

St. George District Amateur Athletic Club

(Founded 1921)

**SIXTY- SEVENTH ANNUAL REPORT
and
STATEMENT of ACCOUNTS
for the year ended 31st March, 1988**

OFFICE BEARERS 1987-1988

Patron: H.G. Carruthers, MBE

President: A.A. Gainsford, OAM

Senior Vice-Presidents: R. Gribble, R. Nash, A. Thomas
Vice-Presidents: G. Punch, S. Dubois, F. Walker, B. Unsworth, B. Langton,
G. Yeomans, R. Rathbone, F. Cavanagh, Mrs J. Loew, F. Eggleton,
R. Jolliffe, D. Wilson, S. Donnelly, G. Page, G. Freeman, M. Moroney,
D. Jolliffe, A. Staples, R. Patmore, A. Argall, Mrs B. Scott,
A. Henderson, H. Gibbons, L. Bosman, G. Avery

General Secretary: Vacant

Treasurer: D. Jolliffe

Track Secretary: A. Peek

Minutes Secretary: C. Stratford

Distance Secretary: A. Staples (to 26/9/87) & C. Stratford (Acting)

Hon. Auditor: D. Carlisle

Executive: A. Gainsford (Chairman), A. Staples, D. Jolliffe,
A. Peek, A. Thomas, A. Argall, S. Donnelly, R. Nash,
P. Tonge, C. Stratford, Mrs B. Scott, T. Richards

Delegates to Management Council: A. Gainsford, A. Peek, C. Stratford
Delegates to Interclub: A. Gainsford, A. Peek
Delegates to Harrier (Winter) Committee: A. Staples, W. Seary

Track Captain: A. Peek
Distance Captain: C. Stratford

Track Vice-Captain: G. Scott
Distance Vice-Captain: C. Spriggins

Publicity Officers: R. Gribble, A. Gainsford, A. Peek

Social Committee: P. Donnelly, P. Nash, N. Thomas, E. McLean,
J. Molloy, G. Stratford, J. Gribble, T. Page, J. Spriggins

Selectors: A. Staples, S. Donnelly, D. Jolliffe, P. Tonge, A. Peek,
G. Scott, S. Bible, C. Stratford, C. Spriggins

Handicappers: S. Donnelly, D. Jolliffe, P. Tonge, S. Bible

Timekeepers, Judges & Gear Stewards: T. Favell (Chief), A. Argall,
K. Jenkins, G. Scott, S. Donnelly, B. Molino, A. Davis,
B. Nash, A. Peek, M. Donnelly, H. Kunkel, T. Richards
Starters: S. Donnelly, A. Peek, P. Tonge, R. Patmore, B. Nash

Coaches: R. Nash, C. Hadjidakis, A. Peek, F. Eggleton, A. Thomas,
R. Ennever

First Aid: Drs. A. Scott, M. Jones & T. Deutsch, E. Argall, R. Nash

CLUB MEMBERSHIP

	1983-84	1984-85	1985-86	1986-87	1987-88
SENIOR	68	65	60	60	53
UNDER 20	8	14	9	10	7
UNDER 18	21	20	15	10	2
UNDER 16	64	45	29	20	19
UNDER 12	21	11	12	16	21
ASSOCIATE	2	1	24	20	25
OFFICIAL	18	23	13	13	10
TOTAL	202	179	162	149	137

LIFE MEMBERS

A.A. GAINSFORD, OAM	1923
W.J. HASLER	1932
B.C. BUTTON	1937
* W. AHERN	1955
* A. GOULD	1963
J. BOWERS	1971
D. JOLLIFFE	1971
D. WILSON	1971
R. GRIBBLE	1975
G. CARRUTHERS, MBE	1983
A. THOMAS	1983

* Deceased

MERIT AWARDS

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

67th ANNUAL REPORT & BALANCE SHEET

Presented to Members at the Annual General Meeting held at
Scarborough Park National Fitness Hall, Ramsgate
on Friday, 24th June, 1988 at 7.45pm

Ladies and Gentleman,

The 67th Annual Report and Balance Sheet is presented to you tonight and the report will show that our performances during the Track Season were disastrous. Interclub results were no better than last year when they were the worst since 1924, the year Interclub commenced. Results will be found in Arthur Peek's report. Fortunately, our distance runners had a very good season. Finances of the Club are very good and the Ladies Social Committee had an excellent year.

Once again Scarborough Park was a hive of activity during the Winter. As usual Scarborough is a real centre for athletes with the best facilities in the State.

Winter Season

St George gained 2nd place in the State Premiership, same place as 1986. We certainly had the best distance runners but again failed to fill teams in all State Championships. Our record in Winter Interclub, which commenced in 1977, is as follows:-

1977	1st	1978	1st	1979	3rd
1980	1st	1981	2nd	1982	5th
1983	unplaced	1984	unplaced	1985	3rd
1986	2nd	1987	2nd		

The highlight of the Winter season was the winning of the NSW Road Relay at Nowra. St George fielded its best team, viz, John Andrews 29m 54s, Stephen Nobbs 30m 42s, Louis Young 31m 17s and Lawrie Whitty 29m 10s. The team broke the best on record time by approximately 1min 30secs and in so doing beat the crack Camberwell Victorian team by nearly a minute and thirty seconds.

Results of State and Club Championships will be found in Allan Staples' report.

John Andrews, by his magnificent running during the year, at International and Australian level, was our best Senior athlete. Probably his best effort was establishing a new Club record in 13 mins 42.37 secs for the 5000m. His other outstanding performances can be found in Arthur Peek's and Allan Staples' reports. John, by his performances, was adjudged the best Senior Athlete and this entitled him to the Alleyne Gainsford trophy.

With distance runners of the calibre of:- Andrews, Whitty, Nobbs, Todd, Young, McLean, Hansard and McRae we should again do well in Senior State Championships. Senior distance athletes are expected to compete at State Championships if we are to maintain our great record since the Club was formed in 1921.

Our younger athletes have not performed well during the past 12 months and this is an area where we must build up as soon as possible. We still have young athletes of promise including the Locke brothers, Ferguson, Berger, Argall, Jenkins, Zammarrelli and Cook.

Last year, I said the women of our Club were gathering strength and performance all the time, and this has been maintained particularly during the Winter season. Presently, our women distance runners would be the best in the State.

Most sincere congratulations to Pat Marshall who won the State Marathon for women in 2hrs 52mins 03secs. Pat is the first woman in our Club to win a State Marathon. Congratulations also to Barbara Mrakovicic for winning the State Mile in 4min 57.48secs and 2nd place in the Australian Mile in 4min 46.70secs (new Club record). Seniors who have performed particularly well include Pat Marshall, Barbara Mrakovicic, Mandy Dovey and Christine Batman who together gained 4 places in the first six for the NSW Distance Runner of the Year, easily the best of all clubs. Brilliant young athletes Michelle Dillon and Lisa Zammarrelli gained firsts in State events. Other outstanding young girls include Karen Holgate, Linda Horrocks, Beth Walsh, Christine and Suzanne Stratford and Natasha Dillon. Other young girls are showing promise and we hope that more women athletes attend Interclub next track season.

Club membership at 137 is far from satisfactory when we realise we had 202 members in 1984. Members should try and bring new members into the Club especially for the track season. I still feel we should have a Membership committee and here is an opportunity for someone to come forward.

From the excellent financial statement and balance sheet prepared by our Treasurer it can be seen that the Club is in a very sound financial position. The level of club funds stands at \$10,366.09 which again is most satisfactory. Athletes have benefited to the extent of \$896.00 which is a lower amount than usual, mainly because of fewer State Representatives. Donors to Club funds are thanked for their contributions but we must remember those officials and members who promote and financially support club functions throughout the year. Thanks once again to the Ladies' Social Committee who, during the past 12 months, raised approximately \$2000.

A special thank you to Bill Seary who was responsible for the magnificent financial help from the Southside Masters Fun Run. We must also keep in mind the great financial help we receive from Buttercup Bakeries for the Annual Schools Track and Field Championships at Harold Fraser Oval.

I close my report a proud President about to commence my 53rd year unopposed.

I wish you all well for the coming 12 months, 1988-89.

