

Affiliated to the A.A.A. of N.S.W.

ST. GEORGE DISTRICT AMATEUR ATHLETIC CLUB

(Founded 1921)

Headquarters:

TRACK:

Hurstville Oval

DISTANCE:

Scarborough Park

5 4 T H

A N N U A L R E P O R T

F I N A N C I A L S T A T E M E N T

For the Year Ending 31st March, 1975

L I F E   M E M B E R S

A. A. G A I N S F O R D	1923
W. J. H A S L E R *	1932
B. C. B U T T O N	1937
W. A H E R N *	1955
A. G O U L D	1963
J. B O W E R S	1971
D. J O L L I F F E	1971
D. W I L S O N	1971

\* D E C E A S E D

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OFFICE BEARERS - 1974/75

PATRON: L.L. Bosman PRESIDENT: A.A. Gainsford  
SENIOR VICE-PRESIDENTS: W. Moroney, A. Gould, E.N. McGuckin  
VICE-PRESIDENTS: W.L. Morrison, L.J. Reynolds, B.J. Bannon, W.F. Crabtree,  
 F. Walker, T.F. Mead, F.J. Baker, G. Moore, J.R. Walsh,  
 R. Gosling, R. Jones, A. Blythe, H.G. Carruthers,  
 J. Coppock, F. Eggleton, W. Gibbons, A. Henderson,  
 R. Jolliffe, F. Larcombe, W.R. McKenzie, L. Williams,  
 A. Thomas, D. Wilson, D. Jolliffe.  
HON. GENERAL SECRETARY: B.E. Starr  
HON. TREASURER: D. Jolliffe  
HON. TRACK SECRETARY: W. Bird  
HON. DISTANCE SECRETARY: R. Squirrell  
EXECUTIVE: A. Gainsford, B. Starr, D. Jolliffe, W. Bird, F. Scott, R. Gribble,  
 J. Bowers, A. Gould, S. Donnelly, J. Hancock, R. Squirrell, B. Tunks.  
HON. AUDITOR: R. Towers.  
DELEGATES TO A.A.A. OF N.S.W. AND MANAGEMENT COUNCIL: A. Gainsford, B. Starr,  
 D. Edwards, Alternates - G. Rootham, S. Gee, N. Derry  
INTERCLUB BOARD OPEN GRADES: N. Derry. Alternate J. Stammers  
INTERCLUB BOARD JUNIOR GRADES: J. Mannile. Alternate B. Starr  
HARRIER BOARD: R. Squirrell  
MANAGER: A.A. Gainsford REFEREE: H.G. Carruthers  
CAPTAINS: TRACK: K. Taylor DISTANCE: J. Bowers  
VICE CAPTAINS: TRACK: N. Derry DISTANCE: R. Gribble  
TIMEKEEPERS: TRACK: W. Hunt, S. Donnelly, B. Molino, J. Evans, F. Scott,  
 J. Mannile, L. Abberton  
DISTANCE: S. Donnelly, F. Scott, N. McGuckin, L. Abberton,  
 B. Molino.  
STARTERS: TRACK: R. Patmore, S. Donnelly, A. Gainsford, B. Starr  
DISTANCE: N. McGuckin, R. Patmore  
JUDGES: TRACK: H. Baxter, W. Bird, S. Nixon, W. Latham, A. Harris, J. Evans  
DISTANCE: N. McGuckin, W. Latham  
PUBLICITY OFFICERS: TRACK: (junior) F. Scott, B. Starr (Senior) W. Bird  
DISTANCE: D. Edwards  
GEAR STEWARDS: J. Stammers, A. Gould, B. Tunks, W. Bird  
TROPHY ORGANISER: N. McGuckin  
FIRST AID OFFICER: Mrs. F. Scott  
HON. RACE SECRETARIES: TRACK: W. Bird. DISTANCE: R. Squirrell  
SOCIAL COMMITTEE: J. Bowers, J. Hancock, R. Gribble, R. Squirrell  
SELECTORS: TRACK: W. Bird, K. Taylor, N. Derry, S. Donnelly, R. Gribble  
DISTANCE: J. Bowers, R. Gribble, S. Donnelly, N. McGuckin, B. Tunks  
HANDICAPPERS: TRACK: (SPRINTS & FIELD GAMES) Team Managers (Distance),  
 Over 16 - P. McWilliams, Under 16, 15, 14 - S. Nixon  
 Under 13 - F. Scott  
DISTANCE: Under 13 - G. Derricott Under 15 - N. McGuckin  
 Under 17 & Intermediate - R. Squirrell  
 Senior - S. Donnelly  
TRACK TEAM MANAGERS: SENIOR: S. Donnelly (Asst. W. Bird, R. Gribble)  
JUNIOR: Under 16 - B. Starr; Under 15 - S. Nixon  
 Under 14 - Mrs. B. Scott; Under 13 - Mrs. Latnam  
CLUB COACHES: R. Patmore, A. Thomas, R. Nash

54TH ANNUAL REPORT AND BALANCE SHEET

PRESENTED TO MEMBERS AT THE ANNUAL GENERAL MEETING

HELD AT ELECTRICITY HOUSE, HURSTVILLE  
ON FRIDAY, 16TH MAY, 1975 AT 7.45 P.M.

Gentlemen,

The 54th Annual Report and Balance Sheet is presented to you tonight and results will show that we improved quite substantially on last years performances, particularly during the Track Season.

Easily the outstanding performances of the year were those by Stephen Gee, who retained his Australian Title over 400 metres in 46.4s, and during these Adelaide Championships he was a Member of the N.S.W. 4 x 400 metres Relay, and running the final Leg he ran some metres faster than his Australian resident record of 45.7s.

Stephen during the Season won the State 400 M title in 46.1s - State Resident record, the Victorian title in 45.7s - Australian Resident record.

Stephen has maintained his keen interest in Club affairs, and he again won the 100, 200 and 400M Club Championships. He also scored the magnificent total of 186 points during Interclub, which would be the most points of any athlete in the competition.

Sub Junior Bill Bird, by his performances in the Australian Junior Championships is one of the most promising young athletes in Australia. Competing against athletes nearly 2 years older he gained 3rd place in both the 110M Hurdles 14.6s and 400M Hurdles 54.6s. Young Bill has had a magnificent Season, Club, Interclub and State. Ron Lunt, the State's most consistent Discus and Shot performer did not show his best form in the Australian Championships, where he has gained many places over the years.

Graeme Rootham again had an unfortunate Season. He was regaining good form with a win the Queensland Brisbane match over 800M in 1m 50.7s, when he again developed leg trouble.

The veteran Albert Thomas is running magnificently for his age and is still our best athlete over 5000 and 10000 metres.

Club membership has remained steady at 199 as against 200 the previous year. It is most encouraging to note the increase in Senior athletes from 76 to 96, but the decrease in our younger Age groups from 105 to 88 is something that needs attention and presently it would appear that the flow on from Little Athletics is not as effective as we thought it would be.



Stephen Gee has been judged our best Senior for the 1st time when he was awarded the Hurstville Council Trophy. It would seem that Stephen has every chance of winning this Trophy for years the same as Albert Thomas and Graeme Rootham. Stephen's performances were as follows:

1st	400 Metres Australian Championships	46.4s	
1st	400 Metres Victorian Championships	45.7s	Australian Record
1st	400 Metres N.S.W. Championships	46.1s	N.S.W. Record
1st	400 Metres N.S.W. v N.Z. Match	46.1s	
3rd	N.Z. International Games	47.0s	

For the 3rd year in succession St. George distance teams failed to live up to their reputation as the strongest Club in the State. St. George, however can claim we are becoming invincible in the Marathon and as this is the Blue Ribbon event at the Olympic Games it is quite an achievement. We gained two representatives in the Australian Marathon at Adelaide, namely: Dave Edwards and Julian Scott, with Dave gaining 14th place in his best time of 2hrs 28m 58s. Dave Edwards was also a member of the N.S.W. winning team. Julian Scott failed to produce his best form finishing 21st in 2hrs 33m 56s. Our Club did better than last year as we won 3 teams races as compared with the 1973 Season. We won the Teams title for the Marathon and during this event Julian Scott, who ran very well to gain 2nd place, established a Club record at 2hrs 25m 41s.

Stephen Connor ran magnificently to win the 5000 Metres Cross Country State title from Graeme Cook and our lads easily won the Teams event. Our Sub-Juvenile boys headed by Clayton Wetherall 6th, won the Teams event. The best individual performances of the year would have been those of Stephen Connor in winning the 5000M Cross Country title and Julian Scott 2nd in the State Marathon.

The St. George Senior athletes, apart from the Marathon competitors are somewhat inclined to treat the State Teams events with indifference, and this is something that needs to be corrected, as it is by entering full teams that wins these teams events.

The Track Season that has just completed was the best we have experienced for years, and all athletes from "A" Grade to Under 13 are to be congratulated for their keenness, which brought about excellent performances in all grades.

Results;	"A" Grade	-	5th;	"C" Grade	-	1st;	"E" Grade	-	1st
	"F" Grade	-	3rd;	"G" Grade	-	2nd;	Under 15yrs	-	1st
	Under 14 yrs	-	2nd;	Under 13 yrs	-	2nd			

The "A" Grade with just a little luck could easily have finished 3rd as they were able to run the Premiers Randwick/Botany Club to a very close match while they beat the runners up Sutherland in the 2nd series. "C", "E" Grades and the Under 15 lads are to be congratulated on winning their Grades. In our Grade teams we look forward to even better results next year with such athletes as Gee, Lunt, Arapovic, Bird, Gilliver, Rootham, Thomas, Derry, Van de Koi, Watson, Magassy, Bowers, Squirrell and a host of other young athletes. The Age group boys had an excellent Season winning the Under 15 Premiership and Runners up in the Under 14 years and Under 13 years. There are many fine young athletes coming along in the Age groups, including Greg Nixon, Harris brothers, Mark Dorrity, Murray West, Martin Spratt, Brad Noyes, Scott brothers, Donald Latham, John Powderly, Robert Bennett and David Fleming and congratulations to Greg Nixon in winning the State Triple Jump and to Mark Dorrity for winning the State Long Jump.

The State Championships brought only 2 victories to St. George when Stephen Gee won the 400M and Ron Lunt the Discus. Dragon Arapovic appeared to have the Pole Vault won, but injured his leg prior to the event. Bill Bird's outstanding achievements in the State Hurdles are recorded elsewhere in this Report. Bill Gilliver one of our most promising young athletes won the State Novice Championship for the Long Jump and with Graeme Cook and Bill Bird he had the honour of representing the N.S.W. Combined Schools in the N.Z. Games at Christchurch.

