



St. George District Amateur Athletic Club

Headquarters

Track: Olds Park

Distance: Scarborough Park

(FOUNDED 1921)



*Champion athletes Lisa Zammarrelli and Tony Auciello with Club President
Alley Gainsford at Scarborough Park 1991*

SEVENTIETH ANNUAL REPORT AND STATEMENT OF ACCOUNTS FOR THE YEAR ENDING 31ST MARCH, 1991

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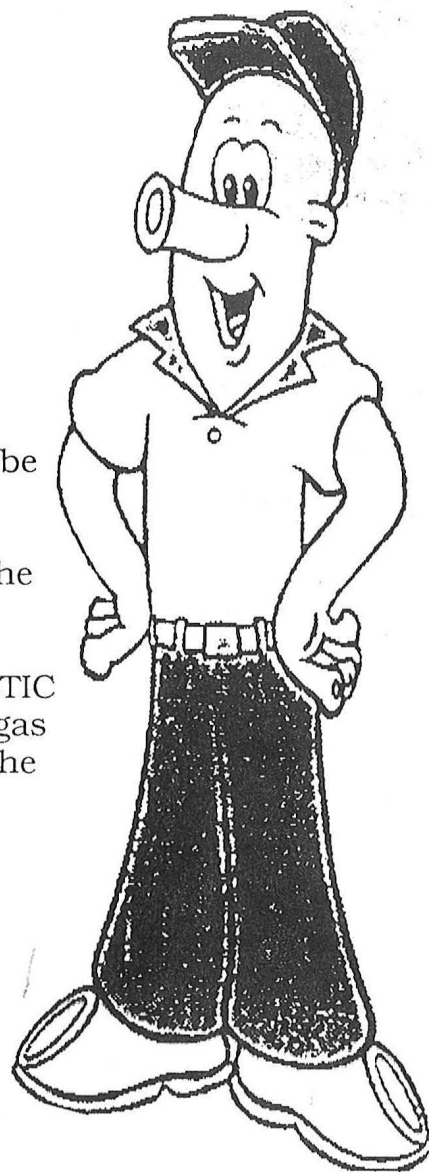
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AA Gainsford OAM

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GENERAL SECRETARY
P. Tuziak

TREASURER
D Jolliffe

TRACK SECRETARY
A Peek

MINUTES SECRETARY
P Tuziak

DISTANCE SECRETARY
C Batman

HON AUDITOR
D Carlisle

EXECUTIVE
AA Gainsford (Chairman); Mrs C Batman; S Donnelly; J Gallagher; D Jolliffe; R Nash; Mrs V Hopkins; A Staples; A Thomas; P Tonge; P Tuziak

DELEGATES TO MANAGEMENT COUNCIL
AA Gainsford; P Tuziak

DELEGATES TO INTERCLUB

A Peek; P Tuziak

DELEGATES TO HARRIER (Winter) COMMITTEE

A Staples; W Seary

TRACK CAPTAIN
R Gribble

TRACK VICE CAPTAIN
P Tuziak

DISTANCE CAPTAIN
C Spriggins

DISTANCE VICE CAPTAIN
G McClean

PUBLICITY OFFICERS
AA Gainsford; A Peek; P Phillips; P Tuziak; A Mrakovic

SOCIAL COMMITTEE

P Donnelly; P Nash; N Thomas; E McLean; J Molloy; J Spriggins; E Walsh; B Hayes

SELECTORS

S Donnelly; D Jolliffe; P Tonge; A Peek; G McLean; C Spriggins; P Tuziak

HANDICAPPERS

S Donnelly; D Jolliffe; P Tonge

TIMEKEEPERS, JUDGES & GEAR STEWARDS

K Jenkins; G Scott; S Donnelly; B Molino; A Argall; R Nash; A Peek; M Donnelly; H Kunkel; A Henderson; T Richards; D Jolliffe; P Tonge; P Wright; E Walsh; T Hope; D Buckley

STARTERS

S. Donnelly; A Peek; P Tonge; R Nash; P Tuziak

COACHES:

A Peek; A Thomas; R Molloy; R Ennever; P Tuziak

FIRST AID

Drs. A Scott & M Jones, A Argall, R Nash

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
S Donnelly	1991
F Eggleton	1991
R Nash	1991
A Peek	1991
A Staples	1991

MERIT AWARDS

F Eggleton	1975
M Moroney*	1975
G Page	1975
A Thomas	1975
F Thornton	1975
L Williams*	1975
D Edwards	1991
A Henderson	1991
P Phillips	1991
T Richards	1991
B Scott	1991

* Deceased

CLUB MEMBERSHIP

	1986-87	1987-88	1988-89	1989-90	1990-91
Senior	60	53	40	37	33
Under 20	10	7	8	2	3
Under 18	10	2	8	9	7
Under 16	20	19	16	25	18
Under 21	16	21	18	23	20
Associate	20	25	1	1	3
Official	13	10	50	39	47
TOTAL	149	137	141	136	131

There are three distinct categories into which club members can be placed. These are-

- (A) Seniors, Associates and Officials;
- (B) Athletes 16 years and over but under 20; and
- (C) Athletes less than 16 years.

In the first category, numbers have remained constant over the past two years. In the second category, numbers have once again fallen and this remains a problem. It is anticipated that in the next few years that athletes moving up from the Under 16 age group will help numbers to increase in this group. The quality of the athletes in the upper age bracket of the Under 16 group is extremely high and they have distinguished themselves by their performances in the last twelve months. It is only with appropriate encouragement from the Club for these athletes that the Club will continue to grow.

As we move into the 1991-92 season, important changes are occurring with registration of athletes by Athletics NSW. Already the new winter-season registrations have bolstered Club membership for next year, and Athletics NSW is to be congratulated on its initiatives to help promote the winter season.

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PRESIDENT'S REPORT

Presented to Members at the Annual General Meeting held at Scarborough Park National Fitness Hall, Ramsgate on Friday 28th June, 1991 at 7.45pm.

Ladies and Gentlemen,

Normally on presenting my part of the report I would mention my views about the Winter and Track Seasons, together with the 3 sections of the report I used to compile.

However on this occasion I am leaving the Officers of the Club to complete what I have done previously.

This is an historic day as 70 years 3 months 21 days ago (7th March 1921) I faintly recall the Foundation Meeting.

However, I do remember winning the 1st race (2/4/1921) of the Club over a 2 1/2 Miles scratch road course on a very wet day from Hurstville Post Office along Forest Road to Willison Road Bexley and return.

Senior Officers elected at the Foundation Meeting were:

Patron - Mr T J Ley M.L.A.

President - Mr E A Field

Hon Secretary - Mr C T Bray

Hon Treasurer - Mr S Taylor.

At this stage I would like to let members know that I hold the 1st Minute book of the Club from 1921-1924.