A. A. GAINSFORD

President

ANNUAL AWARDS FOR 1987/88 ATHLETICS SEASON

- A. A. Gainsford Trophy:
(Outstanding Senior Athlete)
John Andrews
- Robert Nash Trophy:
(Most Improved Senior Athletes (1987-1988))
Christine Batman & B. Mrakovcic
- The L.L. Bosman Award:
(Performance, Sportsmanship, Deportment):
(Outstanding Under 20 Years)
Matthew Tonge
- A. Henderson Trophy:
(Outstanding Under 18 Years)
NOT AWARDED
- R.A. Jolliffe Trophy:
(Most Improved Under 18 Years)
Matthew Donnelly
- National Fitness Trophy:
(Best Under 18 Years Cross Country 1987)
Mark Locke
- A. Gould Memorial Trophy:
(Outstanding Under 16 Years)
Michelle Dillon
- G. Page Trophy:
(Outstanding Under 16 Years Cross Country 1987)
Chris Ferguson
- H. Gibbons Trophy:
(Most Improved Under 16 Years Cross Country 1987)
Christine Stratford
- F. Wilson Trophy:
(Outstanding Under 14 Years)
Lisa Zammarrelli
- L.L. Bosman Trophy:
(Best Hurdler)
NOT AWARDED
- J.J. Walsh Trophy:
(Outstanding Marathon Runner 1987)
Lawrie Whitty
- St George Trophy:
(Outstanding Field Athlete)
NOT AWARDED
- Ron Gribble Trophy:
(Open Grades Track & Field Aggregate Point
Score Winner)
Greg Scott
- Albert Thomas Award:
(Track & Field Encouragement Award for
Athletes Under 16 Years)
Suzanne Stratford
- A. Winter Perpetual Trophy:
(Best Triple Jump Performance)
Graeme Jolliffe

ST. GEORGE DISTRICT AMATEUR ATHLETIC CLUB
STATEMENT OF RECEIPTS AND PAYMENTS FOR THE 12 MONTHS ENDED 31/3/88

GENERAL FUND

Receipts		Payments	
Annual Subscriptions, etc	2,533.00	Printing, Postage, etc	172.20
Donations	1,126.00	Regns, etc. to AAA	1,997.08
Promotions -		Promotions -	
Refreshment Sales	1,450.17	CC Hire of Hall	552.00
CC Race fees	1,032.11	Trophies	1,069.84
Schools Chships	84.40	T&F Programs	294.00
Other	36.00	Hire of Ground	360.00
T&F Schools Chships	501.00	Trophies	50.20
	-----	Ribbons, Sch Chships	427.20
	3,113.68		-----
Sale of Uniforms	352.00		2,753.24
General -		General -	
Sale of Handbooks	87.00	Trophies, annual m.	351.15
State Chship Entries	78.00	State Chship Entries	78.00
Interest	541.55	Donations, Pres. etc.	135.00
	-----	Purchase Handbooks	80.00
	706.55	Stopwatch	39.95
		Materials (track nos)	18.47
		Working Funds	
		Fun Run	250.00

			952.57

		Total Payments	5,875.09
		Surplus	1,956.14

	\$7,831.23		\$7,831.23
	-----		-----

TEAMS FUND

Receipts		Payments	
Fund Raising - State Mthon	200.00	Relay Entries & Hire of Bus	436.00
Southside Masters -		Assistance to Individuals	896.20
Fun Run Proceeds	1,500.00		-----
Tickets - Nowra Trip	205.00	Total Payments	1,332.20
Sportstar Awards	125.00	Surplus	679.80
	-----		-----
	\$2,030.00		\$2,030.00
	-----		-----

CONSOLIDATED FUND

Cash at Bank 1/4/87	2,140.27	Incr in Bldg Soc Capital	15.41
Surplus -		Cash at Bank 31/3/88	4,778.80
General Fund	1,956.14		
Teams Fund	697.80		
	-----		-----
	\$4,794.21		\$4,794.21
	-----		-----

BALANCE SHEET as at 31/3/88

Liabilities		Assets	
General Fund	8,240.22	Fixed Assets	
Teams Fund	2,125.87	Equipment	1,740.00
		less Depreciation	174.00

			1,566.00
		Current Assets	
		Stock on hand	984.00
		Cash at Bank	4,778.80

			5,762.80
		Investments	
		Building Society	237.29
		Bonds	2,800.00

			3,037.29
	-----		-----
	\$10,366.09		\$10,366.09
	-----		-----

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 31 March 1988 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

SOCIAL COMMITTEE FUNDS

STATEMENT OF RECEIPTS AND PAYMENTS FOR THE 12 MONTHS ENDED 31/3/88

Receipts		Payments	
Funds at 1/4/87 -			
Cash at Bank	135.14	Contributions to Club	1,340.17
Building Society Account	1,950.95		
Building Society Fixed		Funds at 31/3/88 -	
Term Investment	1,064.47	Cash at Bank	42.46
	-----	Building Society	
	3,150.56	Account	2,160.38
Fund Raising Proceeds (net)	1,202.89	Building Society	
Interest - Bank and		Fixed Term Inv.	1,000.00
Building Society	189.56		-----
			3,202.84
	-----		-----
	\$4,543.01		\$4,543.01
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COMMENTS ON ANNUAL FINANCIAL STATEMENTS
By Dennis Jolliffe

Over the past five years, the Club's funds have fluctuated as follows -

As at 31 March	Club Funds	Movement
1984	6,090.41	
1985	5,581.04	-509.37
1986	6,407.09	826.05
1987	8,567.15	1,160.06
1988	10,366.09	1,798.94

Despite another drop in membership, Club funds increased in 1987-88, mainly as a result of funds being provided by the Social Committee and the Southside Masters Fun Run.

I would like to thank all members of the Executive for the assistance in handling financial transactions over the past year. I would also like to thank David Carlisle who has diligently and conscientiously audited the Club's books now for several years.

Team fund payments to and amounts received in respect of individual athletes are -

	Payment	Receipt (a)
John Andrews	375.00	12.50
Christine Batman		50.00
Michelle Dillon	75.00	
Mandy Dovey	221.20	
Barbara Mrakovcic	75.00	
Stephen Nobbs		12.50
Laurie Whitty		12.50
Louis Young	50.00	12.50
Lisa Zammarrelli	100.00	50.00

(a) Sportstar Donation

OBITUARY

Since our last Annual Meeting one of our most prominent members, Harold Bennett, of the early years of our Club, has passed away and we pay tribute to him.

A TRIBUTE TO THE LATE HAROLD BENNETT

The passing of Harold Bennett on the 12th July 1987 brought to a close a career in athletics which commenced in 1924 and finished in 1945. Harold joined our Club on 7th April 1924 and ran the distance season of 1924 before turning his talents to the Track events in the years 1924 to 1929.

His best performance was 3rd place in the State 440 yards at Manly Oval on 27th February 1929. In so doing he was the first St George athlete to record a place in the sprint events, viz, 100, 220 and 440 yards. Harold, at Interclub and Club level, enjoyed success and at different times he was Club Champion for the 220 yds, 440 yds and 440 yards Hurdles where he established a club record of 61.4 seconds. At the Mascot Dog track on the 18th February 1929 Harold won the Open AAA 440 yards.

Harold occupied many official positions as follows:-

Senior Vice President	1936 to 1941
Vice President	1942 to 1945
Delegate NSWAAA	1934 to 1935

He also acted as Handicapper, Starter and Vice Captain.

Harold was the manager of a St George Athletics Club team which created history when they flew to Maitland on 16th February 1935 and piloted by Sir Charles Kingsford-Smith in the famous "Southern Cross". On the way to Maitland the "Southern Cross" circled Sydney Harbour and dropped a wreath in memory of the late Charles Ulm.

Although Harold lived at Lindfield for many years he always attended the magnificent reunions and cocktail parties of old athletes and their friends. Harold was a very popular member and with his passing I lost one of my dearest friends. He was with Wormald Bros Pty Ltd for most of his working life and ascended to the position of Associate Director.

Vale my friend.

This tribute closes with deepest sympathy to his wife, Irene, and to Helen, Susan, Rosemary and Stephen.

Alleyn Gainsford

1987 DISTANCE REPORT

by Alan Staples

St George enjoyed quite a successful winter season. Team highlights were:-

WOMEN	Open 15km road	- first
	Under 16 3km Cross Country	- first
	Open 4 X 5km Road Relay	- second
	Open 8km Cross Country	- second
	Under 20 5km road	- second
MEN	Open 4 X 10km road relay	- first (NSW Record)
	Open 15km road	- first
	Under 12 2km Cross Country	- second

In the Winter Teams Premiership St George men gained 2nd place (40 points), which continued our good showing of recent years. Our Men's B Grade teams gained 4th place, but most encouraging was the performance of our Women's team which gained 2nd place (31 points).

In the NSW Distance Runner of the Year (1987) pointscore for men, Lawrie Whitty (31 points) came 6th; Steve Nobbs (26 points) came 9th. For women Pat Marshall (50 points) came 2nd; Barbara Mrakovcic (35 points) came 4th; Mandy Dovey (34 points) came 5th and Christine Batman (29 points) came 6th.

Outstanding individual performances included:

Michelle Dillon	- 1st NSW Under 16 3km
Patricia Marshall	- 1st NSW Marathon - 8th Australian Marathon
Lisa Zammarrelli	- 1st Australian Primary Schools X-Country

The number of girls competing each Saturday at Scarborough Park continued to increase and often exceeded the number of boys in the younger age events.

I would like to thank, very much, all those club members, their parents and friends who helped as officials during the season, and in particular the social committee, whose members devoted many hours to to help raise funds for the club and its athletes.