Once again we thank John and Elaine Bowers for their magnificent contribution to Club funds from the proceeds of their Refreshment Stall that they conducted throughout the year. We also thank their helpers. Ron Gribble again did a wonderful job with his "200" Club from which the Club benefited \$787.

Winter Athletics at Scarborough Park is maintaining its remarkable popularity thanks to the untiring efforts of our Vice President and Organiser Nev McGuckin. Daylight Saving at Hurstville Oval is still proving very popular and we take this opportunity of thanking the Curator and his Staff for providing such excellent tracks.

Congratulations to Revesby De la Salle School for winning the L.B. Williams and A.A. Gainsford Shields. Last years winners, Marist Bros. Kogarah, were Runners up. Fifteen records were broken including one in the primary division and 14 in the Secondary section.

The St. George Schoolboy's Cross Country Championships held at Scarborough Park on Sunday, 28th April, 1974, were again most successful. Club members did very well by winning 6 of the 9 Events contested. Narwee School won the Denis Wilson Trophy and De la Salle won the L.L. Bosman Trophy.

Club Funds stand at \$4,249.57, which is the second highest in the Club's history and again Dennis Jolliffe is to be congratulated on another very good job.

Our Executive, Officials, Winter and Summer, have again done excellent work and with these outstanding men we can only look forward to another good year.

A.A. Gainsford  
PRESIDENT

### 1974 Distance Season Review

1974 was rather a mixed season, with generally performances below the usual St. George standard.

To take the races in chronological order.

#### N.S.W. Novice Championship

The team finished 3rd behind Rand-Botany and Sutherland. M. Donnelly in 2nd place and G. Cook in 4th place ran great individual races.

#### Newcastle Marathon May 25

Dave Edwards ran a great race in winning this event in the good time of 2hrs 30mins 2secs. Ron Gribble in 3rd place with 2hrs 36mins 20secs completed a successful day for St. George.

#### N.S.W. Schoolboys Cross-Country Championships

In the open 5k event G. Cook easily won in the time of 16mins 31secs.

The U/17 4k event was won by S. Poulton from Sutherland with S. Connor taking 2nd place.

#### N.S.W. 15k Cross-Country - Gosford

This race was probably the low point of the season with the St. George team failing to make any showing. With over half of the regular 'A' team members not wishing to compete this was not surprising. R. Squirrell 9th and J. Bowers 19th were the only members who performed well.

#### N.S.W. Cross-Country Championships

Senior 10K. The team finished in 3rd place behind Sutherland and Rand-Botany. A. Thomas 8th and J. Scott 10th were the only members inside the first 20.

Junior 5K. In this event S. Connor ran the race of his life to take out the championship from the more fancied G. Cook 2nd and P. Hutton 3rd (Suth). M. Donnelly 4th and B. McGuckin 10th ensured a St. George teams victory. As a result of this race S. Connor, G. Cook and M. Donnelly were all selected to represent N.S.W. in the national cross-country titles at Perth.

Juvenile 3K. The team finished 3rd with 58 points, behind Rand-Botany 26 points and Sutherland 45 points. The St. George team being G. Hatsidimitris 11th, R. Abberton 13th, C. Anderson 16th and G. King 18th.

Sub Juvenile 2K. Another good teams win for St. George. C. Wetherall 6th, D. Latham 9th, J. Tunks 11th and M. Legge 13th.

#### N.S.W. Marathon July 13th

St. George regained the teams championship by defeating Ryde-Hornsby 2nd and Randwick-Botany 3rd. J. Scott ran a great race to finish 2nd to John Farrington and in doing so broke the club record which was held by Ron Gribble. His time was 2hrs 25mins 41secs. Dave Edwards 4th in 2hrs 29mins 15secs and Ron Gribble 9th 2hrs 41mins 04Secs made the scoring team. Others to finish the distance were J. Bowers and young Robert Cook who recorded 2hrs 48mins 46Secs in his marathon debut.

#### N.S.W. Road Relay

Again St. George didn't show up too well. The Senior 4 x 10k team of J. Bowers, R. Gribble, D. Edwards and R. Cook finished 4th.

In the Junior 4 x 5k we finished 2nd to Sutherland. S. Connor, G. Cook, M. Donnelly and B. McGuckin were the team. G. Cook ran the fastest leg of the day when recording 15 mins 58secs.

The Juvenile 4 x 1.5k finished 3rd only 1 minute behind the winners Randwick-Botany. The team being R. Abberton, G. Hatsidimitris, A. Gardiner and S. King.

The Sub-Juvenile team of J. Tunks, D. Latham, R. Legge and P. McGuckin did better in finishing in 2nd place to South Coast Branch. Losing by only 2secs.

#### N.S.W. 25K 31st August

In finishing 6th in the teams title St. George had nothing to talk about.

J. Bowers 8th and R. Gribble 12th were the best of the St. George runners.

AUSTRALIAN MARATHON CHAMPIONSHIP - ADELAIDE

As a result of the N.S.W. Marathon, D. Edwards and J. Scott were selected to represent N.S.W. in the National Title Race.

D. Edwards performed extremely well in gaining 14th place in a personal best time of 2hrs 28mins 58secs. Being the 3rd New South Welshman to finish thus N.S.W. won the teams title from Victoria and South Australia.

J. Scott was not able to produce his earlier form and finished 21st in 2hrs 33mins 56secs.

Running as individuals were R. Gribble 19th, 2hrs 33mins 33secs and J. Bowers 23rd, 2hrs 36mins 31secs.

To sum up, a reasonable season from most angles, with not enough emphasis on bringing about a solid team effort, which is necessary to win team titles. The exceptions being the performances of our Junior athletes and the good effort in the N.S.W. Marathon by the Seniors.

VETERAN REPORT

Results of club athletes in State Veteran championships 74-75 season.

Pre-Vet's 35 to 40 years.

A. Thomas	1st	10,000 M	c/c
R. Gribble	2nd	25,000 M	Road
Track & Field	1st	400 M	55.5s
	2nd	5,000M	15m 47s
J. Bowers	2nd	10,000 M	c/c
	1st	15,000 M	c/c
	1st	25,000 M	Road
Track & Field	3rd	800 M	2m 5.1s
	1st	1,500 M	4m .08s
	1st	5,000 M	15m .16s
	1st	3,000 M	s/c 10m 02.5s

D. Jolliffe			
Track & Field	1st	Triple Jump	11.96m

Div 1A 40 - 45 years

A. Thomas			
Track & Field	1st	1,500 M	4m 00.2s
	1st	5,000 M	15m 04.8



Aust. Chp's	1st	1,500 M	3m 55.4
	1st	5,000 M	14m 50.8
	1st	10,000 M	31m 00.8

Div 3 Over 60

F. Wrightson			
Track & Field	3rd	200 M	36.8s
	1st	3,000 M	Walk 20.13
	1st	5,000 M	Walk 31.07.7
	1st	10,000 M	Walk

L. Williams	1st	10,000 M	c/c
	2nd	15,000 M	c/c
	3rd	100 M	17.5
	3rd	400 M	77.2
	1st	Long Jump	3.90m

Albert Thomas' performances in the Australian Championships has selected him to the Australian team to go to Canada for the World Veteran Games 1975.

CLUB CHAMPIONSHIPS RESULTS, 1975

- Ø Indicates new Club Record.  
 + Indicates Club Champion determined from Inter-Club results

<u>SENIOR</u>	<u>TIME</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>
100M	11.5s	S. Gee	W. Gilliver	D. Hines
200M	22.2s	S. Gee	W. Gilliver	N. Derry
400M	50.4s	S. Gee	D. McGuckin	R. Urquhart
800M	1m 58.7s	N. Derry	S. Gee	J. Bowers
1500M	4m 12.1s	R. Squirrell	J. Bowers	P. Browne
5000M	15m15.8s	A. Thomas	R. Squirrell	N. Derry
3000M Steeple	9m47.8s +	J. Bowers	M. Donnelly	R. Gribble
1500M Walk	7m 5.1s	J. Bowers	A. Nunn	R. Urquhart
3000M Walk	15m 39s	J. Bowers	-	-
10000M Walk	56m 28s	J. Bowers	-	-
High Jump	1.83m +	A. Taylor	EQU. 2nd J. Stammers	L. Allison
Long Jump	6.44m +	W. Gilliver	L. Allison	P. McWilliams
Triple Jump	13.04m +	G. Fabar	W. Gilliver	J. Reid
Pole Vault	4.00m +	D. Arapovic	R. Watson	K. Taylor
Javelin	48.12m +	R. Watson	J. Stammers	P. McWilliams
110M Hurdles	17.4s +	J. Stammers	-	-
400M Hurdles	52.8s +	S. Gee	W. Bird	D. McGuckin
Discus	47.18m +	R. Lunt	P. McWilliams	J. Stammers
Shot Put	15.30m +	R. Lunt	-	-
10000M	31m18s	R. Squirrell	J. Scott	R. Cook
Marathon	2hrs 25m41s	J. Scott	-	-

<u>JUNIOR</u>	<u>TIME</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>
100M	13.0s	D. Hines	P. Wilson	D. Campbell
200M	25.1s	D. Hines	G. Cook	D. Campbell
400M	56.4s	D. Hines	P. Wilson	D. Campbell
800M	2m 11.1s	D. Campbell	D. Hines	-
1500M	4m15.3s	G. Cook	D. Campbell	P. Wilson
3000M	10m00.2s	P. Wilson	D. Campbell	D. Latham
1500M Walk	8m23.4s	G. Cook	-	-
1500M Steeple +	4m21.8s	G. Cook	M. Richardson	P. Wilson
High Jump +		N.Q.		
Triple Jump +	12.06m	D. Chatwin	-	-
Long Jump +	5.40m	D. Chatwin	D. Hines	-
110M Hurdles +	14.9s	W. Bird	-	-
400M Hurdles +	55.4s	W. Bird	-	-
Javelin +		N.Q.		
Discus +		N.Q.		
Shot Put +		N.Q.		
Hammer Throw +		N.Q.		

