen	* 3rd	10.45	1st	10.45	7

Bundoora May 31, 19758000 Metres Championship of Victoria

	<u>Position</u>	<u>Time</u>	<u>Points</u>
<u>Under 19</u>			
M. Donnelly	4th	24.28	7
S. Foley	6th	24.46	5
A. Trenkner	8th	24.49	4
D. Potts	29th	26.20	3
M. Entwistle	43rd	27.22	2
J. Haley	48th	27.48	1
P. Tonkin	57th	28.30	0
<u>Under 15 - 5000 Metres</u>			
T. Elsey	6th	18.51	7
C. O'Connor	8th	18.56	5
P. Chandler	24th	22.35	4
<u>Under 14 - 5000 Metres</u>			
M. Breen	7th	19.26	7
K. Cleary	8th	19.47	5

\* Medal Winners

## CROSS COUNTRY

1975

JUNIOR (contd.)Sunbury June 7, 19755000 Metres Championship of Victoria

	<u>Position</u>	<u>Time</u>	<u>Points</u>
<u>Under 19</u>			
C. Layh	19th	17.54	7

Coburg - Murray Road June 21, 1975Under Age Handicap Competition

	<u>Overall</u>	<u>Time</u>	<u>Age Group</u>	<u>Time</u>	<u>Points</u>
<u>Under 17</u>					
P. Tonkin	29th	16.36	6th	15.21	7
<u>Under 16</u>					
R. Hobbs	8th	15.33	2nd	14.18	7
<u>Under 15</u>					
T. Elsey	9th	15.42	5th	14.52	7
C. O'Connor	20th	16.19	7th	15.29	5
P. Chandler	53rd	18.28	15th	17.38	4

Southern Districts - Schoolboy ChampionshipsDendy Oval Sandringham July 5, 1975Open - 4 Miles (7210 yards or 6593 Metres)

	<u>Position</u>	<u>Time</u>	<u>Points</u>
P. Grinsted	7th	21.21	7
<u>Under 17 - 4 Miles (7210 yards or 6593 Metres)</u>			
G. Grinsted	10th	22.32	7
P. Tonkin	16th	23.15	5
<u>Under 16 - 3½ Miles (6480 yards or 5925 Metres)</u>			
R. Hobbs	5th	20.13	7
R. Hayes	17th	22.11	5
<u>Under 15 - 3 Miles (5700 yards or 5212 Metres)</u>			
P. Healy	11th	19.30	7
P. Chandler	27th	21.26	5

All Schools Cross Country ChampionshipsWarringal Park, Heidelberg July 12, 1975Open - 5000 Metres

P. Grinsted	6th	15.20	7
A. Trenkner	7th	15.35	5
<u>Under 17 - 5000 Metres</u>			
G. Grinsted	18th	16.09	7
<u>Under 16 - 5000 Metres</u>			
R. Hobbs	13th	16.10	7
B. Kavanaugh	40th	17.00	5

## CROSS COUNTRY

1975

JUNIOR (contd.)All Schools Cross Country ChampionshipsWarringal Park, Heidelberg July 12, 1975

	<u>Position</u>	<u>Time</u>	<u>Points</u>
<u>Under 15 - 5000 Metres</u>			
A. Cussons	6th	16.31	7
T. Elsey	10th	16.59	5
C. O'Connor	18th	17.13	4
P. Chandler	62nd	18.49	3
<u>Under 14 - 3000 Metres</u>			
J. Tilley	8th	10.03	7
K. Cleary	13th	10.16	5
D. Bridie	32nd	10.44	4
C. Bradshaw	35th	10.45	3
T. Smurthwaite	36th	10.46	2
K. Elphinstone	52nd	10.59	1

Sandown Racecourse - Springvale July 19, 1975Under Age Handicap Competition

	<u>Overall</u>	<u>Time</u>	<u>Age Group</u>	<u>Time</u>	<u>Points</u>
<u>Under 16</u>					
R. Hobbs	* 3rd	17.45	1st	16.15	7
<u>Under 15</u>					
T. Elsey	14th	19.42	5th	18.42	7
P. Chandler	25th	22.56	7th	21.56	5