1987 WINTER POINTSCORES

SENIOR 1. Terry O'Connor 367 points
 2. Paul Gallaher 328
 3. John Irvine 322

Fastest Times Champions: Christine Batman & Gary McLean (71)

INTERMEDIATE 1. Peter Wright 320 points
 2. Matthew Donnelly 314
 3. Gail Stratford 313

Fastest Times Champions: Christine Stratford (72) & Matthew Tonge (45)

UNDER 16 1. Michelle Dillon 110 points
 2. Donna Vale 107
 3. Graeme Jolliffe 96

Fastest Times Champions: Michelle Dillon (69) & Chris Ferguson

Under 14 1. Suzanne Stratford 169.5 points
 2. Karen Holgate 166
 3. Beth Walsh 153

Fastest Times Champions: Lisa Zammarrelli (79) & Craig Berger (84)

Under 12 1. Damien Martin 230 points
 2. Scott Spriggins 211
 3. Joanne Spriggins 171

Fastest Times Champions: Natasha Dillon (84) & Damien Martin (94)

ST GEORGE TROPHY DAYS

JIM ALLEN TROPHY: Senior 10km Road Handicap on 9th May 88
1st C. Batman 2nd J. McLean 3rd P. Gallaher
Fastest - G. Wilson 34min 06sec

BILL DALTON TROPHY: Senior 10 mile Road Handicap on 30th May 88
1st P. Gallaher 2nd J. Pierce 3rd J. Irvine
Fastest - P. Gallaher 55min 35sec

JACK COPPOCK TROPHY: Under 16 3km Handicap on 13th June 88
1st H. Le 2nd C. Ferguson 3rd G. Argall
Fastest - C. Ferguson 11min 43sec

GREG PAGE TROPHY: Senior 13km Handicap on 18th July 88
1st B. O'Dea 2nd T. O'Connor 3rd P. Sidoti
Fastest - G. McLean 44min 50sec

DICK VAUGHAN TROPHY: Senior 12km Handicap on 29th August 88
1st R. Molloy 2nd B. Molino 3rd D. Edwards
Fastest - P. Gallaher 43min 29sec

GEORGE CARRUTHERS CUP: Open 2km Handicap on 26th September 88
1st R. Walsh 2nd M. Vale 3rd G. Argall
Fastest - M. Zammarrelli 6min 28sec

ST GEORGE CLUB CHAMPIONS 1987

MEN

SENIOR	1st	2nd	3rd
8km CC	G. McLean	N. Berger	B. Tennant
Novice 10km	G. Wilson	C. Spriggins	P. Gallaher
12km CC	S. Nobbs	L. Young	B. Shaw
15km Road	L. Whitty	S. Nobbs	B. Shaw
16km CC	L. Whitty	S. Nobbs	C. Spriggins
Marathon	L. Whitty	G. McLean	B. Marshall

UNDER 20

5km CC	M. Tonge
8km CC	M. Tonge
10km Road	E. Baral-Steinberg

UNDER 18

5km CC	M. Locke	M. Donnelly
6km CC	E. Baral-Steinberg	M. Zammarrelli

UNDER 16

3km CC	C. Ferguson	H. Le	G. Jolliffe
4km CC	C. Ferguson	C. Berger	G. Argall

UNDER 14

3km CC	C. Berger	M. Locke
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UNDER 12

2km CC (Club)	C. Jenkins	S. Fisher	D. Martin
2km CC (NSW)	T. Watson	C. Jenkins	D. Martin

WOMEN

SENIOR	1st	2nd	3rd
5km CC	M. Dovey	L. Bennett	G. Stratford
Novice 4km	C. Batman	M. Dillon	L. Zammarrelli
8km CC	C. Batman	M. Dovey	P. Marshall
15km Road	M. Dovey	C. Batman	B. Mrakovcic
12km CC	B. Mrakovcic	M. Dovey	P. Marshall
Marathon	P. Marshall		

UNDER 20

5km CC	S. Smith		
5km Road	L. Zammarrelli	M. Dillon	C. Stratford

UNDER 18

5km CC	C. Stratford	M. Primmer	N. Hocking
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UNDER 16

3km CC (Club)	D. Vale		
3km CC (NSW)	M. Dillon	A. Gaborov	N. Hocking

UNDER 14

3km CC	L. Zammarrelli	K. Holgate	L. Horrocks
2km CC	K. Holgate	L. Horrocks	B. Walsh

UNDER 12

2km CC (Club)	S. Stratford	N. Dillon	U. Rodway
2km CC (NSW)	L. Zammarrelli	S. Stratford	N. Dillon

ST GEORGE CLUB CHAMPIONSHIPS (15th August 1987)

MEN

SENIOR 8km CC (Ron Gribble Trophy)	1st Gary McLean 2nd Norm Berger 3rd Brook Tennant	26min 51sec
UNDER 20 5km CC	1st Matthew Tonge	18min 03sec
UNDER 18 5km CC	1st Mark Locke 2nd Matthew Donnelly	17min 38sec
UNDER 16 3km CC	1st Chris Ferguson 2nd Hung Le 3rd Graeme Jolliffe	10min 13sec
UNDER 14 3km CC	1st Craig Berger 2nd Michael Locke	9min 43sec
UNDER 12 2km CC	1st Chris Jenkins 2nd Stephen Fisher 3rd Damien Martin	8min 06sec

WOMEN

SENIOR 5km CC	1st Mandy Dovey 2nd Louise Bennett 3rd Gail Stratford	18min 11sec
UNDER 20 5km CC	1st Sabina Smith	20min 53sec
UNDER 18 5km CC	1st Christine Stratford 2nd Megan Primmer 3rd Narelle Hocking	20min 37sec
UNDER 16 3km CC	1st Donna Vale	13min 45sec
UNDER 14 3km CC	1st Lisa Zammarrelli 2nd Karen Holgate 3rd Linda Horrocks	9min 48sec
UNDER 12 2km CC	1st Suzanne Stratford 2nd Natasha Dillon 3rd Ursula Rodway	8min 09sec

CHAMPIONSHIP RESULTS - 1987

ANZAC DAY NSW MARATHON (25th April 87, Sydney)

13th	Gary McLean	2hrs 34 min 50sec	
45th	Bruce Marshall	2hrs 47 min 49sec	
60th	Paul Gallaher	2hrs 51 min 44sec	
62nd	Pat Marshall	2hrs 52 min 03sec	(First Woman)

NSW 16/12km CROSS COUNTRY CHAMPIONSHIPS (2nd May 87, Quakers Hill)

MEN OPEN 16km:

3rd	Lawrie Whitty	52 min 00sec	
8th	Stephen Nobbs	55 min 04sec	
25th	Chris Spriggins	62 min 08sec	
26th	Norm Fraser	62 min 16sec	
33rd	Brennen Shaw	65 min 57sec	
47th	Chris Stratford	72 min 56sec	
	Andrew Mrakovcic	60 min 32sec	Late Entry
	Karel Kratochvil	63 min 19sec	Late Entry

TEAMS: 3rd St George 142 points

WOMEN OPEN 12km:

2nd	Barbara Mrakovcic	48 min 52sec
4th	Mandy Dovey	51 min 17sec
6th	Pat Marshall	52 min 53sec

NSW NOVICE CROSS COUNTRY CHAMPIONSHIPS (23rd May 87, Ramsgate)

MEN SENIOR 10km

15th	Greg Wilson	32 min 43sec
26th	Chris Spriggins	33 min 46sec
28th	Paul Gallaher	34 min 10sec
34th	Karel Kratochvil	35 min 24sec
36th	Marco Zammarrelli	35 min 54sec
37th	John McNulty	35 min 56sec

WOMEN SENIOR 4km

3rd	Christine Batman	14 min 21sec
6th	Michelle Dillon	14 min 43sec
8th	Lisa Zammarrelli	14 min 50sec
15th	Christine Stratford	16 min 00sec
17th	Linda Horrocks	16 min 16sec
21st	Annette Gaborov	17 min 01sec
25th	Julie Page	18 min 00sec
26th	Narelle Hocking	18 min 05sec

TEAMS: 1st St George 32 points

SUPPORTING EVENTS:

OPEN 10km

6th	Louis Young	32 min 00sec
10th	Bob Squires	33 min 11sec
14th	Andrew Mrakovcic	33 min 55sec
20th	Ron Gribble	34 min 58sec
34th	Pedro Sidoti	36 min 50sec
48th	Allen Argall	37 min 47sec
67th	David Page	39 min 35sec
77th	Chris Stratford	40 min 33sec
80th	Bruce Marshall	40 min 56sec
81st	Pat Marshall	40 min 56sec
82nd	Bruno Molino	40 min 59sec
98th	Martin McKay	42 min 22sec
112th	Tony Nunn	45 min 19sec
129th	Tom Richards	48 min 33sec
136th	Bob Molloy	50 min 33sec

UNDER 20 4km

10th	Matthew Tonge	14 min 39sec
19th	Damien Martin	17 min 08sec
20th	John Sidoti	18 min 41sec

UNDER 16 Male/Female, Open 4km

3rd	Barbara Mrakovcic	13 min 49sec
4th	Mark Locke	13 min 59sec
9th	Louise Bennett	14 min 29sec
18th	Pat Marshall	15 min 34sec
25th	Megan Primmer	17 min 36sec
27th	Kerry Edwards	18 min 41sec

UNDER 14 2km

14th	Michael Locke	7 min 53sec
16th	Linda Horrocks	7 min 57sec
18th	Karen Holgate	8 min 06sec
23rd	Beth Walsh	8 min 17sec