I feel it is desirable that we put on record the names of Club Members who represented Australia at the Olympic Games, British Empire Games, later Commonwealth Games and they are as follows:-

Olympic Games

E.E. Austen - 1924 - Paris
B.C. Dickinson - 1936 - Berlin
C. Smeal - 1952 - Helsinki
A. Thomas - 1956 - Melbourne
J. Bailey - 1956 - Melbourne
A. Thomas - 1960 - Rome
A. Thomas - 1964 - Tokyo
G. Rootham - 1976 - Munich

Total 8

British Empire Games later Commonwealth Games

W.R. Mackenzie - 1938 - Sydney
B.W. Sheiles - 1938 - Sydney
J. Mumford - 1938 - Sydney
H. Gould - 1938 - Sydney
B.C. Dickinson - 1938 - Sydney
V. Wallace - 1938 - Sydney
G. Gedge - 1950 - Auckland
J. Bailey - 1954 - Vancouver
A. Thomas - 1958 - Cardiff
A. Thomas - 1962 - Perth
L. Chinnery - 1962 - Perth
D. Tipping - 1962 - Perth
G. Rootham - 1974 - Christchurch
V. Plant - 1974 - Christchurch
J. Andrews - 1982 - Brisbane
L. Whitty - 1982 - Brisbane

Total 16

I now include the list of Senior Champions of the decades from 1921-1991. List also includes State Novice C C Champions, Dunn Shield and State Champions also Olympic and British Empire Games Representatives - Open Club record holders.

1921-1931 - Alleyne Gainsford, Les Brodie, Stan Morton, Ernie Austen, Charlie Weeks, Oc Matson, Roy Wright, Aub Harper, Ted Brooke, Albert Blyth, Dick Hingston.

1931-1941 - Gordon Keep, Basil Dickinson, Bill Mackenzie, Bert Sheiles, Alleyne Gainsford, Jack Mumford, Ernie Evans, Harry Gould, Arthur Gould,

Ray Mettam, Oc Matson, Vernon Wallace.

1941-1951 - Arthur Jenkins, Bert Sheiles, Jim Weeks, Cliff Oates, Jim Bailey, Ern Watson, George Gedge, Aleksis Hakelis, Peter Tamcred, Frank O'Hanlon, Jim Vickers.

1951-1961 - Aleksis Hakelis, George Gedge, Ern Watson, Claude Smeal, Jim Bailey, Albert Thomas, Keith Short, Frank Thornton, Dennis Jolliffe, Denis Wilson, John Lester, Fred Eggleton.

1961-1971 - Albert Thomas, Ian Sharpe, Len Chinnery, John Nodwell, Maurice Smith, Neil Meredith, John Hancock, Peter Lawler, Albert Magassy, Vic Byrne, Graeme Rootham, Dragon Arapovic, Ron Lunt, Ron Gribble, Denis Tipping, David Stephenson, Greg Glynn, David Chisholm, John Bowers

1971-1981 - Graeme Rootham, Stephen Gee, Vin Plant, Bill Bird Jnr., Laurie Whitty, Gary Cox, John Andrews, Bob Falay, Dave McInnes.

1981-1991 - Mark Jones, Robert Henderson, John Andrews, Chris Stratford, Laurie Whitty, Gary McLean, Barbara Mrakovic

CLUB HISTORY

Founded 1921

President: E.A. Field

Secretary: C. Bray

Over 70 years the Club has produced many Champion Athletes who have represented their State and Australia at Olympic and British Empire Games. During this time we have always maintained a high level of performance and particularly during the Winter Seasons. Yet it was during the Track Season of 1938 that we probably recorded our most outstanding achievement when we had six athletes and four officials represent Australia at the British Empire Games, Sydney, 1938.

The Club has been fortunate in having outstanding Officers and Officials during its 70 years and this has brought about wonderful friendships as evidenced throughout the years and these friendships are still being maintained to-day.

Some 'Highlights' - 1921-1991

1921 Alleyne Gainsford won first race
1923 Floodlights installed Hurstville Oval
1927 Club organised 1st Australian Marathon Championship
1928 Women accepted as members
1932 Women formed own Club
1934 Bill Mackenzie, Bert Sheiles, Basil Dickinson win four Australian titles at Adelaide
1935 Athletes travelled by air with Sir Charles Kingsford Smith
1938 Jack Mumford - 2nd - 100yds. and 220yds. British Empire Games
1938 St. George Schoolboys Championships inaugurated
1938-1949-1950 - International Athletic Carnival Hurstville Oval
1956 Bill Ahern retired as Secretary after 20 years
1956 Alleyne Gainsford retired after 56 seasons competitive athletics
1956 Jim Bailey defeated John Landy at Los Angeles
1956 J. Bailey, A. Thomas represent with ten officials at Melbourne Olympic Games
1958 Albert Thomas established World Records - 2 and 3 miles
1958 Albert Thomas, Denis Wilson members World Record 4 x 1 mile relay
1960 St. George Schoolboy Championship record of over 3,000 entries

1965 Albert Thomas wins 1 mile Australian title, four years in succession
1966 Completion New Scarborough Park National Fitness Hall
1970 Record Membership - 257
1971 David Edwards won 50 mile race at Hurstville Oval
1972 Graeme Rootham represents at Munich Olympic Games. Creates new Australian record of 1 min 46.5 secs for 800 metres
1975 Stephen Gee creates new Australian record of 45.7 secs for 400 metres
1984 John Andrews adjudged best senior athlete in Club for the 5th year in succession

To list all the outstanding achievements for the past 70 years is an impossible task, but I will list a few that come to hand as follows:

1928 The all conquering Winter C C team that won all State teams events and 3 out of 4 individual titles.
1938-1950 Hold outstanding Athletic Carnivals at Hurstville Oval featuring Olympic Champions and World record holders. Attendances at these Carnivals ranged from 10,000 to 14,000 (record) on 4 occasions.
1958 Albert Thomas established World Records - 2 and 3 Miles at Cardiff
1958 Albert Thomas and Denis Wilson members of World Record Relay team 4 x 1 Mile
1950-1970's Australian and State Record Relay Teams
1970's 10-12 Interclub teams
1969-70 Membership 257
1976/77 Membership 279 - record
1938-1990 Schoolboys T & F Championships later girls were included
1921-1991 Just for the record I would like to let you know that I have attended conservatively some 7,800 meetings associated with Athletics which also covers meetings of the Australian Olympic Federation, N.S.W. Olympic Council, and the Australian Commonwealth Games Association.

Tonight I leave the coveted office of President having held the position since 1936 (55 years).

The long illness of my dear wife Stella, and my recent illness, made it necessary for me to resign. The very long association I have had in Athletics, together with Australian Olympic Federation, NSW Olympic Council and the Australian Commonwealth Games Association, have brought me in touch with many important people.

Stella and I have sat with Royalty, and I have met Governor Generals, introduced Governor's Federal and State Members and Premiers. Throughout all these years since I became interested in Athletics in 1921 I have always maintained and enjoyed athletics at grass roots level.

To recall all the magnificent achievements I have witnessed is an impossible task.

