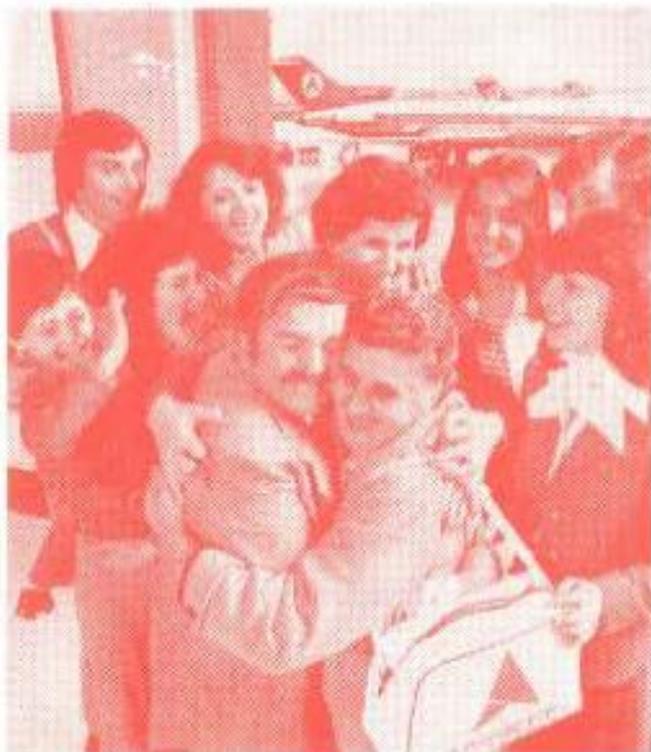


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John Andrews, St. George outstanding
Senior Athlete, 1979-80

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Statement of Accounts

for the year ending 31st March, 1980



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T. PAGE, A. BERGER, C. NEAL, J. HANCOCK

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Intermediste: C. HADJIDAKIS
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W. AHERN *	1955
A. GOULD	1963
J. BOWERS	1971
D. JOLLIFFE	1971
D. WILSON	1971
R. GRIBBLE	1975

* Deceased

MERIT AWARDS

F. EGGLETON	1975
M. MORONEY	1975
G. PAGE	1975
A. THOMAS	1975
F. THORNTON	1975
L. WILLIAMS	1975

CLUB MEMBERSHIP 1979-80

	1975-6	1976-7	1977-8	1978-9	1979-8
Senior	111	125	110	115	122
Junior	14	22	19	22	25
Sub-Junior U17	59	81	72	61	53
Sub-Juvenile U12	20	39	23	20	12
Associate	—	—	—	—	9
Officials	18	12	14	18	16
	219	279	238	231	237

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59th ANNUAL REPORT & BALANCE SHEET

Presented to Members at the Annual General Meeting
Held at Electricity House, Hurstville
on Friday, 13th June, 1980 at 7.45 p.m.

Ladies and Gentlemen,

The 59th Annual Report and Balance Sheet is presented to you tonight and the Report will show that our performances for the past 12 months were better than the previous year.

It was during the Winter Season that our athletes did not perform at all well and this was particularly noticed in our senior ranks, with the result that in the Winter Premierships we could only gain third place whereas we had won the Premiership for the two years previously.

We have sufficient senior athletes to regain the Premiership for 1980 providing they train and support the State Titles.

Lawrie Whitty was our best senior athlete during the Winter Season and his sixth place in the Australian 12k Cross Country Championships at Perth would have been his best performance.

We have an abundance of young distance athletes, especially in the Juvenile and Sub Juvenile ranks and they should go along enjoying themselves, not be too serious as they have many years ahead of them.

Alan Staples, Distance Secretary, has prepared an excellent report for the 1979 Season where all results and details are shown.

Winter Athletics at Scarborough Park was again most successful and also very popular with athletes and their families. We are most fortunate to have Scarborough Park as our Winter Headquarters. St George had the distinction of controlling the inaugural meeting of the Australian Schools Cross Country Championships at Scarborough Park on Sunday, 29th July, 1979, and they proved to be an outstanding success.

The Secretary-Director of the AAA of N.S.W. has informed us that Mr Graeme Briggs, President Tasmanian AAA and the official representative of the Amateur Athletic Union of Australia at the meeting was very impressed with the arrangements made and the control of the of the Championships and he doubted whether future championships could be better promoted. "Congratulations, St George".

The Track Season for 1979-80 was a fine improvement upon the previous season and this was evident as shown in the various interclub grades, A 3rd, B 6th, D 1st, E 2nd, F 2nd. Athletes responded very well during the season which brought about a keenness that was lacking the year previously. Many good performances were recorded and Stephen Longden-Gee as Captain did a very good job for the athletes.

John Andrews was the outstanding Senior Athlete for the year and without doubt his best performance was at Olympic Park, Melbourne, when running behind Henry Rono the World Champion, he ran 28 mins 40 sec. for the 10,000 metres, a time that beat Albert Thomas' record of 29 m 23s by 43 seconds which had stood since 1956. John also did 14 m 7.3 s for 5,000 metres in the KB Games, Sydney, and he was the first Australian to finish. He finished off a great season by winning the State 10,000 metres in 29 m 30.65 s.

By these excellent performances he won the Alleyne Gainsford Trophy for the best Senior Athlete from-Vin Plant who had won the trophy for the previous three years in succession.



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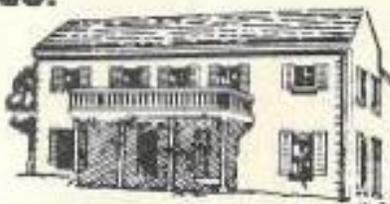
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Congratulations to our State Champions John Andrews 10k, Michael Van der Velde Junior 200m, Dean Kimpton Sub-Junior Javelin, John Abdallah 100m, also to relay athletes in the Senior 4 x 400m and the Junior 4 x 1500m.

The depth of our younger athletes at present is quite good and we can look forward to the future with optimism with such athletes as Robert Henderson, James Neale, John Abdullah, Robert Fong, Ian and Evelyn Argall, Paul Jones, Graeme Elliott, Dean Kimpton, Aaron Meier, Darren Scott, Brett Newton, Tim Sparkes, Paul Donnelly, Jon McLoughlin, Mark Cardy, Warren McCourt, Stephen Wright, Adam and Mark Irwin, Robin Legge, Martin Lubrano, Craig Sams, Matthew Avery, David Snowden, Heather Jenkins and Julie Page.



Left to Right: Arthur Peek, Robert Henderson, Stephen Longden-Gee,
Dean Kimpton, Paul McCaffrey
Front: David Snowden, Craig Sams

The St George trip to the Tasmanian Championships 1st, 2nd and 3rd March, 1980, at Hobart was most successful when athletes won 24 medals as against 19 in 1979. Friendships were developed and it is good to know that the Tasmanian AAA and even the hotel wish to have us return in 1981. Arthur Peek was of great assistance to me during the visit and he has made a separate report on the results. Arthur Peek in his first year as Track Secretary has done an excellent job and he has drawn up a very good report for all the Championships, special meetings, etc. for the 1979-80 Track Season.

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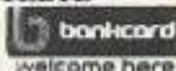
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LETTER TO THE PRESIDENT

Recently I was delighted to receive the following letter from Mrs Ronda Jones, the Mother of Paul, who is one of our most promising young athletes, which reads —

On behalf of the parents of Paul Jones, Robert Fong, Jamie Neale and John Abdullah, I would like to publicly express our thanks to Mr Arthur Peck for his involvement and interest with our boys during the summer season 79-80.

On many occasions he has taken these boys in his own spare time for training sessions and to carnivals many miles from Sydney. Many times he has given the boys the added incentive to improve upon their previous best performances. He has also injected into our boys the spirit of competition, where doing one's best is all that is required of any person.

His tireless efforts for our "junior" club members have ensured that our boys will have an interest which should remain with them for many years to come.

Although this was done without any thought of self-gain by Arthur I feel that he can be justly proud of the boys and take some personal credit for their achievements during the season.

In closing we would all like to say THANKS VERY MUCH, ARTHUR.

RONDA JONES

Jubilee Oval — Parkside Drive

At the commencement of the Track Season we were informed by Kogarah Council that Jubilee Oval would not be available to us on account of severe drainage problems but they could make available to our Club the Parkside Drive Track for the season. Unfortunately, the ground had not been surveyed nor were there jumping pits or field games areas, therefore the ground was mostly used for training purposes only. As the season progressed jumping pits were put in together with an excellent building for our gear. The ground is now well grassed and it could develop into a fast track with a 400 metre circuit. Provision for all Field events is presently being arranged and if approved we will have all the facilities of a home ground. With a home ground it is expected that all athletes will support the ground and the facilities can only improve our prospects for the 1980-81 Track Season.

Club membership has improved from 231 to 237, spread over all age groups, but it is to be kept in mind that we have included for the first time Associate Members. It is good to note that Seniors have increased from 115 to 122 and Juniors from 22 to 25. It is in the lower divisions under 17 and under 12 that we lost 16 members and it is in this area we must build up our numbers.

From the excellent Financial Statement and Balance Sheet prepared by our Treasurer, it is noticed that athletes have again benefited for representation Interstate, etc. therefore we look forward to athletes and their parents whenever possible to support Club functions.

Club funds stand at \$5,925.02 as compared with \$4,473.16 last year, but it must be remembered that the Club did not financially assist the trip to Tasmania and further, the Australian T & F Championships were held in Sydney which gave the Club the opportunity to build up its funds.

The Ladies' Social Committee as usual is doing an excellent job and Club funds benefit considerably through their efforts. Jean Gribble's report indicates what they have done during the past 12 months and members should support their functions throughout the year.

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Congratulations again to Marist Bros, Kogarah, for winning the Les B. Williams Shield Primary at the St George District Schools' Track & Field Championships, and also St Johns Lakemba for winning the A.A. Gainsford Shield after a grand struggle with D.L.A. Revesby and Marist Bros, Kogarah. On this occasion there were 5 new records set and only in Field events, and this again confirms the fact that the running tracks are slow.

Since St George Club was formed in 1921 we have always enjoyed the reputation of being a good and very happy club and this spirit of friendship still exists today. Scarborough Park is a grand place to maintain and make new friends and the visits to Tasmania have helped the family atmosphere quite considerably. I sincerely welcome the new members who have joined our ranks recently and I wish them well and every success.

I close my section of this report with my sincere thanks to our Executive, Officials Winter & Summer, for another great job of work during the past 12 months. It is a grand feeling for me as President to know that I have such a fine band of Officials around me.

A.A. GAINSFORD
President

ATHLETES' ROAD RACE Gainsford Wins First of Season

The newly formed St. George District Harriers' Club yesterday afternoon had the honor of holding the first distance road race of the season.

It was intended that the associated clubs should assist, but owing to the rain and the uncertainty of the race being held, only P. Quinn, W. O'Reilly and C. Burton of the Botany Club, journeyed to Hurstville. These runners, with a good turn out from the promoting club, enabled a fair muster to face the starter, Mr W.B. Alexander.

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The course was from the club's headquarters along Forest Road to Williden Road and return, a distance of 2½ miles.

At the turn the runners were well together. Then P. Quirn (Botany) went out and led until half a mile from home, where A. Gainsford (St George) passed him. C.J. Bray, also of the local club, ran well, and finished strongly in third place.

W. O'Reilly (Botany), at one time a State representative, who has not done any racing for about five years, finished in sixth position. O'Reilly intends serious racing this season, and it is to be hoped, with a view to the Australian Cross-Country Championship at Melbourne in August, that he will strike his old time form.

The first six to finish were:-

A. Gainsford (St George Harriers)	1
P. Quirn (Botany Harriers)	2
C.J. Bray (St George Harriers)	3
W. Tilt (St George Harriers)	4
W. Dalton (St George Harriers)	5
W. O'Reilly (Botany Harriers)	6

The winner's time, 15min, was good considering the heavy state of roads.

(Article from "Sunday News" 2.4.1921)

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HONOURS FOR THE PRESIDENT

There was no surprise in the announcement on Australia Day, 1980, that the outstanding sports personality in St George — Alleyn Gainsford — had received the Honour of the Order of Australia Medal.

Alleyn has that rare distinction of pleasantly rendering more than fifty years' untiring, friendly and very able service in our community that built a personal respect from Parliamentarians, Aldermen and people in all sections of this robust and busy District of St. George.



Starting in 1921 as a Foundation Member of the Club he set a tremendous pace over the years for he was soon elected as a Life Member (1923), won his way to Distance Captain, Champion of the Club and of the State. Elected President in 1936 and still ably leads the Club in that capacity. He is a proven administrator in this Club, in Association and Australian activities and has been highly honoured as an outstanding officer by the Scouting Association and St George Area. Alleyn has often been the Master of Ceremonies at the civic level and regularly chaired scouting functions consisting of 1000 or more — at times including His Excellency, the State Governor.

Briefly the highlights of our President's community life read like a page from 'Who's Who'.

Foundation Member of our Club in 1921 — Life Member since 1923.
Competed 1921-1956 — President since 1936. Life Member of the AAA, N.S.W. — 1957, and Vice President since 1940.
Organiser of international athletic carnivals and a member of Organising Committees for 1956 Olympics and 1938 Empire Games.
Manager — Australian Athletic Team in 1969 for the U.S.A. Russia v Commonwealth.
Chairman of the N.S.W. Athletic Council for 10 years and also 14 years
Chairman of the State Harrier Board.
State Champion — 10 miles 1924-28 (incl. Record) — 15 miles for 6 years.
Represented Australia v New Zealand 1925-1935.
Australian Olympic Federation — Member for 14 years.
Commonwealth Games Organisation — Member for 19 years.
Active on Olympic Fund Raising Committees for many years.
Hurstville District Patriotic Committee — Active member 1941-46.
Area Chairman for 16 years and 14 years of St George Scouts.
Awarded highest Insignia Scouts Honour.
Executive Member for 18 years of N.S.W. Scouting Association.
Foundation Member — President 1963-64 of SKAL Club (Tours).
Committee Chairman for numerous Jubilee and Bi-centenary celebrations associated with Kogarah and Hurstville Councils since 1934.
Scarborough Park National Fitness Committee from 1963.
Foundation Member of St George Sports Medical Committee.
Delegate to South West Regional Dev. Council.

Thank you Alleyn Gainsford for your dedicated service to the Club and the community, and to Stella for the encouragement and inspiration that helped Alleyn accomplish so much.

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OBITUARY

**A Tribute to the late
Mr Fred Larcombe,
M.Ec. QM**



With the sudden passing of Fred Larcombe on the 10th March, 1980, members were saddened, especially the older members of the Club.

Fred became associated with our Club in 1945 when he organised the 5th Annual St George District Schools Track and Field Championships held at Jubilee Oval, Kogarah, 22nd September, 1945, when we received a record entry of 524.

He continued as Organiser and Committeeman of these Annual Championships until his passing, and during the years 1957, 1958 and 1959 entries were near 3000, easily a record for Championships of this kind in Australia.

Fred was an outstanding organiser of Schoolboy Championships and his efforts in this area were unsurpassed. Many brilliant athletes were introduced and passed through his hands who represented Australia and the State including George Gedge, Dennis Wilson, Reg Gasnier, Ian Sharpe, John Lester, John Hancock, Greg Glynn, David Stephenson, Denis Jolliffe, Frank Thornton, Stephen Gee and many others. Fred was a Vice President of the Club since 1946 and he held this office with affection and distinction.

He was a school teacher by profession and upon his retirement he was Deputy Principal of Narwee Boys' High School.

Fred was always interested in the history of Local Government and he had written the history of Botany and Canterbury Councils, and at the time of his death he was writing the history of Hurstville and Town Clerks' Society. He was accepted as an outstanding authority in Local Government matters by the Local Government Association.

Only recently he had prepared a document on Local Government to be submitted to the Sydney University for consideration as a D.Lit and if this had been approved it would have been a rare distinction and honor for him.