UNDER 12 2km

12th	Chris Jenkins	7 min 57sec
14th	Suzanne Stratford	8 min 03sec
21st	Daniel Bolton	8 min 35sec
26th	Ursula Rodway	8 min 46sec
29th	Natasha Dillon	8 min 58sec
43rd	Andrew Horrocks	9 min 44sec
60th	Ruth Walsh	11 min 23sec

NSW ROAD CHAMPIONSHIPS (28th June 87, Pier One)

MEN OPEN 15km:

3rd	Lawrie Whitty	45 min 16sec
12th	Stephen Nobbs	47 min 01sec
13th	Brennen Shaw	47 min 12sec
18th	Louis Young	47 min 46sec

TEAMS: 1st St George 46 points

WOMEN OPEN 15km:

4th	Mandy Dovey	55 min 55sec
6th	Christine Batman	56 min 03sec
8th	Barbara Mrakovcic	56 min 43sec
11th	Pat Marshall	57 min 48sec
16th	Louise Bennett	61 min 12sec

TEAMS: 1st St George 29 points

MEN UNDER 20 15km

18th	Edward Baral-Steinberg	34 min 35sec
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WOMEN UNDER 20 5km

5th	Lisa Zammarrelli	18 min 26sec
6th	Michelle Dillon	18 min 28sec
11th	Christine Stratford	20 min 43sec
12th	Suzanne Stratford	21 min 46sec
26th	Narelle Hocking	22 min 26sec

TEAMS: 2nd St George 34 points

NSW CROSS COUNTRY CHAMPIONSHIPS (1st August 87, Lansdowne)

MEN OPEN 12km:

6th	Stephen Nobbs	39 min 17sec
7th	Louis Young	39 min 23sec
8th	Brennen Shaw	39 min 26sec
44th	Bob Squires	43 min 16sec
45th	Bruce Hansard	43 min 17sec
48th	Brook Tennant	43 min 54sec
63rd	Bruce Marshall	45 min 56sec
91st	Chris Stratford	51 min 01sec

TEAMS: 3rd St George 158 points

WOMEN OPEN 8km:

8th	Christine Batman	31 min 40sec
10th	Mandy Dovey	32 min 14sec
12th	Pat Marshall	33 min 51sec
13th	Louise Bennett	34 min 06sec
16th	Narelle McKean	35 min 52sec

TEAMS: 2nd St George 43 points

MEN UNDER 20 8km

18th Matthew Tonge 32 min 39sec

MEN UNDER 18 6km

8th Edward Baral-Steinberg 21 min 03sec

14th Marco Zammarrelli 22 min 36sec

MEN UNDER 16 3km

9th Chris Ferguson 14 min 54sec

20th Craig Berger 16 min 03sec

26th Geoff Argall 17 min 08sec

WOMEN UNDER 16 3km

1st Michelle Dillon 11 min 28sec

10th Annette Gaborov 14 min 06sec

12th Narelle Hocking 14 min 26sec

15th Chereen Vale 15 min 22sec

16th Donna Vale 16 min 06sec

TEAMS: 1st St George 38 points

WOMEN UNDER 14 2km

6th Karen Holgate 8 min 18sec

12th Linda Horrocks 8 min 49sec

13th Beth Walsh 8 min 59sec

19th Christine Stratford 9 min 43sec

TEAMS: 4th St George 50 points

MEN UNDER 12 2km

3rd Toby Watson 7 min 48sec

9th Chris Jenkins 8 min 35sec

11th Damien Martin 8 min 54sec

16th John Sidoti 9 min 31sec

22nd Scott Spriggins 10 min 38sec

TEAMS: 2nd St George 39 points

WOMEN UNDER 12 2km

4th Lisa Zammarrelli 8 min 17sec

12th Suzanne Stratford 9 min 21sec

14th Natasha Dillon 9 min 37sec

19th Ursula Rodway 10 min 10sec

22nd Anne Rodway 10 min 35sec

23rd Joanne Spriggins 11 min 58sec

TEAMS: 3rd St George 49 points

NSW ROAD RELAY CHAMPIONSHIPS (12th September 87, Nowra)

MEN OPEN 4 X 10km

1st St George A 2hrs 01 min 03sec (NSW Record)
J. Andrews 29:54, S. Nobbs 30:42, L. Young 31:17, L. Whitty 29:10)

11th St George B 2hrs 13 min 09sec
J. McLean 31:43, N. Berger 33:23, P. Gallaher 34:08, R. Squires 33:55

St George C
A. Mrakovcic 34:31, R. Gribble 38:46, C. Stratford 39:09

MEN UNDER 20 4 X 5km

4th St George 1hr 08 min 14sec

I. Tonge 17:48, M. Locke 17:11, M. Zammarrelli 16:46, J. Cook 16:29

MEN UNDER 16 4 X 2km

6th St George 27 min 52sec
J. Ferguson 6:32, C. Berger 7:14, G. Argall 6:53, H. Le 7:13

MEN UNDER 12 4 X 2km

5th St George 33 min 27sec
J. Martin 8:09, J. Sidoti 8:35, D. Bolton 8:45, C. Jenkins 7:58
Reserve - M. Vale 9:00

WOMEN OPEN 4 X 5km

2nd St George A 1hr 10 min 10sec
I. Dovey 16:51, L. Bennett 18:39, C. Batman 17:24, B. Mrakovcic 17:16

WOMEN OPEN 4 X 5km

8th St George B 1 hr 22 min 44sec
I. Dillon 17:10, N. Hocking 21:17, S. Smith 20:37, J. Page 23:40

WOMEN UNDER 14 4 X 2km

3rd St George A 30 min 34sec
J. Zammarrelli 7:04, B. Walsh 8:11, C. Stratford 7:52, K. Holgate 7:27

WOMEN UNDER 14 4 X 2km

5th St George B 33 min 32sec
J. Horrocks 8:03, N. Dillon 8:28, C. Vale 8:23, S. Stratford 8:38

AUSTRALIAN MARATHON CHAMPIONSHIP (7th June 87, Sydney)

WOMEN

8th Pat Marshall 2hrs 57 min 55sec

AUSTRALIAN 15km ROAD CHAMPIONSHIPS (18th July 87, Hobart)

WOMEN

15th Mandy Dovey 57 min 02sec

AUSTRALIAN CROSS COUNTRY CHAMPIONSHIPS (29th Aug 87, Bundoora, VIC)

MEN

OPEN 12km:

55th Louis Young 39 min 17sec

73rd Brook Tennant 43 min 18sec

NSW ROAD WALKING CHAMPIONSHIPS (27th June 87, Tempe)

MEN OPEN 20km

13th Chris Stratford 2hrs 01 min 45sec

SUN CITY TO SURF (9th August 87, Sydney)

7th	John Andrews	42 min 31sec
25th	Stephen Nobbs	44 min 16sec
28th	Louis Young	44 min 23sec
90th	Gary McLean	46 min 05sec
99th	Bob Squires	47 min 02sec
120th	Frank Scorzelli	47 min 28sec
136th	Norm Berger	47 min 41sec
178th	Andrew Mrakovcic	48 min 30sec
273rd	Bob Talay	49 min 49sec
303rd	Karel Kratochvil	50 min 08sec
322nd	Edward Baral-Steinberg	50 min 21sec
360th	Mandy Dovey	50 min 39sec
456th	Brian McCourt	51 min 44sec
476th	Barbara Mrakovcic	52 min 03sec
508th	Jonathan Cook	52 min 19sec
662nd	Marco Zammarrelli	53 min 19sec
707th	Peter Rose	53 min 36sec
786th	Stephen McLean	54 min 07sec
898th	John McLean	54 min 53sec
1026th	Ron Gribble	55 min 45sec
1067th	Neville Markham	56 min 01sec
1201st	Dennis Jolliffe	56 min 46sec
1250th	Chris Stratford	56 min 59sec
1347th	Craig Berger	57 min 29sec
3083rd	Sabina Smith	1hr 03 min 47sec
3115th	Christine Stratford	1hr 03 min 53sec
3941st	Suzanne Stratford	1hr 06 min 05sec
5262nd	Tony Nunn	1hr 09 min 01sec
5875th	Annette Gaborov	1hr 10 min 26sec
6306th	Daniel Gray	1hr 11 min 28sec
7957th	Tom Richards	1hr 15 min 18sec
9385th	Bob Molloy	1hr 18 min 50sec
14254th	Pat Donnelly	1hr 38 min 35sec
17178th	Tess Page	2hr 19 min 19sec

ST GEORGE DAAC OPEN SCHOOLS CROSS COUNTRY CHAMPIONSHIPS
(3rd May 87, Ramsgate)

Entries were down on the previous year. In the 9 years to 12 years events Hurstville Primary won the L. Bosman Trophy from Panania North and Laguna Street. In the Advanced events (13 years to Open) the D. Wilson Shield was won by Hurstville Boys High from Kirrawee High and Sydney Technical High.