Werribee Racecourse July 26, 1975Under 15 - 2 Laps of Racecourse (approx. 3550 yards)

	<u>Position</u>	<u>Time</u>	<u>Points</u>
T. Elsey	* 3rd	11.46	7

Dandenong Relays - The Basin August 2, 1975Under 17 - Team Race (each leg 5000 Metres)

Team	2nd	72.50	Not Applicabl
<u>Individual</u>			
R. Hobbs	-	17.25	7
G. Grinsted	-	17.59	5
P. Tonkin	-	18.15	4
C O'Connor	-	19.17	3

Box Hill A.A.C. Schoolboys Cross CountryWattle Park August 9, 1975Open - 6400 Metres

D. Potts	8th	24.25	7
J. Haley	12th	25.01	5
P. Tonkin	15th	25.55	4
B. Power	17th	26.33	3

\* Medal Winner



## CROSS COUNTRY

1975

JUNIOR (contd.)Box Hill A.A.C. Schoolboys Cross CountryWattle Park August 9, 1975Under 16 - 6400 Metres

	<u>Position</u>	<u>Time</u>	<u>Points</u>
R. Hobbs	* 3rd	24.19	7
B. Kavanaugh	4th	24.51	5
M. Turner	15th	28.10	4

Under 15 - 3200 Metres

A. Cussons	* 2nd	11.43	7
C. O'Connor	4th	11.53	5
T. Elsey	5th	11.57	4
J. Tilley	9th	12.20	3
K. Cleary	13th	12.31	2
T. Smurthwaite	16th	12.48	1
P. Chandler	29th	13.43	0

Assumption College - Kilmore August 16, 1975  
10,000 Metres Cross Country Selection TrialUnder 19

S. Foley	* 1st	34.06	7
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Heidelberg Olympic Track - Heidelberg August 23, 1975Under Age Handicap Competition - 6000 Metres

	<u>Overall</u>	<u>Time</u>	<u>Age Group</u>	<u>Time</u>	<u>Points</u>
<u>Under 17</u>					
M. Piritidus	14th	24.34	2nd	22.14	7
<u>Under 16</u>					
R. Hobbs	5th	22.40	1st	20.55	7
<u>Under 15</u>					
T. Elsey	6th	23.17	5th	22.07	7
C. O'Connor	8th	23.28	6th	22.18	5
<u>Under 14</u>					
K. Cleary	10th	23.31	1st	22.56	7

Fishermens Bend - South Melbourne August 30, 1975  
5000 Metres Road Run

	<u>Position</u>	<u>Time</u>	<u>Points</u>
<u>Under 15</u>			
T. Elsey	* 3rd	17.50	7

\* Medal Winners

## CROSS COUNTRY

1975

JUNIOR (contd)ASSESSMENT FOR BEST OVERALL ATHLETE

<u>Position</u>	<u>Competitor</u>	<u>Age</u>	<u>Competitor Points (each race)</u>	<u>Total</u>
1st	T. Elsey	U 15	5, 7, 7, 5, 7, 7, 5, 7, 7, 4, 7, 7	75
2nd	R. Hobbs	U 16	4, 7, 7, 7, 7, 7, 7, 7, 7, 7	67
3rd	P. Chandler	U 15	4, 5, 5, 4, 4, 4, 5, 3, 5	39
4th	R. Wright	U 14	7, 7, 7, 7, 7	35
5th Eq.	C. O'Connor	U 15	7, 5, 5, 4, 3, 5, 5	34
5th Eq.	K. Cleary	U 14	5, 5, 5, 5, 5, 2, 7	34
7th	M. Breen	U 13	7, 7, 7, 7	28
8th	G. Grinstead	U 17	3, 7, 7, 5	22