Fred was a close friend of mine for 40 years and I recall the many happy times we had together.

I close this tribute with my deepest sympathy to his wife Moira who helped him to compile the Local Government histories, and his daughters Cecillie, Nola and Rosalie and their families.

ALLEYN GAINSFORD, O.A.M.

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1979 WINTER SEASON REVIEW

- Alan Staples

The 1979 distance season was not nearly as successful for St George teams as in recent years. The senior men's teams only gained one 2nd and two 3rd placings in State championship events. However, the senior women's team completely outclassed the opposition to win the N.S.W. 4 x 3km road relay in record time. The sub-juvenile boys' road relay team won their 4 x 1500m event in record time. Both teams gained the Stewart Toyota-Leader Sportstar Award.

There were some outstanding individual performances during the season.

Martin Lubrano won the State Juvenile 2km cross country title. (St George was second in the teams result).

Elizabeth Harding won the State female Junior 3km cross country and 5km road championships and came 3rd in the women's 5km novice championship.

Evelyn Argall was second in the State female Sub-Junior 1500m cross country and second in the Junior 5km road championship.

Ann Harding was second in the N.S.W. women's 10km road championship.

Ray Stephenson third in N.S.W. Novice 10km.

Lawrie Whitty and Col Whiteman were both selected in the N.S.W. team to compete in the Australian 12km cross country championship at Perth. Lawrie was the first N.S.W. runner to finish, in 6th place. Congratulations Lawrie on a very fine performance.

Elizabeth Harding and Evelyn Argall also competed in these championships.

Unfortunately St George was unable to win the Winter Season Premiership for the third time. Final results were:-

- | | |
|--------------------|-------------------------------|
| 1) Randwick-Botany | 55 points on a countback from |
| 2) Western Suburbs | 55 points |
| 3) St George | 36 points |
| 4) Sutherland | 19 points |

All club athletes, particularly seniors, will have to give their full support to St George teams in the 1980 season if we are to regain our position as top distance club.

Finally, a sincere thank you to all the officials - judges, timekeepers, handicappers, who worked so hard and efficiently at Scarborough Park and elsewhere during the season.

1979 WINTER POINTSCORES

Senior Men	1) O'Connor	2) G. Krahe	3) S. Bible
Senior Women	1) C. Neil	2) R. Krahe	3) S. Ison
Intermediate	1) P. McGuckin	2) M. Owen	3) T. Shaw
Juvenile	1) N. McLoughlin	2) E. Argall	3) J. Page
Sub-Juvenile	1) K. Markham	2) I. Argall	3) M. Irwin

FASTEST TIMES

Senior Men	Lawrie Whitty
Senior Women	Robyn Krahe
Intermediate	Paul Donnelly
Juvenile	Evelyn Argall
Sub-Juvenile	Ian Argall

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ANNUAL AWARDS FOR THE 1979-80 SEASON

A.A. Gainsford Trophy:	
Outstanding Senior Athlete 1979-80	John Andrews
Robert Nash Trophy:	
Most Improved Senior Athlete 1979-80	John Sullivan
The L.L. Bosman Award (Performance, Sportmanship, Deportment):	
Outstanding Junior Athlete 1979-80	Michael Van der Velde
R. Towers Trophy:	
Most Improved Junior 1979-80	Mark Jones
A. Henderson Trophy:	
Outstanding Sub-Junior 1979-80	Robert Henderson
R.A. Jolliffe Trophy:	
Most Improved Sub-Junior 1979-80	Robert Henderson
National Fitness Trophy:	
Outstanding Sub-Junior Cross Country 1979	Warren McCourt
A. Gould Trophy:	
Outstanding Juvenile 1979-80	Paul Jones
G. Page Trophy:	
Outstanding Juvenile Cross Country 1979	Evelyn Argall
H. Gibbons Trophy:	
Most Improved Juvenile Cross Country 1979	Ian Argall
F. Wilson Trophy:	
Outstanding Sub-Juvenile 1979-80	Martin Lubrano
L.L. Bosman Trophy:	
Outstanding Hurdler 1979-80	Vin Plant
J.J. Walsh Trophy:	
Outstanding Marathon Runner 1979	Ron Gribble
J. Bowers Trophy:	
Outstanding Field Event Athlete — Senior or Junior 1979-80	Ian Ison



John Sullivan — St George Club's Most Improved Senior Athlete for 1979-80

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ST GEORGE CLUB CHAMPIONSHIPS

1st September at Ramsgate

MEN

Senior 8 km road	1. L. Whitty	25 min 05 sec
	2. R. Gribble	
	3. J. Fisher	
Junior (U/19) 4 km	1. M. Jones	12 min 21 sec
	2. J. Lyndon	
	3. M. Howden	
Sub-Junior (U/17) 3 km	1. W. McCourt	10 min 34 sec
	2. P. McGuckin	
Juvenile (U/15) 2 km	1. M. Candy	6 min 34 sec
	2. I. Argall	
	3. N. McLoughlin	
Sub-Juvenile (U/13) 1 1/2 km	1. K. Markham	6 min 23 sec
	2. D. Page	
	3. T. Page	

WOMEN

Senior 8 km	1. A. Harding	32 min 44 sec
Under 18 4 km	1. E. Harding	12 min 16 sec
Under 15 2 km	1. E. Argall	6 min 39 sec
	2. J. Page	
Under 13 1 1/2 km	1. H. Jenkins	6 min 54 sec

CHAMPIONSHIP RESULTS — 1979

N.S.W. NOVICE CROSS COUNTRY CHAMPIONSHIP

28th April at Ramsgate

Ray Stephenson gained an excellent 3rd place and St George only narrowly failed to win the teams race.

Results	Men 10 km	
3	Ray Stephenson	33 min 32 sec
14	John Burchett	34 min 37 sec
16	Noel Derry	34 min 50 sec
17	John Fisher	34 min 52 sec
21	Clive Beeson	35 min 15 sec
23	Pat Browne	35 min 23 sec
28	Col Richardson	35 min 41 sec
45	Les Farley	36 min 35 sec
47	Peter Cotton	36 min 44 sec
55	Gordon Gilshenen	37 min 10 sec
56	Des Allen	37 min 16 sec
67	Allen Argall	37 min 52 sec
69	Alan Kennerson	38 min 06 sec
70	John Lee	38 min 11 sec
79	John Irvine	38 min 34 sec
91	Tom Shaw	39 min 57 sec

Teams

1.	Randwick-Botany	47 points
2.	St George	50 points
3.	A.C.T. Branch	51 points

3	Women Novice 5 km Championship	
	Elizabeth Harding	20 min 14 sec

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**N.S.W. 25 KM ROAD CHAMPIONSHIP
19th May at Richmond**

Unfortunately St. George was without some of the stronger runners and
fared poorly in the team results. Bob Squirrell performed well for 10th place.
The warm weather did not encourage fast times.

Results

10	Bob Squirrell	84 min 54 sec
20	Les Farley	89 min 05 sec
23	Bob Talay	00 min 34 sec
28	Des Allen	92 min 03 sec
29	John Burchett	92 min 21 sec
38	Allen Argall	94 min 05 sec
46	Jason Nicholas	96 min 32 sec
54	Col Richardson	98 min 13 sec
55	Pat Browne	98 min 13 sec
56	Alan Staples	98 min 38 sec
58	Geoff Derricott	98 min 51 sec
69	Bruce Dennett	102 min 10 sec
99	Bruce Kennerson	112 min 47 sec

Teams

1.	Sutherland	28 points
2.	Randwick-Betany	48 points
3.	Western Suburbs	62 points

N.S.W. JUNIOR 8 KM ROAD CHAMPIONSHIP

Results

4	Mark Jones	27 min 06 sec
9	Warren McCourt	27 min 58 sec
14	Paul Donnelly	28 min 54 sec
16	Andrew Wood	29 min 09 sec
17	Tom Shaw	29 min 21 sec
21	Nick Kolkas	30 min 01 sec
27	Danny Byrne	31 min 55 sec
29	Cliff Jones	32 min 40 sec
30	Peter Doncas	32 min 41 sec

Teams

1.	Western Suburbs	26 points
2.	Bankstown Sports	41 points
3.	St George	43 points

N.S.W. WOMEN'S 10 KM ROAD CHAMPIONSHIP

Results

2	Ann Harding	37 min 29 sec
---	-------------	---------------

N.S.W. WOMEN'S JUNIOR 5 KM ROAD CHAMPIONSHIP

Results

1.	Elizabeth Harding	18 min 34 sec
2.	Evelyn Argall	20 min 05 sec

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N.S.W. MARATHON CHAMPIONSHIP

23rd June at Nowra

Despite a shortage of petrol the weather for the race was perfect with just a slight breeze blowing. The course was slightly different from 1978 with runners having to run two laps of an out and back course, St George was unable to add to the record of 8 team wins over recent years and could only manage 3rd placing.

Results

7	Kevin Taylor	2 hr 33 min 26 sec
12	John Burchett	2 hr 37 min 18 sec
18	Des Allen	2 hr 41 min 37 sec
19	Allen Argall	2 hr 42 min 22 sec
32	Pat Browne	2 hr 49 min 06 sec
41	Bruce Dennett	2 hr 55 min 54 sec
45	Alan Staples	2 hr 57 min 41 sec
76	Phil Haren	3 hr 18 min 06 sec
84	Danny Byrne	3 hr 24 min 46 sec
102	Peter Doncas	3 hr 57 min 42 sec

Teams

1.	Manly Warringah	23 points
2.	A.C.T. Branch	33 points
3.	St George	37 points
9.	St George No. 2	
24.	St George No. 3	

N.S.W. 16 KM CROSS COUNTRY CHAMPIONSHIP

21st July at Wyatt Park, Auburn

Once again St George was outclassed by other clubs but it was pleasing to see us finish with three teams of runners.

Results

11	Col Whiteman	52 min 27 sec
14	Bob Talay	53 min 03 sec
28	Bob Squirrel	54 min 47 sec
35	Ron Gribble	55 min 35 sec
42	John Burchett	56 min 50 sec
48	Pat Browne	57 min 33 sec
52	Des Allen	58 min 15 sec
54	Peter Cotton	58 min 25 sec
56	Col Richardson	58 min 40 sec
58	Greg Krahe	59 min 09 sec
63	Allen Argall	60 min 16 sec
64	Peter Phillips	60 min 29 sec
67	Tom Irwin	61 min 01 sec
68	Richard Morgan	61 min 02 sec
76	Alan Staples	62 min 27 sec
96	Laurie Melville	66 min 14 sec
110	Terry O'Connor	69 min 58 sec
118	Stan Donnelly	74 min 22 sec

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Teams

1.	Randwick-Botany	76 points
2.	Western Suburbs	100 points
3.	A.C.T. Branch	104 points
4.	St George No. 1	178 points
7.	St George No. 2	347 points
13.	St George No. 3	535 points

AUSTRALIAN SCHOOLS CROSS COUNTRY CHAMPIONSHIPS 29th July at Scarborough Park, Ramsgate

BOYS UNDER 19 8 KM CROSS COUNTRY

17	Malcolm Phillips	28 min 07 sec
28	Jeff Lyndor	30 min 09 sec

BOYS UNDER 17 4 KM

18	Warren McCourt	14 min 49 sec
----	----------------	---------------

GIRLS UNDER 17 2 KM

20	Elizabeth Harding	7 min 14 sec
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GIRLS UNDER 15 2 KM

5	Evelyn Argall	6 min 47 sec
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N.S.W. CROSS COUNTRY CHAMPIONSHIPS 5th August at Macquarie University

Once again St George lacked full strength for the teams event. However, Lawrie Whitty and Col Whiteman both ran well, gaining 5th and 6th places and earning themselves selection in the State team for the Australian title.

MEN

SENIOR 12 KM

Results		
5	Lawrie Whitty	39 min 49 sec
6	Col Whiteman	39 min 58 sec
16	Bob Talay	41 min 03 sec
47	John Burchett	43 min 13 sec
48	Pat Browne	43 min 16 sec
51	Ron Gribble	43 min 36 sec
52	John Andrews	43 min 36 sec
61	Peter Cotton	44 min 34 sec
68	John Lee	45 min 08 sec
76	Peter Phillips	45 min 57 sec
87	Allen Argall	47 min 29 sec
92	Gordon Gilshenen	48 min 03 sec
94	Neville Markham	48 min 06 sec
96	Tom Irwin	48 min 07 sec
140	Peter Mason	55 min 04 sec
141	Terry O'Conner	55 min 46 sec
147	Stan Donnelly	58 min 47 sec

Teams		
1.	Western Suburbs	86 points
2.	Randwick-Botany	88 points
3.	A.C.T. Branch	93 points
4.	St George No. 1	173 points
11.	St George No. 2	436 points

JUNIOR 8 KM

Results		
7	Jeff Lyndon	29 min 49 sec
9	Malcolm Phillips	30 min 06 sec
14	Andrew Wood	33 min 13 sec

SUB-JUNIOR 4 KM

Results		
9	Warren McCourt	14 min 04 sec
18	Paul Donnelly	14 min 46 sec
20	Tom Shaw	14 min 50 sec
24	Paul McGuckin	15 min 11 sec
31	Matthew O'Connor	16 min 50 sec

Teams		
4.	St George	71 points

SUB-JUVENILE 2 KM

Results		
1	Martin Lubrano	7 min 13 sec
7	Ian Argall	7 min 25 sec
8	Mark Irwin	7 min 44 sec
10	Stephen Wright	7 min 46 sec

Teams		
1.	Moree	16 points
2.	St George	26 points
3.	Western Suburbs	51 points

WOMEN SENIOR 5 KM

Results		
5	Ann Harding	20 min 20 sec

JUNIOR (U/18) 3 KM

Results		
1.	Elizabeth Harding	11 min 42 sec

SUB-JUNIOR (U/15) 1500 METRES

Results		
2.	Evelyn Argall	5 min 21 sec

JUVENILE (U/13) 1500 METRES

Results		
9.	Heather Jenkins	6 min 59 sec

N.S.W. ROAD RELAY CHAMPIONSHIPS

19th August at Taren Point

SENIOR WOMEN 4 x 5 KM

Results		
1.	St George (A. Harding 17.57, E. Argall 18.38, R. Krahe 20.44, E. Harding 18.18)	1 hr 15 min 37 sec (RECORD)
2.	Randwick-Botany	1 hr 17 min 41 sec
3.	Western Suburbs	1 hr 19 min 59 sec

SENIOR MEN 4 x 10 KM

Results		
1.	Western Suburbs	2 hr 07 min 30 sec
2.	Randwick-Botany	2 hr 08 min 33 sec
3.	St George A.	2 hr 09 min 45 sec
	(C. Whitemas 32.23, R. Squirrel 33.51, L. Whitty 31.36, J. Andrews 31.55)	
15.	St George B.	2 hr 22 min 49 sec
	(P. Cotton 33.53, D. Allen 37.18, A. Argall, R. Gribble)	
16.	St George C.	2 hr 29 min 33 sec
	(P. Phillips, 35.41, G. Krahe 36.54, N. Markham, J. Nicholas)	
34.	St George E	2 hr 52 min 05 sec
	(T. Irwin, G. Page, H. Coster, J. Sullivan)	
35.	St George D.	2 hr 55 min 51 sec
	(T. Richards, Terry O'Connor, R. Barrett, S. Donnelly)	

JUNIOR MEN 4 x 5 KM

Results		
1.	Newcastle Branch	1 hr 04 min 47 sec
2.	Sutherland	1 hr 05 min 06 sec
3.	St George	1 hr 11 min 29 sec
	(J. Lyndon 15.57, A. O'Connor 19.10, A. Wood 16.34, M. O'Connor 19.48)	

SUB-JUNIOR MEN 4 x 3 KM

Results		
1.	Western Suburbs	37 min 42 sec
2.	Blue Mountains	37 min 55 sec
3.	Wollongong Sth. Flame	38 min 43 sec
4.	St George	38 min 48 sec
	(W. McCourt, P. Donnelly, F. McGuckin, T. Shaw)	

JUVENILE MEN 4 x 1500 METRES

Results		
1.	South Coast	19 min 45 sec
2.	Sutherland	19 min 46 sec
3.	Western Suburbs	20 min 10 sec
5.	St George	20 min 47 sec
	(M. Candy, M. Irwin, P. Melville, S. Sherwin)	

SUB-JUVENILE MEN 4 x 1500 METRES

Results		
1.	St George	20 min 56 sec (RECORD)
	(B. Newton 5.01, M. Lubrano 5.21, S. Wright 5.24, I. Argall 5.10)	
2.	Western Suburbs	21 min 20 sec
3.	Parramatta	21 min 26 sec
7.	St George B.	25 min 07 sec
	(K. Markham, A. Irwin, M. Page, D. Page)	

AUSTRALIAN MEN'S OPEN 12 KM CROSS COUNTRY CHAMPIONSHIP
8th September at Perth, W.A.