QANTAS 10km FUN RUN (5th April 87, Taren Point)
(Promoted by Southside Masters, St George DAAC & Sutherland DAAC)

This event was very well supported and brilliantly won by Lawrie Whitty of St George Club in a time of 29min 28sec, followed by Jamie Harrison (UNSW), 30min 29sec and Steve Poulton (Sutherland), 30min 59sec. Two 3km supporting events catered for schoolboys and schoolgirls and those runners preferring a shorter race.

1987-88 TRACK SEASON REPORT

by Arthur Peek

The 1987-88 summer track season saw a combined effort between St. George, Bankstown Sports and Canterbury Bankstown athletics clubs in the Mens A and C Grades at Interclub. The combination was necessary as not one of the three clubs was strong enough to compete on its own. However, the combined effort made the team more competitive in both grades. St George and Bankstown combined in C Grade for the Womens competition.

Unfortunately the A Grade team in the Mens competition did not perform up to expectations, managing two wins in the season over a very weak Nepean club. It appears that both clubs will be relegated from A grade next season. Only twelve athletes from St George, nine from Bankstown and four from Canterbury Bankstown competed during the season. This was only half the number of athletes to make the team competitive. On the the first day of competition, 10th October 87, only three athletes competed in A Grade and this was the same story on 31st October 87.

The combined C Grade team did well to finish second in the competition. Twenty-five athletes from St George, seventeen from Bankstown and two from Canterbury Bankstown competed during the season. Most of the events in the match each day had at least one or two competitors. Unfortunately, the numbers were down on two days of competition and both matches were lost. They were the only losses for the season, and the combined team was strong enough to win the C Grade competition.

Only six competitors competed in the Womens C Grade competition, five athletes from St George and one from Bankstown Sports. It was one of the weakest competitions ever held by the NSW AAA and next year only A and B Grades will be held for the women. The combined team finished fourth in the competition.

There were eleven days of club v club competition held at E. S. Marks field.

A GRADE RESULTS:				TW	102 d BCSTG	14,	SD	65 d BCSTG	35
RBH	85 d BCSTG	22,	CRH	76 d BCSTG	19,	UNIS	99 d BCSTG	33	
BCSTG	58 d NEP	29,	RKME	86 d BCSTG	39,	NS	77 d BCSTG	44	
ES	90 d BCSTG	30,	CRH	101 d BCSTG	56,	BCSTG	50 d NEP	23	

C GRADE RESULTS:				BCSTG	77 d CRH	35,	BCSTG	59 d SS	45
BCSTG	63 d TW	28,	RKME	78 d BCSTG	38,	SD	63 d BCSTG	35	
BCSTG	69 d NS	30,	BCSTG	61 d HV	15,	BCSTG	91 d WZ	7	
BCSTG	95 d RBH	30,	BCSTG	102 d NZ	28,	BCSTG	67 d BZ	37	

WOMENS C GRADE RESULTS:				BSSTG	14 d BZ	9,	JTW	16 d BSSTG	14
NSRK	61 d BSSTG	0,	BSSTG	26 d BSSTG	5,	BSSTG	24 d PAR	0	
SS	49 d BSSTG	15,	BSSTG	28 d HV	4,	BSSTG	7 d STGSW	0	
JTW	29 d BSSTG	20							

There were three days of seeded competition held at E. S. Marks field and a total of only eight athletes from St George competed at this competition held on the first three Saturdays in March 1988. The total number of competitors on the ground in all events was likewise disappointing. It appears that seeded interclub, at the end of the season, is unpopular.

Our outstanding male athlete for the season was **JOHN ANDREWS**.
His notable performances were:-

1. AIS SEIKO INVITATIONAL in Canberra on 25 JAN 88
2nd in 3000m in a time of 8m 05.40 secs.
2. AUSTRALIAN 5000m CHAMPIONSHIPS in Melbourne on 4 FEB 88
2nd in a new club record time of 13m 42.37 secs.
3. WORLD CROSS COUNTRY CHAMPIONSHIPS in Auckland, NZ on 26 MAR 88
John was selected to represent Australia for the third time for these championships over 12 kilometres. John finished in 42nd place with a time of 36 minutes 47 seconds. Previous World Cross Country Championships in which John competed were Madrid, Spain in 1981 and Gateshead, England in 1983.
4. SUN CITY TO SURF Fun Run on 9 AUG 87
John ran a brilliant race to finish well up in the placings for the first competitive run for some time. It's good to see John back in action and running as well, if not better, than he was some four to five years ago.

Our best female athlete on the track was **BARBARA MRAKOVVIC**.
Her notable performances were:-

1. NSW WOMENS 1 MILE CHAMPIONSHIP in Sydney on 15 NOV 87
1st in a time of 4min 57.48secs
2. AUSTRALIAN WOMENS 1 MILE CHAMPIONSHIP in Sydney on 9 JAN 88
2nd in a time of 4min 46.70secs
3. NSW WOMENS TRACK & FIELD CHAMPIONSHIPS in Sydney
3rd in the 800m in a time of 2m 10.65secs
2nd in the 1500m in a time of 4m 21.45secs

Other athletes who showed continued good results throughout the season were:-

CHRIS STRATFORD	in the 3000m and 5000m Walks
MATTHEW TONGE	in the 800m
CHRISTINE STRATFORD	in the 1500m and 3000m Walks

Athletes who won medals at the various NSW Championships were mainly our female athletes this year:-

NSW ALL SCHOOLS CHAMPIONSHIPS

Michelle Dillon (Under 15) won two medals
Karen Holgate (Under 13) won two medals
Christine Stratford (Under 15) won one medal

NSW TRACK AND FIELD CHAMPIONSHIPS

Barbara Mrakovcic (Open) won two medals
Christine Stratford (Under 16) won one medal

NSW AGE CHAMPIONSHIPS

Suzanne Stratford (Under 13) won one medal
Lisa Zammarelli (Under 13) won one medal

METROPOLITAN CHAMPIONSHIPS

Mandy Dovey (Open) won one medal

NSW 1 MILE CHAMPIONSHIPS

Barbara Mrakovcic (Open) won one medal

AUSTRALIAN 1 MILE CHAMPIONSHIPS

Barbara Mrakovcic (Open) won one medal

The only male athletes to win medals at Championships:-

AUSTRALIAN 5000m CHAMPIONSHIPS

John Andrews (Open) won one medal

METROPOLITAN CHAMPIONSHIPS

Matthew Tonge (Under 20) won one medal

With the numbers and performances of club athletes competing during the season it was impossible to enter teams in the NSW Relay Championships for the 1987-88 season. We can only hope that next season there will be more athletes competing and available to run in relay teams.

Southern Zone competition was held on Wednesday nights during the season at Sylvania Waters. Only a small number of St George athletes attended the competition. The numbers at Southern Zone, throughout the season, were the smallest I have ever seen. This was evident at the annual Angus & Coote Shield Competition when only nine athletes represented Southern Zone on the Saturday and the number increased to ten on the Sunday. St George representatives were Phil Tonge, Matthew Tonge and Arthur Peek.

CLUB CHAMPIONSHIPS

The results of Australian, NSW Track and Field and Metropolitan Championships and Open Grades and Zone Interclub have been used to determine the placings.

OPEN	1		2	3
100m	G. Scott	12.87s	Z. Taseski	T. Nunn
200m	R. Deutsch	24.61s	Z. Taseski	A. Peek
400m	R. Deutsch	53.04s	R. Gribble	T. Nunn
800m	A. Mrakovcic	1m 59.58s	P. McGuckin	M. Favoloro
1500m	B. Hansard	4m 06.50s	A. Mrakovcic	L. Young
3000m	J. Andrews	8m 05.40s	L. Whitty	B. Hansard
5000m	J. Andrews	13m 42.37s	S. Nobbs	G. McLean
10,000m	J. Andrews		N. Markham	A. Peek
110m H	G. Scott	19.38s	A. Peek	
400m H	A. Peek	1m 28.40s		
2000m St	M. Blair	6m 50.30s		
3000m St	P. Philips	11m 30.00s	A. Peek	
3000m W	C. Stratford	14m 12.50s	T. Nunn	
5000m W	C. Stratford	24m 41.23s	T. Nunn	
10,000m W	C. Stratford	54m 55.73s		
Shot Putt	Z. Taseski	11.53m	G. Scott	A. Peek
Discus	Z. Taseski	31.68m	G. Scott	A. Peek
Javelin	T. Notaras	39.68m	A. Peek	G. Scott
Hammer	A. Peek	18.76m		
Long Jump	G. Scott	5.37m	Z. Taseski	A. Peek
Triple J.	G. Scott	11.39m	Z. Taseski	A. Peek

UNDER 20	1		2	3
100m	M. Tonge	12.18s	D. Tilia	
200m	M. Tonge	25.12s		
400m	M. Tonge	54.02s	M. Blair	D. Tilia
800m	M. Tonge	1m 58.39s	M. Blair	
1500m	M. Blair	4m 08.30s	M. Tonge	J. Cook
3000m	M. Blair	9m 11.70s	J. Cook	M. Tonge