<u>SUB JUNIOR</u>	<u>TIME</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>
100M	11.7s	W. Bird	S. Cribb	A. Gardiner
200M	23.7s	W. Bird	A. Gardiner	S. Cribb
400M	52.8s	W. Bird	P. Mannile	P. Barnes
800M	2m11.9s	W. Bird	M. Dorrity	P. Barnes
1500M	5m13s	W. Bird	A. Gardiner	W. Bird
1500M Walk	8m39.8s	P. Barnes	-	-
High Jump +	1.59m	P. Barnes	R. Starr	D. Bennett
Long Jump +	6.18m	W. Bird	D. Bennett	P. Barnes
Triple Jump +	12.71m	P. Barnes	D. Bennett	R. Starr
110M Hurdles +	14.3s	W. Bird	R. Starr	P. Barnes
200M Hurdles +		N.Q.		A. Gardiner
300M Hurdles +	39.7s	W. Bird		E.Q.
Javelin +		N.Q.		
Discus 1½K +		N.Q.		
Shot Put 10LB +	11.83m	W. Bird	P. Barnes	T. Danaskos
Hammer Throw +		N.Q.		
Pole Vault +	2.45m	P. Barnes		



CLUB CHAMPIONSHIP 1975Juvenile Results

<u>EVENT</u>	<u>TIME</u> <u>DIST.</u>		<u>1st</u>	<u>2nd</u>	<u>3rd</u>
100M	12.5		G. Harris	G. Nixon	S. Molino
200M	24.6		G. Harris	D. Fleming	G. Nixon
400M	55.7		G. Harris	M. Dorrity	D. Fleming
800M	2m16.5		G. Harris	G. Nixon	S. Molino
1500M	4m57.5		G. Harris	M. Dorrity	D. Fleming
1500M Walk	9m 5		M. West	S. Molino	A. Scott
200M Hurdles	29.6	+	M. Dorrity	G. Nixon	R. Bennett
90M Hurdles	14.7	+	G. Nixon	M. Dorrity	G. Harris
High Jump	1.57m	+	G. Nixon	M. Dorrity	W. Owens
Long Jump	6.06m	+Ø	G. Nixon	M. Dorrity	G. Harris
Triple Jump	12.83m	+	G. Nixon	M. Dorrity	G. Harris
Shot Put 8lb	12.14m	+Ø	M. West	M. Dorrity	G. Nixon
					G. Harris
Discus 1K	36.54m	+Ø	M. West	A. Scott	Greg Harris
Javelin 600g	31.46m	+	M. West	G. Harris	M. Dorrity

Sub Juvenile Results

100M	15.1		D. Latham	G. Day	M. Spratt
200M	28.2		G. Day	D. Latham	M. Spratt
400M	64.4		G. Day	D. Latham	M. Spratt
800M	2m28.6		D. Latham	M. Spratt	G. Day
1500M	5m05.9		D. Latham	M. Spratt	C. Latham
1500M Walk	9m04.1		D. Latham	D. Scott	C. Latham
70M Hurdles	14.2	+	M. Spratt	B. Noyes	G. Day
High Jump	1.35m	+ EQ {	M. Spratt	-	B. Noyes
			G. Johns		
Long Jump	4.46m	+	M. Spratt	R. McKenzie	D. Latham
Triple Jump	8.68m	+	D. Latham	M. Spratt	G. Johns
Discus	19.12m	+	D. Scott	M. Spratt	D. Latham
Shot Put	7.98m	+	B. Noyes	D. Scott	G. Johns

TRACK & FIELD REPORT 1974 - 75

by W. Bird (Track Secretary)

Club Athletes have had outstanding Track and Field success throughout the season, with several members gaining selection in Australian and State representative teams.

The Club extends congratulations to the following members for their outstanding performances during the 1974-75 Track season.

S. Gee	1st	400M	Vic Championships (Aust Resident Rec)	45.7
	1st	400M	N.S.W. " (State Resident Rec)	46.1
	1st	400M	Aust. "	46.4
	3rd	400M	N.Z. Games - Christchurch	47.0
W. Bird	1st	300M	Hurdles N.S.W. Chp's (State Rec)	39.7
	1st	400M	" " "	55.0
	1st	110M	" " "	15.2
	2nd	110M S/Jnr	" " "	14.5
	3rd	110M Jnr	" Aust. Championships	14.6
	3rd	400M Jnr	" " "	54.6
R. Lunt	1st	Discus	N.S.W. Championships	45.84m
	2nd	Shot Put	" "	14.49m
G. Nixon	1st	Triple Jump (Juv)	" "	13.56m
	2nd	Long Jump (Juv)	" "	5.91m
M. Dorrity	1st	Long Jump (Juv)	" "	5.98m
	2nd	Triple Jump (Juv)	" "	13.30m

In addition Bill Gilliver, Graeme Cook, Bill Bird were selected in the N.S.W. Combined Highschool Team to compete in the N.Z. Games Christchurch.

#### St. George District Schoolboys' Track & Field

##### Championships

Held at Jubilee Oval - 22nd September, 1974

At this years meeting, of the 96 events contested 15 records were broken or equalled.

Records were created by -

Primary Division	W. Wetherall
Secondary Division	J. Tunks, P. McGrath, M. Dorrity, G. Nixon, M. West, P. Mannile, A. Thompson, W. Bird, H. Vogelzang, G. Cook, W. Gilliver, P. Barnes

#### St. George District Schoolboys' Cross Country

##### Championships

Held at Scarborough Park - 28th April, 1974

##### RESULTS

#### Aggregate Point Score for Denis Wilson Trophy

1. Narwee	86 Points	4. D.L.S. Kingsgrove
2. D.L.S. Revesby	60 Points	5. Sydney Tech. High
3. Hurstville High	44 Points	6. M.B. Kogarah

Open 3200 metres

- |    |                       |       |
|----|-----------------------|-------|
| 1. | G. Cook (Hurstville)  | 11.53 |
| 2. | S. Connor (Narwee)    | 12.29 |
| 3. | P. Wilson (Peakhurst) | 13.27 |

16 Years 2400 metres

- |    |                            |      |
|----|----------------------------|------|
| 1. | M. Richardson (Syd. Tech.) | 7.44 |
| 2. | T. Nixon (Narwee)          | 7.45 |
| 3. | L. Carpenter (Narwee)      | 8.06 |

15 years 2400 metres

- |    |                                 |      |
|----|---------------------------------|------|
| 1. | D. Derriman (Hurstville)        | 7.55 |
| 2. | P. Henderson (D.L.S.Kingsgrove) | 8.09 |
| 3. | P. Mannile (Punchbowl)          | 8.18 |

14 years 1600 metres

- |    |                              |      |
|----|------------------------------|------|
| 1. | A. Maussa (D.L.S.Kingsgrove) | 6.36 |
| 2. | G. King (Narwee)             | 6.37 |
| 3. | D. Mosley (Narwee)           | 6.41 |

13 years 1600 metres

- |    |                            |      |
|----|----------------------------|------|
| 1. | R. Abberton (M.B. Kogarah) | 6.39 |
| 2. | W. Gooley (D.L.S. Revesby) | 6.41 |
| 3. | C. Wetherell (James Cook)  | 6.42 |

Teams

- |    |   |        |
|----|---|--------|
| 1. | Narwee (S. Connor, G. King,<br>D. Langer) | 12 pts |
| 2. | Narwee 2                                  | 24 pts |
| 3. | Hurstville High                           | 36 pts |

Teams

- |    |  |        |
|----|--|--------|
| 1. | Narwee (T. Nixon, L. Carpenter<br>S. Thompson) | 9 pts  |
| 2. | D.L.S. Revesby                                 | 22pts  |
| 3. | Hurstville High                                | 25 pts |

Teams

- |    |  |        |
|----|--|--------|
| 1. | Narwee (G. Morris, P. Bell<br>P. Watson) | 15 pts |
| 2. | Hurstville High                          | 32 pts |
| 3. | D.L.S. Revesby                           | 39 pts |

Teams

- |    |  |        |
|----|--|--------|
| 1. | Narwee (G. King, D. Mosley<br>A. Williams) | 15 pts |
| 2. | D.L.S. Kingsgrove                          | 16 pts |
| 3. | D.L.S. Revesby                             | 29 pts |

Teams

- |    |  |        |
|----|--|--------|
| 1. | D.L.S. Revesby (W. Gooley,<br>J. Sibraa, J. Lynch) | 19 pts |
| 2. | Narwee   | 21 pts |
| 3. | M.B. Kogarah                                       | 28 pts |

\*\*\*\*\*

Aggregate Point Score for L.L. BOSMAN CUP

- |    |                |           |
|----|----------------|-----------|
| 1. | D.L.S. Revesby | 53 Points |
| 2. | M.B. Kogarah   | 52 Points |
| 3. | Ramsgate       | 46 Points |

- |    |           |
|----|-----------|
| 4. | Narwee    |
| 5. | Peakhurst |
| 6. | Arncliffe |
| 6. | Baldface  |

12 years 1200 metres

- |    |                           |      |
|----|---------------------------|------|
| 1. | D. Latham (Ramsgate)      | 4.10 |
| 2. | J. Tunks (M.B. Kogarah)   | 4.15 |
| 3. | J. Lynch (D.L.S. Revesby) | 4.26 |

Teams

- |    |  |        |
|----|--|--------|
| 1. | M.B. Kogarah (J. Tunks,<br>C. Mordey, B. Phillips) | 11pts  |
| 2. | Narwee   | 25 pts |
| 3. | M.B. Kogarah                                       | 36 pts |

11 years 1200 metres

- |    |                            |      |
|----|----------------------------|------|
| 1. | G. Day (Arncliffe)         | 4.23 |
| 2. | A. Sibraa (D.L.S. Revesby) | 4.31 |
| 3. | M. Grant (M.B. Kogarah)    | 4.35 |

Teams

- |    |  |        |
|----|--|--------|
| 1. | D.L.S. Revesby (A. Sibraa,<br>A. Bonney, A. Carrall) | 13 pts |
| 2. | M.B. Kogarah   | 14 pts |
| 3. | D.L.S. Revesby                                       | 33 pts |

10 years 1200 metres

1. R. Lyons (Ramsgate)	4.36
2. E. Missingham (Ramsgate)	4.44
3. P. Dale	4.47

9 years 1200 metres

1. W. Wetherall (Ramsgate)	4.13
2. W. Dixon (Peakhurst)	5.03
3. S. Davison (Ramsgate)	5.07

Teams

1. Ramsgate (R. Lyons, E. Missingham, M. Royce)	8 pts
2. D.L.S. Revesby	17 pts
3. M.B. Kogarah	21 pts

Teams

1. Ramsgate (W. Wetherall, S. Davison, R. La Caste)	12 pts
--	--------

Barry Starr  
Hon. Secretary

St. George District Schoolboys' Track & Field Championships  
Juvenile Oval, Kogarah - 22nd September, 1974