Lawrie Whitty ran an excellent race to finish 6th outright and be first runner home for the N.S.W. team which gained 2nd place.

Results		
6.	Lawrie Whitty	38 min 53 sec
19.	Col Whiteman	40 min 36 sec

AUSTRALIAN WOMEN'S JUNIOR 3 KM CHAMPIONSHIP

Results		
22.	Elizabeth Harding	11 min 26 sec

AUSTRALIAN WOMEN'S SUB-JUNIOR 1500 M CHAMPIONSHIP

Results		
5.	Evelyn Argall	4 min 59 sec

OTHER RESULTS

MEN OPEN 10 KM NOVICE DAY
29th April

2.	Lawrie Whitty	31 min 31 sec
4.	Bob Squirrel	33 min 51 sec
5.	Bob Talay	34 min 11 sec
6.	John Bowers	34 min 19 sec
13.	Albert Thomas	35 min 56 sec
14.	P. Hanley	36 min 39 sec
27.	Greg Krahe	38 min 04 sec
38.	John Huddleston	39 min 04 sec
44.	Jeff Lyndon	39 min 34 sec
45.	Neville Markham	39 min 36 sec
49.	Dave Edwards	39 min 56 sec
62.	Tom Irwin	41 min 35 sec
67.	Laurie Melville	42 min 08 sec
69.	Brian Colwell	42 min 12 sec
71.	J. Downes	42 min 38 sec
86.	Terry Fisher	44 min 21 sec
90.	Terry O'Connor	44 min 51 sec
93.	Tom Richards	45 min 44 sec
97.	John Sullivan	46 min 25 sec
100.	Stan Donnelly	46 min 43 sec

WOMEN OPEN 5 KM

3.	Robyn Krahe	22 min 03 sec
6.	Gail Allen	24 min 07 sec
7.	Elaine Bowers	25 min 07 sec
11.	Sheryl Ison	27 min 34 sec

OPEN SCHOOLS 4 KM

15.	Paul Donnelly	13 min 14 sec
16.	Paul McGuckin	13 min 16 sec
17.	Andrew Wood	13 min 19 sec
20.	Warren McCourt	13 min 27 sec
25.	Robin Legge	13 min 49 sec
35.	Patricia Thomas	17 min 51 sec

UNDER 15 SCHOOLS 2 KM

10.	Evelyn Argall	7 min 04 sec
12.	Phillip Melville	7 min 11 sec

UNDER 13 SCHOOLS 2 KM

2.	Ian Argall	7 min 05 sec
4.	Mark Irwin	7 min 15 sec
13.	Adam Irwin	8 min 05 sec
19.	Heather Jenkins	8 min 21 sec
25.	Warren Hatton	8 min 57 sec

SUTHERLAND OPEN HALF MARATHON

5th May at Audley

5.	John Bowers	69 min 35 sec
13.	Bob Squirrel	72 min 06 sec
21.	Kevin Taylor	73 min 43 sec
28.	Les Farley	74 min 41 sec
43.	Des Allen	76 min 40 sec
50.	Bob Talay	77 min 17 sec
52.	Allen Argall	77 min 34 sec
56.	John Irvine	77 min 53 sec
57.	Peter Cotton	77 min 59 sec
65.	Lloyd Mitchelson	78 min 09 sec
84.	Bruce Dennet	80 min 52 sec
85.	Alan Staples	80 min 53 sec
86.	Neville Markham	80 min 58 sec
88.	Noel Derry	81 min 04 sec
109.	John Huddleston	82 min 35 sec
120.	Greg Krahe	83 min 55 sec
127.	J. Downes	84 min 18 sec
134.	Bruce Tunks	84 min 55 sec
146.	Peter Doncas	85 min 58 sec

WHYALLA MARATHON, SOUTH AUSTRALIA

6th May

2.	Ron Gribble	2 hr 36 min 48 sec
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25 KM CHAMPIONSHIP DAY — SUPPORTING EVENTS

19th May at Richmond

SENIOR 5 KM ROAD RACE

2.	Lawrie Whitty	15 min 04 sec
4.	Jeff Lyndon	16 min 59 sec

UNDER 13 1500 METRES ROAD RACE

2.	Ian Argall	5 min 18 sec
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NEWCASTLE MARATHON

26th May

2.	Hugh Dearnley	2 hr 37 min 18 sec
10.	Bruce Dennet	3 hr 10 min 18 sec
15.	Peter Doncas	3 hr 28 min 50 sec
17.	Danny Byrne	3 hr 37 min 44 sec

Teams

3.	St George	27 points
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PARRAMATTA OPEN
9th June at Parramatta Park

UNDER 13 1 MILE

7.	Mark Irwin	6 min 05 sec
10.	Adam Irwin	6 min 40 sec

UNDER 15 2 MILES

12.	Mark Candy	14 min 14 sec
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UNDER 17 3 MILES

7.	Warren McCourt	16 min 10 sec
10.	Paul Donnelly	16 min 44 sec
14.	Paul McGuckin	17 min 29 sec

Teams

2.	St. George
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Females

1.	Elizabeth Harding	18 min 36 sec
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UNDER 19 5 MILES

4.	Mark Jones	26 min 53 sec
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OPEN 10 MILES

19.	Peter Cotton	54 min 56 sec
23.	Kevin Taylor	55 min 11 sec
28.	John Burchett	55 min 58 sec
30.	Des Allen	56 min 11 sec
32.	Col Richardson	56 min 37 sec
36.	Geoff Derricott	57 min 03 sec
37.	Alan Kennerson	57 min 04 sec
50.	Peter Phillips	58 min 39 sec
91.	John Huddleston	62 min 02 sec
105.	Tom Irwin	63 min 17 sec
117.	Jim Harding	64 min 51 sec
124.	Bruce Kennerson	65 min 23 sec
177.	Terry O'Connor	70 min 28 sec
190.	Robert Little	71 min 05 sec
219.	Stan Donnelly	75 min 05 sec

Teams

4.	St George
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R.G. MENZIES TROPHY
16th June at Canberra

MEN 12 KM CROSS COUNTRY

3.	Lawrie Whitty	37 min 35 sec
5.	Col Whiteman	38 min 38 sec
28.	Pat Browne	42 min 26 sec
39.	Albert Thomas	43 min 16 sec
44.	Peter Phillips	43 min 41 sec
60.	Allen Argall	45 min 25 sec
81.	Jim Harding	48 min

WOMEN 4 KM

1.	Ann Harding	14 min 40 sec
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BOYS UNDER 13 1500 METRES

2.	Ian Argall
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GIRLS UNDER 17 1500 METRES

1.	Elizabeth Harding	5 min 12 sec
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GIRLS UNDER 15 1500 METRES

1.	Evelyn Argall	5 min 10 sec
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ST GEORGE TROPHY DAYS

Jim Allen Trophy — SENIOR 12 MILES ROAD HANDICAP
12th May at Ramsgate

1. J. Lee	2. C. Richardson	3. M. Jones
Fastest time — J. Bowers 32 min 12 sec		

Les Williams Trophy — SENIOR 12 MILES ROAD HANDICAP
2nd June at Ramsgate

1. J. Sullivan	2. J. Burchett	3. Tom O'Connor
Fastest time — J. Burchett 65 min 53 sec		

Ian Ison Trophy — SENIOR 8 KM CROSS COUNTRY HANDICAP
28th July at Ramsgate

1. T. Fisher	2. J. Reid	3. J. Elacker
Fastest time — R. Squirell 27 min 11 sec		

Bill Seary Trophy — INTERMEDIATE 5 KM CROSS COUNTRY HANDICAP

1. J. Sullivan	2. J. McLoughlin	3. P. Donnelly
Fastest time — P. Donnelly 17 min 20 sec		

George Carruthers Cup — COMPOSITE 1 KM CROSS COUNTRY HANDICAP

1. K. Markham	2. S. Wright	3. J. McLoughlin
Fastest time — J. McLoughlin 4 min 06 sec		

N.S.W. VETERANS MARATHON

7th July at Pagewood

2.	Ron Gribble	2 hr 32 min 22 sec
		(Australian Veterans' Record)
	Geoff Derricott	2 hr 57 min 42 sec
	John Irvine	
	Alan Staples	3 hr 06 min 08 sec

50 MILES ROAD RACE

7th October from Sydney Town Hall

29.	Alan Staples	7 hr 29 min 04 sec
36.	Eddie Lynch	7 hr 50 min
39.	Bruce Dennett	8 hr 02 min 23 sec

ST GEORGE DISTRICT AMATEUR ATHLETIC CLUBS SCHOOLS
CROSS COUNTRY CHAMPIONSHIPS

Held at Scarborough Park, Ramsgate, Sunday, 22nd April, 1979

This was the first open schools cross-country championships conducted by the Club which also featured separate races for schoolgirls. There were 144 competitors which included 23 girls.

D.L.S. College, Revesby, were the champion cross-country school winning both the Denis Wilson Trophy for the intermediate events and the L.L. Bosman Cup for advanced events.

Notable performances: Jeff Tunks (Marist Bros. Kogarah) won the Open Boys 3200 m. This is the third successive year Jeff has won his age group race. Evelyn Argall (St George High) won the Girls 14 Years 2400 m, then backed up well to win the Open Girls Pennant.

RESULTS

BOYS AGGREGATE POINT SCORE FOR DENIS WILSON TROPHY

1.	D.L.S. REVESBY	63 pts
2.	HURSTVILLE HIGH	27 pts
3.	NARWEE HIGH	23 pts

OPEN 3200 m

1.	J. TUNKS (M.B. Kogarah)	10 min 41 sec
2.	W. McCOURT (Narwee)	
3.	B. LEACH (Punchbowl)	

TEAMS

1st	WOOLOOWARE HIGH	22 pts
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16 YEARS 2400 m

1.	P. DONNELLY (M.B. Penshurst)	8 min 34 sec
2.	M. BRENNAN (Sylvania)	
3.	J. CLARKE (D.L.S. Revesby)	

TEAMS

1st	D.L.S. REVESBY	
15 YEARS 2400 m		
1.	R. NORMAN (D.L.S. Revesby)	9 min 11 sec
2.	C. FROST (Hurstville)	
3.	B. HOWE (D.L.S. Revesby)	

TEAMS

1st	D.L.S. REVESBY	11 pts
14 YEARS 1600 m		
1.	P. ROSEMAN (D.L.S. Revesby)	5 min 31 sec
2.	B. THOMPSON (Narwee)	
3.	R. ILLFORD (Hurstville)	

TEAMS

1st	D.L.S. REVESBY	
13 YEARS 1600 m		
1.	C. MURRAY (Bankstown)	5 min 51 sec
2.	P. BOTTRILL (D.L.S. Revesby)	
3.	I. ARGALL (Hurstville)	

TEAMS

1st	D.L.S. REVESBY	13 pts
BOYS JUNIOR AGGREGATE POINTSCORE FOR L.L. BOSMAN CUP		
1.	D.L.S. REVESBY	55 pts
2.	D.L.S. KINGSGROVE	32 pts
3.	HURSTVILLE HIGH	22 pts

BOYS 12 YEARS 1200 m

1.	P. EVANS (Narwee)	4 min 50 sec
2.	E. ROPER (D.L.S. Kingsgrove)	
3.	K. HACKENBERG (D.L.S. Revesby)	

TEAMS

1st	D.L.S. REVESBY	15 pts
BOYS 11 YEARS 1200 m		
1.	F. CHAPMAN (D.L.S. Revesby)	5 min 12 sec
2.	D. DAVISON (Connells Point)	
3.	B. DELAHUNTY (D.L.S. Revesby)	

TEAMS

1st	D.L.S. REVESBY	
BOYS 10 YEARS 1200 m		
1.	S. WRIGHT (Hurstville)	5 min 8 sec
2.	A. IRWIN (D.L.S. Revesby)	
3.	R. HAMPTON (D.L.S. Revesby)	

TEAMS

1st	D.L.S. REVESBY	
BOYS 9 YEARS		
1.	J. EVANS (Beverly Hills North)	
2.	M. GALVIN	
No Teams		

GIRLS RESULTS

Open 3200 m	1. E. Argall (St George Girls High)	14 min 03 sec
16 years 2400 m	No starters	
15 years 2400 m	1. E. Argall (St George Girls High)	—
14 years 1600 m	1. C. Banner (Beverly High)	6 min 30 sec
13 years 1600 m	1. J. Downes (St Josephs Milperra)	6 min 55 sec
12 years 1200 m	1. J. Johnson (Beverly Hills)	5 min 11 sec
11 years 1200 m	1. N. Dawes (Ramagate)	5 min 02 sec
10 years 1000 m	1. A. Wearn (Revesby South)	4 min 44 sec
9 years 1000 m	1. T. Gordon (Clemton Park)	6 min 26 sec

ST GEORGE DISTRICT SCHOOLS TRACK AND FIELD CHAMPIONSHIPS held at Jubilee Oval, Kogarah on Sunday, 16th September, 1979

These championships were very well supported by schools in the St George area. The total number of entries were much higher than in 1978. More schoolgirls events were added to the programme.

There were five records set and another two equalled.

Paul McGrath (East Hills High) — Open 12 lb Shot Put	17.09 m
Open Discus Throw	40.60 m
Glenn Breese (Kingsgrove North) — Open 800 m Walk	3 min 36.2 sec
R. Lane (East Hills) — 15 years Discus Throw	35.00 m
Steven Green (D.L.S. Revesby) — 13 years High Jump	1.55 m

Records equalled

M. Mobarak (Punchbowl High) — Open 400 m	52.2 sec
B. Tracey (Marist Bros. Auburn) — 16 years 110 Hurdles	16.3 sec

The champion Secondary School was St Johns Lakemba (336 pts) with D.L.S. Revesby second (318 pts), and Marist Bros Kogarah third (302 pts). The champion Primary School for the third year in succession was Marist Bros Kogarah.