I did write the history of the Club to 1962, and this to a certain extent, has been kept up to date in later reports to 1991.

My report tonight does show many of the performances I refer to, but I would like to record at this stage that I was Manager of the 1969 Australian Athletic team (26) that competed at Honolulu (5 days) and Los Angeles (13 days) against U.S.A. and U.S.S.R., when the American Astronauts landed on the moon.

And now, farewell to the position I have cherished as your President.

A.A. GAINSFORD

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OBITUARY

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

A Tribute To The Late Morrie Moroney

The passing of Morrie Moroney on the 31st January 1991, brought to a close a career in athletics. He joined our Club on the 10th March 1924 and he was still a financial member when he passed away.

Morrie started as a distance runner and on 2 occasions he won the 3 miles track club championship in 1925 and 1929.

It was in 1932 that he took to walking and won both the club championship for the 1 mile in 8 min 9 sec and the 3 miles in 25 min 44 sec.

At Interclub for years he competed as an A Grade walker and gained many points for the club.

Morrie later became a walking judge and the highlight of his career was when he was selected to the International Walking Panel for the 1956 Melbourne Olympic Games.

He also acted as a judge in all States of Australia.

Morrie was one of the characters of athletics and he would always poke his furred umbrella at the walker, which meant he was disqualified.

On one occasion he disqualified 19 walkers out of a field of 21, yet he was generally considered a fair judge.

Morrie occupied many official positions as follows-

Senior Vice President

Vice President

Delegate NSW A.A.A.

Merit Award Holder

Timekeeper

Judge

Although Morrie lived at Strathfield most of his life, he attended most Annual Meetings, also the magnificent reunions of old athletes and friends.

Morrie was a very popular member and with his passing I lost one of my oldest friends.

He was a Foreman Electrical Engineer with the NSW Railways all his working life.

Vale my friend.

This tribute closes with deepest sympathy to his wife Jessie.

ALLEYN GAINSFORD

ANNUAL AWARDS FOR 1990-1991 ATHLETICS SEASON

A.A. GAINSFORD TROPHY:

(Outstanding Senior Athlete)

LOUIS YOUNG

ROBERT NASH TROPHY:

(Most Improved Senior Athlete 1990-91)

GARY McCLEAN (Winter) - CATHY WILLIAMS (Summer)

THE L.L. BOSMAN AWARD:

(Performance, Sportsmanship, Department)

(Outstanding Under 20 Years)

ANDREW KELLY

A. HENDERSON TROPHY:

(Outstanding Under 18 Years)

MICHELLE DILLON

R.A. JOLLIFFE TROPHY:

(Most Improved Under 18 Years)

GRAEME JOLLIFFE

ST GEORGE DAAC TROPHY:

(Best Under 18 Years Cross Country 1990)

MICHELLE DILLON

A. GOULD MEMORIAL TROPHY:

(Outstanding Under 16 Years)

TONY AUCIELLO

G. PAGE TROPHY:

(Outstanding Under 16 Years Cross Country 1990)

TONY AUCIELLO

H. GIBBONS TROPHY:

(Most Improved Under 16 Years Cross Country 1990)

NICOLA HOYLE

F. WILSON TROPHY:

(Outstanding Under 14 Years)

GREG SCOTT (M), DANIELLE FERRARO (F)

L.L. BOSMAN TROPHY

(Outstanding Hurdler)

NOT AWARDED

J.J. WALSH TROPHY:

(Outstanding Marathon Runner 1990)

MARK JONES

ST GEORGE TROPHY:

(Outstanding Field Athlete)

URSULA RODWAY

RON GRIBBLE TROPHY:

(Open Grades Track & Field Aggregate Point Score Winner)

CATHY WILLIAMS (F) (E.S. Marks Athletics Field)

CHRIS STRATFORD (M) (E.S. Marks Athletics Field)

ARTHUR PEEK (Hensley Athletics Field)

ALBERT THOMAS AWARD:

(Track & Field Encouragement Award for Athletes Under 16 Years)

LISA HOPKINS (F) DAVID JONES (M)

A. WINTER PERPETUAL TROPHY:

(Outstanding Triple Jump Performance)

URSULA RODWAY

PETER TUZIAK AWARD:

(Encouragement Award for Athletes Under 12 Years)

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1990 DISTANCE REPORT

by Christine Batman

The 1990 Cross Country season for our club flourished in the younger age groups with fine performances by all athletes. Outstanding running by Michelle Dillon, Lisa Zamarrelli, Linda Horrocks, Tony Auciello, Greg Scott and Catherine Buckley in NSW Cross Country Championships, all gained place medals.

Our younger athletes developed strength with each Championship race and formed a power force in the relays and teams events as seen below-

MALE NSW U/16 4 x 2km road relay - 2nd
FEMALE NSW U/12 4 x 2km road relay - 2nd
NSW U/14 4 x 2km road relay - 3rd
NSW U/16 4 x 2km road relay - 1st
NSW U/18 4 x 3km road relay - 3rd
NSW OPEN 4 x 5km road relay - 2nd
NSW U/12 2km Cross Country Team - 2nd
NSW U/20 5km Road C'ship Team - 1st
NSW Open 4km Novice C'ship Team - 3rd

The only successes in 1990 by our senior male athletes in relays and team events were in the -

NSW Open 15km Road C'ship Team - 3rd
NSW Vets 4 x 10km Road Relay Team - 1st

Athletics NSW Final Points Scores 1990-

NSW Distance Runner of the Year - MALE 8th Louis Young 30 points

A Grade Winter Trophies - MALE St George 8th on 7 points

FEMALE St George 5th on 9 points

In our senior ranks individual success went to Louis Young who had some outstanding runs finishing 3rd in the NSW 12km cross country championship at The Crest, 4th in the NSW 8km cross country championship at Nowra and 21st in the City to Surf in 44mins 28secs. Louis also was our highest placed male athlete being 8th in Athletics NSW "Runner of the Year" points score.

Mark Jones scored two 5th places in both the State Marathon where his time was 2hrs 33mins 03secs and again in the Australian Marathon Championship at the Gold Coast where he improved his time slightly to record a fine 2hrs 32mins 50secs.

Gary McClean had his first taste of victory when he scored a fine win in the State Novice Championship at Scarborough Park in the good time of 32mins 32secs. Gary was our 2nd best placed runner in the City to Surf where he finished 25th with a time of 44mins 41secs. Gary improved with nearly every run during the winter season, he is now mixing it with the best of them.

Our clubs 8th placing in the mens A Grade Winter Premiership was disappointing. This was brought about by the non appearance of some of our top male athletes when needed in State Championships. However this can be turned around with more commitment in the 1991 winter season, we have the athletes to do it.

Our ladies had a better placing in the womens A Grade Winter Premiership by finishing 5th. Our club is hoping for a better placing in 1991.

Michelle Dillon had an outstanding winter season finishing 1st in the State U/20 5km road championship, 1st in the State Schools open 6km cross country championship and 1st in the U/20 division of the City to Surf in 52mins 03secs. Michelle put in a great effort to run 2nd in the Australian All Schools U/19 6km cross country championship in Canberra and she also finished 2nd in the State U/18 4km cross country championship.