UNDER 18	1		2	3
200m	C. Ferguson	25.55s		
400m	P. Deutsch	53.31s	M. Zammarrelli	C. Ferguson
800m	M. Zammarrelli	2m 03.28s	C. Ferguson	
1500m	M. Zammarrelli	4m 15.25s	C. Ferguson	
3000m	C. Ferguson	10m 23.20s		

CLUB CHAMPIONSHIPS - WOMEN

OPEN	1		2	3
800m	B. Mrakovcic	2m 10.65s		
1500m	B. Mrakovcic	4m 21.45s	L. Bennett	M. Dovey
3000m	M. Dovey	10m 09.27s	L. Bennett	

UNDER 18	1		2	3
3000m W	C. Stratford	15m 29.80s	S. Stratford	

UNDER 16	1		2	3
800m	M. Dillon	2m 22.20s	C. Stratford	
1500m	M. Dillon	4m 52.23s	C. Stratford	
3000m	M. Dillon	10m 59.40s	C. Stratford	
1500m W	C. Stratford	6m 47.34s		

UNDER 14	1		2	3
400m	K. Holgate	1m 03.55s		
800m	K. Holgate	2m 23.89s	L. Zammarrelli	L. Horrocks
1500m	L. Zammarrelli	4m 57.21s	K. Holgate	L. Horrocks
3000m	S. Stratford	12m 13.90s		
1500m W	S. Stratford	7m 32.71s		

OPEN GRADES INTERCLUB POINTSCORE 1987-1988

A GRADE MEN	C GRADE MEN	C GRADE WOMEN
65.5 C. STRATFORD	97 G. SCOTT	76 C. STRATFORD
44 G. McLEAN	61 M. TONGE	26 L. BENNETT
22 M. TONGE	47 Z. TASESKI	16 S. STRATFORD
12 A. PEEK	33 A. PEEK	7 M. DOVEY
8 A. MRAKOVIC	31.5 M. BLAIR	5 K. HOLGATE
7 B. HANSARD	21.5 M. ZAMMARRELLI	
7 S. NOBBS	14.5 D. TILIA	
7 C. SPRIGGENS	14 T. NUNN	

SEEDED INTERCLUB MENAGGREGATE POINTSCORE
FOR INTERCLUB 1987-88

15	A. PEEK	97	G. SCOTT
5	T. NUNN	83	M. TONGE
3	R. GRIBBLE	74.5	C. STRATFORD
1	P. PHILIPS	55	G. McLEAN
1	C. SPRIGGENS	47	Z. TASESKI
1	C. STRATFORD	45	A. PEEK
1	M. TONGE	35.5	M. BLAIR
1	L. WHITTY	21.5	M. ZAMMARELLI
		19.5	T. NUNN
		14.5	D. TILIA

FINAL PREMIERSHIP POINTS FOR OPEN GRADES INTERCLUB

A GRADE:	TW 32, UNIS 30, RB 30, SD 28, ES 26, CRH 24, NS 20, RKME 18, BCSTG 18, NEP 14
C GRADE:	RKME 34, BCSTG 32, RB 30, SD 28, NS 28, TW 24, BZ 23, HV 21, NZ 20, SS 19, CRH 16, WZ 8
WOMENS	
C GRADE:	NSRK 32, JTW 28, SS 28, BSSTG 22, STGWSW 20, BZ 17, HV 12, PARR 6

NSW ALL SCHOOLS TRACK & FIELD CHAMPIONSHIPS
(SYDNEY ATHLETIC FIELD, 10 - 11th October 1987)

UNDER 19 MALE:	P. Deutsch	400m	H1	53.34s	
UNDER 16 MALE:	C. Ferguson	200m	H1	25.55s	
	C. Ferguson	400m	H1	56.59s	
	C. Ferguson	800m	H2 2m	06.86s	
			Fn1 2m	07.28s	6th
	G. Jolliffe	Triple Jump		11.18m	14th
UNDER 17 FEMALE:	C. Stratford	3000m Walk	15m	54.65s	6th
UNDER 15 FEMALE:	M. Dillon	800m	2m	22.20s	3rd
	M. Dillon	1500m	4m	55.07s	3rd
	M. Dillon	3000m	10m	59.40s	4th
	C. Stratford	1500m Walk	7m	17.94s	3rd
UNDER 13 FEMALE:	K. Holgate	800m	2m	29.26s	3rd
	K. Holgate	1500m	5m	10.12s	2nd

NSW WOMENS ONE MILE CHAMPIONSHIP
(SYDNEY ATHLETIC FIELD, 15th November 1987)

BARBARA MRAKOVIC	4m 57.48s	1st
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AUSTRALIAN WOMENS ONE MILE CHAMPIONSHIP
(SYDNEY ATHLETIC FIELD, 9th January 1988)

BARBARA MRAKOVIC	4m 46.70s	2nd
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NSW OPEN MALE 10,000m WALK CHAMPIONSHIP
(SYDNEY ATHLETIC FIELD, 9th January 1988)

CHRIS STRATFORD	54m 55.73s	10th
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AIS SEIKO INVITATIONAL MEET
(BRUCE STADIUM, CANBERRA, 25th January 1988)

MENS 3000m	JOHN ANDREWS	8m 05.40s	2nd
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- | | | |
|----|---------------|-----------|
| 1. | G. BARRATT | 8m 05.11s |
| 2. | J. ANDREWS | 8m 05.40s |
| 3. | D. BOLTZ | 8m 07.34s |
| 4. | D. GRAHAM | 8m 14.74s |
| 5. | R. DeCASTELLA | 8m 17.63s |

SYDNEY METROPOLITAN TRACK & FIELD CHAMPIONSHIPS
(SYDNEY ATHLETIC FIELD, 30 - 31st January 1988)

WOMENS OPEN:	M. Dovey	1500m	4m 59.02s	5th
	M. Dovey	3000m	10m 32.74s	1st

WOMENS UNDER 18:	C. Stratford	3000m Walk	16m 19.27s	7th
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MENS OPEN:	B. Hansard	5000m	15m 46.15s	5th
	C. Stratford	5000m Walk	25m 19.03s	6th

MENS UNDER 20:	M. Tonge	800m	1m 59.54s	3rd
	M. Tonge	1500m	4m 11.69s	9th

MENS UNDER 18:	M. Zammarrelli	800m	H3	2m 03.91s	
	M. Zammarrelli	800m	Fn1	2m 05.25s	6th
	M. Zammarrelli	1500m		4m 15.25s	8th

AUSTRALIAN 5000m MENS CHAMPIONSHIP
(OLYMPIC PARK, MELBOURNE, 4th February 1988)

JOHN ANDREWS	13m 42.37s	2nd
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- | | | |
|----|---------------|------------|
| 1. | A. LLOYD | 13m 36.15s |
| 2. | J. ANDREWS | 13m 42.37s |
| 3. | S. MONAGETTI | 13m 45.03s |
| 4. | G. BARRATT | 13m 45.43s |
| 5. | R. DeCASTELLA | 13m 50.22s |

NSW TRACK & FIELD CHAMPIONSHIPS
(SYDNEY ATHLETIC FIELD, 13, 14, 20 & 21st February 1988)

MENS OPEN:	P. McGuckin	800m	H2	2m 06.00s	
	P. McGuckin	1500m	H1	4m 22.90s	
	B. Hansard	5000m		15m 21.05s	13th
	C. Stratford	5000m Walk		24m 41.23s	12th
MENS UNDER 20:	M. Tonge	800m	H2	1m 59.14s	
	M. Tonge	800m	Fn1	1m 58.39s	6th
	M. Zammarrelli	800m	H2	2m 03.28s	
	M. Tonge	1500m	H2	4m 15.06s	
	M. Zammarrelli	1500m	H1	4m 17.64s	
WOMENS OPEN:	B. Mrakovcic	800m		2m 10.65s	3rd
	B. Mrakovcic	1500m		4m 21.45s	2nd
	L. Bennett	1500m		4m 47.45s	6th
	M. Dovey	1500m		4m 50.68s	7th
	M. Dovey	3000m		10m 09.27s	4th
	L. Bennett	3000m		10m 25.14s	6th
WOMENS UNDER 16:	C. Stratford	1500m Walk		6m 47.34s	2nd

NSW AGE TRACK & FIELD CHAMPIONSHIPS
(SYDNEY ATHLETIC FIELD, 27 - 28th February 1988)

UNDER 15 FEMALE:	M. Dillon	800m		2m 22.77s	5th
	M. Dillon	1500m		4m 52.23s	5th
UNDER 14 FEMALE:	L. Horrocks	800m	H1	2m 35.57s	
	L. Horrocks	1500m		5m 22.47s	6th
UNDER 13 FEMALE:	K. Holgate	400m	H2	1m 03.55s	
	K. Holgate	400m	Fn1	1m 05.09s	7th
	L. Zammarrelli	800m	H2	2m 25.12s	
	L. Zammarrelli	800m	Fn1	2m 26.10s	4th
	K. Holgate	800m	H1	2m 23.89s	
	K. Holgate	800m	Fn1	2m 26.39s	5th
	L. Zammarrelli	1500m		4m 57.21s	3rd
	K. Holgate	1500m		5m 01.38s	5th
	S. Stratford	1500m Walk		7m 32.71s	1st

WORLD CROSS COUNTRY CHAMPIONSHIPS
(ELLERSLIE RACECOURSE, AUCKLAND, NZ 26th March 1988)

John Andrews was selected to represent Australia for the third time at these championships. John had competed previously in Spain and England in past World Cross Country Championships. This year John finished in 42nd place in a time of 36 mins 47 secs for the 12km race. The race was dominated by Kenyan athletes who filled the first four placings and had eight runners in the top ten placings. The winning time for the race was 34 mins 32 secs.