PRIMARY SCHOOL RESULTS

8 YEARS		
100 metres	D. VOSZ (Connells Pt)	15.8 sec
800 metres	S. SMITH (Airds)	1 min 56 sec
Long Jump	S. SMITH (Airds)	3.17 m
9 YEARS		
100 metres	A. DEVLIN (Narwee)	14.7 sec
800 metres	J. LUBRANO (Panania)	2 min 47.3 sec
Long Jump	T. WILLOUGHBY (Peak, West)	3.59 m
High Jump	D. FONG (St Finbars)	1.00 m

10 YEARS			
100 metres	M. SHORT (M.B.K.)	14.3 sec	
800 metres	S. WRIGHT (Hurstville)	2 min 36.6 sec	
Long Jump	M. MITCHELL (D.L.S. Caringbah)	4.05 m	
High Jump	M. SHORT (M.B.K.)	1.15 m	
Relay	MARIST BROS KOGARAH	61.5 sec	

11 YEARS			
100 metres	A. ANTAL (St Johns Lak.)	13.9 sec	
200 metres	S. WELFARE (M.B.K.)	29.4 sec	
800 metres	S. WELFARE (M.B.K.)	2 min 38.4 sec	
Long Jump	P. ROCHECOUSTE (St Johns Lak.)	3.90 m	
High Jump	P. ROCHECOUSTE (St Johns Lak.)	1.28 m	
Relay	ST JOHNS LAKEMBA	61 sec	

12 YEARS			
100 metres	W. FAULKNER (Peakhurst West)	13.3 sec	
200 metres	C. BLEARSEL (D.L.S. Caringbah)	29.5 sec	
800 metres	M. LUBRANO (Panania)	2 min 28.6 sec	
Long Jump	R. COOPER (D.L.S. Kingsgrove)	4.28 m	
High Jump	R. COOPER (D.L.S. Kingsgrove)	1.30 m	
Shot Put	R. COOPER (D.L.S. Kingsgrove)	7.59 m	
Relay	ST JOHNS LAKEMBA	58.2 sec	

POINT SCORES — PRIMARY SCHOOLS

JUNIOR PENNANT		SENIOR PENNANT		L.B. WILLIAMS SHIELD	
1. Marist Bros Kogarah	1. Marist Bros Kogarah	1. Marist Bros Kogarah		1. Marist Bros Kogarah	
2. Peakhurst West	2. St Johns Lakemba				
3. D.L.S. Marrickville	3. D.L.S. Revesby				

SECONDARY SCHOOLS

12 YEARS SECONDARY			
100 metres	J. REHAYEN (St Johns Lak.)	13.5 sec	
200 metres	J. REHAYEN (St Johns Lak.)	28.9 sec	
400 metres	M. AVERY (M.B.K.)	1 min 6.6 sec	
800 metres	A. KAPO (M.B.K.)	2 min 29.2 sec	
Long Jump	B. SAKO (St Johns Lak.)	4.21 m	
High Jump	M. HIGGINS (M.B. Auburn)	1.36 m	
Shot Put	D. DASTOLI (M.B.K.)	6.99 m	
Relay	MARIST BROS KOGARAH	60 sec	

13 YEARS			
100 metres	T. SPARKES (Narwee)	12.2 sec	
200 metres	A. CAPLES (Bev. Hills)	26.2 sec	
400 metres	M. FREEMAN (D.L.S. Ash.)	62 sec	
800 metres	M. FREEMAN (D.L.S. Ash.)	2 min 19.8 sec	
1500 metres	J. AUNGLE (M.B. Auburn)	4 min 59.9 sec	
90m Hurdles	M. FREEMAN (D.L.S. Ash.)	14.9 sec	
Long Jump	T. AHEARN (Airds)	4.89 m	
High Jump	S. GREEN (D.L.S. Rev.)	1.55 m (Record)	
Shot Put	T. AHEARN (Airds)	11.38 m	
Relay	MARIST BROS KOGARAH	54.25 sec	

14 YEARS			
100 metres	P. CONROY (D.L.S. Revesby)	11.9 sec	
200 metres	P. CONROY (D.L.S. Revesby)	25.2 sec	
400 metres	G. PURTILL (Punchbowl)	57.5 sec	
800 metres	G. PURTILL (Punchbowl)	2 min 11.7 sec	
1500 metres	P. ROSEMAN (D.L.S. Revesby)	4 min 39.2 sec	
90m Hurdles	R. BRADLEY (St Johns Lakemba)	14.9 sec	
800m Walk	T. JESSUP (St Johns Lakemba)	4 min 19 sec	
Long Jump	J. FITZHARRIS (D.L.S. Revesby)	5.40 m	
High Jump	J. FITZHARRIS (D.L.S. Revesby)	1.55 m	
Triple Jump	R. BRADLEY (St Johns Lakemba)	10.95 m	
Shot Put	N. TARQUINIO (D.L.S. Ashfield)	12.33 m	
Discus Throw	R. BRADLEY (St Johns Lakemba)	30.36 m	
Javelin	I. HUMPHRIES (Sydney Tech High)	31.40 m	
Relay	ST JOHN'S LAKEMBA	50 sec	

15 YEARS			
100 metres	J. FARRUGIA (D.L.S. Marrickville)	11.7 sec	
200 metres	G. HENRISSON (D.L.S. Revesby)	24.6 sec	
400 metres	M. PAXTON (M.B.K.)	58.0 sec	
800 metres	P. CARROLL (D.L.S. Revesby)	2 min 14 sec	
1500 metres	G. HILE (St Johns Lakemba)	4 min 32.8 sec	
90m Hurdles	P. DALE (D.L.S. Revesby)	14.0 sec	
Long Jump	Z. TASESKI (Tempe)	5.65 m	
High Jump	G. ROSS (D.L.S. Revesby)	1.65 m	
Triple Jump	P. DALE (D.L.S. Revesby)	11.78 m	
Discus Throw	R. LANE (East Hills)	35 m (Record)	
Shot Put	J. AKKARY (D.L.S. Marrickville)	11.39 m	
Javelin	D. James (East Hills)	39.50 m	
Relay	D.L.S. MARRICKVILLE	47.6 sec	

16 YEARS			
100 metres	A. MEIER (D.L.S. Kingsgrove)	11.4 sec	
200 metres	A. MEIER (D.L.S. Kingsgrove)	23.4 sec	
400 metres	P. TREEVES (St Johns Lakemba)	55.3 sec	
800 metres	T. PETHAM (D.L.S. Caringbah)	2 min 6.6 sec	
1500 metres	M. CARR (D.L.S. Revesby)	4 min 22.3 sec	
110m Hurdles	B. TRACEY (Marist Bros Auburn)	16.3 sec	
Long Jump	G. LINDLEY (D.L.S. Marrickville)	6.04 m	
High Jump	R. LENNOX (Marist Bros Auburn)	1.75 m	
Triple Jump	G. LINDLEY (D.L.S. Marrickville)	11.77 m	
Discus Throw	T. AKKARY (D.L.S. Marrickville)	27.53 m	
Shot Put	G. LINDLEY (D.L.S. Marrickville)	12.83 m	
Javelin	T. WHITE (D.L.S. Revesby)	33.83 m	
Relay	ST JOHN'S LAKEMBA	48.5 sec	

OPEN			
100 metres	G. SOCAL (Kingsgrove North)	11.2 sec	
200 metres	M. SHEPPARD (Benilde)	23.5 sec	
400 metres	M. MOBARAK (Punchbowl)	52.2 sec	
800 metres	M. MOBARAK (Punchbowl)	1 min 59.7 sec	
1500 metres	P. CURLEY (Airds)	4 min 12.9 sec	
110m Hurdles	D. TARBOTTON (Airds)	15.7 sec	
800m Walk	G. BRESSE (Kingsgrove North)	3 min 36.2 sec (Record)	
Long Jump	G. LINDLEY (D.L.S. Marrickville)	6.04 m	
High Jump	D. TARBOTTON (Airds)	1.70 m	
Triple Jump	G. BYRNE (M.B.K.)	12.75 m	
Shot Put	P. McGRATH (East Hills)	17.09 m (Record)	

Discus Throw	P. McGRATH (East Hills)	40.60 m (Record)
Javelin	P. McGRATH (East Hills)	48.60 m
Relay	MARIST BROS KOGARAH	46.90 sec

SCHOOLGIRLS RESULTS

11 YEARS		
100 metres	D. JOLLIFFE (Lugarno)	14.8 sec
800 metres	N. DAWES (Ramsgate)	2 min 31.6 sec
Long Jump	A. GRIFFIN (Peakhurst South)	3.27 m
Shot Put	N. MOLLOY (Penshurst)	8.70 m
12 YEARS		
Long Jump	D. SMALL (Bankstown)	4.60 m
High Jump	D. SMALL (Bankstown)	1.35 m
13 YEARS		
Long Jump	M. BEHRINGER (St Marys)	4.41 m
High Jump	T. CURRINGTON (St George)	1.40 m
14 YEARS		
Long Jump	R. ANDERSON (St George)	4.31 m
High Jump	R. ANDERSON (St George)	1.25 m
Shot Put	R. ANDERSON (St George)	7.46 m
15 YEARS		
Long Jump	L. ANDERSON (St George)	4.80 m
High Jump	B. BEHRINGER (St Marys)	1.53 m
Shot Put	C. GRAHAM (Wiley Park)	8.11 m
OPEN		
100 metres	A. CAPLES (Beverly Hills)	12.6 sec
800 metres	E. ARGALL (St George)	2 min 26.8 sec
Long Jump	M. McINTYRE (St George)	4.33 m
High Jump	M. McINTYRE (St George)	1.30 m
Shot Put	M. McINTYRE (St George)	8.98 m

SECONDARY POINTS SCORE

JUVENILE PENNANT		JUNIOR PENNANT	
1. St Johns Lakemba	246 pts	1. D.L.S. Revesby	189 pts
2. Marist Bros Kogarah	155 pts	2. D.L.S. Marrickville	82 pts
3. D.L.S. Revesby	129 pts	3. Marist Bros Kogarah	75 pts
SENIOR PENNANT		A.A. GAINSFORD SHIELD (CHAMPION SCHOOL)	
1. Airds High	104 pts	1. St Johns Lakemba	336 pts
2. Marist Bros Kogarah	72 pts	2. D.L.S. Revesby	318 pts
3. Benilde	59 pts	3. Marist Bros Kogarah	302 pts

CAPTAIN'S TRACK COMMENTS — 1979-80

During the 1979-80 season the club had great success in many relay tournaments. The senior team won every relay contested at championship level from State relay championships through to Tasmanian championships with the exception of State 4 x 100m and 4 x 200m in which we finished 3rd and 2nd respectively. At the State championships the most outstanding relay leg was run by Mark Jones in anchoring the junior 4 x 1500m event.

Apart from our regular A Grade sprinters Gary Cox, Michael Van der Velde, Vin Plant, John Sullivan, John Fortescue and Richard Gurr, the club is now beginning to show some depth with the emergence of young up and coming athletes such as Robert Henderson, Paul McCaffery, Robert Fong, John Abdullah and Mark Jones.

In the distance area the club has been ably supported by Laurie Whitty, John Andrews, John Fisher, Bob Squirrell, Col Whiteman, Noel Derry, John Bowers and John Burchett just to name a few. Of course it goes without saying the St George Club would be the best club in Sydney if every week we could field our strongest team.

During the year we were fortunate to obtain the services as a second claim member of Bruce Dengate from Campbelltown who not only produces excellent performances in Shot Put and Discus but finished the season competing in the Australian Titles in the Senior Javelin. If not for his turning senior just prior to the Nationals I am sure Bruce may have won the Junior Javelin at the Australian Championships.

Not to mention the officials would be unforgivable and I wish to extend my thanks to Arthur Peek, Peter Phillips, Bill Seary and Col Whiteman for their organisation and assistance throughout the season.

Unfortunately, the end of the track season saw the retirement of Vic Plant. Vin, during his career, was undoubtedly one of the best high hurdlers Australia has produced. In 1974 and 1975 Vin was named Victorian Athlete of the Year, which was no mean feat in a State with as many outstanding athletes as it has. Vin also won the Australian 110m Hurdles Championship two successive years (1977 and 1978) and represented Australia at the 1974 Commonwealth Games and 1977 World Cup. On behalf of the club I would like to extend my appreciation to Vic for his support and competitiveness and wish him all the best for the future in whatever he may undertake.

STEVE LONGDEN-GEE



Vin Plant, St George Club Outstanding Hurdler 1979-80 and third in 110m Hurdles at Australian Titles 1980

TRACK AND FIELD REPORT 1979-80

The 1979-80 season saw St George return as a prominent force in track and field competition after a season in the do-drums during the 1978-79 competition. It has been an outstanding effort for our athletes to improve on their previous efforts. The results of all grades are clear evidence of the renewed club spirit — A Grade finished in third place; B Grade in sixth place; D Grade won its competition after a close battle all the season; E and F Grades both finished equal second in their competitions and could have won the grades as the results were close throughout the season. I would like to thank all athletes for their co-operation throughout the season as many were running from one event to another in order to fill all grade teams. Congratulations to all competitors in the D Grade Premiership team on an excellent result for their season's effort.

Friday nights were occupied by an excellent competition for our zone at Sylvania Waters; Age groups from U/13, U/14, U/15 and Open for both men and women competed regularly and the competition was strong. The boys U/14 team and the mens Open were both joint premiers for the premiership during the season.

St George had seven club athletes selected in N.S.W. representative teams this year — Vin Plant, John Andrews, Steve Longden-Gee and Michael Van der Velde in the seniors, and Paul Jones, James Neale and Robert Fong in the under 15 team. All athletes registered creditable performances.

The results of the N.S.W. Relay championships were very pleasing this season where we tallied two gold, four silver and one bronze medals from fifteen teams entered. All teams qualified to run in the finals. Our two gold medal winning teams recorded excellent performances.

Several trips to country and Interstate meetings this season returned many favourable results and it looks like there will be many more in the future. Our athletes attending the carnivals derived great benefit from their experiences in various atmospheres where the competition was first class in all events.

Congratulations to our four N.S.W. State Champions — John Andrews in the 10,000 metres, Michael Van der Velde in the junior 200 metres, Dean Kimpton in the sub-junior javelin and John Abdullah in the juvenile 100 metres. Club athletes also tallied five silver and nine bronze medals for the championships. In the N.S.W. Age Championships we had John Abdullah in the 100 metres under 15 years, James Neale, discus under 15 years, Tim Sparkes under 14 years 100m and 200m and Robert Fong in the under 14 years 200m hurdles, all winning a State Championship. Club age athletes also won five silver and four bronze medals during the Age Championships.

There is a wealth of talented athletes in the club and I am proud to be associated with them. Eight club records were broken during the 1979-80 track season and I appreciate all the hard work many of our athletes put in during their training sessions. Young athletes Paul McCaffrey, Robert Henderson, John Abdullah (sprints) and Paul Jones, James Neale, Robert Fong (field events) are all progressing well at training and will be athletes to watch in the future. Distance runner John Andrews is developing to be one of the best in this State for several years.

Track Captain, Steve Longden-Gee, had a good season and was an inspiration to our athletes — congratulations Steve and thank you for your assistance throughout the year. My thanks also to Ron Jones for his help with the Age Division athletes throughout the 1979-80 season.

Finally a word of thanks to all club officials and athletes who participated as officials at the various track and field venues, as without officials no competition could take place.

ARTHUR PECK

SENIOR INTER-CLUB REPORT 1979-80 SEASON

"A" Grade

After 14 premiership rounds we finished in third place, six points behind the Premiers Randwick-Botany. Runners-up were Parramatta, Easts finished four points ahead of us. We won nine matches this season and lost five. Three of our losses were by a narrow margin including one match against Wests-Bankstown where we went down by one point 83-82. This grade had several big wins including defeats of Ryde-Hornsby twice 121-66 and 131-76, Macquarie-Uni of NSW twice 119-98 and 107-66, and two close matches against Sutherland in our favour 119-91 and 74-65. To finish third this year was an excellent effort by our athletes in this grade. Forty athletes scored points for "A" Grade this year.

Sprinters Steve Longden-Gee — 13 wins this season; Michael Van der Velde — 4 wins; Vin Plant — 5 wins; and John Sullivan — 8 places, regularly started us off well in each match with some brilliant results. Middle distance runners Richard Sharp, John Fisher, John Fortescue, Noel Derry, Mark Jones, Peter Cotton and Col Whiteman regularly gained points in events contested. Runners in the 5,000 metres event, Laurie Whitty — 3 wins; John Andrews — 2 wins; Mark Jones — 1 win, 5 places; Bob Squirrell — 1 win; Col Whiteman — 4 places and John Bowers — 3 places, all ran fine races in this gruelling event. Veteran steeplechase champion John Bowers tallied many points in the 3000 metres steeplechase. John recorded three wins and two places from five starts and was well supported by John Burchett who had two wins and two places from five starts. In the walks, Glen Breese — 3 wins; Eric Wade — 3 places, scored points in both the 1500 and 3000 metres walk.