Tony Auciello is another young athlete to perform well. He had his best run of the season to win the Australian All Schools U/15 3km cross country championship at Canberra. Tony finished 2nd in the State Schools U/15 4km cross country championship and 3rd in the State U/16 4km cross country championship. Tony is a fine young runner who should star again in 1991.

One of our most consistent young runners of the past few years has been Lisa Zamarrelli. Lisa was again victorious winning the State U/16 3km cross country championship and was placed 6th in the Australian All Schools U/15 3km cross country championship.

Toby Watson is another up and coming young athlete who scored a gold medal when he won the State Schools U/13 3km cross country championship.

The best efforts by our clubs relay teams and our teams in various state championships were the U/16 womens 4 x 2km road relay, a most impressive win by Linda Horrocks, Michelle Buckley, Lisa Hopkins and Lisa Zamarrelli. These four girls are continuing to run as a team and will have more success as they all improve. The U/16 mens team always performed well with Tony Auciello, David Simone, David Jones and Jason Buckley. They were narrowly beaten in the State Road Relays but can be proud of their effort.

Linda Horrocks raced consistently during the winter season and will improve as she gets older. Her best effort was a 3rd place in the U/16 3km cross country championship behind Lisa Zamarrelli.

Young Catherine Buckley is an up and comer, always thereabouts, she won the bronze medal for her 3rd place in the State U/12 cross country championship. Catherine is not the only Buckley to run well, all four young runners in the Buckley family show promise including Michelle, Jason, with Melanie the youngest.

Another young athlete who shows a lot of promise is Greg Scott. Small in

stature but full of go, Greg was 1st in the U/12 2km at Scarborough Park on Novice Day and he won a bronze medal with his 3rd placing in the State U/12 2km cross country C'Ship.

Our clubs first veterans team to win a State Championship was in the 4 x 10km road relays at Taren Point. The team of Bob Squires, Frank Scorzelli, Chris Spriggins and Ron Gribble surprised to beat Hills District, the favourites.

With a positive commitment in 1991 by all athletes and parents, the Winter Premiership Trophies could easily return to St George.

1990 WINTER POINTSCORES

SENIOR	1	C. Spriggins	780 Points
	2	E. Gentle	720
	3	T. Nunn	710
Fastest Times Champions:			
Male:		G. McClean	97 Points
Female:		C. Batman	72
INTERMEDIATE	1	C. Williams	801 Points
	2	J. Gallagher	794
	3	M. Buckley	785
Fastest Times Champions:			
Male:		M. Zamarrelli	56 Points
Female:		M. Buckley	82
UNDER 16	1	C. Buckley	747 Points
	2	N. Hoyle	734
	3	L. Zamarrelli	674
Fastest Times Champions:			
Male:		T. Auciello	79 Points
Female:		L. Zamarrelli	90
UNDER 12	1	R. Teece	883 Points
	2	E. Stratford	845
	3	S. O'Farrell	839
Fastest Times Champions:			
Male:		S. O'Farrell	98
Female:		J. Nelson	64

ST GEORGE TROPHY DAYS

JIM ALLEN TROPHY: Senior 10km Handicap (21.4.90)

1 R. Gribble 2 S. McClean 3 P. Phillips

Fastest: B. Hansard 32min 56sec

BILL DALTON TROPHY: Senior 11km Handicap (16.6.90)

1 A. Atkins 2 N. Berger 3 S. McClean

Fastest: G. McClean 36min 40sec

JACK COPPOCK TROPHY: Under 16 3km Handicap (7.7.90)

1 L. Hopkins 2 K. Gallagher 3 L. Zamarrelli

Fastest: T. Auciello (M) 10min 45sec & L. Zamarrelli (F) 11min 46sec

GREG PAGE TROPHY: Senior 13km Handicap (21.7.90)

1 B. Molino 2 T. Nunn 3 J. McClean

Fastest: C. Spriggins 48min 22sec

DICK VAUGHAN TROPHY: Senior 12km Handicap (1.9.90)

1 S. Williams 2 P. Phillips 3 R. McRae

Fastest: G. McClean (M) 40min 11sec & C. Batman (F) 51min 16sec

GEORGE CARRUTHERS CUP: Open 2km Handicap (22.9.90)

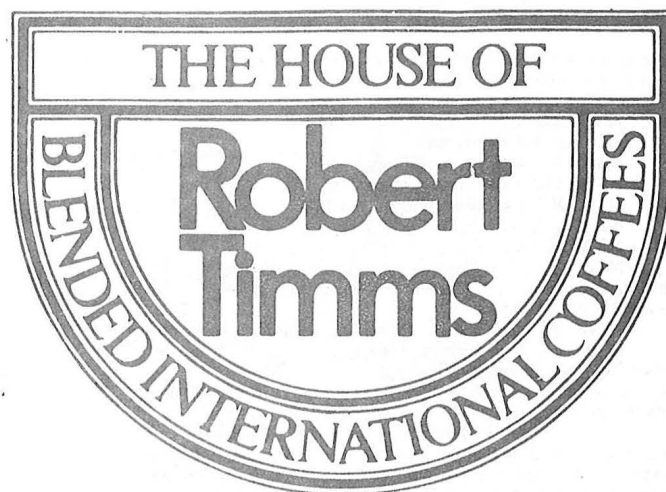
1 A. Nicholson 2 M. Gentle 3 C. Williams

Fastest: A. Kelly (M) 6min 19sec & L. Zamarrelli (F) 7min 10sec

ST GEORGE CLUB CHAMPIONS 1990

	MEN			
SENIOR	1st	2nd	3rd	
8km cc (Club)	G. McClean	M. Jones	M. Todd	
8km cc (NSW)	L. Young	G. McClean	A. Kelly	
Novice 10km	G. McLean	A. Kelly	P. Webb	
12km cc	L. Young	N. Berger	H. Elliott	
15km Road	B. Hansard	L. Young	M. McClean	
Marathon	M. Jones	C. Stratford		
UNDER 20				
5km cc (Club)	A. Kelly	M. Donnelly	M. Gentle	
UNDER 18				

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6km cc	D. Lourey	C. Berger	
UNDER 16			
4km cc	T. Auciello	D. Simone	J. Buckley
UNDER 14			
3km cc (Club)	G. Scott		
UNDER 12			
2km cc (Club)	S. O'Farrell	A. Teece	D. Batman
2km cc	G. Scott	S. O'Farrell	A. Teece
SENIOR		WOMEN	
5km cc (club)	1st C. Batman	2nd V. Hopkins	3rd C. Williams
Novice 4km	L. Zammarrelli	M. Buckley	S. Jager
8km cc	M. Dillon	C. Batman	
UNDER 20			
5km cc (club)	N. Hocking		
5km Road	M. Dillon	L. Zammarrelli	S. Stratford
UNDER 18			
4km cc	M. Dillon		
5km cc (club)	C. Stratford	M. Buckley	
UNDER 16			
3km CC (CLUB)	L. Zammarrelli	L. Hopkins	L. Horrocks
3km cc	L. Zammarrelli	L. Horrocks	M. Buckley
UNDER 14			
3km cc (club)	N. Hoyle		
UNDER 12			
2km cc (club)	C. Buckley	J. Nelson	R. Teece
2km cc	C. Buckley	J. Nelson	R. Teece