Primary School's Results

\* Indicates New Record

8 Years

1. R. Burgess (Canterbury)	16.00
----------------------------	-------

9 Years100 Metres

1. T. Rayment (St. Joseph's Oatley)	14.9
-------------------------------------	------

4 X 100 Metres Relay

1. Canterbury
---------------

4 X 100 Metres Relay

1. Canterbury	65.6
---------------	------

800 Metres

1. W. Wetherall (Ramsgate)	2.37.8*
----------------------------	---------

High Jump

1. I. Sofic (Canterbury)	.98m
1. S. Davison (Ramsgate)	.98m

10 Years100 Metres

1. P. Dale (DLSR)	14.1
-------------------	------

800 Metres

1. T. Green (DLSK)	2.43.5
--------------------	--------

High Jump

1. P. Dale (DLSR)	1.17m
-------------------	-------

Long Jump

1. S. Lawn (DLSR)	3.95m
-------------------	-------

4 X 100 Metres Relay

1. Canterbury	60.6
---------------	------

11 Years100 Metres

1. T. Delavras (Canterbury)	13.6
-----------------------------	------

200 Metres

1. I. Delavras (Canterbury)	28.5
-----------------------------	------

800 Metres

1. B. Anderson (DLSK)	2.35.6
-----------------------	--------

High Jump

1. G. Johns (Peakhurst Sth)	1.24m
-----------------------------	-------

Long Jump

1. M. Aspinall (DLSR)	4.13m
-----------------------	-------

4 X 100 Metres Relay

1. MBK	59.5
--------	------

12 Years

100 Metres

1. A. MCenaney (DLSR) 14.1

800 Metres

1. A. Couch (MBK) 2.35.1

Long Jump

1. P. Coughtrey (DLSR) 4.43

4 X 100 Relay

1. M.B. Kogarah 59.1

200 Metres

1. A. McEnaney (DLBR) 29.9

High Jump

1. M. Gammel (MBK) 1.32m

61b Shot Put

1. P. Cox (LUGARNO) 8.86m

POINT SCORES

Junior Pennant

1. Revesby DLS 36

Senior Pennant

1. Kogarah MB 80

L.B. Williams Shield

1. Revesby DLS 110

Secondary Schools' Results

\* Indicates New Record

12 Years

100 Metres

1. R. MacKenzie (Sydney Tech) 13.7

200 Metres

1. M. Shepherd (DLS Revesby) 28.6

400 Metres

1. J. Tunks (MB Kogarah) 68.3

800 Metres

1. J. Tunks (MB Kogarah) 2.23\*

High Jump

1. G. Byrne (MB Kogarah) 1.37m

Long Jump

1. M. Shepherd (DLS Revesby) 4.57m

61b Shot Put

1. A. Mayo (Sydney Tech) 11.04m

4 X 100 Metres Relay

1. D.L.S. Revesby 58.0

13 Years

100 Metres

1. R. Abberton (MB Kogarah) 12.6

200 Metres

1. P. McGrath (DLS Revesby) 26.7

400 Metres

1. F. Currenti (MB Kogarah) 63.4

800 Metres

1. R. Abberton (MB Kogarah) 2.20.4

1500 Metres

1. R. Walker (DLS Kingsgrove) 5.12.5

90 Metres Hurdles

1. J. Assaf (DLS Kingsgrove) 18.1

High Jump

1. R. Abberton (MB Kogarah) 1.45m

Long Jump

1. M. O'Connor (DLS Revesby) 4.93m

61b Shot Put

1. P. McGrath (DLS Revesby) 13.63m\*

4 X 100 Metres Relay

1. M.B. Kogarah 54.4

14 Years100 Metres

1. G. Anderson (Scots College) 11.9

400 Metres

1. G. Harris (Kings. Nth) 57.5

1500 Metres

1. N. Dent (M.B. Kogarah) 4.48.4

High Jump

1. M. Dorrity (Canterbury) 1.60m\*

8lb Shot Put

1. G. Anderson (Scots College) 13.04m

Triple Jump

1. G. Nixon (Narwee) 12.36m\*

Javelin Throw

1. R. Fisher (Narwee) 37.46m

15 Years100 Metres

1. B. Ausburn (East Hills) 11.4

400 Metres

1. B. Ausburn (East Hills) 55.6

1500 Metres

1. P. Mannile (Punchbowl) 4.29.5

High Jump

1. M. Ross (DLS Revesby) 1.62m

Triple Jump

1. B. Ausburn (East Hills) 11.38m

Discus Throw

1. R. Early (Sydney Tech) 30.89m

4 X 100 Metres Relay

1. D.L.S. Revesby 49.1

16 Years100 Metres

1. W. Bird (Kogarah High) 11.01\*

200 Metres

1. G. Harris (Kings. Nth) 25.3

800 Metres

1. N. Dent (M.B. Kogarah) 2.11.6

90 Metre Hurdles

1. M. Dorrity (Canterbury) 15.4

Long Jump

1. G. Nixon (Narwee) 5.78m

4 X 100 Metres Relay

1. D.L.S. Revesby 51.08

Discus Throw

1. M. West (Sydney Tech) 34.16m\*

800 Metres Walk

1. J. Tunks (M.B. Kogarah) 4.15.6

200 Metres

1. B. Ausburn (East Hills) 23.9

800 Metres

1. P. Mannile (Punchbowl) 2.07.6\*

90 Metres Hurdles

1. R. Starr (Blakehurst) 13.9

Long Jump

1. D. O'Connor (DLS Revesby) 5.80m

10lb Shot Put

1. A. Thompson (East Hills) 12.93m\*

Javelin Throw

1. R. Starr (Blakehurst) 34.42m

200 Metres

1. W. Bird (Kogarah High) 24.01

400 Metres

1. M. Richardson (Sydney Tech) 59.4

1500 Metres

1. T. Nixon (Narwee) 4.32.4

High Jump

1. H. Vogelzang 1.75m\*

Triple Jump

1. P. Barnes (Sydney Tech) 12.52m

Discus Throw

1. N. Goritsas (Kingsgrove) 28.80m

4 X 100 Metres Relay

1. D.L.S. Revesby 50.3

OPEN

100 Metres

1. B. Gilliver (Sydney Tech) 11.1

400 Metres

1. B. Gilliver (Sydney Tech) 56.0

1500 Metres

1. G. Cook (Hurstville) 4.07.4\*

High Jump

1. S. Bruce (Narwee) 1.71m

Triple Jump

1. W. Gilliver (Sydney Tech) 12.82m

Discus Throw

1. A. Sidoroff (Cabramatta) 30.49m

4 X 100 Metres Relay

1. M.B. Kogarah 48.0

POINT SCORES:

Juvenile Pennant - 1. Revesby D.L.S.

Junior Pennant - 1. Revesby D.L.S.

Senior Pennant - 1. Sydney Tech.

A.A. GAINSFORD SHIELD 1. Revesby D.L.S.

800 Metres

1. M. Richardson (Sydney Tech) 2.08.8

110 Metres Hurdles

1. W. Bird (Kogarah High) 16.3\*

Long Jump

1. L. Bogaards (Sydney Tech) 6.23m

10lb Shot Put

1. D. Grafitti (DLS Revesby) 10.35m

Javelin Throw

1. N. Goritsas (Kingsgrove) 39.42m

200 Metres

1. D. Chatwin (James Cook) 24.4

800 Metres

1. G. Cook (Hurstville) 1.57.0\*

110 Metres Hurdles

1. P. Cook (DLS Revesby) 16.1

Long Jump

1. B. Gilliver (Sydney Tech) 6.73m\*

12lb Shot Put

1. W. McGrath (East Hills) 12.44m

Javelin Throw

1. W. McGrath (East Hills) 41.94m

800 Metres Walk

1. P. Barnes (Sydney Tech) 3.42.5\*

151 points

79 points

32 points

255 points



LORD SOMERS' CAMP RELAY ON 30.6.74

At the invitation of the Power House Athletic Club in Melbourne 2 club teams of 15 runners each and 2 club officials travelled by plane to and from Melbourne on the week-end of 29th and 30th June, 1974 for the Annual Lord Somers' Camp Relay of 50 miles.

Members of our club were made welcome at a barbeque function held on the Saturday evening. At the conclusion of the function our athletes were billeted by members of the Power House Club for the night.

On the Sunday morning we joined a tour bus provided by the Power House Club for our clubs use during the relay.

After making a good start our No. 1 team gradually slipped back from 3rd place to finish in 6th place. Our No. 2 team finished in 13th place, a good effort considering we beat home 5 other Victorian clubs.

Noel Derry who ran the 3.1K 10th leg of the relay for the No. 1 team surprised by creating new record time of 8m 42s for the distance, a great run by Noel.

In all it was a very enjoyable week-end. We could not field our best teams on the day, however, those athletes who did make the trip to Melbourne did a top job and were a credit to the club.

## Result and times:

<u>LEG</u>	<u>Km APPROX.</u>	<u>NO. 1 TEAM</u>	<u>TIME</u>	<u>NO. 2 TEAM</u>	<u>TIME</u>
1	4.8	Ron Gribble	14.57	Mark Richardson	16.53
2	5.3	Steve Connor	16.43	Peter Mannile	18.43
3	11.6	Julian Scott	36.12	Alan Staples	42.23
4	6.3	Ray Meagher	19.40	Neville Markham	22.07
5	2.4	John Hancock	7.06	Arthur Peek	8.38
6	8.2	John Bowers	25.07	Paul Wilson	28.59
7	7.1	Graeme Cook	23.42	Dave Campbell	27.11
8	6.9	Dave Edwards	23.32	Ian Parker	26.39
9	8.4	Michael Donnelly	34.29	Rob Willding	29.46
		(Mike became ill)			
10	3.1	Noel Derry	8.42	George Freeman	12.13
11	4.4	Damian McGuckin	15.16	John Mannile	17.43
12	5.2	Kevin Taylor	16.13	Terry Fisher	18.37
13	2.1	Robert Cook	8.38	Greg King	10.26
14	1.9	Col Richardson	6.08	Des Allen	6.33
15	1.6	Bernard McGuckin	4.53	Frank Thornton	6.23

6th Place in 4:21.18

13th Place in 4:53.14

N.S.W. NOVICE CHAMPIONSHIPS  
HENSLEY ATHLETIC FIELD - 20TH 21ST DECEMBER 1974

A number of members competed in these Championships with Bill Gilliver being the only member to win an event.

W. Gilliver	1st	Long Jump	7.00m
P. McWilliams	3rd	Discus	29.28m
	7th	Javelin	38.92m
R. Squirrell	3rd	5000m	15m11.4
J. Bowers	8th	5000m	15m56.0
J. Stammers	5th	Javelin	40.74m
R. Gribble	8th	1500m	4m30.8

N.S.W. JUNIOR PENTATHLON CHAMPIONSHIP  
HENSLEY ATHLETIC FIELD - 21ST DECEMBER, 1974

Bill Gilliver our only member to compete finished in 7th place, with a total of 2398 points.

His long jump of 7.07m created a new Junior Club Record.