Dragon Arapovic, our evergreen veteran polevaulter, won two events during the season. Hammer thrower Ian Ison was placed first or four occasions and was assisted by Lloyd Mitchelson. Bruce Dengate and Lloyd Mitchelson competed in the javelin to give us three wins during the season. Andrew Scott — 2 wins; Bruce Dengate — 2 wins and Lloyd Mitchelson completed the team for the discus. Mark Howden, David Tarbotton and Ian Berry scored points in the high jump whilst Bill Bird, Ian Berry, Angel Cachinero, Steve Longden-Gee and Glen Johnson were our point scorers in the long and triple jumps. Our "A" grade relay team won 11 of the 14 matches contested over the 4 x 100 metres.

"B" Grade

Many athletes who started in this grade early in the season were required to fill gaps in "A" Grade. Depleted of much strength this grade did well to finish in sixth place winning five matches during the season and producing many fine individual performances throughout the premiership. Forty-six athletes scored points in the "B" Grade competition. Unfortunately we did not have the numbers each week to fill all "B" Grade positions. The 4 x 100 metre relay team had eight wins during the season.

"D" Grade

Athletes in this grade continually registered good performances during the inter-club competition this season. As a result our "D" Grade team were the winners in this grade. Wests-Bankstown finished two points behind for second place and Macquarie-University of NSW four points behind us for third place. Competition in this grade was close throughout the season and we only became the clear competition leaders after the second last match.

From 14 premiership rounds we won 12 and lost two, one by three

points and the other by nine points. In six matches we scored well over 100 points for each and we won three others scoring 99 points in each. The relay team had 11 wins from 14 matches contested in the 4 x 100 metres event. Congratulations to all our athletes whose efforts in this grade enabled us to win. Throughout the season sixty one athletes were involved in the "D" Grade teams in all events. The result is a tremendous team effort.

"E" Grade

After sharing the lead for most of the season this grade finished in equal second place with West-Bankstown, five points behind the premiers Macquarie-University of NSW. Again, this grade was most consistent in its performances throughout the season. From the 14 rounds of competition we won 10, drew and lost 3. Two of the defeats came late in the season by the premiership winning team. Throughout the season we had forty one athletes scoring points for this grade in events contested. This grade did suffer a little as several athletes were needed in "D" but to all those athletes in the "E" Grade team, it was an excellent effort to finish in second place in the premiership, and next season could see us go one place better.

"F" Grade

Our "F" Grade team also disputed the lead for the premiership for most of the season. However, in the final few rounds we won only one match in four to end up in equal second place. We were six points behind the premiers, Parramatta-East and equal on points with two other joint clubs West-Bankstown 1 and Norths-Manly. Forty one athletes were involved in the point scoring for this grade during the season, the same number of point scorers involved in "E" Grade but not planned that way. This grade suffered with a lack of competitors on many occasions, especially over the holiday period and the last day of competition. Again several top competitors in this grade were required by the higher grade teams and this left a distinct weakness in some events. This grade did well with the athletes available, but with a little better attendance we could have won the premiership.

During the season "F" Grade won 10 premiership matches and only lost four others which is not a bad result and can be improved upon next season.

SENIOR INTER-CLUB POINT SCORE

A. GRADE		B. GRADE	
1. S. Longden-Gee	152	1. A. Scott	84
2. M. Jones	68	2. S. Harney	66
2. M. Van der Velde	68	2. B. Smith	66
D. GRADE		E. GRADE	
1. T. Richards	96	1. M. Howden	105
2. M. Howden	84	2. R. Legge	75
2. R. Henderson	84	3. D. Scott	62
F. GRADE			
1. J. McLoughlin			91
2. C. Sams			70
3. B. McCourt			55

WOMEN'S INTER-CLUB COMPETITION

St George was represented in the Women's Competition by four athletes only. Although only a small team they did exceptionally well throughout the competition. Each one of our girls showed great improvement as the season went on and with a little more support next year we should improve on this year's results.

"A" Grade finished in eighth place behind Sutherland who amassed a huge total of 1007 points for the season. Sheryl Ison was our leading point-scorer in this grade where she won the shot on three occasions and was placed twice on two others. Sheryl was also successful in the hammer throw with a win and a second from two attempts. Anne Harding was successful in the 1500m and 3000m recording a win in each, and four in one 800m run. Elizabeth Harding was placed third in one attempt in the 800 metres.

"B" Grade finished in ninth place behind Sutherland who again tallied 706½ points for the season in this grade. Anne Harding was our only winner in this grade, winning a 400m event at her only attempt. Elizabeth Harding was placed in the 100, 200 and 400 metres events and Carol Neal was placed in the 200 and 800 metres events.

"C" Grade finished in sixth place where we only had one starter for the entire season. Sheryl Ison attempted the discus and finished in fourth place. At her next attempt, Sheryl started in "A" Grade for a fifth place.

Congratulations to Elizabeth Harding on her effort in the Women's One Mile State Championship where she finished in third place for the Bronze Medal. Her time was 5m 17.7 sec.

AGE GRADES SOUTHERN ZONE INTER-CLUB

Athletic competition was provided for athletes at Sylvania Waters A.F. on Friday nights for Under 13, Under 14, Under 15 and Open age groups. In this competition our Under 14 boys and Open men were both joint premiers for their age group.

UNDER 13: Versatile competitors Matthew Avery and John Austin figures prominently in the placings throughout the season. They were ably supported by Heather Jenkins, Paul Blizzard and Greg Scott all of whom were regular competitors producing their best efforts on each competition night.

Point Score Results: M. Avery 2239 pts, J. Austin 1805, P. Blizzard 1229, H. Jenkins 1193, G. Scott 578, D. Small 194, T. Currington 158, B. Newton 129, P. Eggleton 84.

UNDER 14: This was our strongest age group and the team was equal premiers with Sutherland in the boys' competition. Regular competitors Robert Fong, James Neale, Mark Irvin, Jeff Hardy, Scott Thompson and Tim Sparkes were all prominently placed in each night of competition. The above athletes were supported by good performances by Brett Magray, Michael Henderson, Steven Green, Luke Bray and Darren Barkas throughout the season.

Point Score Results: R. Fong 2762 pts, J. Neale 1455, M. Irwin 1234, J. Hardy 1178, S. Thompson 1116, B. Magnay 891, T. Sparkes 791, M. Henderson 686, S. Green 606, L. Bray 562, D. Barkas 541, P. Huntington 437, G. Campbell 385, I. Argall 233, M. Keane 97, S. Sherwin 88, S. Davis 44.

UNDER 15: Unfortunately we only had four competitors in this age group. John Abdullah (sprints), Paul Jones (hurdles, high jump), and Julie Page (distance events) were regular place-getters during the season. Thomas Leben competed on a few occasions.

Point Score Results: Julie Page 1834 pts, Paul Jones 1614, John Abdullah 1236, Thomas Leben 273.

OPEN GRADE: A popular grade this year with many fine competitors attending for a run on Friday nights. Sutherland outnumbered us 2 to 1 but we still managed to be equal premiers for the season. Our small but strong team with Tom Irwin and Arthur Peek prominent competitors enjoyed the Friday night competition in the cool of the evening. The senior relay team, J. Abdullah, D. Kimpton, P. McCaffrey and A. Peek had the distinction of running the fastest 4 x 100m for the entire season at Sylvania Waters.

Point Score Results: A. Peek 2093 pts, T. Irwin 2025, M. Howden 606, D. Snowden 493, C. Sams 284, R. Henderson 276, D. Bellby 271, D. Kimpton 223, A. Cachinero 186, J. Sullivan 147, J. McLoughlin 133, P. McCaffrey 66.

N.S.W. RELAY CHAMPIONSHIPS

Hensley Athletic Field December 1.2.1979

This year we had fifteen relay teams selected to represent the club in all the age groups. Every team entered qualified to run in the final. This was an excellent effort by our athletes whose performances were first class over two days of very strenuous competition. Our final Medal tally was two gold, four silver and one bronze which is a remarkable improvement on last year's effort of one gold and one silver only.

The senior 4 x 200m team recorded a new club record for that event taking 0.7 seconds off the previous best set in March, 1978.

SENIOR RESULTS

4 x 100m: J. Sullivan, V. Plant, S. Longden-Gee, R. Gurr finished 3rd. Time 42.0 seconds — Bronze Medal.

The team qualified for the final by finishing second in a heat in 42.8 sec. They did not have to exert themselves to qualify, however all four runners gave their best in the final and were just beaten in a very close finish.

4 x 200m: Team A: J. Sullivan, G. Cox, M. Van der Velde, S. Longden-Gee

Team "A" finished 2nd, time 1m 27.3 sec — Silver Medal.

Team "A" looked the likely winners, however Randwick-Botany finished too well to defeat us by 0.3 seconds in another close finish. Team "B" finished sixth in 1m 40.3 sec.

4 x 400m: J. Fortescue, M. Van der Velde, G. Cox, S. Longden-Gee finished 1st in 3 min 17.5 sec. — Gold Medal.

This team was very impressive and was untroubled to win easily.

4 x 800m: C. Richardson, R. Sharp, J. Fortescue, P. Cotton finished 5th. Time 8 min 13.3 sec. This team finished a close second in a heat in 8m 13.6 sec but had to battle all the way in a very fast final.

JUNIOR RESULTS

4 x 100m: M. Howden, L. Dyson, R. Legge, C. Slatyer finished 4th. Time 44.4 sec. This team qualified for the final by finishing third in a heat in 44.9 sec. but found the final was a very fast race.

4 x 200m: J. McLoughlin, M. Howden, R. Legge, R. Abberton. This team qualified for the final by finishing fourth in a heat in 1m 32.3 sec but were unable to back up and contest the final.

4 x 400m: M. Howden, G. Elliott, R. Legge, R. Abberton, finished fifth. Time 3 min 28.8 sec. After an impressive win in the heat to qualify for the final in 3m 30.9 sec this team found the final just a little too fast for them.

4 x 800m: R. Abberton, J. McLoughlin, M. Jones, G. Elliott, finished 2nd. Time 8 min 00.9 sec. — Silver Medal. All runners did their best on the day but Ryde-Hornsby were just too strong for us and won by 6.8 sec.

4 x 1500m: L. Whitty, G. Elliott, W. McCourt, M. Jones, finished 1st. Time 16 min 34.3 sec — Gold Medal. In a brilliant exhibition of team running our team upset the much favoured "Wests" by recording a stunning victory.

SUB-JUNIOR RESULTS

4 x 100m: A. Meier, P. McCaffrey, C. Sams, R. Henderson, finished 2nd. Time 44.7 sec. — Silver Medal. This team finished second in 44.9 sec in the heat to qualify for the final. Although all four did their best in the final they were beaten by 0.5 sec.

4 x 200m: A. Meier, P. McCaffrey, C. Sams, R. Henderson, finished 2nd. Time 1m 32.7 sec — Silver Medal. After winning a heat in 1m 34 sec the team prepared themselves for a tougher encounter in the final. The final was a close race and we were only beaten by 0.5 sec at the finish. The four young athletes representing the club did a marvellous job and are sure to improve on this effort.

4 x 400m: J. Mohr, P. McCaffrey, D. Snowden, R. Henderson, finished 6th. Time 3 min 40.8 sec. Qualified for the final by finishing second in the heat in 3m 37.4 sec but found it hard to back up and run another hard 400 metres.

JUVENILE RESULTS

4 x 400m: R. Fong, D. Barkas, P. Jones, J. Abdullah, finished 5th. Time 49.1 sec. To qualify for the final this team finished second in a heat in 48.7 sec. then third in a semi-final in 48.8 sec. The heat of the day and so much running to do took its toll on these youngsters in the final when they could not reproduce a maximum effort. They are sure to improve when they get a little stronger.

4 x 200m: P. Jones, D. Barkas, J. Abdullah, T. Sparkes, finished 6th. Time 1m 42.8 sec. To qualify for the final this team finished second in a heat in 1m 40.2 sec then third in a semi-final in 1m 40.9 sec. Again the heat of the day and the effort required to back up and run again were our biggest obstacle. These athletes are sure to improve on these efforts.

Team "B": S. Struthers, D. Snowden, N. Derry, A. Peek.

N.S.W. Vs QUEENSLAND UNDER 15 MATCH
Q.E.II Stadium, Brisbane, 19th & 20th January, 1980

St George had three athletes chosen in the N.S.W. representative team which travelled to Brisbane for the match. Paul Jones competed in the high jump where he finished second with a fine jump of 1.80m in adverse weather conditions. Paul again equalled his own club record in this event. James Neale was selected for the discus throw and he finished fourth. His throw of 42.90 metres broke his own club record for this event. Robert Fong represented in the triple jump and he was dwarfed by his opposition. Robert finished a creditable sixth with a jump of 11.43 metres.

N.S.W. Vs VICTORIA — QUEENSLAND Vs N.S.W.
Open Match at Hensley Athletic Field, 19th and 20th January, 1980

Club track captain and prominent State athlete Steve Longden-Gee was one of four St George athletes chosen to represent this State against Victoria and Queensland. Vin Plant recorded a fine win in the 100m hurdles where he won by 0.2 sec. John Andrews ran an impressive race to win the 5000 metre match race in 14m 11.6 sec. N.S.W. defeated Victoria by 114 points to 99 and were also successful against Queensland by 126 points to 73.

400 metres:	S. Longden-Gee	48.9 sec	3rd
110 metres Hurdles:	V. Plant	14.7 sec	1st
5,000 metres:	J. Andrews	14m 11.6 sec	1st
400 metres Hurdles:	S. Longden-Gee	55.85 sec	5th
4 x 400m Relay:	M. Van der Velde & S. Longden-Gee	3m 18.3 sec	2nd

KB INTERNATIONAL GAMES

Sydney Cricket Ground — Monday 4th February, 1980

300 metre Hurdles:	G. Cox	37.1 sec	2nd
400 metres:	S. Longden-Gee	49.3 sec	4th
400 metres:	M. Van der Velde	50.2 sec	6th
5,000 metres:	J. Andrews	14m 07.3 sec	5th
5,000 metres:	L. Whitty	14m 21.8 sec	9th

The club athletes who competed at this magnificent athletics meeting had the opportunity to compete against some of the best athletes in the world. Our five athletes did well and are a credit to the club as they all showed the true spirit of St George by the whole hearted effort each one put into his race.

STATE INSURANCE GAMES

Olympic Park, Melbourne — Wednesday, 6th February, 1980

Champion club distance runner John Andrews ran the race of his life in the 10,000 metres at this meeting. It was the second time in three days that he had encountered the world champion Henry Rono in a race. John raced against Henry in Sydney three days previously over 5,000m where he finished a creditable fifth behind the champion and the first Australian to finish.

In this race of many top distance runners, John finished an excellent seventh behind Henry Rono. John's time of 28 min 40 sec was one of the

fastest recorded by an Australian runner over the distance for some time. Alby Thomas held our club record for 10,000 metres with a time of 29 min 23 sec set back in 1956. John's incredible time takes 43 seconds off Alby's record. It is a tremendous feat by an outstanding young athlete — congratulations John on this effort.

AUSTRALIA DAY RELAY CARNIVAL

National Athletic Stadium, Bruce A.C.T. — 26th and 27th January, 1980

Athletes from our club competed successfully at the Australia Day Relay Carnival in Canberra over the holiday weekend. Athletics was one of many sporting activities held in Canberra during the long weekend. Teams from all parts of Australia participated in a variety of sports. Our athletic teams did exceptionally well and recorded some excellent results. The Bruce Stadium is a magnificent sporting arena and its atmosphere brought out the best from our athletes.

Our senior team made a clean sweep of the 4 x 100, 4 x 200 and 4 x 400 metre events by winning them all clearly with good times.