ST GEORGE CLUB CHAMPIONSHIPS

(8th SEPTEMBER 1990)

	MEN		
Senior 8km CC	1st Gary McClean	2nd Mark Jones	3rd Mathew Todd
(Ron Gribble Trophy)	26min 23sec		
Under 20 5km CC	Andrew Kelly	Mathew Donnelly	Michael Gentle
	17min 02sec		
Under 14 3km CC	Greg Scott-11min 51sec		
Under 12 2km CC	Shaun O'Farrell	Andrew Teece	Daniel Batman
	7min 56sec		
	WOMEN		
Senior 5km CC	1st Christine Batman	2nd Veronica Hopkins	3rd Cathy Williams
	19min 32sec		
Under 20 5km CC	Narelle Hocking		
Under 18 5km CC	Christine Stratford	Michelle Buckley	
	22min 23sec		
Under 16 3km CC	Lisa Zammarrelli	Lisa Hopkins	Linda Horrocks
	11min 46sec		
Under 14 3km CC	Nicola Hoyle 13min 13sec		
Under 12 2km CC	Catherine Buckley	Joanne Nelson	Rebecca Teece
	8min 26sec		

CHAMPIONSHIP RESULTS - 1990

ANZAC DAY NSW MARATHON

(25.4.90 Sydney)

5th Mark Jones 2hrs 33min 03sec
23rd Chris Stratford 4hrs 04min 55sec

AUSTRALIAN MARATHON

(22.7.90 Gold Coast)

5th Mark Jones 2hrs 32min 50sec

NSW NOVICE CROSS COUNTRY

(5.5.90 Ramsgate)

MEN SENIOR 10km			
1st	Gary McClean	32 min	32 sec
17th	Andrew Kelly	35	37
18th	Pat Webb	35	38
25th	Frank Scorzelli	36	34
28th	Andrew Mrakovic	36	54
30th	Henry Elliott	37	07
34th	Tony O'Connor	37	34
TEAM 2nd			

WOMEN SENIOR 4km			
4th	Lisa Zammarrelli	14 min	46 sec
7th	Michelle Buckley	15	00
20th	Sophie Jager	16	41
22nd	Cathy Williams	17	18
TEAM 3rd			

NOVICE DAY SUPPORTING EVENTS -

OPEN 10km			
4th	Bruce Hansard	32 min	03 sec
23rd	John Irvine	38	22
36th	Christine Batman	40	08
50th	Allan Argall	41	38
57th	Paul Batman	42	18
58th	R. Hoyle	42	26
66th	Jennis Jolliffe	43	22
71st	Bruno Molino	44	08
86th	Eddie Gentle	46	59
96th	J. Greville	48	35
101st	Terry O'Connor	49	48
107th	T. Horne	51	32
110th	Bob Molloy	53	38

UNDER 16 4km			
5th	Tony Auciello	13	01
9th	Daniel Simone	13	19
16th	Linda Horrocks	14	24
33rd	Beth Walsh	16	41
43rd	Valerie Moore	20	27
46th	Beth Walsh	24	06

UNDER 14 2km			
3rd	Jason Buckley	7 min	04sec
13th	Alexia Tams	7	48
15th	Nicola Hoyle	7	50
18th	Danielle Ferraro	7	55
24th	M. White	8	26
38th	Ruth Walsh	9	05

UNDER 12 2km			
1st	Greg Scott	7 min	22 sec
7th	Shane O'Farrell	7	51
10th	Catherine Buckley	8	13
11th	Andrew Teece	8	16
13th	William Tams	8	19
18th	Joanne Nelson	8	41
26th	Rebecca Teece	8	57
29th	Melanie Buckley	9	03
37th	Debbie Nelson	9	14
39th	Elizabeth Stratford	9	30

NSW 8KM CROSS COUNTRY

(14.7.90 NOWRA)

MALE OPEN 8km			
4th	Louis Young	26 min	26 sec
29th	Gary McClean	28	27
32nd	Andrew Kelly	28	37
35th	Bob Squires	28	58
49th	Bruce Hansard	30	06

FEMALE UNDER 20 SUPPORTING EVENT 6km

23rd Michelle Buckley 26 min 28 sec

N.S.W. CROSS COUNTRY

(28.7.90 THE CREST)

MALE OPEN 12km			
3rd	Louis Young	39 min	05 sec
28th	Norm Berger	42	38

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36th	Henry Elliott	43	28
48th	Pat Webb	45	43
67th	Marco Zammarrelli	48	48
89th	Chris Stratford		
103rd	John McClean		
124th	Bruno Molino		
155th	Arthur Peek		

FEMALE OPEN 8km

7th	Michelle Dillon	33	16
13th	Christine Batman	34	08

MALE UNDER 18 6km

15th	David Lourey	22	09
23rd	Craig Berger	24	56

FEMALE UNDER 18 4km

2nd	Michelle Dillon	15	26
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MALE UNDER 16 4km

3rd	Tony Auciello	14	39
7th	Daniel Simone	14	50
16th	Jason Buckley	16	15

FEMALE UNDER 16 3km

1st	Lisa Zammarrelli	11	43
3rd	Linda Horrocks	12	08
5th	Michelle Buckley	12	17

MALE UNDER 12 2km

3rd	Greg Scott	7	08
8th	Shane O'Farrell	7	46
10th	Andrew Teece	7	50

FEMALE UNDER 12 2km

3rd	Catherine Buckley	8 min	01 sec
7th	Joanne Nelson	8	11
18th	Rebecca Teece	8	37
19th	Melanie Buckley	8	53

TEAM 2ND

N.S.W. ROAD CHAMPIONSHIPS

(3.6.90 Pagewood)

MALE OPEN 15km

9th	Bruce Hansard	46 min	38 sec
11th	Louis Young	47	12
12th	Gary McClean	47	17
36th	Frank Scorzelli	51	35
42nd	Henry Elliott	52	41
45th	Pat Webb	52	53

TEAM 3RD

FEMALE UNDER 20 5km

1st	Michelle Dillon	17	02
4th	Lisa Zammarrelli	17	22
12th	Susan Stratford	21	03
14th	Lisa Hopkins	21	31

TEAM 1ST

ALLCOMERS 5km

2nd	Marco Zammarrelli	16	08
10th	Veronica Hopkins	23	54

N.S.W. ROAD RELAY CHAMPIONSHIPS

(25.8.90 Taren Point)