CLUB RECORDS

by Arthur Peek

SENIOR BEST ON RECORD

100 metres	R. Henderson	10.30s	16.3.85
200 metres	S. Longden-Gee	20.90s	1974/79
400 metres	S. Longden-Gee	45.70s	1974
800 metres	G. Rootham	1m 46.60s	1972
1500 metres	A. Thomas	3m 42.60s	1964
3000 metres	J. Andrews	7m 58.70s	1982
** 5000 metres	J. Andrews	13m 42.37s	4.1.88
10,000 metres	J. Andrews	28m 09.70s	16.12.82
Marathon	L. Whitty	2h 15m 23.00s	7.12.80
1 Mile	A. Thomas	3m 58.30s	1954
110m H (1.067m)	V. Plant	13.70s	17.12.77
400m H (0.914m)	G. Cox	51.20s	17.3.77
3000m Steeple	M. Jones	9m 05.16s	19.1.87
High Jump	M. Meredith	2.01m	1963
Long Jump	B. Dickinson	7.48m	1938
Triple Jump	B. Dickinson	15.64m	1935
Pole Vault	D. Arapovic	4.32m	1970
Shot Put-7.260kg	L. Chinnery	16.18m	1964
Discus 2kg	R. Lunt	51.16m	1973
Javelin 800gm	G. Glynn	74.34m	1970
Hammer 7.260kg	M. Bodirosa	59.30m	9.10.77
Decathlon	B. Dickinson	5350pts	1938
50 Mile Track	D. Edwards	6h 29m 41.00s	1971
50 Mile Road	H. Dearnley	5h 38m 37.00s	1.10.78
** 100 Miles	D. Gray	18h 45m 27.00s	30.5.87
1 Hour Run	C. Whiteman	18.770km	15.9.82
1 Mile Walk	E. Austen	6m 45.00s	1924
3 Mile Walk	E. Austen	22m 13.00s	1924
7 Mile Walk	E. Austen	55m 49.20s	1924
50km Walk	R. Hingston	5h 38m 37.00s	1926
4 X 100m Relay	R. Gurr		
	V. Plant		
	J. Van Stappen		
	S. Longden-Gee	41.50s	11.3.78
4 X 200m Relay	J. Sullivan		
	G. Cox		
	M. Van Der Velde		
	S. Longden-Gee	1m 27.30s	1.12.79
4 X 400m Relay	S. Longden-Gee		
	J. Fortesque		
	M. Van Der Velde		
	J. Van Stappen	3m 15.50s	3.3.79
4 X 800m Relay	G. Rootham		
	G. Cook		
	M. Dunn		
	R. Meagher	7m 34.70s	1976
4 X 1500 Relay	J. Hancock		
	G. Rootham		
	P. Glucina		
	J. Scott	15m 40.40s	31.1.72

** Denotes new record during 1987/88 season.

UNDER 20 BEST ON RECORD

100 metres	R. Henderson	10.63s	18.3.83
200 metres	R. Henderson	21.18s	14.2.82
400 metres	D. Stephenson	47.80s	1970
800 metres	J. Hancock	1m 53.90s	1965
1500 metres			
3000 metres	L. Whitty	8m 12.70s	1977
5000 metres	L. Whitty	14m 20.50s	18.2.78
10,000 metres	L. Whitty	29m 30.40s	1.3.77
1 Mile	J. Hancock	4m 13.80s	1965
110m H (1.067m)	W. Bird	14.20s	21.12.76
300m H	W. Bird	37.90s	17.1.77
400m H (0.914m)	W. Bird	53.30s	12.3.77
1500m Steeple	G. Cook	4m 21.80s	1975
2000m Steeple	M. Jones	5m 53.31s	22.3.81
High Jump	M. Meredith	1.94m	1963
Long Jump	G. Friend	7.39m	1964
Triple Jump	B. Dickinson	14.78m	1932
Pole Vault	I. Berry	3.50m	1979
Shot Put 5.449kg	I. Denivon	14.16m	1963
Discus 1.5kg	A. Scott	47.22m	10.2.79
Javelin 800gm	G. Glynn	65.10m	1963
Hammer 5.449kg	A. Scott	39.92m	3.3.79
Pentathalon	M. Dorrity	2888pts	31.12.77
Decathalon	M. Dorrity	5024pts	1977
1 Hour Run	W. McCourt	16.814km	15.9.82
1 Mile Walk	W. McAlister	7m 18.00s	1953
4 X 100m Relay	A. Dunshea		
	C. Sams		
	D. Snowden		
	R. Henderson	43.18s	12.12.82
4 X 200m Relay	C. Sams		
	P. McCaffrey		
	D. Snowden		
	R. Henderson	1m 29.70s	29.11.81
4 X 400m Relay	R. Abberton		
	J. Sullivan		
	R. Pollett		
	M. Dorrity	3m 23.60s	12.3.78
4 X 800m Relay	P. Dwyer		
	B. Byrne		
	D. Clarke		
	J. Hancock	7m 59.40s	1965
4 X 1500 Relay	L. Whitty		
	G. Elliott		
	W. McCourt		
	M. Jones	16m 34.30s	2.12.79

UNDER 18 BEST ON RECORD

100 metres	J. Abdullah	10.97s	11.12.82
200 metres	A. Dunshea	23.32s	24.10.82
400 metres	M. Lubrano	50.00s	12.2.84
800 metres	T. Clarsen	1m 57.49s	8.11.86
1500 metres	M. Vassallo	3m 53.00s	15.2.86
3000 metres	M. Vassallo	8m 30.70s	1.3.86
5000 metres	R. Summerill	16m 19.73s	24.11.84
110m H (0.914m)	P. Jones	16.00s	16.10.82
400m H (0.914m)	P. Jones	1m 02.05s	24.10.82
2000m Steeple	R. Deutsch	6m 01.47s	8.12.84
High Jump	P. Jones	1.90m	16.10.82
Long Jump	L. Bray	6.33m	11.12.82
Triple Jump	D. Davison	13.05m	2.2.86
Pole Vault	P. Jones	2.75m	11.12.82
Shot Put 4.535kg	J. Neale	14.40m	12.9.82
Discus 1.5kg	J. Neale	44.30m	12.9.82
Javelin 700gm	H. Pavlidis	48.48m	19.11.83
Hammer 5.449kg	R. Fong	20.62m	22.10.83
Decathlon	D. Davison	5954pts	12.1.86
4 X 400m Relay	R. Deutsch		
	P. Noisier		
	R. Summerill		
	P. Warren	3m 33.00s	2.12.84
4 X 800m Relay	R. Baral-Steinberg		
	P. Deutsch		
	M. Tonge		
	N. Nixon	8m 06.92s	8.12.85
4 X 1500 Relay	R. Baral-Steinberg		
	M. Vassallo		
	N. Nixon		
	M. Zammarrelli	16m 36.39s	7.12.85

UNDER 17 BEST ON RECORD

100 metres	C. Slatyer	10.80s	17.12.77
	M. Jansen	10.80s	12.12.84
200 metres	R. Henderson	21.60s	11.10.80
400 metres	M. Lubrano	49.23s	11.12.83
800 metres	P. Warren	1m 54.78s	11.12.83
1500 metres	L. Whitty	3m 56.00s	7.1.77
3000 metres	L. Whitty	8m 25.20s	16.12.77
5000 metres	L. Whitty	14m 36.00s	1976
10,000 metres	L. Whitty	30m 01.00s	1977
90m Hurdles	W. Bird	12.40s	1974
110m H (0.914m)	W. Bird	14.30s	1975
200m H (0.762m)	M. Dorrity	25.70s	21.12.76
300m Hurdles	W. Bird	39.70s	1975
400m H (0.914m)	P. Jones	59.52s	20.2.82
2000m Steeple	P. Warren	6m 31.00s	5.11.83
High Jump	P. Jones	1.95m	15.11.81
Long Jump	W. Bird	6.64m	1975
Triple Jump	I. Berry	13.95m	13.11.75
Pole Vault	I. Berry	3.35m	21.1.78
Shot Put 4.535kg	J. Neale	16.31m	20.12.80
Shot Put 4kg	J. Neale	15.10m	1.3.81
Shot Put 8lb	P. Philips	18.85m	1959
Discus 1.5kg	J. Neale	52.22m	17.10.81
Javelin 700gm	J. Neale	56.78m	7.11.81
Javelin 800gm	J. Bowen	57.50m	1975
Hammer 5.449kg	R. Stubbs	38.98m	1972
1500m Walk	J. Tunks	6m 40.00s	26.11.77
3000m Walk	J. Tunks	14m 58.00s	2.11.78
4 X 100m Relay	M. Jansen		
	C. Witheriff		
	S. Hignet		
	C. Davis	44.52s	2.12.84
4 X 200m Relay	C. Davis		
	S. Hignett		
	C. Witheriff		
	M. Jansen	1m 32.29s	16.12.84
4 X 400m Relay	S. Mohr		
	P. McCaffrey		
	D. Snowden		
	R. Henderson	3m 37.40s	1.12.79
4 X 800m Relay	R. Fong		
	H. Pavlidis		
	D. Kimpton		
	J. Neale	9m 32.70s	25.1.81