The Sub-Juniors were beaten by Malvern Harriers from Melbourne by 0.02 sec in the 4 x 100 metres. Malvern are the top Victorian 4 x 100 team in their age group. We turned the tables on Malvern in the 4 x 200 metres. The race was a close contest early but we forged away to win clearly and take 7.7 seconds off the previous A.C.T. record.

Sub-Junior Events contested

4 x 100m: A. Meier, J. Abdullah, C. Sams, R. Henderson
 Malvern Harriers 44.99 sec. 1; St George 45.01 sec 2; Woden Valley 47.03 sec 3.

4 x 200m: A. Meier, D. Snowden, C. Sams, R. Henderson
 St George 1.34 sec 1; Malvern Harriers 1.35.2 sec 2; Woden Valley 1.39.7 sec 3.

Junior Event contested

3 x Long Jump: J. Abdullah, D. Snowden, C. Sams
 North Canberra 16.69m 1; St George 14.73m 2; Woden Valley 14.37m 3.

Senior Events contested

4 x 100m: J. Fortescue, M. Van der Velde, S. Longden-Gee, R. Gurr.
 St George 42.2 sec 1; Sth Canberra "A" 43.8 sec 2; Sth Canberra 44.1 sec. 3

4 x 200m Team "A": M. Van der Velde, R. Gurr, S. Longden-Gee, J. Fortescue.

4 x 200m Team "B": A. Meier, J. Abdullah, D. Snowden, A. Peek
 St George "A" 1.30.2 sec 1; Malvern Harriers 1.33.4 sec 2; Sth Canberra 1.33.5 sec 3; St George "B" 1.42.7 sec 4; Woden Valley 1.44.1 sec. 5.

4 x 400m: J. Fortescue, M. Van der Velde, R. Gurr, S. Longden-Gee.
 St George 3.20.9 sec 1; Malvern Harriers 3.22.7 sec 2; Striders 3.24.8 sec 3;

3 x Long Jump: C. Sams, R. Henderson, A. Peek.
 Sth Canberra 18.05m 1; Nth Canberra 17.71m 2; St George 15.43m 3.

INTER-ZONE MATCH FOR THE ANGUS & COOTE SHIELD
held at Hensley Athletic Field - 2nd and 9th February, 1980

Many of our top juvenile athletes were selected in the Southern Zone team to compete for the Shield. St George, Bankstown and Sutherland made up the Southern Zone. Our athletes won ten events for the zone and figured in many placings in a variety of events contested for the Shield in various age groups. The Women's Southern Zone teams was their competition, however, the men could only finish in third place.

Collective Points Total

WOMEN: Southern Zone 1188%; Western Zone 1060%; Eastern Zone 138.
Heather Jenkins Under 13 and Julie Page Under 15 were members of the winning team.

MEN: Northern Zone 1061; Western Zone 860; Southern Zone 600.

100 Metres			
OPEN:	T. IRWIN	12.6 sec	4th
U/15:	J. ABDULLAH	11.5 sec	1st
U/14:	T. SPARKES	11.9 sec	2nd
200 Metres			
U/15:	J. ABDULLAH	24.7 sec	1st
U/14:	T. SPARKES	24.8 sec	1st
U/14:	J. NEALE	26.7 sec	3rd
400 Metres			
OPEN:	T. IRWIN	61.0 sec	4th
U/13:	M. AVERY	69.4 sec	3rd
WOMEN U/15:	J. PAGE	71.8	4th
800 Metres			
OPEN:	T. IRWIN	2m 18.9 sec	6th
U/13:	M. AVERY	3m 4 sec	6th
WOMEN U/15:	J. PAGE	2m 43 sec	3rd
1500 Metres			
OPEN:	T. IRWIN	4m 55.6 sec	3rd
U/16:	M. IRWIN	5m 10.8 sec	7th
U/13:	M. AVERY	5m 31 sec	8th
WOMEN U/15:	J. PAGE	N. T.	4th
WOMEN U/13:	H. JENKINS	5m 55.3 sec	1st
3,000 Metres			
OPEN:	T. IRWIN	10m 10 sec	4th
U/14:	M. IRWIN	10m 45.3 sec	3rd
WOMEN U/15:	J. PAGE	12m 51 sec	3rd
3,000 Walk			
WOMEN U/13:	H. JENKINS	N. T.	1st
WOMEN U/13:	H. JENKINS	N. T.	1st
500 Metres Walk			
U/13:	M. AVERY	N. T.	2nd
U/13:	G. SCOTT	N. T.	4th
Hurdles			
U/15 90 metres:	P. JONES	15.4 sec	4th
U/14 80 metres:	R. FONG	12.8 sec	1st
U/13 80 metres:	J. AUSTIN	15.3 sec	3rd
U/15 200 metres:	P. JONES	31.0 sec	3rd
U/14 200 metres:	R. FONG	32.8 sec	3rd

WOMEN U/15 200 metres:	J. PAGE	39.2 sec	3rd
Steeplechase			
OPEN 3,000 metres:	J. PAGE	11m 01 sec	21st
High Jump			
U/15:	P. JONES	1.80 m	2nd
U/14:	R. FONG	1.58 m	1st
U/13:	J. AUSTIN	1.35 m	8th
U/14:	J. NEALE	1.35 m	8th
Javelin			
OPEN:	T. IRWIN	26.82 m	7th
U/16:	J. NEALE	38.92 m	1st
Shot			
U/14:	J. NEALE	14.67 m	1st
U/14:	R. FONG	12.54 m	3rd
Discus			
U/14:	J. NEALE	41.20 m	1st
U/14:	R. FONG	35.88 m	3rd
WOMEN U/15:	J. PAGE	15.88 m	6th
Hammer			
OPEN:	T. IRWIN	18.91 m	6th
Long Jump			
U/15:	P. JONES	4.82 m	6th
U/14:	J. NEALE	4.97 m	4th
U/14:	R. FONG	4.95 m	5th
Triple Jump			
U/14:	R. FONG	11.51 m	2nd



Arthur Bek (left) with Juvenile Athletes Paul Jones, Jamie Neale, Robert Fong and John Abdullah

N.S.W. TRACK & FIELD CHAMPIONSHIPS
Hensley Athletic Field — 16-17 and 23-24 February, 1980

St George athletes won four gold, five silver and nine bronze medals at the Championships this year. There were many impressive performances throughout the carnival. Three new club records were set during the first two days.

Dean Kimpton recorded a fine throw of 48.2m to win the sub-junior javelin championship and set a new club record. James Neale placed fourth with a 18.15m throw in the shot and 44.4m for third in the discus set new club records in the juvenile events. Paul Jones equalled his own club record when placed second in the juvenile high jump championship with 1.8m.

Michael Van der Velde lead all the way to an impressive win in the junior 200m final in a time of 21.58 sec. He also took the bronze medal in the junior 400m final. John Abdullah exploded from the blocks and defied all attempts to catch him to win the juvenile 100m final in 11.61 sec. John also finished a close second in the final of the 200 metres.

Hurdler Vin Plant was narrowly beaten in the final of the 110m hurdles and Laurie Whitty finished a courageous second to defending champion Rob McDonald in the gruelling 5000 metres.

John Andrews recorded an impressive win in the senior 10,000m championship. He was content to trail the leading runners until midway through the race before moving up to share the lead with defending champion Rob McDonald of Sydney University. With only a few laps remaining, Andrews surged away and maintained the lead to win comfortably in 29 min 30.6 sec which is well inside the Australian Championship qualifying time of 30 min 15 sec.

Mark Jones broke his own club record in the junior 2000m steeplechase with a time of 6m 1.7 sec for the bronze medal in the State Championship. Sheryl Ison finished third in the senior women's shot, giving our club its only medal in the women's championships. Talented all round athlete Robert Fong did well for three bronze medals in the juvenile division. Sub-junior sprinter Robert Henderson did well to win two bronze medals in the 200m and 110m hurdles finals against some very strong opposition.

Senior Women			
Shot:	S. ISON	8.35 m	3rd
Senior Men			
10,000m	J. ANDREWS	29m 30.6 sec	1st
400m Hurdles:	S. LONGDEN-GEE	53.92 sec	2nd
110m Hurdles:	V. PLANT	14.84 sec	2nd
5000m:	L. WHITTY	14m 12 sec	2nd
Junior Men			
200 metres:	M. VAN DER VELDE	21.58 sec	1st
400 metres:	M. VAN DER VELDE	49.71 sec	3rd
2000m Steeplechase:	M. JONES	6m 1.7 sec	3rd
Sub-Junior Men			
200 metres:	R. HENDERSON	23.23 sec	3rd
110m Hurdles:	R. HENDERSON	16.53 sec	3rd
Javelin:	D. KIMPTON	48.2 m	1st

Juvenile Boys			
100 metres:	J. ABDULLAH	11.61 sec	1st
200 metres:	J. ABDULLAH	23.91 sec	2nd
90m Hurdles:	R. FONG	14.4 sec	3rd
200m Hurdles:	R. FONG	29.6 sec	3rd
Discus:	J. NEALE	44.4 m	3rd
High Jump:	P. JONES	1.80 m	2nd
Triple Jump:	R. FONG	11.49 m	3rd



Steve Longden-Gee — Second in the Senior 400m Hurdles at N.S.W. Track and Field Titles

N.S.W. AGE CHAMPIONSHIPS
Hensley Athletic Field — 1st and 2nd March, 1980

Club age representatives recorded impressive performances at the Age Championships this year. Timothy Sparkes, John Abdullah, James Neale and Robert Fong were most impressive in winning their events. Robert Fong collected six medals for his efforts over the two days. James Neale set a new club record in the U/15 discus, Paul Jones equalled his own club U/15 high jump record.

Under 16: Male:			
DISCUS	D. SCOTT	33.18 m	6th
JAVELIN	D. SCOTT	38.42 m	6th
HAMMER	D. SCOTT	22.86 m	7th
Under 15: Male:			
100 metres	J. ABDULLAH	11.5 sec	1st
200m Hurdles	P. JONES	31.9 sec	4th
DISCUS	J. NEALE	44.96 m	1st

LONG JUMP	P. JONES	4.68 m	8th
90m Hurdles	P. JONES	14.1 sec	5th
90m Hurdles	M. HENDERSON	15.7 sec	7th
HIGH JUMP	P. JONES	1.80 m	2nd
SHOT	J. NEALE	13.45 m	2nd

* J. Neale set new club records in the shot and discus.

P. Jones equalled his own high jump record

Under 14: Male:

100 metres	T. SPARKES	11.9 sec	1st
1500 metres	L. ARGALL	5.07	13th
200m Hurdles	R. FONG	29.3 sec	1st
DISCUS	R. FONG	32.74 m	2nd
LONG JUMP	R. FONG	5.07 m	3rd
200 metres	T. SPARKES	23.5 sec	1st
80m Hurdles	R. FONG	14.8 sec	5th
HIGH JUMP	R. FONG	1.50 m	3rd
SHOT	R. FONG	12.38 m	2nd
TRIPLE JUMP	R. FONG	10.66 m	3rd

Under 13: Male:

LONG JUMP	J. AUSTIN	3.88 m	13th
800 metres	M. LUBRANO	2.31 sec	3rd
80m Hurdles	J. AUSTIN	15.3 sec	5th
HIGH JUMP	J. AUSTIN	1.40 m	6th

Under 12: Male:

1500 metres	S. WRIGHT	5.04.8	4th
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Under 14: Female:

HIGH JUMP	T. CURRINGTON	1.50 m	2nd
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Under 12: Female:

1500 metres	H. JENKINS	5.55.4	6th
SHOT	H. JENKINS	4.44 m	5th
LONG JUMP	H. JENKINS	3.12 m	7th



John Abdullah — Brilliant winner of the N.S.W. Under 15 100m

TASMANIAN T & F CHAMPIONSHIPS

Domain Athletic Field, Hobart — 1, 2 & 3 March, 1980

A strong team of 25 club athletes attended the Championships this year. After three days of strenuous competition our club finished with 8 firsts, 9 seconds and 7 thirds. It was an excellent result from our team of athletes. Although only one record was broken during the carnival the standard of competition was very high. It was pleasing to see so many junior athletes in the group this year. Each one of them will show the benefit of this trip next season.

We had many outstanding performances by club athletes. Laurie Whitty ran a very determined race to win the 5000 metre senior championship. Mark Jones proved himself too strong for the opposition in winning the 2000 metre junior Steeplechase. Steve Longden-Gee won the Tasmanian 400m Championship leading all the way to win in 48.1 seconds. Ian Ison won the Hammer with a throw of 45.6 metres to retain the title he won last year. The senior relay team for the 4 x 400 metres gave away a big start and did not look a chance in the middle stages of the race. However, they stormed home to a very impressive win. Andrew Scott retained his junior discus title with a throw of 41.6 metres. Andrew also filled the minor placings on four occasions to be our leading medal winner.

Sub-junior sprinter Robert Henderson won the 100 metre and 200 metre championships during the carnival. Both his wins were outstanding. His efforts in Tasmania enabled him to be the Stewart-Toyota-Leader Sportstar of the Week in March. Robert ran a brilliant race in the 200 metres final. He won his heat easily but his winning time of 22.3 seconds in the final was excellent. On the final day of the Championships Robert won the 100 metres Championship just after finishing third in the 110m hurdles. Robert was a little slow from the blocks at the start of the 100m final, but had moved into third place with forty metres to go, and then powered home to win in the last stride. It was a magnificent effort on his behalf.

Many other athletes were impressive in their efforts even though they did not win medals. Junior sprinter Paul McCaffrey finished a close fourth in the final of the 100m and 200m events. Paul is only just a junior, and has another three years in this age group. On his recent efforts he could develop into one of the club's top sprinters. Sub-junior sprinters Craig Sams 100m and 200m, and David Snowden 200m and 400m both made the finals for their events and are sure to be improved by their experience in these championships. Junior Jon McLoughlin ran particularly well in the 400 metre event. He won his heat in 50.9 seconds then finished fourth in the semi-final in 50.9 seconds again. Jon qualified for a run in the final where he ran fifth in 50.0 seconds which was a fine effort.

It was particularly pleasing to see a strong bond or comradeship amongst all athletes from our club whilst at these championships. It is one of the strengths that "St George" has to offer. Congratulations to all athletes concerned on a most successful and enjoyable trip to Tasmania this year.

Senior Finalists

100 metres:	S. Longden-Gee 2; M. Van der Velde 3; J. Sullivan 5.
200 metres:	M. Van der Velde 2; J. Suloivan 3; J. Portescue 4
400 metres:	L. Longden-Gee (48.1 sec) 1; J. Portescue 5
1500 metres:	P. Cotton 4
5000 metres:	L. Whitty (14 m 18.3 sec)
3000m Steeplechase:	A. Peek 4
400m Hurdles:	S. Longden-Gee 2
3000m Walk:	E. Wade 2
Discus:	A. Scott 2

Javelin: L. Mitchelson 5
 Long Jump: A. Peek 10
 Hammer: I. Ison (45.64m) 1
 4x400m Relay: J. Fortescue, R. Gurr, M. Van der Velde, S. Longden-Gee 3 m 18.4 sec. 1

Junior Finalists

100 metres: P. McCaffrey 4
 200 metres: P. McCaffrey 4
 400 metres: J. McLoughlin 5
 800 metres: G. Elliott 4; J. McLoughlin 6
 1500 metres: M. Jones 2
 5000 metres: M. Jones 2

2000m Steeplechase: M. Jones (6 m 1.9 sec) 1; A. Wood 5
 Shot: A. Scott 3

Discus: A. Scott (41.84m) 1
 Javelin: A. Scott 3
 Hammer: A. Scott 2
 4x100m Relay: C. Sams, D. Snowden, D. Kimpton, P. McCaffrey 5

Sub-Junior Finalists

100 metres: R. Henderson (11.3 sec) 1; C. Sams 6
 200 metres: R. Henderson (22.3 1; C. Sams 5; D. Snowden 7
 400 metres: R. Henderson 4; D. Snowden 8
 110m Hurdles: R. Henderson 3
 Shot: D. Kimpton 4
 Discus: D. Kimpton 2
 Javelin: D. Kimpton 6; C. Sams 8
 Long Jump: D. Kimpton 6; C. Sams 8
 Triple Jump: D. Kimpton 3; C. Sams 4
 4x100m Relay: D. Snowden, D. Kimpton, C. Sams, R. Henderson 3

Women

Senior Shot: Sheryl Ison 4

CLUB CHAMPIONSHIPS

1979-80 Season

Club Championships for the 1979-80 season were based on the athletes' individual performances at Interclub on Saturday afternoons, performances in the N.S.W. Track and Field Championships during February 1980, performances during Interclub competition at Sylvania Waters on Friday nights and performances in the N.S.W. Age Championships at Hensley 1st and 2nd March, 1980.