MALE OPEN 4 x 10km

'A' TEAM 8th

L. Young, G. McClean, A. Kelly, M. Zammerralli

'B' TEAM 13th

P. Phillips, H. Elliott, T. O'Connor, A. Atkins

MALE VETERANS 4 x 10km - 1st

R. Squires, F. Scorzelli, C. Spriggins, R. Gribble

FEMALE OPEN 4 x 5km - 2ND

M. Dillon, L. Horrocks, L. Zammarrelli, C. Batman

FEMALE UNDER 18 4 x 3km - 3RD

S. Stratford, B. Walsh, L. Hopkins, M. Dillon

MALE UNDER 16 4 x 3km - 2ND

T. Auciello, D. Jones, D. Simone, J. Buckley

FEMALE UNDER 16 4 x 3km - 1ST

L. Horrocks, M. Buckley, L. Hopkins, L. Zammarrelli

FEMALE UNDER 14 4 x 3km - 3RD

R. Walsh, Melanie Buckley, N. Hoyle, C. Buckley

MALE UNDER 12 4 x 2km - 4TH

S. O'Farrell, D. Batman, A. Teece, G. Scott

FEMALE UNDER 12 4 x 2km

'A' TEAM 2ND

C. Buckley, E. Hope, J. Nelson, R. Teece

'B' TEAM 6TH

D. Nelson, E. Stratford, R. Hope, J. McCarthy

N.S.W. SCHOOLS CROSS COUNTRY

(20.5.90 Marsfield)

MALE OPEN 8km

5th	Andrew Kelly	27 min	35 sec
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FEMALE OPEN 6km

1st	Michelle Dillon	21	47
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MALE UNDER 17 4km

6th	David Lourey	13	24
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FEMALE UNDER 17 4km

4th	Linda Horrocks	15	08
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MALE UNDER 16 4km

7th	David Jones	13	33
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FEMALE UNDER 16 4km

4th	Michelle Buckley	15	59
-----	------------------	----	----

MALE UNDER 15 4km

2nd	Tony Auciello	13	27
-----	---------------	----	----

FEMALE UNDER 15 3km

5th	Lisa Zammarrelli	11	09
-----	------------------	----	----

7th Lisa Hopkins

11	24
----	----

FEMALE UNDER 14 2km

6th	Nicola Hoyle	7	44
-----	--------------	---	----

MALE UNDER 13 3km

1st	Tony Watson	10	14
-----	-------------	----	----

6th Jason Buckley

10	38
----	----

MALE UNDER 12 2km

4th	Greg Scott	7	14
-----	------------	---	----

9th Shane O'Farrell

7	32
---	----

FEMALE UNDER 12 2km

4th	Elizabeth Hope	7	50
-----	----------------	---	----

5th Catherine Buckley

8	00
---	----

FEMALE UNDER 11 1.5km

7th	Joanne Nelson	6	07
-----	---------------	---	----

FEMALE UNDER 10 1.5km

4th	Debbie Nelson	6	23
-----	---------------	---	----

5th Melanie Buckley

6	34
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AUSTRALIAN ALL SCHOOLS CROSS COUNTRY CHAMPIONSHIPS

(1.7.90 Canberra)

MALE UNDER 19 8km

10th	Andrew Kelly	27 min	10 sec.
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FEMALE UNDER 19 6km

2nd	Michelle Dillon	22	34
-----	-----------------	----	----

MALE UNDER 17 4km

41st	David Lourey	13	51
------	--------------	----	----

FEMALE UNDER 17 4km

9th	Linda Horrocks	15	00
-----	----------------	----	----

MALE UNDER 15 3km

1st	Tony Auciello	13	22
-----	---------------	----	----

11th Daniel Simone

13	46
----	----

FEMALE UNDER 15 3km

6th	Lisa Zammarrelli	11	05
-----	------------------	----	----

15th Lisa Hopkins

11	35
----	----

SUN CITY TO SURF

(13.8.90, Sydney)

Position	Time	Name
21	44.28	Louis Young
25	44.41	Gary McClean
103	47.51	Frank Scorcelli
108	48.01	Rory McRae
149	48.41	Norm Berger
191	49.22	Marco Zammarrelli
313	50.59	Pat Webb
381	51.39	Daniel Simone
401	51.51	Ron Gribble
426	52.03	Michelle Dillon
458	52.23	Stephen McClean
473	52.32	David Jones
593	53.46	Bob Talay
634	54.10	Neville Markham
711	54.48	Gary Coburn
934	56.37	John McClean
1144	57.47	Dennis Jolliffe
1230	58.11	Alan Atkins
1392	58.48	Chris Stratford
1513	59.18	Dave Edwards
2026	61.14	Steve Williams
2154	61.37	Craig Berger
2454	62.31	Sophia Jager
2573	62.52	David Page
4922	68.12	Alexandra Tams
5084	68.29	Matthew Donnelly
5824	69.55	Andrew Teece
6165	70.43	Veronica Hopkins
6362	71.05	Robert Cook
6419	71.12	Cathy Williams
6978	72.17	Edwin Gentle
6726	71.48	Suzanne Stratford
6857	72.05	Michael Gentle
8191	74.27	Andrew Atkins
8875	75.33	Jim Gallagher
9420	76.31	Greg Page
10644	78.45	Rebecca Teece
13511	84.34	Narelle Hocking
17652	94.33	Elizabeth Stratford
17656	94.34	Christine Stratford
20085	99.37	Nola Thomas
24090	111.41	Pat Donnelly

WOMEN OPEN 10km

7th Christine Stratford

57min 23sec

AUST ALL SCHOOLS ROAD WALKING CHAMPIONSHIPS (26th Aug 90, Brisbane)

GIRLS U17 6km

5th Christine Stratford

31min 44sec

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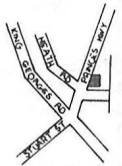
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1990 ROAD WALKS REPORT

In the NSW Distance Walker of the Year (1990) our most successful walkers were:-

MEN		WOMEN	
2nd Chris Stratford	42pts	4th Christine Stratford	30pts
NSW ROAD WALKING CHAMPIONSHIPS (12th May '90 Richmond)			
MEN OPEN 30km			
4th Chris Stratford		3hrs 2min 08sec	
WOMEN OPEN 5km			
5th Christine Stratford		27min 06sec	
NSW ROAD WALKING CHAMPIONSHIPS (26th May 90, Auburn)			
WOMEN U18 8km			
2nd Christine Stratford		43min 16sec	
NSW ROAD WALKING CHAMPIONSHIPS (23rd June 90 Richmond)			
WOMEN OPEN 20km			
2nd Christine Stratford		2hrs 4min 00sec	
NSW ROAD WALKING CHAMPIONSHIPS (14th July, 90 Richmond)			
MEN OPEN 50km			
3rd Chris Stratford		5hrs 23min 18sec	
AUSTRALIAN ROAD WALKING CHAMPIONSHIPS (14th July, 90 Richmond)			
MEN OPEN 50km			
7th Chris Stratford		5hrs 23min 18sec	
WOMEN U18 8km			
5th Christine Stratford		43min 18sec	
NSW SCHOOLS ROAD WALKING CHAMPIONSHIPS (28th July, 90 Richmond)			
GIRLS U17 5km			
2nd Christine Stratford		26min 58sec	
NSW ROAD WALKING CHAMPIONSHIPS (4th Aug 90 Richmond)			
MEN OPEN 20km			
7th Chris Stratford		1hr 45min 54sec	



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1990-91 TRACK SEASON REPORT

by Ron Gribble

The past Track and Field season was one our club could not be enthusiastic about. Although injury, loss of form and heat could be blamed for some non-performance, overall results were not encouraging and more commitment is what is required. If athletes are looking to improve on their best, correct training routines and ample competition should be aimed at.