N.S.W. 10KM TRACK - 12TH DECEMBER, 1974  
HENSLEY ATHLETIC FIELD

J. Bowers	13th	32m 37.0
R. Cook	16th	33m 59.0

N.S.W. SUB JUNIOR TRIALS - HENSLEY ATHLETIC FIELD  
28TH & 29th DECEMBER 1974

Peter Barnes, Bill Bird and second claim members Chris Dawson and Roy Silaski were our only athletes to compete in these trials with Bill Bird and Chris Dawson gaining selection in the N.S.W. Sub Junior team to compete against Victoria and Queensland on the 18th and 19th January, 1975.

Because of his selection in the Combined High School team to compete in New Zealand, Bill Bird had to withdraw. Chris Dawson turned Junior during this match so could only compete on the first day.

C. Dawson	4th	100m	12.2
	6th	400m	53.2
	1st	4 x 100m Relay	

SHELL INTER-ZONE JUVENILE MATCHHENSLEY ATHLETIC FIELD - 18TH & 19TH JANUARY 1975

G. Harris	1st	Div 3	200m	24.9
M. Dorrity	3rd	Div 2	200m Hurdles	30.0
G. Nixon	2nd	Long Jump		6.01m
M. Dorrity	3rd	" "		5.94m
M. West	8th	Shot Put (8lb)		10.76m
M. West	6th	Javelin (600g)		31.70m

INTER-STATE MATCH N.S.W. Vs QUEENSLAND18TH & 19TH JANUARY 1975 LANG PARK BRISBANE

Two club athletes represented the State in this match, viz

G. Rootham	1st	800m	1m50.7
"	4th	1500m	3m51.9
R. Lunt	2nd	Shot Put	14.31m
"	2nd	Discus	46.64m

In addition, to, the above Dragan Arapovic was selected but decided against making the trip and Stephen Gee, withdrew because of his selection in the Australian team to compete in New Zealand.

N.S.W. STATE CHAMPIONSHIPS - HENSLEY ATHLETIC FIELD8TH & 9TH FEBRUARY, 1975 - 15TH & 16TH FEBRUARY 1975

Our Club's athletes again gave a good account of themselves and were prominent in most finals.

Stephen Gee (400M) and Bill (300M Hurdles) both created new State Records.

Senior

S. Gee	1st	400M	(State Resident Record)	46.1s
"	3rd	200M		22.4s
"	3rd	400M Hurdles		52.3s
R. Lunt	1st	Discus		45.84m
	2nd	Shot Put		14.49m
J. Bowers	9th	300M S/Chase		10m08s
"	13th	10000m Walk		56m28s
"	18th	5000M		16m08s
W. Gilliver	7th	Long Jump		6.51m
R. Squirrell	7th	10,000M		31m18s
N. Derry	6th	800M		2m02.8s
J. Scott	12th	10,000M		32m29s

D. Edwards	20th	5000M	16m12s
R. Gribble	22nd	5000M	16m35s
R. Cook	23rd	10,000M	35m49s
"	29th	5000M	17m24s

#### JUNIOR

G. Cook	3rd	1500M	3m57.6s
D. Campbell	9th	1500M	4m30.0s
(2nd Claim)Member			
R. VanDerKooi	6th	Javelin(Snr)	44.90m
"	2nd	"	56.96m
"	2nd	Shot Put	12.72m
"	3rd	Discus	41.28m

#### SUB JUNIOR

W. Bird	1st	300M Hurdles (State Record)	39.7s
"	1st	400M Hurdles (Junior)	55.0s
"	1st	110M Hurdles (Junior)	15.2s
"	2nd	110M Hurdles	14.5s
P. Barnes	6th	Triple Jump	12.61m
"	10th	Long Jump	5.94m

#### JUVENILE

G. Nixon	1st	Triple Jump	13.56m
"	2nd	Long Jump	5.91m
"	6th	90M Hurdles	15.1s
M. Dorrity	1st	Long Jump	5.98m
"	2nd	Triple Jump	13.30m
"	4th	800M	2m10.8s
"	7th	High Jump	1.45m
G. Harris	3rd	400M	53.6s
"	4th	200M	25.5s
"	6th	100M	12.1s
M. West	4th	Discus	32.94m
"	5th	Shot Put	11.40m
A. Scott	7th	Discus	32.40m

#### N.S.W. STATE AGE CHAMPIONSHIP - SYLVANIA WATERS 22ND AND 23RD FEBRUARY, 1975

The Club's athletes did not feature as prominently as in past years but the following athletes gave a good account of themselves.

A. Scott	2nd	U/14	Discus
D. Scott	2nd	U/11	Shot Put
R. Starr	3rd	U/16	200M Hurdles

N.S.W. STATE RELAY CHAMPIONSHIP  
HENSLEY ATHLETIC FIELD - 16TH MARCH 1975

Four teams were entered with the Senior 4 x 400m team finishing 3rd to record a new Club record.

<u>SENIOR</u>	5th	4 x 100m	P. Murphy, W. Gilliver, W. Bird, S. Gee
	3rd	4 x 400m (3m22.2s)	R. Urquhart, N. Derry D. McGuckin, S. Gee
	5th	4 x 800m	C. Richardson, D. McGuckin, N. Derry, G. Cook
<u>SUB JUNIOR</u>	4	x 100m (Withdrew)	A. Gardiner, G. Harris, S. Cribb, W. Bird

AUSTRALIAN CHAMPIONSHIPS 21ST 22ND 23RD MARCH 1975  
OLYMPIC SPORTS FIELD - ADELAIDE

Four athletes were selected to represent N.S.W. viz Stephen Gee, Ron Lunt, Graeme Cook, Bill Bird. Stephen Gee retained his 400m title, in convincing style and remains undefeated over this distance in Australia since first winning the title in March 1974 at Melbourne Olympic Park. Bill Bird's performance in gaining 3rd place in both hurdle events was outstanding, in the fact that as a Sub Junior he competed against Juniors much older than himself.

Ron Lunt our most consistant athlete had one of his very rare "off days" and Graeme Cook was a late withdrawal.

Results

S. Gee	1st	400m	46.4s
"	1st	4 x 400m Relay	
W. Bird	3rd	110m Hurdles	14.6
	3rd	400m Hurdles	54.6s

N.S.W. Vs NEW ZEALAND - 5TH & 6TH APRIL 1975  
HENSLEY ATHLETIC FIELD

S. Gee	1st	400m	46.1s
R. Lunt	2nd	Discus	48.02m
W. Gilliver	2nd	Long Jump	7.21m
W. Bird	3rd	400m Hurdles	55.9s

SENIOR INTER-CLUB COMPETITION 1974-75  
HENSLEY ATHLETIC FIELD

By Stan Donnelly

This season has been the best the club has recorded for many years. We entered 5 teams, being represented in A, C, E, F and G Grades, with the honours going to C and E Grade which won their respective competitions.



Our overall performance in all Grades was excellent with many fine achievements by our athletes during the season, some of them being of outstanding merit, such as Stephen Gee's 400 Metres runs, Bill Bird's Hurdling and Grahame Cook's Middle Distance events. We had many young athletes competing regularly, the large majority showing plenty of promise and they fitted in remarkably well with the older men.

Our sprinters improved on the past few years, gaining major points on most occasions, as did our jumpers and hurdlers, but we probably slipped back slightly in our distance events, mostly A Grade, as a few of our distance men are ageing somewhat.

But we can look forward to next season with great confidence because of the many young fellows with outstanding talents coming up from the lower grades.

A. GRADE Our top grade performed admirably, finishing a close fifth, to be just tipped out of fourth place by Western Suburbs in the last match of the season.

We had seven wins and six losses, and the fact of losing our first three matches made it tough going for the remainder of the competition. This grade was a little unlucky to lose to Northern Suburbs and Randwick/Botany in the first two matches.

Randwick/Botany, the premiers, would have been defeated only for the fact that Victorian, Greg Lewis, had his first run that day for Randwick/Botany against St. George. St. George also defeated Sutherland in the second series during the middle of the competition.

Stephen Gee was the outstanding athlete of the Club and probably of the Inter-Club competition, being unbeaten in the 400 Metres, having 9 wins out of 13 in the Sprints with a 10.6s in the 100 Metres on one occasion and 4 wins out of 5 in the 400 Metres Hurdles. Stephen's times for the 400 Metres were 48.7s; 47.3s; 47.9s; 47.6s; 47.3s; 47.0s and 47.1s, which would be the greatest ever seen over this distance at Inter-Club. The 400 Metres Hurdles times were 55.3s; 55.8s; 55.1s; 52.8s; 53.4s and was ably backed-up by Sub-Junior Bill Bird, who also Hurdled brilliantly in the A Grade 400 Metres, his times being 56.8s; 58.9s; 56.6s; 55.8s; 57.5s; 55.4s the last being his personal best.

Our relay team of Stephen Gee, Bill Bird, Bill Gilliver, Lindsay Gee and Barry Isherwood had 8 wins out of 13, which was a tremendous improvement over recent years.

In the Sprints Stephen Gee was ably supported by Lindsay Gee, Barry Isherwood, Bill Gilliver and Arthur Peek. In the Long and Triple Jumps Bill Gilliver held the fort for St. George with some excellent jumps, especially with the wind.



Our High Jumpers, Andrew Taylor, Jim Stammers and Laurie Allison performed well on most occasions gaining valuable points. In the Shot Put and Discus Ron Lunt was again undefeated during the competition with best throws of 15.30m in the Shot and 47.18m in the Discus. During the latter end of the season Ron was joined by a newcomer to the Club, Ron Van De Koi, who showed a lot of promise. The lack of a Hammer and Javelin thrower, particularly early in the season, would have cost us 3 wins in the first series, which might have put the Club in the final, as we went well late in the season with Albert Magassy, Bob Watson and Ron Van De Koi.

In the Distance events we were a little inconsistent compared to other years. The Club sadly missed Graeme Rootham who was out with injury for half of the Season as was Ray Meagher, who came down with serious illness after only four Inter-Club days. But Grahame Cook came into A Grade and ran some magnificent races in both the 800 and 1500 metres, breaking the Club's Junior 800 metre record in the second series match against Sutherland with 1m54.6s. Also Noel Derry had some excellent 800 metres runs, but his 1500 metres was not up to his former best.

The 5000 metres was one of our weakest events and we only scored major points on two occasions, owing somewhat to our athletes in this event not being regular attenders, and some regulars getting a little older, and others being out of form. Alby Thomas had some fine runs, as did Bob Squirrell, Dave Edwards, John Bowers and Julian Scott. During the Season Bob Squirrell had a personal best of 15m7.5s.

Our 3000 metre Steeple chasers of John Bowers and Michael Donnelly had some good wins, particularly earlier in the Season and gained major points in this event. In the Pole Vault Dragon Arapovic again showed that he is one of the best in the State and was only defeated on one occasion. He was ably supported by Bob Watson and Kevin Taylor.