SENIOR	1st	2nd	3rd
100m	S. Longden-Gee (10.8)	J. Sullivan	V. Plant
200m	S. Longden-Gee (21.8)	J. Sullivan	V. Plant
400m	S. Longden-Gee (48.0)	G. Cox	J. Fortescue
800m	R. Sharp (1:56.4)	J. Fortescue	N. Derry
1500m	J. Andrews (3:56.5)	P. Cotton	C. Whiteman
5000m	L. Whitty (14.12)	T. Andrews	R. Squirrel
10,000m	J. Andrews (29:30.6)		
110m Hurdles	V. Plant (13.9)	G. Cox	N. Cadogan
400m Hurdles	G. Cox (52.8)	S. Longden-Gee	N. Cadogan
3,000m Steeple	J. Bowers (9:44.6)	N. Derry	J. Burchett
1500m Walk	E. Wade (7.05)	T. Richards	M. Winkler

3,000m Walk: E. Wade (15.07.9)
 10,000m Walk: E. Wade (56.07.6)
 High Jump: I. Berry (1.80)
 Long Jump: W. Bird (6.42)
 Triple Jump: G. Johnston (14.12)
 Pole Vault: D. Arapovic (3.35)
 Shot 16 lb: L. Mitchelson (9.51)
 Discus 2 kg: A. Scott (37.78)
 Javelin 800 g: L. Mitchelson (50.22)
 Hammer 16 lb: I. Ison (46.76)

JUNIOR - Under 20

100m: M. Van der Velde (11.1)
 200m: M. Van der Velde (21.7)
 400m: M. Van der Velde (48.4)
 800m: G. Elliott (1:58.7)
 1500m: M. Jones (3:57.7)
 3000m: G. Elliott (8:12.8)
 5000m: M. Jones (15:20.9)
 1500m Walk: G. Breese (6.50)
 3000m Walk: G. Breese (15.21)
 110m Hurdles: M. Howden (60.4)
 2000m Steeple: M. Jones (6:01.7)
 High Jump: I. Berry (1.80)
 Long Jump: I. Berry (6.50)
 Triple Jump: S. Molino (11.76)
 Shot 12 lb: A. Scott (12.72)
 Discus 1.5 kg: R. Legge (33.42)
 Javelin 800 g: R. Legge (47.66)
 Hammer 12 lb: A. Scott (37.52)
 Decathlon: M. Howden (4431 pts)
 Pole Vault: I. Berry (3.50)

SUB-JUNIOR - Under 17

100m: R. Henderson (11.37)
 200m: R. Henderson (22.8)
 400m: R. Henderson (51.24)
 800m: S. Mohr (2:10.2)
 1500m: P. McGuckin (4.30)
 3000m: S. Mohr (11.02)
 110m Hurdles: R. Henderson (15.6)
 200m Hurdles: R. Henderson (15.6)
 1500m Walk: R. Henderson (15.6)
 High Jump: D. Kimpton (1.50)
 Long Jump: A. Meier (5.83)
 Triple Jump: D. Kimpton (12.27)
 Discus 1.5 kg: D. Scott (33.18)
 Javelin 700 g: D. Kimpton (46.20)
 Shot 10 lb: D. Kimpton (12.04)
 Hammer 10 lb: D. Scott (22.86)

JUVENILE - Under 15

100m: J. Abdullah (11.5)
 200m: T. Sparkes (23.5)
 400m: J. Abdullah (62.33)
 800m: I. Argall (2:30.21)
 1500m: O. Argall (5.07)
 3000m: M. Irwin (11.00)

J. Bowers T. Richards
 A. Cachinero S. Longden-Gee
 A. Cachinero L. Mitchelson
 L. Mitchelson
 A. Cachinero A. Peek
 L. Mitchelson

R. Abberton P. McCaffrey
 P. McCaffrey R. Abberton
 R. Abberton R. Legge
 R. Abberton J. McLoughlin
 W. McCourt G. Elliott
 W. McCourt A. Wood
 W. McCourt
 J. Tunks
 R. Legge
 G. Elliott A. Wood
 M. Howden S. Molino
 S. Molino M. Howden
 M. Howden R. Legge
 D. Snowden D. Beilby
 M. Howden S. Molino
 A. Scott M. Howden

C. Sams A. Meier
 A. Meier D. Snowden
 D. Snowden S. Mohr
 P. McGuckin A. Meier
 S. Mohr A. Meier

D. Snowden C. Sams
 C. Sams D. Kimpton
 C. Sams Z. Taseski
 D. Kimpton D. Snowden
 D. Scott C. Sams
 D. Scott C. Sams

T. Sparkes R. Fong
 J. Abdullah D. Barkas
 R. Fong D. Barkas
 M. Irwin G. Campbell
 M. Irwin J. Hardy
 G. Campbell

90m Hurdles P. Jones (14.10)
 200m Hurdles R. Fong (29.30)
 1500m Walk
 High Jump P. Jones (1.80)
 Long Jump R. Fong (5.43)
 Triple Jump R. Fong (11.49)
 Javelin 600g P. Huntington (38.22)
 Discus 1 kg J. Neale (44.96)
 Shot 4 kg J. Neale (13.45)

R. Fong M. Henderson
 P. Jones J. Neale
 S. Green R. Fong
 P. Jones J. Abdullah
 P. Jones L. Bray
 R. Fong J. Neale
 R. Fong B. Magnay
 J. Abdullah

SUB-JUVENILE — Under 13

100m J. Austin (14.47)
 200m J. Austin (29.2)
 400m B. Newton (67.06)
 800m M. Lubrano (2.21)
 1500m S. Wright (5.04.8)
 3000m M. Avery (11.20)
 80m Hurdles J. Austin (14.4)
 200m Hurdles J. Austin (35.26)
 1500m Walk G. Scott (9.46.5)
 High Jump P. Blizzard (1.40)
 Long Jump J. Austin (4.23)
 Triple Jump M. Avery (8.55)
 Javelin 600 g P. Blizzard (19.93)
 Discus 1 kg J. Austin (19.76)
 Shot 3 kg J. Austin (7.59)

P. Blizzard B. Newton
 M. Avery P. Blizzard
 M. Avery P. Blizzard
 M. Avery P. Blizzard
 P. Blizzard P. Blizzard
 M. Avery M. Avery
 J. Austin M. Avery
 P. Blizzard M. Avery
 J. Austin G. Scott
 G. Scott J. Austin
 G. Scott M. Avery
 M. Avery G. Scott



Robert Fong N.S.W. Under 14 200m Hurdles Champion

AMATEUR ATHLETIC ASSOCIATION OF N.S.W.

**INAUGURAL AUSTRALIAN SCHOOLBOYS AND SCHOOLGIRLS
 CROSS COUNTRY CHAMPIONSHIPS OF AUSTRALIA
 Sydney, 1979**

It was a very proud day for the club on Sunday, 29th July, 1979, when the Inaugural Schoolboys and Schoolgirls Cross Country Championships of Australia were conducted at the St George Club winter headquarters at Scarborough Park.

On a bright sunny day the official opening took place at 12 noon from a dais specially erected near the finish area. The Amateur Athletic Union of Australia's flag flew behind the dais and team members, supporters and friends gathered in an informal group around the dais. Mr Kevin Ryan (MP for Hurstville) declared the Championships open. Also in attendance were Mr M. Neil (MP for St George), Mr B. Bannon (MP for Rockdale), Ald. G. Moore (Mayor of Rockdale), Ald. L. Burghart (Mayor of Kogarah), Mr G. Briggs (A.A.U.) and Mr Plowman (Commonwealth Bank).

St George club members under the direction of Manager George Carruthers did a magnificent job in marking the course, laying out the start and finish area, erecting tents, barbecue equipment, the dais, flagpoles and the bunting, putting up partitions for changing and shower facilities, etc. Most of these materials were provided free of charge by Greg Page from his Hiring Service business.

Running conditions were excellent, being firm underfoot. All races started on time and were ably controlled by the appointed officers. In addition to George Carruthers (Manager), other St George members appointed were Col Whiteman (Assistant Manager), Roy Patmore (Starter), Alleyn Gainsford (Announcer), Stan Donnelly (Funnel Controller). Other members

were course officials — Peter Phillips, Ron Jones, Bob Nash, Allen Argall and Allen Staples.

At the conclusion of each event athletes were provided with a barbecue steak, sausage, salad and soft drink free of charge. The St George D.A.A.C. Social Committee did a wonderful job in catering for the large number of people present.

The Championships were a tremendous success.

**N.S.W. NOVICE CROSS-COUNTRY CHAMPIONSHIPS Saturday, April 28
 N.S.W. SCHOOLS CROSS-COUNTRY CHAMPIONSHIPS Sunday, June 3**

These two Association events were conducted at Scarborough Park with St George as the host club. Both championships were well attended and successfully conducted. The Schools Cross-Country Championships featured separate cross country races for schoolgirls for the first time.

St George members were active in Association matters, holding Offices as follows:—

- Alleyn Gainsford, O.A.M. — Vice-President of the Association.
- Delegate to Australian Commonwealth Games Association
- Acted as referee and on Jury of Appeal at various State Championships.

- George Cairuthers, M.B.E. — Elected Life Member of Amateur Athletic Union of Australia
 — Race Director of "City to Surf" Fun Run
 — Manager of Australian Schools' Cross-Country Championships
 — Manager of N.S.W. Novice and N.S.W. Schools' Cross-Country Championships
 — Official at Australian and N.S.W. Track & Field Championships — Sydney, 1980
 — Honorary Auditor for Association
- Roy Patmore — Starter at Inter-club, N.S.W. Track and Field Championships and Cross-Country Championships.
 — Official at Australian Track and Field Championships — Sydney 1980
- Barry Starr, Fred Eggleton — Officials at Inter-Club
 — Officials at N.S.W. and Australian Track and Field Championships — Sydney, 1980
- Arthur Peek — St George Delegate to Inter-Club Committee
 — St George Delegate to Southern Zone Inter-Club Committee
- Allen Staples — St George Delegate to Harrier Committee
- Officials at N.S.W., Novice and Schools' Cross-Country Championships:
 P. Phillips, A. Peek, A. Staples, K. Jenkins, S. Donnelly, A. Argall, W. Seary, Mrs N. Thomas, Mrs P. Donnelly, H. Coster, P. Irwin, T. Richards, G. Freeman.
- Officials at Inter-Club:
 J. Evans, R. Patmore, B. Starr, F. Eggleton, A. Peek, A. Gainsford, A. Scott, I. Ison, D. Snowden, B. Seary, C. Sams, P. Phillips
- Officials at Sylvania Inter-Club (Southern Zone):
 A. Peek, E. Jones, Mrs B. Scott, Ray Green, R. Jenkins, T. Irwin.

SOCIAL COMMITTEE

Lady members of the club continue to make up the Club's Social Committee and again organised successful functions throughout the year. These ladies strive to make social occasions as successful as possible and to bring club members together whenever possible.

The biggest function was the Annual Cabaret Ball which was held at Ramsgate R.S.L. and brought together some 207 members and friends. This year's Ball will be held at the same venue on Saturday 19.7.80 with a 1.00 a.m. finish. Our committee will be hoping for a full house as this function tends to be a most enjoyable occasion for all concerned.

Our committee was called upon to serve meals to athletes during the inaugural running of the Australian Schools' Cross Country Championships for boys and girls held at Scarborough Park on 29.7.79. These Championships were a tremendous success and the N.S.W. A.A.A. were very appreciative of the effort of our social committee on this occasion.

The Club's Christmas Tree was celebrated with a difference last December with parents enjoying a picnic lunch before the arrival of Santa. Children of club members each received a very acceptable present from Santa.

This committee also carries out the running of the club's sweets and

drinks stall, serves afternoon tea during the winter season and organises the catering when Harrier Championships are held at Scarborough Park. A lot of hard toil is done by our ladies on these days.

I am pleased to be a part of this very conscientious committee and I know the club is very appreciative of our efforts. Many thanks to all the ladies who continue to support this committee and assist whenever possible.

JEAN GRIBBLE

COMMENTS ON ANNUAL FINANCIAL STATEMENTS

by Dennis Jolliffe

One of the main criteria in assessing the financial wealth of the Club is the level of the Club's funds including the Reserve for Team Expenses. The balance in the Reserve at 31st March, 1980, was determined after the amount due for the travelling expenses for the Tasmanian trip was transferred to Sundry Creditors to reflect the true position of the Reserve for Team Expenses. Over the past 5 years the Club's funds have moved as follows:—

As at 31st March	Club Funds \$	Movement \$
1976	6,404.52	- 1,156.09
1977	5,248.43	+ 602.35
1978	5,850.48	- 1,377.02
1979	4,473.16	+ 1,451.36
1980	5,925.02	

During the year, the Club Executive decided to merge the Boston Marathon Fund balance into the Teams Fund. The increase in the Club funds was due substantially to the efforts of the Social Committee, which, during the year, raised \$600.00 for the General Fund, \$850.00 for the Teams Fund and repaid an advance of \$400.00.

Payment to individuals from the Teams Fund totalled \$710.00. Individual athletes who received assistance were — J. Andrews, J. Bowers, L. Farley, A. Harding, E. Harding, W. Seary, C. Whiteman and L. Whitty.

I would like to thank Peter Phillips, Assistant Treasurer for capably handling Club funds while I was in Canberra during the year and Mr David Carlisle who has kindly agreed to act as Honorary Auditor.

CLUB RECORDS SET DURING 1979-80

Several Club records were broken by our club athletes during the 1979-80 season.

SENIOR:

4 x 200 metres Relay: J. SULLIVAN, G. COX, M. VAN DER VELDE, S. LONGDEN-GEE. Time 1 m 27.3 sec taking 0.7 sec off the previous record, on 1.12.79 during the N.S.W. Relay Championships at Hensley Athletic Field.

10,000 metres: JOHN ANDREWS. Time 28 min 40 sec at Olympic Park, Melbourne on 6.2.80. In this race John was against the world champion Henry Rono and John produced his best ever time to take 43 seconds off Alby Thomas' record set back in 1956.

JUNIOR:

Pole Vault: IAN BERRY. Height 3.50 metres at Hensley Athletic Field on 20.10.79. Ian took on his own club record and added another 0.15 metres to that height. Later this week, he again cleared 3.50 metres at Hensley on 3.11.79 to equal his new club record.

2,000 metres Steeplechase: MARK JONES. Time 6 m 1.7 sec at Hensley Athletic Field on 23.2.80 during the N.S.W. T & F Championships. Mark reduced the time of his own club record by 5.9 seconds which he had set exactly one year before in the State Championships.

SUB-JUNIOR:

Javelin: DEAN KIMPTON. Distance 46.20 metres at Hensley Athletic Field 16.2.80 during N.S.W. T & F Championships to win the Gold Medal.