With that said we cannot ignore the results acquired by our top athletes.

Cathy Williams was one example of what commitment is all about. Under the coaching of Peter Tuziak, our General Secretary, Cathy never stopped trying and improved throughout the season to record her best performances at the State Championships. Her best effort was to qualify for the final of the Open Womens 400m where after running her heat in 57.81sec (personal best and club record) she finished 5th in the final recording 59.95secs. Her 200m best was 25.7secs and her 100m was 12.3 secs also new club records. Cathy is always willing to learn and showed ability to judge pace, crucial over the 400m journey.

Gary McClean was easily our most consistent athlete and his gradual improvement throughout the past 12 months was great to observe. After a good winter season Gary took on the 5000m track and recorded a personal best of 14min 50.46secs. during an interclub meet. Gary is now mixing it with the best of them and must be ranked in the top ten in NSW over that distance.

Chris Stratford, although in Veteran class continues to impress in the walks and was our clubs top male points scorer at Interclub. Chris was seldom out of a place in A Grade and made it hot for the younger brigade of walkers in all Championships. His best effort was 6th in the State Open 5000m Walk Championship in a new club record time of 23min 38.94secs.

Mark Jones was unable to commence his track competition until late in the season but showed a glimpse of his old form in the 3000m steeplechase when he finished 3rd in that event in the State Titles in 9mins 14.67secs. Mark has a best time of 9mins 05.16secs set in January 1987 and is our club record holder. He probably would have run faster times with more competition during the season. However this was a good comeback and Mark will undoubtedly improve next season.

One athlete who was on the road to success last summer was Matthew Todd. However serious injury put a stopper on Matthews progress not long after he started but there is always next season.

Some athletes who failed to find their best form on the track were Lawrie Whitty, Rory McRae and Bruce Hansard. However they will make up for lost time during the current winter season.

Last summer saw emergence of many young athletes who will in future years be the mainstay of our track and field teams. These athletes include Tony Auciello, Lisa Hopkins, Lisa Zamarrelli, Linda Horrocks, Ursula Rodway, Danielle Ferraro, David Jones, Andrew Kelly, Jason Buckley, Susan Stratford, Catherine Buckley, Daniel Simone, Graeme Jolliffe, Keiran Gallagher, Melanie Buckley, David Lourey, Nicola Hoyle, Dean Jones, Michelle Buckley and many others.

Michelle Dillon again showed improvement during the track season and won the State U/20 1500m Championship in a time of 4mins 29.22secs. Michelle was also first home in the State Womens Open 3000m in a good time of 9mins 24.76secs but was disqualified for not reporting to officials that she was going to start in the event at the specified time.

She also was a winner of the U/19 3000m at the Pulsar Games in 9mins 50.29 secs and finished 2nd in the 1500m at the same carnival with a time of 4 mins 29.4 secs.

Tony Auciello put in some fine efforts in U/15 and U/16 Championships. In the Pulsar Games U/15's Tony was 1st in the 3000m in 9 mins 23.91 secs and 2nd in the 800m in 2 mins 03.36 secs and won the State U/16 1500m Championship in 4 mins 09.05 secs. He is a most exciting prospect with a very relaxed loping style.

In the same age division as Tony is Daniel Simone. He to runs well in 1500m and 3000m events. Daniel had good results in finish 4th in the Pulsar Games 1500m in 4m 22.8s and 4th in the 3000m in 9m 45.96s. He improved his times in the State U/16 Championships to record 4m 21.12s for 5th place in the 1500m and 9m23.16s for 6th place in the 3000m.

David Jones was another U/16 age division runner and recorded 2m 10s for his 800m, 4m 30.6s for 8th place in the 1500m and 9m 28.95s for 2nd in the 3000m in the Pulsar Games. David is another exciting prospect who seems to get taller by the day.

Jason Buckley is built like a bean stork but also gets over the turf in quick fashion. He had personal bests in the State U/15 Championships with a 4m 36.48s 1500m and 10m 02.29s 3000m.

The Pulsar Games bring out the best in many of our young athletes. Andrew Kelly was another to perform well. His 2nd in the 2000m steeplechase and 3rd in the 5000m were good efforts.

I feel if David Lourey concentrates on athletics he has a good future ahead of him. He has now gained strength and will improve on his Pulsar Games efforts of 2m 05.98s for the U/17 800m, 4m 23.08s for the 1500m and 9m 50.64s for his 3000m. Perhaps Brian, his dad, will have some influence. Brian and I competed together in A Grade middle distance events a few years back.

Danielle Ferraro looks the goods, she is an ideal contender for the 400m and perhaps the 800m a little later. Danielle had excellent results, 1st in the State

U/14 400m in 59.13secs, 2nd in the Pulsar Games U/13 200m and 400m and 3rd in the 100m. She also is a stylist.

Talking about running style, race experience or technique or confidence, athletes of school age who belong to an Athletic Club always have the advantage over their school mates when it comes to know how in any event on the athletics programme. They stand out like the nose on your face.

Look at Lisa Zamarrelli, she runs like an old stager, good pace judgement, plenty of confidence about herself. Lisa had a 1st in the Pulsar Games U/16 1500m in 4m 42.6s, good time for a girl her age, 4th in the 800m in 2m 21.09s at the same meet and 6th place in both the State U/16 800m and 1500m events.

Keiran Gallagher is a game little runner who shows promise in track events up to 800m. He started in heats of the State Age Championships U/15 division and finished 7th in his heat of the 100m in 26.62s and ran 5th in his heat of the 800m in 2m 19.54s.

Another winner was Linda Horrocks in the Pulsar Games U/16 3000m in the time of 10m 22.11s. Linda also competed in 800m and 1500m Championships and although unplaced she is most consistent and with patience Linda must improve.

Susan Stratford can very quickly change from walking events to running and vice versa. Susan is another young athlete who is growing rapidly but she finished a good 2nd in the State Age U/15 1500m Walk Championship in 7m 12.42s. She also goes well in middle to long distance running events and I feel this area may eventually be Susans forte.

Another young athlete who goes about her business with no fear is Lisa Hopkins. Lisa will keep trying all day and with some repetition work in her training next year will improve on her best efforts of last year. Lisa was a good performer at Interclub and she had some encouraging runs in the Pulsar Games.