C. GRADE This Grade performed magnificently during the Season, with all athletes performing consistently; only having two losses and a draw. They had a great tussle with Easts in the final, leading at the end of the first day by 18 points. But Easts fought back in the second series, and the competition hinged on the 5000 metres and the Long Jump. At this stage St. George only led by 2 points. John Bowers and Noel Derry teamed like champions to shut out Easts runner Mahony, who looked very dangerous in the final 3 laps, to get 1st and 2nd with Ron Gribble running a creditable 4th. This gave us a lead of 13 points, but the Long Jump was going against us. Bill Bird put in his personal best on his last jump (6.64m) to gain 2nd place, and Dave Bennett, after fouling twice had the pressure on him. He recorded a jump of 6.20m to gain 4th place. We then had an unbeatable lead of 9 points, with only the Relay to come, which Easts won. St. George had a narrow win of 164 to 160, to clinch the Final.



The overall standard was high and attendance every week was regular, and together with the co-operation between athletes - of high order - went a long way towards winning the Championship. Our Sprinters, Bill Bird, Richard Urquhart, Bill Gilliver and Roy Salaski had a good share of wins, and with our Walkers Jim Stammers, Peter Barnes and Tony Nunn, started us off to plenty of good starts. Jim Stammer's walking improved during the Season and was approaching A Grade standard. The 400 metres was handled by Noel Derry and Bill Bird, who ran some very good times, and were capably assisted by Col Richardson.

In the middle distance events we had quite a large number of competitors during the Season, with the competition being very keen, and athletes had to run good times to stay in this Grade. Our 800 metres men were Pat Browne, Geoff Hingerty, Col Richardson and Michael Donnelly, with Ron Gribble coming into the 800 metres Final to take Michael Donnelly's place, after Michael left to go to Melbourne.

In the 1500 metres Ron Gribble, Michael Donnelly and Pat Browne were our top runners for most of the Season, but Alby Thomas, Bob Squirrell and John Bowers forced their way into the Team with some very fine runs towards the end of the Competition. All round, our middle distance men were top class, with some personal best times by the younger men. In the 5000 metres, Michael Donnelly, Ron Gribble, John Bowers and Robert Cook gained major points on every occasion, with Michael Dunning a personal best of 15.50s during the year.

We were very successful in the High Jump with many fine leaps from Laurie Allison, Andrew Taylor, Graham Stitz and Jim Stammers. Some very fine Triple Jumps came to light during the Competition, with Noel Derry and Peter Barnes taking the honours, both jumping their personal bests of 12.71m for Peter and 12.20 for Noel, and they never lost a match once they had come together as a Team. The Long Jumpers, Bill Bird and Dave Bennett also performed well to keep fairly close to the Opposition.

Bill Bird was undefeated in the 110m Hurdles, and gave outstanding displays in this Event with a personal best time of 14.9s, which was a Sub Junior record for the Club. He was ably assisted by Richard Urquhart and Peter Kite.

The 1500 metre Steeple was another event in which the Club shone, gaining top points every time, with the Cook brothers to the fore, plus good efforts by Bob Squirrell and Arthur Peek. Grahame Cook during the Season set a new Club Record for this event of 4m21.8s.

Our Javelin men, Peter McWilliams and Jim Stammers, gave a good account for themselves, with Peter having a personal best of 39.52m towards the end of the Season. These two also starred in the Discus, with Peter having a personal best again of 36.14m. A really great effort here by Jim and Peter, who gained many valuable points in these events.

The Shot Put was capably handled by Mick Benny and Jim Stammers early in the Season; then Albert Magassy and Bob Watson took over later with some successful throws.

Last but not least our Relay team of Richard Urquhart, Peter Kite, Dale Chatwin, Dave Hines, Bill Gilliver, Peter Murphy, Col Richardson and Bill Bird combined well to have many excellent wins.

E GRADE. This Team won the Premiership, being undefeated throughout the Competition, and never looked like being headed at any stage. Many of our younger athletes competed in this Grade and they improved greatly as the Season progressed.

The Sprinters were well represented by Lauri Allison, Peter Kite, Steve Struthers, Stephen Cribb, Dale Chatwin, Richard Urquhart, Peter Murphy and Alan Gardiner, who all ran well.

The middle distance team of John Bowers, Dave Campbell, Pat Browne, Ron Gribble, John Reid and Damien McGuckin were a very formidable side, and only failed on one occasion to gain top points. The times in the 800 metres events were of a very high standard, with John Bowers running twice around the 2m02s mark, Damien McGuckin having a personal best time of 2m01.4s and Ron Gribble having a 2m03s. A new event was added to this Grade, namely a 3000 metre, in which we were very successful, having an unbeaten record with major points every Saturday. It was in this event that Grahame Cook broke the Junior Record with a 8m36.6s, and he ran many very good times during the Season. There were many fine runs by Robert Cook, Noel Derry, Pat Browne, Mark Richardson, Ron Gribble, Tom McNamara, Norm Berger, Dave Campbell and Arthur Cook. Robert Cook and Mark Richardson also registered their personal best times of 9m32s respectively.

The High Jumpers were our youngest, with Rod Starr and Peter Barnes showing excellent form to go through the Season undefeated.

In the Long Jump Laurie Allison had many fine wins, and was well supported by Rod Starr, who showed much improvement as the weeks went by. Others to also help to gain points were Jim Stammers and Dave Bennett.

We had many successful leaps in the Triple Jump, and it was very competitive, with Jumpers going up and down between E and F Grades. John Reid, Rod Starr, Noel Derry, Andrew Taylor, Jim Stammers and Dale Chatwin were highly successful, gaining unusually high points, as was the case with all Long Jumpers. Altogether, the Jumping events put us in a class of our own in the Competition.

Rod Starr did a tremendous job also in the 110 metre Hurdles, when he came up from the Under 16 Age Competition. He was supported by Peter Kite, Richard Urquhart and Laurie Allison, all of whom improved considerably during the Season.

Our mainstays in the 400 metres were Damien McGuckin, Richard Urquhart, Col Richardson, Bill Gilliver and Grahame Cook. These lads ran some fast times, with Damien running a 52.2s, Richard 52.9s, Grahame 52.8s and Bill Gilliver 53.6s, being their personal best times.

Mick Benny and Jim Stammers were unbeatable in the Shot Put, and on a couple of occasions John Bowers threw well to help out in this Event.

F GRADE. In this Grade our athletes were a shade unfortunate not to make the Final, as it was very close between a number of Teams. In the last round Match against Bankstown Sports we were defeated by 52 points to 41 points. If we had managed a few more points and lost by 5 points or less, St. George would have made the Final.

The Sprinters in this Grade started off poorly as far as places went, but were a little unlucky to lose in some very close finishes, that went against us early in the Season. Peter Murphy was very consistent, notching up some good wins as the weeks progressed. Many of the young sprinters in Graeme Jakins, Dave Bennetts, Andrew Cowle, Steve Whiteman and Stephen Cribb had some very fine runs to support Peter Murphy.

As usual our 800 metre and 1500 metre runners were to the fore, having an outstanding record, with plenty of 16-3 wins, to annihilate the opposition on every occasion. We fielded large Teams which included Des Allen, Pat Browne, Robert Cook, John Hancock, Col Richardson, Geoff Hingerty, Kevin Taylor, Dave Campbell, Mark Richardson, John Reid, Richard Sharp, Frank Thornton and Bob Squirrell.

We had a number of High Jumpers who gained major points, including Rod Starr, Bill Gilliver, Peter McWilliams, Mick Benny and Peter Barnes. Rod Starr and Peter Barnes had numerous wins in the Triple Jump, with some fine backing from Dale Chatwin and Jim Stammers.

Pat Browne, Richard Urquhart, Andrew Cowle and Stephen Struthers were the mainstay in the 400 metres, gaining many points. The Long Jump was handled in fine fashion by Laurie Allison, Dale Chatwin, Rod Starr and Peter Barnes, who all showed big improvement as the weeks went by. In the Shot Put, Bill Gilliver was our regular thrower, and was assisted by Peter McWilliams, until Bill Bird came to light late in the Season.

G. GRADE This Grade also had a very good Season, making the Final, but were beaten by Sutherland, who were undefeated, by the margin of 90-73.

Generally, the performances of this Team was very good, and our middle distance runners were our main strength, with Damien McGuckin, Kevin Taylor, Norm Berger, Frank Thornton being very strong in the 1500 metres, while in the 800 metres Peter Mannile, Bruce Godfrey, Ian Parker, Richard Urquhart and Jim Stammers acquitted themselves well.



The Sprinters, led by Graeme Jakins and Keith Dowsett, with help from John Wormall, Jim Stammers, Laurie Allison and Bob Nash, did exceptionally well to gain top points regularly.

In the Long Jump we lost only one Match, due to some fine jumping by Peter McWilliams and Jim Stammers, with some assistance from Mick Benny on a couple of occasions.

Laurie Allison and Mick Benny were also a tower of strength in the Triple Jump, with Laurie having a personal best of 12.03m. We had numerous High Jumpers, with Noel Derry shining towards the end of the Competition. Others to jump were Graeme Jakins, Dave Bennett, Peter McWilliams, Bill Gilliver and Peter Barnes, who all pitched in when help was sorely needed.

The 400 metre men had many close tussles with the opposition, and managed to cut even during the competition. Graeme Jakins improved as time progressed and finished No. 1 in this Event, with Peter Mannile, Steve Struthers and Ron Gribble putting up some pretty good efforts also. The Shot Put was in the capable hands of Laurie Allison, Peter Barnes, John Bowers, Bill Gilliver and Peter Kit, They managed to score well above average.

#### RESULTS OF SENIOR POINT SCORES - 1974/75 INTER-CLUB

<u>A GRADE</u>		<u>C GRADE</u>		<u>E GRADE</u>	
S. Gee	186 Points	W. Bird	165 Points	R. Starr	61 Points
R. Lunt	96 "	J. Stammers	120 "	J. Bowers	58 "
J. Bowers	64 "	M. Donnelly	59 "	D. McGuckin	47 "
<u>F GRADE</u>		<u>G GRADE</u>		<u>AGG. POINT SCORE</u>	
P. Murphy	57 "	G. Jakins	59 "	W. Bird	210 "
P. Barnes	55 "	L. Allison	57 "	J. Stammers	204 "
W. Gilliver	39 "	P. Barnes	41 $\frac{1}{2}$ "	S. Gee	188 "

#### AGE INTER-CLUB

##### UNDER 15 REPORT:

Team Members: Steven Molino, Graeme Harris, Gregory Nixon, Mark Dorrity, Wayne Owens, Murray West, David Fleming, John Grant, Warren Greaves and Lawrence Markham.