JUVENILE:

High Jump: PAUL JONES. Height 1.80 metres at Q.E.II, Brisbane on 20.1.80 whilst representing N.S.W. in U/15 years the previous club record was 1.60 metres. During the season Paul went on to equal his new record on three other occasions - 2.2.80, 17.2.80 and 2.3.80 - all at Hensley Athletic Field capping a great season for this young athlete who finished second in the N.S.W. Under 15 Championship.

Discus: JAMES NEALE. Distance 48.52 metres at Cowra Easter Games on 6.4.80. James made mince-meat of the previous club record of 41.90 metres. On 16.12.79 he threw 42.14 metres at Hensley to set a new record, then bettered his own record at the Q.E.II Stadium, Brisbane on 19.1.80 where he threw 42.90 metres while representing N.S.W. in the U/15 years. On the 17.2.80 James again bettered his own record when he threw 44.40 metres at Hensley Athletic Field. He again bettered his record on 1.3.80 at Hensley with a throw of 44.96 metres to win the N.S.W. Age Championship. His throw at Cowra shows his continued improvement in this event.

Shot: JAMES NEALE. Distance 13.45 metres at Hensley Athletic Field on 2.3.80 during the N.S.W. Age Championships. Earlier in the season James threw 12.03 metres at Hensley to break the old club record of 11.83 metres on 15.12.79. He then threw 13.15 metres at Hensley to break his new club record on 16.2.80. James throw of 13.45 metres on 2.3.80 shows the potential this fine young athlete has for future years in field events.



Jamie Neale set new club records in Juvenile Discus Throw and Shot Put during 1979-80

CLUB RECORDS

SENIOR BEST ON RECORD

100 metres	V. PLANT	10.4s	15.1.77
200 metres	S. LONGDEN-GEE	20.95s	1974
			1979
400 metres	S. LONGDEN-GEE	45.7s	1974
800 metres	G. Rootham	1m46.6s	1972
1500 metres	A. THOMAS	3m32.6s	1964
3000 metres	A. THOMAS	8m01.4s	1960
5000 metres	A. THOMAS	13m50s	1964
10,000 metres	J. ANDREWS	28m40s	6.2.80
1500 metres	A. THOMAS	47m38.2s	1965
Marathon	R. SQUIRRELL	2hr23m39s	1975
110m Hurdles	V. PLANT	19.7s	17.12.77
400m Hurdles	G. COX	51.2s	17.3.77
4000m Steeplechase	D. CHISHOLM	9m8sec	1962
High Jump	M. MEREDITH	2.01m	1963
Long Jump	B.C. DICKINSON	7.48m	1938
Triple Jump	B.C. DICKINSON	15.54m	1935
Pole Vault	D. ARAPOVIC	4.32m	1970
Shot 7.2575kgs	L. CHINNERY	16.18m	1964
Discus 2 kg	R. LUNT	51.16m	1973
Javelin 800 g	G. GLYNN	74.34m	1970
Hammer 7.2575kgs	M. BCDIROZA	59.30m	9.10.77
Decathlon	B.C. DICKINSON	5350 pts	1938
1 Mile	A. THOMAS	3m58.3s	1954
50 Mile Track	D. EDWARDS	6hr29m41s	1971
50 Mile Road	H. DEARNLEY	5hr38m37s	10.1.78
1 Hour Run	J. BOWERS	11m557yds1'10"	1967
1 Mile Walk	E. AUSTIN	6m45s	1924
3 Mile Walk	E. AUSTIN	22m13s	1924
7 Mile Walk	E. AUSTIN	55m49.2s	1924
50km Walk	R. HINGSTON	5hr45m21.8s	1926
4x100 metres Relay	R. GURR, V. PLANT, J. VAN STAPPEN, R. LONGDEN-GEE	41.5s	11.3.78
4x200 metres Relay	J. SULLIVAN, G. COX, M. VAN DER VELDE, S. LONGDEN-GEE	1m27.3s	1.12.79
4x400 metres Relay	S. LONGDEN-GEE, G. FORTESCUE, M. VAN DER VELDE, J. VAN STAPPEN	3m15.5s	3.3.79
4x800 metres Relay	G. Rootham, G. COOK, M. DUNN, R. MEAGHER	7m34.7s	1976
4x1500 metres Relay	J. HANCOCK, G. Rootham, P. GLUCINA, J. SCOTT	15m40.4s	31.1.72

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
800 metres	J. HANCOCK	1m53.9s	1965
1500 metres	(See 1 Mile record)		
3000 metres	L. WHITTY	5m12.7s	1977
5000 metres	L. WHITTY	14m20.5s	18.2.78

10,000 metres	L. WHITTY	29m30.4s	1..3.77
4000 metre Walk	J. TUNKS (S/Jun)	14m58s	21.1.78
110 metre Hurdles	W. BIRD	14.2s	21.12.76
400 metre Hurdles	W. BIRD	53.3s	12.3.77
1500m Steeplechase	G. COOK	4m21.8s	1975
2000m Steeplechase	M. JONES	6m01.7s	23.2.80
High Jump	M. MEREDITH	1.94m	1963
Long Jump	G. FRIEND	7.39m	1964
Triple Jump	B.C. DICKINSON	14.78m	1932
Pole Vault	L. BERRY	3.50m	20.10.79
			3.11.79
Shot Put 5.4431 kgs	I. DENIVON	14.16m	1963
Discus 1.5 kgs	A. SCOTT	47.22m	10.2.79
Javelin 800 g	G. GLYNN	65.10m	1963
Hammer 5.4431 kgs	A. SCOTT	39.92m	3.3.79
Pentathlon	M. DORRITY	2888 pts	31.12.77
Decathlon	M. DORRITY	5024 pts	Dec. '77
300 metre Hurdles	W. BIRD	37.9s	17.1.77
1 Mile	J. HANCOCK	4m13.8s	1965
1 Mile Walk	W. McALISTER	7m18s	1953
4x100 metres Relay	T. GLEESON, T. O'REILLY, G. GEDGE, R. ESTELLA	43.4s	1949
4x200 metre Relay	T. GLEESON, T. O'REILLY, G. GEDGE, R. ESTELLA	1m31.7s	1948
4x400 metre Relay	M. HOWDEN, G. ELLIOTT, R. LEGGE, R. ABBERTON	3m28.8s	2.12.79
4x800 metre Relay	P. DWYER, B. BYRNE, D. CLARKE, J. HANCOCK	7m59.4s	1965
4x1500 metre Relay	L. WHITTY, G. ELLIOTT, W. McCOURT, M. JONES	16m34.3s	2.12.79

SUB-JUNIOR BEST ON RECORD

100 metres	C. SLATYER	10.8s	17.12.77
200 metres	G. BRYAN	22.2s	1969
	C. SLATYER	22.2s	18.10.77
400 metres	G. BRYAN	51.0s	1969
800 metres	G. COOK	1m57.4s	1973
1500 metres	L. WHITTY	3m56s	7.1.77
3000 metres	L. WHITTY	8m25.2s	16.12.77
5000 metres	L. WHITTY	14m36s	1976
10,000 metres	L. WHITTY	30m01s	1977
90 metres Hurdles	W. BIRD	12.4s	1974
110 metres Hurdles	W. BIRD (Eq. Aust. Rec.)	14.35	1.2.1975
200 metres Hurdles	M. DORRITY	25.7s	21.12.76
300 metres Hurdles	W. BIRD (N.S.W. Rec.)	39.7s	1975
High Jump	I. BERRY	1.90m	8.1.78
Long Jump	W. BIRD	6.64m	1975
Triple Jump	I. BERRY	13.95m	13.11.77
Pole Vault	I. BERRY	3.35m	21.1.78
Shot Pu: 4.5359 kgs	R. STUBBS	13.85m	1972
Shot Pu: (8 lb)	P. PHILLIPS	18.85m	1959
Discus 1.5 kgs	A. SCOTT	39.62m	10.12.77
Javelin 800 g	J. BOWEN	57.50m	1975
Javelin 700 g	D. KIMPTON	46.20m	16.2.80
Hammer 4.5359 kgs	R. STUBBS	38.98m	1972
1500 metres Walk	J. TUNKS	6m40s	26.11.77

4x100 metres Relay	A. MEIER, P. McCAFFREY, C. SAMS, R. HENDERSON	44.7s	1.12.79
4x20 metres Relay	A. MEIER, P. McCAFFREY, C. SAMS, R. HENDERSON	1m32.7s	2.12.79
4x400 metres Relay	S. MOHR, P. McCAFFREY, D. SNOWDEN, R. HENDERSON	3m37.4s	1.12.79

JUVENILE BEST ON RECORD

100 metres	W. BIRD	11.3s	1972
	C. SLATYER	11.3s	15.1.77
200 metres	C. SLATYER	22.9s	16.1.77
400 metres	G. HARRIS	53.6s	1975
800 metres	C. HUNTER	2m7.6s	1966
1500 metres	J. TUNKS	4m20s	15.1.77
1500 metres Walk	D. LATHAM	7m45s	30.11.76
90 metres Hurdles	W. BIRD	12.8s	1973
200 metres Hurdles	W. BIRD	27.0s	1973
High Jump	P. JONES	1.80m	(20.1.80)
			(2.2.80)
			(17.2.80)
			(2.3.90)
Long Jump	G. NIXON	6.06m	1975
Triple Jump	G. NIXON	13.56m	1975
Javelin 600 g	D. SCOTT	42.94m	18.2.79
Discus 1 kg	J. NEALE	48.52m	6.4.80
Shot Put 4 kg	J. NEALE	13.45m	2.3.80
Shot Put 8 lb	Z. TASESKI	13.49m	17.2.79
90 yards Hurdles	D. STEPHENSON	11.7s	1966
1 Mile Walk	K. WARRINGTON	8m18.4s	1967
4x100 metres Relay	R. FONG, D. BARKAS, P. JONES, J. ABDULLAH	48.7s	2.12.79
4x200 metres Relay	S. THOMPSON, D. BARKAS, J. J. ABDULLAH, T. SPARKES	1m40.2s	1.12.79

SUB-JUVENILE BEST ON RECORD

100 metres	T. SPARKES	12.4s	8.3.79
200 metres	T. SPARKES	25.3s	18.3.79
400 metres	M. DORRITY	62.7s	1973
800 metres	W. WETHERALL	2m18.4s	17.1.77
1500 metres	W. WETHERALL	4m42.3s	1976
1500 metres Walk	M. ERRINGTON	8m10s	17.12.78
70 metres Hurdles	W. BIRD	12.3s	1970
	A. SCOTT	12.3s	1974
High Jump	S. GREEN	1.55m	1.12.78
Long Jump	T. SPARKES	5.17m	1978
Triple Jump	A. SCOTT	10.42m	1974
Discus 1 kg	D. SCOTT	30.96m	5.3.77
Shot Put 3 kg	R. FONG	10.07m	18.3.79
Shot Put 6 lb	D. SCOTT	11.22m	1.5.77
1 Mile	G. McLHONEY	5m21.4s	1969

A magnificent action picture of Albert (Voc) Blyth winning the State Half Mile Championship in 1 min 58.5 secs at Sydney Sports Ground 14th March 1931



**BALANCE SHEET
GENERAL FUND
STATEMENT OF RECEIPTS AND PAYMENTS FOR THE YEAR ENDED 31ST MARCH, 1980**

	\$		\$
Receipts		Payments	
Annual Subscriptions	1,880.00	Printing, Postage, Phone	277.26
Donations	165.50	Registrations, etc. to AAA	1,422.00
Promotions —		Promotions —	
C.C. Race Fees	517.85	C.C. Trophies	426.80
C.C. Schools Ch'ships	29.60	Track Trophies	93.70
T & F Schools Ch'ships	229.20	Schools Ch'ships — Ribbons	96.60
	776.65	T & F Schools Ch'ships — Other Exp.	94.81
Sale of Singlets	445.25	Hire of Hall — C.C. Season	181.00
Sale of Shorts	87.00	Hire of Fraser Oval — Track Season	200.00
	532.25		1,092.91
General —		Purchase of Singlets	716.45
Interest — Building Society	87.95	General —	
— Randwick-Botany Debenture	54.50	Purchase of Trophies	278.77
— Aust. Savings Bonds	210.00	Purchase of Equipment —	
Proceeds — Film Night	13.00	Handbooks	303.50
Entries in State Ch'ships	37.20	Amplifier	18.00
AAA Contribution Aust. C.C.		Maintenance of Equipment	54.86
Schools Ch'ships	500.00	Rent of Halls, etc.	20.00
Proceeds — Social Committee Fund		Raffle Prizes	25.00
Raising	600.00	Entries in Relays, Interclub, Opens	63.55
Fund Raising AAA Proceeds	14.70	Donations, Presentations,	
	1,517.35	Wreaths	59.00
		Interclub — Jubilee Oval 1978-79	90.00
			912.68
		Total Payments	4,421.30
		Surplus to Consolidated Statement	450.45
	<u>\$4,871.75</u>		<u>\$4,871.75</u>

TEAMS FUND
STATEMENT OF RECEIPTS AND PAYMENTS FOR THE YEAR ENDED 31ST MARCH, 1980

Receipts	\$	Payments	\$
Donations — Sportstar Awards	170.00	1979 Tas. Trip — Expenses	3,718.35
Refund Team Expenses from L. Whitty	75.00	— Refunds	40.00
Social Committee Fund Raising		1980 Tas. Trip — Expenses	1,092.00
— 1979 Tas. Trip	850.00	— Refunds	256.50
Payments by Individuals — 1980 Tas. Trip	5,132.70	Payments to Individuals	710.00
		Total Payments	5,816.85
		Surplus to Consolidated Statement	410.85
	<u>\$6,227.70</u>		<u>\$6,227.70</u>

CONSOLIDATED STATEMENT OF RECEIPTS AND PAYMENTS FOR THE YEAR ENDED 31ST MARCH, 1980

Cash at Bank 1.4.79	300.02	Building Society — Investment	1,516.40
Surplus — General Fund	450.45	Cash at Bank 31.3.80	44.92
Surplus — Teams Fund	410.85		
Social Committee — Repayment of Advance	400.00		
	<u>\$1,561.32</u>		<u>\$1,561.32</u>

BALANCE SHEET AS AT 31ST MARCH, 1980

Liabilities	\$	Assets	\$
Club Funds		Fixed Assets	
General Fund	4,766.83	Equipment	1,958.00
Reserve for Team Expenses	<u>1,158.19</u>	Less Provision for Depreciation	<u>196.00</u>
	5,925.02		1,762.00
Current Liabilities		Current Assets	
Sundry Creditors — Teams Fund		Stock on Hand	715.50
(1980 Tasmanian Trip)	4,013.80	Cash at Bank	<u>44.92</u>
			760.42
		Investments	
		Building Society	4,916.40
		Randwick-Botany Club Debs.	500.00
		Australian Savings Bonds	<u>2,000.00</u>
	<u>\$9,938.82</u>		7,416.40
			<u>\$9,938.82</u>

D. Jolliffe
Honorary Treasurer

Auditor's Statement

I have examined the Books and Records of the St George District Amateur Athletic Club for the year ended 31st March, 1980, and report that the above Balance Sheet sets out a true and fair view of the state of the Club's affairs at that date.

D. Carlisle
Honorary Auditor



Len Chinnery, former State Shot Put and Discus Throw Champion, putting at Interclub in December, 1963. Also Interclub and State record holder

APPRECIATION



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to all Advertisers
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It can be an offence for anyone to engage, in trade or commerce, in conduct "misleading or deceptive". In particular Section 53 contains prohibitions from doing any of the following in connection with the supply of goods or services or in connection with the promotion, by any means, of the supply or use of goods or services:

- (a) Falsely represent that goods or services are of a particular standard, quality or grade, or that goods are of a particular style or model.
- (b) Falsely represent that goods are new.
- (c) Represent that goods or services have sponsorship, approval, performance characteristics, accessories, uses or benefits they do not have.
- (d) Represent that he or it has a sponsorship, approval or affiliation he or it does not have.
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