UNDER 16 BEST ON RECORD

100 metres	M. Jansen	11.10s	15.10.83
200 metres	M. Jansen	22.69s	12.2.84
400 metres	M. Lubrano	49.70s	15.10.83
800 metres	R. Summerill	1m 58.25s	28.8.82
1500 metres	P. Warren	4m 04.53s	26.2.83
3000 metres	N. Nixon	9m 03.58s	17.2.85
100m H (0.914m)	G. Scott	18.96s	27.2.83
200m H (0.762m)	D. Davison	28.18s	25.2.84
400m H (0.914m)	D. Davison	1m 01.91s	10.11.84
2000m Steeple	T. Clarsen	6m 29.10s	23.11.85
High Jump	H. Pavlidis	1.80m	3.10.82
	D. Davison	1.80m	21.10.84
Long Jump	M. Lubrano	5.87m	26.2.83
Triple Jump	D. Davison	12.12m	21.10.84
Pole Vault	S. Jansen	2.45m	3.12.83
Shot Put 4.535kg	H. Pavlidis	13.25m	3.10.82
Discus 1.5kg	H. Pavlidis	42.22m	3.10.82
Javelin 700gm	D. Davison	47.74m	1.1.84
Hammer 4.535kg	A. Noisier	19.40m	8.12.84
1500m Walk	G. Scott	9m 44.00s	30.10.82
4 X 100m Relay	C. Davis		
	C. Witheriff		
	M. Lubrano		
	M. Jansen	44.89s	4.12.83
4 X 200m Relay	C. Davis		
	C. Witheriff		
	M. Lubrano		
	M. Jansen	1m 33.15s	20.11.83
4 X 400m Relay	V. Parker		
	D. Davison		
	A. Noisier		
	N. Nixon	3m 33.65s	16.12.84
4 X 800m Relay	P. Warren		
	M. Lubrano		
	R. Woods		
	R. Summerill	8m 23.49s	28.11.83
4 X 1500 Relay	P. Warren		
	R. Woods		
	G. Sheumack		
	R. Summerill	17m 39.48s	12.12.82

UNDER 14 BEST ON RECORD

100 metres	A. Noisier	11.80s	8.12.83
200 metres	A. Noisier	23.90s	12.11.83
400 metres	A. Noisier	53.57s	25.2.84
800 metres	N. Nixon	2m 07.84s	27.2.83
1500 metres	N. Nixon	4m 19.88s	26.2.83
High Jump	S. Mungovan	1.65m	6.11.82
Long Jump	A. Noisier	5.52m	1.1.84
Triple Jump	A. Noisier	11.54m	8.11.83
Shot Put 3.632kg	A. Noisier	14.16m	6.1.84
Discus 1kg	A. Noisier	39.44m	17.1.84
Javelin 600gm	A. Noisier	43.00m	27.1.84
4 X 400m Relay	N. Nixon		
	M. Tonge		
	S. Jansen		
	A. Irwin	3m 45.90s	28.11.82
4 X 800m Relay	D. Davison		
	D. Whealy		
	A. Irwin		
	N. Nixon	9m 10.10s	12.12.82
4 X 1500 Relay	D. Whealy		
	A. Irwin		
	T. Dietz		
	N. Nixon	19m 40.94s	28.11.82

UNDER 13 BEST ON RECORD

100 metres	T. Sparkes	12.40s	3.3.79
	A. Noisier	12.40s	13.3.83
200 metres	A. Noisier	25.19s	27.2.83
400 metres	M. Dorrity	1m 02.70s	1973
800 metres	N. Nixon	2m 17.90s	28.2.82
1500 metres	W. Wetherall	4m 42.30s	1976
1 Mile	G. McIlhoney	5m 21.40s	1969
70m H (0.762m)	W. Bird	12.30s	1970
High Jump	S. Green	1.55m	1.12.78
Long Jump	T. Sparkes	5.17m	1978
Triple Jump	A. Scott	10.42m	1974
Shot Put 3kg	J. Taylor	11.46m	16.10.81
Shot Put 2.724kg	J. Taylor	11.54m	4.10.81
Discus 1kg	D. Scott	30.96m	5.3.77
1500m Walk	M. Errington	8m 10.00s	17.12.78

UNDER 15 BEST ON RECORD

100 metres	W. Bird	11.30s	1972
	C. Slatyer	11.30s	15.1.77
	M. Jansen	11.30s	16.10.82
200 metres	C. Slatyer	22.90s	16.1.77
400 metres	M. Lubrano	52.10s	24.10.82
800 metres	N. Nixon	1m 58.00s	10.12.83
1500 metres	N. Nixon	4m 07.86s	17.12.83
3000 metres	M. Zammarrelli	9m 14.63s	9.12.84
90yds Hurdles	D. Stephenson	11.70s	1966
90m Hurdles	W. Bird	12.80s	1973
100m H (0.840m)	R. Fong	15.10s	15.2.81
200m H (0.726m)	W. Bird	27.00s	1973
High Jump	H. Pavlidis	1.90m	16.9.81
Long Jump	R. Fong	6.12m	21.9.80
Triple Jump	G. Nixon	13.56m	1975
Shot Put 3.632kg	J. Neale	15.96m	12.10.80
Shot Put 4kg	J. Neale	13.70m	6.10.80
Discus 1kg	J. Neale	51.72m	5.10.80
Javelin 600gm	D. Davison	50.54m	5.10.83
1500m Walk	D. Latham	7m 45.00s	30.11.76
1 Mile Walk	K. Warrington	8m 18.40s	1967
4 X 100m Relay	C. Davis		
	C. Witheriff		
	D. Davison		
	M. Jansen	47.90s	29.1.83
4 X 200m Relay	R. Fong		
	D. Barkas		
	L. Bray		
	J. Neale	1m 38.70s	23.11.80
4 X 400m Relay	R. Fong		
	D. Barkas		
	L. Bray		
	J. Neale	3m 45.90s	30.11.80
4 X 800m Relay	R. Fong		
	I. Argall		
	B. Newton		
	J. Neale	9m 10.10s	23.11.80
4 X 1500 Relay	M. Lubrano		
	B. Newton		
	I. Argall		
	M. Candy	19m 26.70s	30.11.80

WOMENS SENIOR BEST ON RECORD

400 metres	B. Mrakovcic	1m 02.31s	6.12.86
** 800 metres	B. Mrakovcic	2m 10.65s	21.2.88
** 1500 metres	B. Mrakovcic	4m 21.45s	20.2.88
3000 metres	B. Mrakovcic	9m 33.26s	28.2.87
10,000 metres	L. Bennett	38m 28.00s	12.11.86
** Marathon	P. Marshall	2h 52m 03.00s	25.4.88
** 1 Mile	B. Mrakovcic	4m 46.70s	10.1.88
4 X 1500 Relay	M. Dovey		
	C. Stratford		
	C. Batman		
	B. Mrakovcic	19m 37.36s	29.11.86

WOMENS UNDER 20 BEST ON RECORD

3000 metres	N. McKean	10m 46.60s	28.2.87
10,000 metres	N. McKean	38m 27.00s	12.11.86

WOMENS UNDER 18 BEST ON RECORD

** 3000m Walk	C. Stratford	15m 29.80s	19.12.87
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WOMENS UNDER 16 BEST ON RECORD

100 metres	N. Hocking	15.20s	18.10.86
200 metres	N. Hocking	33.10s	31.1.87
400 metres	N. Hocking	1m 14.95s	13.12.86
** 800 metres	M. Dillon	2m 22.20s	11.10.87
** 1500 metres	M. Dillon	4m 52.23s	27.2.88
** 3000 metres	M. Dillon	10m 59.40s	11.10.87
** 1500m Walk	C. Stratford	6m 47.34s	13.2.88

WOMENS UNDER 14 BEST ON RECORD

400 metres	C. Stratford	1m 14.29s	13.12.86
** 800 metres	L. Horrocks	2m 35.57s	28.2.88
** 1500 metres	L. Horrocks	5m 22.47s	27.2.88
1500m Walk	C. Stratford	7m 14.62s	14.3.87

WOMENS UNDER 13 BEST ON RECORD

** 400 metres	K. Holgate	1m 03.55s	27.2.88
** 800 metres	K. Holgate	2m 23.89s	28.2.88
** 1500 metres	L. Zammarrelli	4m 57.21s	27.2.88
Triple Jump	S. Stratford	6.30m	18.10.86
** 1500m Walk	S. Stratford	7m 32.71s	27.2.88

** Denotes new record during 1987/88 season.