The team had a very successful season, being undefeated in the Southern Zone with Bankstown runners up, followed by Sutherland. The Inter-Zone Club Finals were an exciting closely fought contest with the eventual winners being Ryde-Hornsby on 151 points, defeating St. George and Eastern Suburbs who both finished on 140 points.

It was pleasing to see the number of boys who participated with the team and the team spirit and sportsmanship that prevailed throughout the season. An example of this was Steven Molino who competed every week and by going in every event he was asked to, gained many points for the team. Five boys had 100% attendance and two missed one and two weeks through injury.

Points scored during Inter Club were:

<u>No. 1 Team</u>		<u>No. 2 Team</u>	
Gregory Nixon	237	Wayne Owens	90
Mark Dorrity	228	Steven Molino	65
Murray West	142	Graeme Harris	64

Congratulations to all the boys who competed in the N.S.W. State Titles. Gregory Nixon won the Juvenile Triple Jump with a jump of 13.56, the best recorded for the club for the season including seniors, was 2nd in the long jump and reached the finals of the 90m Hurdles. Well done Greg!

Mark Dorrity was first in the Long Jump and second in the Triple Jump, proving that we have the No. 1 and 2 jumpers in their age group in the State.

Graeme Harris had a third in the 400 metres - a personal best - as well as reaching the finals in the 100m and 200m.

David Fleming also reached the finals in the 100, 200 and 400m, a good performance for his first season.

Murray West had a third in the Discus.

I would like to thank Alan Harris for his assistance throughout the season and we hope to see all the boys with us again next year.

Stan Nixon.

#### UNDER 14 REPORT:

The Under 14 Team finished the season on the 14th December, 1974 being runners-up to Bankstown Sports. This in itself was a very fine effort as only four boys finished the season with a 50% attendance. Attendance wins or loses the competition - this fact has been stressed for years and in this instance the point has really been brought home.

Andrew Scott consistently recorded excellent performances in the hurdles, the jumps and the throws as shown by his rounding off the season in the State Age Championships with a superb 34.78m in the discus to earn him second placing. Andrew also proved his versatility by taking up the walk to win points for his team.

Robert Bennett was a new star added to the team this season - as well as being a superb hurdler, Robert's long jumps and sprints were very much appreciated by his team.

John Powderly in his second season with St. George again proved a great asset, John's high jumping is excellent as is his other field events. John also proved his versatility by becoming quite adept at distance running.

Greg Harris really shon in the sprints this season - being our No. 1 man. Greg also proved his mastery of the throwing events being right behind Andrew all season.

A great number of boys, who were unfortunately with us for only a small part of the season were Russell Abberton, who really made his presence felt when he participated, Leon Dyson who only joined the club at the end of the competition and who shows promise of great sprinting talent, and Peter Oakman a very versatile boy who was with us at the begining of the season.

There were other boys who only attended one or two matches - these boys together with our stalwarts we hope to see again next season.

The point score competition was won by Andrew Scott, who has now completed his sixth season with St. George. Andrew is the only boy in this age group who joined at that time and who still regularly competes in Inter-Club each Saturday. His consistent attendance together with his excellent performances earned him 324 points in 10 weeks of competition. Robert Bennett's great adaptility earned him second placing with 157 points while John Powderly was right behind Robert with an excellent 153 points.

Congratulations boys.

#### POINT SCORE

First	Andrew Scott	324 points	
Second	Robert Bennett	157	"
Third	John Powderly	153	"

Beverley Scott.

#### UNDER 13 REPORT:

A good effort from the thirteens, being runners-up in the Southern Zone, as this was nearly a new Team. Martin Spratt, Brad Noyes and Donald Latham were the mainstays of this Team and showed their versatility by entering in nearly every event from Walk, Distance, Sprints and Field Events. Graeme Day showed great promise in the sprints and hurdles, as did our new sprinter Ross McKenzie. Darren Scott, although under the Age, excelled in the Discus and Shot Put. Greg Johns was consistent in the Events he entered and Colin Latham was always there to fill in when he was wanted.



The point score was very close with Martin Spratt getting up on the last day to beat Brad Noyes by 7 points. These two athletes had a great tussle throughout the Season. Donald Latham finished in 3rd place.

Point Scores were as follows:

- |                  |            |
|------------------|------------|
| 1. Martin Spratt | 343 Points |
| 2. Brad Noyes    | 336 "      |
| 3. Donald Latham | 289 "      |

Thank you for an enjoyable Track Season boys, and hoping to see you again next year.

Aileen Latham

#### A.A.A. OF N.S.W.

Once again this year, St. George Club Members were active in Association matters holding Offices as follows:

Our Club President, Mr. Alleyn Gainsford, was this year elected as a Special Vice President of the Association. This is a distinct honour, which is quite rare in the history of the Association, and is certainly a recognition of Alleyn's untiring efforts towards Amateur Athletics, with which he has been associated for so many years and in so many different ways. It is an honour to the St. George Club also.

Mr. George Carruthers, one of our Vice Presidents, and most certainly an excellent stalwart of the Club, is the Association Auditor, Chairman of the Sydney to Surf Marathon, New Zealand Under 23 Match Committee, Manager of the State Novice and Schoolboys' Cross Country Championships. George was this year selected to manage the Australian Team at Cross Country Championships conducted in Morocco.

Messrs. Carruthers, Eggleton, Patmore, Gainsford, Short and Starr have regularly acted as Officials at Inter-Club Fixtures, State and Age Championships. Barry Starr had the pleasure of acting as an Official at the Australian Championships in Adelaide in March, 1975.

#### COACHING

Our Club Coaches, Albert Thomas and Bob Nash are continuing excellent work in this most important phase of the Club's activities, particularly on Saturdays and Sundays - Bob as our Sprint Coach and Alby in the Middle and Long Distances. Our Athletes certainly appreciate the benefit of this professional advice and our thanks are extended to these busy gentlemen, who can still find time for the younger athletes.



CLUB LIBRARY

This year again various additions have been made to our Club Library, which is available to any athlete or Club Member. However, because of situation at different locations, this should be the responsibility of a Club Librarian and should be located centrally, etc., in order that full use be available to Members at all times.

SPECIAL AWARDSHurstville Council Trophy:

Outstanding Senior Athlete 1974/75	S. Gee
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Robert Nash Trophy:

Most Improved Senior Athlete 1974/75	S. Gee
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The L.L. Bosman Award: (Performance, Sportsmanship  
and Deportment)

Outstanding Junior Athlete 1974/75	G. Cook
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R.A. Jolliffe Trophy:

Most Improved Sub-Junior 1974/75	W. Bird
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National Fitness Trophy:

Outstanding Sub-Junior Cross-Country 1974	S. Connor
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A. Henderson Trophy:

Outstanding Sub-Junior 1974/75	W. Bird
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H. Gibbons Trophy:

Most Improved Juvenile Cross-Country 1974	J. Grant
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R. Towers Trophy:

Most Improved Junior 1974/75	G. Cook
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G. Page Trophy:

Outstanding Juvenile Cross-Country 1974	G. Hatsidimitris
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A. Gould Trophy:

Outstanding Juvenile 1974/75	G. Nixon
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F. Wilson Trophy:

Outstanding Sub-Juvenile 1974/75	D. Latham
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L.L. Bosman Trophy:

Outstanding Hurdler 1974/75	W. Bird
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J.J. Walsh Trophy:

Outstanding Marathon Runner 1974/75	J. Scott
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CLUB MEMBERSHIP

	<u>1970/71</u>	<u>1971/72</u>	<u>1972/73</u>	<u>1973/74</u>	<u>1974/75</u>
Seniors	71	73	80	76	96
Juniors	10	10	15	18	11
Sub Juniors U/17	78	89	77	67	65
Sub-Juvenile U/12	58	58	35	20	12
Officials	13	19	19	19	15
	<u>230</u>	<u>249</u>	<u>226</u>	<u>200</u>	<u>199</u>

Club membership has remained static, but the composition of membership into the various categories has substantially changed. In 1969-70 when Club membership was at its peak of 257, there were 65 Seniors and 104 Athletes under 17. Today the Club is very strong in Seniors, and the introduction of Little Athletics over the last three years, our Under 12 membership is at its lowest for many years.

The composition of 1974-75 Club membership is shown below:

<u>Classification</u>	<u>Age Group</u>	<u>Membership</u>			<u>Total</u>
		<u>Less than 15 Years</u>	<u>15 Years and over</u>	<u>Life Members</u>	
Senior	19 & over	82	11	3	96
Juniors	18	5			5
	17	6			6
Sub-Juniors	16	11			11
	15	9			9
	14	19			19
	13	14			14
	12	12			12
Sub-Juvenile	Under 12	12			12
Officials	-	11	1	3	11
		<u>182</u>	<u>12</u>	<u>6</u>	<u>199</u>

COMMENTS ON ANNUAL FINANCIAL STATEMENT

by Dennis Jolliffe

The main criteria in assessing the financial wealth of the Club is the level of the Club's funds, including the Reserve for the Team Expenses, over the last 5 years, the Club's funds have moved as follows:

<u>As at 31st March</u>	<u>Club Funds</u>	<u>Movement</u>
	\$	\$
1971	1,963.85	
		+ 452.13
1972	2,415.98	
		+ 1,586.82

1973	4,002.80	
		+ 660.38
1974	4,663.18	
		- 413.61
1975	4,249.57	

Once again, the Reserve for Team Expenses has been the major factor influencing the movement in Club Funds, and expenditure from the Reserve exceeded income by \$833.21. Ron Gribble organised the "200 Club" which netted \$787.00 and John Bowers contributed \$200.00 from the sale of refreshments. Fluctuations in the Reserve for Team Expenses necessitated substantial withdrawals and subsequent reinvestments in the Building Society Account held by the Club.

Donations totalling \$265.35 were received from M. Moroney, A. Gould, G. Carruthers, D. Wilson, R. Towers, Hurstville Boys High, R. Treblecock, L. Williams, T. Richards, F. Eggleton, M. Dorrity, R. Jolliffe, L. Bosman, A. Henderson, R. Nash, G. Page, Scarborough Park National Fitness Association, and H. Gibbons.

I wish to thank Mr. R. Towers who kindly agreed to act as Honourary Auditor

### CONCLUSION

My initial thanks are extended most sincerely to all those Team Managers, Track and Distance Secretaries, etc., who have assisted in the compilation of this Annual Report.

### CLUB RECORDS

Records for metric distances will only be recognised when they are better than the corresponding English distance record, adjusted by a standard time correction.

Club records shall be recognised for all events which are for the time being included in the list of events for which World Records are recognised by the I.A.A.F., and any other event or events which the club may decide to recognise from time to time.

### JUNIOR BEST ON RECORD

100 Metres	D. Stephenson	10.7s	1970
200 Metres	D. Stephenson	21.2s	1970
400 Metres	D. Stephenson	47.8s	1970
880 Yards	J. Hancock	1m53.9s	1965
1 Mile	J. Hancock	4m13.8s	1965
3000 Metre	G. Cook	8m38.6s	1974

110Metre Hurdles	W. Bird (S/Jnr)	14.6s	1975
400Metre Hurdles	W. Bird (S/Jnr)	54.6s	1975
Pentathlon	W. Gilliver	2398Points	1974
Long Jump	G. Friend	7.39	1964
Triple Jump	B.C. Dickinson	14.78	1932
High Jump	M. Meredith	1.94	1963
Discus	M. Lutton	40.20	1962
Javelin	G. Glynn	65.10	1963
Shot Put(12lb)	I. Denivon	14.16	1963
Pole Vault	A. Briggs	3.20	1951
1 Mile Walk	W. McAlister	7m18.0s	1953
3000 Metres Walk	N. Derry	16m28s	1970
1500 Metre S/Chase	G. Cook	4m21.8s	1975
440 Yards Relay	T. Gleeson, T.O'Reilly, G. Gedge, R. Estella	43.4s	1949
880 Yards Relay	T. Gleeson, T.O'Reilly, G. Gedge, R. Estella	1m31.7s	1949
4x880 Yds Relay	P. Dwyer, B. Byrne, D. Clarke, J. Hancock	7m59.4s	1965

SUB-JUNIOR BEST ON RECORD

100 Metres	G. Bryan	10.9s	1969
200 Metres	G. Bryan	22.2s	1969
400 Metres	G. Bryan	51.0s	1969
800 Metres	G. Cook	1m57.4s	1973
1500 Metres	G. Cook	4m3.7s	1973
90 Metres Hurdles	W. Bird	12.4s	1974
110Metres Hurdles	W. Bird (Eq. Aust. Record)	14.3s	1975
200 Metres Hurdles	W. Bird	26.2s	1974
300 Metres Hurdles	W. Bird(NSW State Record)	39.7s	1975
High Jump	D. Jolliffe	1.73	1954
	L. Jolliffe	1.73	1958
Long Jump	W. Bird	6.64m	1975
Triple Jump	D. Jolliffe	13.77	1954
Shot Put (8lbs)	P. Phillips	18.85	1959
1 Mile Walk	J. Thomas	7m58.3s	1962
Discus	B. Lawler	27.74	1964
Javelin	R. Penfold	49.48	1964
Pole Vault	B. Lawler	2.59	1965

JUVENILE CLUB RECORDS (COMM. 1964)

100 Metres	W. Bird	11.3s	1972
200 Metres	W. Bird	23.0s	1972
400 Metres	G. Harris	53.6s	1975
880 Yards	C. Hunter	2m07.6s	1966
1 Mile	C. Hunter	4m53.7s	1966
High Jump	G. Bryan	1.60	1968



High Jump	M. Dorrity	1.60m	1974
Long Jump	G. Nixon	6.06m	1975
Triple Jump	G. Nixon	13.56m	1975
Javelin	R. Starr	37.20m	1974
Discus	M. West	36.54	1975
90 Yards Hurdles	D. Stephenson	11.7s	1966
90 Metres Hurdles	W. Bird	12.8s	1973
Shot Put (8lb)	M. West	12.14m	1975
1 Mile Walk	K. Warrington	8m18.4s	1967
200 Metres Hurdles	W. Bird	27.0s	1973

#### SUB-JUVENILE CLUB RECORDS (COMM 1964)

100 Metres	W. Bird	12.8	1970
100 Metres	G. Harris	12.8s	1973
220 Yards	M. Goode	27.5s	1969
200 Metres	W. Bird	27.5	1970
400 Metres	M. Dorrity	62.7s	1973
800 Metres	G. Harris	2m21.5s	1973
1 Mile	G. McIlhoney	5m21.4s	1969
High Jump	J. Powderly	1.42	1974
	R. Abberton	1.42	1974
Long Jump	G. Nixon	4.86	1972
Triple Jump	A. Scott	10.42m	1974
70 Metres Hurdles	W. Bird	12.3	1970
70 Metres Hurdles	A. Scott	12.3	1974
Discus	A. Scott	28.60m	1974
Shot Put (6lbs)	M. Greswick	11.05	1967
1500 Metres Walk	D. Latham	8m34.0s	1975

#### SENIOR RECORDS

100 Metres	S. Gee	10.6	1974
200 Metres	S. Gee	20.9	1974
400 Metres	S. Gee (Aust. Resident Record)	45.7	1974
800 Metres	G. Rootham	1m46.6s	1972
1500 Metres	A. Thomas	3m42.6s	1964
3000 Metres	A. Thomas	8m01.4s	1960
5000 Metres	A. Thomas	13m50.0s	1964
10000 Metres	A. Thomas	29m23.0s	1956
15000 Metres	A. Thomas	47m38.2s	1965
Marathon	J. Scott	2hr 25m 41s	1974
3000 Metres S/Chase	D. Chisholm	9m8s	1962
1 Mile	A. Thomas	3m58.3s	1954
50 Mile	D. Edwards	6hr 29m 41s	1971
1hr. Run	J. Bowers	11m 557Yd 1'10"	1967
1 Mile Walk	E. Austen	6m45.0s	1924



3 Mile Walk	E. Austen	22m13.0s	1924
7 Mile Walk	E. Austen	55m49.2s	1924
50KM Walk	R. Hingston	5hr 45m 21.8s	1926
120 Yards Hurdles	J. Lester	14.5s	1957
400 Metres Hurdles	S. Gee	52.3s	1975
Long Jump	B.C. Dickinson	7.48m	1938
Triple Jump	B.C. Dickinson	15.54m	1935
High Jump	M. Meredith	2.01m	1963
Pole Vault	D. Arapovic	4.32m	1970
Hammer Throw	A. Magassy	52.04m	1971
Discus	R. Lunt	51.16m	1973
Shot Put	L. Chinnery	16.18m	1964
Javelin	G. Glynn	74.34m	1970
Decathlon	B.C. Dickinson	5350 Points	1938
4x100 Metres Relay	W. Gilliver, W. Bird, L. Gee, S. Gee	43.2s	1974
4x200 Metres Relay	W. Gilliver, W. Bird L. Gee, S. Gee	1.30.7s	1975
4x400 Metres Relay	R. Urquhart, N. Derry, D. McGuckin, S. Gee	3m22.2s	1975
4x800 Metres Relay	J. Hancock, G. Rootham, M. Dunn, R. Gribble	7m35.8s	1970
4x1500 Metres Relay	J. Hancock, G. Rootham, P. Clucina, J. Scott	15m40.4s	1972

#### PERFORMANCES MADE OUTSIDE AUSTRALIA

performances made by Club athletes overseas which at the time were better than Club best on Record.

880 Yards	J. Bailey	Los Angeles	1m48.8s	1956
1 Mile	J. Bailey	Los Angeles	3m58.1s	1956
1 Mile	A. Thomas	Dublin	3m58.6s	1958
2 Miles +	A. Thomas	Dublin	8m32.0s	1958
3 Miles +	A. Thomas	Dublin	13m10.8s	1958
1500 Metres	A. Thomas	Sweden	3m42s	1958
3000 Metres	A. Thomas	Helsinki	8m5.2s	1958
880 Yards	J. Duxbury	USA (10.6.66)	1m50.2s	1966

+ Former World Record

#### CLUB OVERSEAS REPRESENTATIVES

10,000 Metres		Paris Olympic	
Walk	E.E. Austen	Games	1924
10,000 Metres		Wellington - Aust	
C-C	C. Weeks	C-C Champs.	1925

10,000 Metres		Wellington - Aust	
C-C	A.A. Gainsford	C-C Champs	1925
Hop, Step &		Berlin Olympic	
Jump	B.C. Dickinson	Games	1936
440 Yds	G. Gedge 53.9s	Auckland Empire	
Hurdles		Games	1950
Marathon	C. Smeal	Helsinki	
	2nr52m23s	Olympic Games	1952
1 Mile &		Cardiff Empire	
3 Mile	A. Thomas	Games	1958
1500 Metres	A. Thomas	Rome Olympic	
	3m46.8s	Games	1960
5000 Metres	A. Thomas	Rome Olympic	
	14.6.2s	Games	1960
1500 & 5000		Tokyo Olympic	
Metres	A. Thomas	Games	1964
800 Metres	G. Rootham	Munich Olympic	
	1m48.2s	Games	1972
800 Metres	G. Rootham	Christchurch	
	1m47.2s	Commonwealth Games	1974
500 Metres	S. Gee	New Zealand Games	
	47.0s	Christchurch	1975
Long Jump	W. Gilliver	New Zealand Games	
	6.88m	Christchurch Team	1975
800 Metres	G. Cook	New Zealand Games	
	1m56.0s	Christchurch Team	1975
110 Metres	W. Bird	New Zealand Games	
Hurdles	15.0s	Christchurch Team	1975

STATEMENT OF RECEIPTS AND PAYMENTS FOR THE YEAR ENDED  
31ST MARCH 1975

<u>RECEIPTS</u>		<u>PAYMENTS</u>	
	\$		\$
Cash at Bank 1.4.74		Surplus from Team	
Annual Subscriptions, etc		Expenses A/c 1.4.74	842.82
Donations		Printing Postage & Stationery etc.	160.14
Promotions -		Registrations etc. to AAA	690.00
C.C. - Race Fees	417.40	Promotions -	
Schoolboys	50.60	C.C. - Rental and	
Track - Hurstville Oval	198.10	Trophies	462.59
Schoolboys	<u>209.20</u>	Schoolboys	51.40
	875.30	Track - Hurstville	100.00
Sale of Singlets, Shorts and Badges	810.00	Oval	
General -		Schoolboys	<u>294.65</u>
Building Society Interest	241.66		908.64
Debenture Interest	39.76	Purchase of Singlets and Shorts	651.25
Govt. Grant Purchase		General -	
Hurdles	100.00	Purchase of Trophies	266.35
Raffles etc.	17.63	Maintenance of Equip.	8.71
State Chship Entry Fees	66.20	Purchase of Equipment	<u>153.87</u>
Social Committee			428.93
Contribution	200.00	General Other -	
Withdrawal Building		Donations, Presentations	
Society Funds	<u>1,350.00</u>	Wreaths	150.65
	2,015.25	Rental Hall, Annual	
Surplus from Team		Meeting	15.00
Expenses A/c 31.3.75	9.61	Refreshments	5.94
		Interclub	45.00
		State Chship Entry	
		Fees	105.85
		Building Society	
		Investment	<u>950.00</u>
			1,272.44
		Cash at Bank 31.3.75	85.02
	<u>\$5,039.24</u>		<u>\$5,039.24</u>