Another thing about this game is patience. Some athletes need not have any, they are born champions, but others need all the patience in the world. Referring to the latter, if an athlete has patience the desired results will inevitably come.

Back to our young champions, well all these Buckleys look like runners and so they are. Besides older sister Michelle, there is 12 year old Catherine who was 7th in the U/12 1500m and 10 year old Melanie who run well in the 800m and 1500m events at the State Age Championships.

Many years ago, an elderly gentleman in our club, guess who, said at a club meeting whilst discussing entry standards set by the Athletic Association for athletes to enter State Championships, that yours truly, for instance, had no hope of ever qualifying for a State Open 880 yards Championships (the qualifying time was 2 mins and 2 secs). That was all I wanted, the personal challenge was on for me. It took some time but I did run 2nd in the final of the State Mens 880 yards championship in 1965 in 1 min 57secs. (in those days on a cinders track or to be precise dirt covered with sump oil). However that was the inspiration I needed. I may not be writing this now if it had not been for that comment.

I cannot finish without mentioning our boys (mostly old or should I say middle aged) who competed each Saturday at Hensley Field. Although the Interclub competition at that field was not sanctioned by Athletics NSW, Arthur Peek, our Track Secretary and Hensley Field Competition Manager did a great job in staging a series of events each Saturday to the satisfaction of all those athletes who turned up. Arthur Peek's report is also in these pages and I thank Arthur for his devotion to that competition.

A most important segment of our clubs track and field section will be coaching at Olds Park, our home ground, presently being conducted on Tuesday and Wednesday evenings. Club Coaches Peter Tuziak, Arthur Peek and Chris Stratford will cover all events on the track and field programme. Coaching will be held during the winter months for those athletes preparing for school championships and the Pulsar Games in October and will of course continue throughout the summer months.

I said in the first instance our club could not be enthusiastic about our last track and field season but after noting all those good performances by our track stars I feel we didn't do a bad job afterall. I also feel we will, sometimes in the future, be a force again in track and field competition.

Simons Carpets

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Open 7 Days

NSW OPEN & UNDER 20 TRACK & FIELD CHAMPIONSHIPS

Sydney Athletic Field
3, 9, 10 February, 1991

MALE OPEN			
1500M	G. McLean	4m 18.42s	Heat 3 (9)
5000M Walk	C Stratford	23m 38.94s	6
FEMALE OPEN			
100M	C Williams	12.96s	Heat 2 (5)
200M	C Williams	26.43s	6
400M	C Williams	59.95s	5
400M	C Williams	57.81	Heat 1 (3)
UNDER 20			
1500M	M Dillon	4m 29.22s	2
1500M	L Horrocks	4m 58.44s	7

NSW UNDER 18 & UNDER 16 TRACK & FIELD CHAMPIONSHIPS

Sydney Athletic Field
2-3 March, 1991

MALE UNDER 16			
1500M	T Auciello	4m 09.05s	1
1500M	D Simone	4m 21.12s	5
3000M	D Simone	9m 23.16s	3
3000M	D Jones	9m 48.10s	6
FEMALE UNDER 18			
1500M	L Horrocks	4m 50.0s	7
UNDER 16			
800M	L Zammarrelli	2m 21.56	6
1500M	L Zammarrelli	4m 57.09	6

NSW RELAY CHAMPIONSHIPS

Sydney Athletic Field
24-25 November 1990

MALE OPEN			
4 x 1500M			
St. George DAAC (A)	16m 56.95s	8	
St. George DAAC (B)	19m 31.35s	16	
UNDER 16			
4 x 800M			
St. George DAAC	9m 09.99s	7	
4 x 1500M			
St. George DAAC	18m 23.65s	2	
FEMALE UNDER 16			
4 x 800M			
St. George DAAC	9m 47.00s	2	
4 x 1500M			
St. George DAAC	20m 16.96s	1	
UNDER 13			
4 x 200m			
St. George DAAC	1m 55.90s	3	
4 x 400M			
St. George DAAC	4m 26.4s	3	
4 x 800M			
St. George DAAC	10m 27.94s	2	
4 x 1500M			
St. George DAAC	24m 26.44s	5	

SHELL NSW AGE CHAMPIONSHIPS

Sydney Athletic Field
16-17 March, 1991

MALE UNDER 15			
200M	K Gallagher	26.61s	Heat 1 (7)
800M	K Gallagher	2m 19.54s	Heat 1 (5)
1500M	J Buckley	4m 36.48	7
3000M	J Buckley	10m 02.29	3
FEMALE UNDER 15			
1500M Walk	S Stratford	7m 12.42s	2
UNDER 14			
100M	D Ferraro	13.32s	Heat 2 (6)
200M	D Ferraro	26.16s	5
400M	D Ferraro	59.13	1
UNDER 12			
1500M	C Buckley	5m 18.29s	7
UNDER 11			
800M	M Buckley	2m 57.93s	8
1500M	M Buckley	5m 58.45s	7

PULSAR QUARTZ GAMES 1990 NSW Schools Track & Field Championships

Sydney Athletic Field
6-7 October 1990

Male Under 19 Years			
1500 Metres	A Kelly	4m 17.4s	7th
5000 Metres	A Kelly	15m 40.69s	3rd
2000 Metres S'chase	A Kelly	6m 37.74s	2nd
Male Under 17 Years			
800 Metres	D Lourey	2m 05.98s	Heat 2
1500 Metres	D Lourey	4m 23.8s	Heat 2
3000 Metres	D Lourey	9m 50.64s	13th
Male Under 16 Years			
800 Metres	D Jones	2m 10.0s	Heat 1
1500 Metres	D Jones	4m 30.6s	8th
3000 Metres	D Jones	9m 28.95s	2nd
Male Under 15			
800 Metres	T Auciello	2m 03.36s	2nd
1500 Metres	D Simone	4m 22.8s	4th
3000 Metres	T Auciello	9m 23.91s	1st
3000 Metres	D Simone	9m 45.96s	4th
Female Under 19 Years			
1500 Metres	M Dillon	4m 29.4s	2nd
3000 Metres	M Dillon	9m 50.29s	1st
Female Under 16 Years			
800 Metres	L Zammarrelli	2m 21.09s	4th
800 Metres	L Horrocks	2m 30.46s	8th
1500 Metres	L Zammarrelli	4m 42.6s	1st
1500 Metres	L Horrocks	4m 50.2s	6th
3000 Metres	L Horrocks	10m 22.11s	1st
Female Under 15 Years			
800 Metres	L Hopkins	2m 29.20s	7th
1500 Metres	L Hopkins	5m 04.9s	10th
1500 Metres	S Stratford	5m 16.8s	14th
3000 Metres	L Hopkins	11m 12.03s	10th
Female Under 13 Years			
100 Metres	D Ferraro	13.38s	3rd
200 Metres	D Ferraro	26.45s	2nd
400 Metres	D Ferraro	62.20s	2nd

SYDNEY METROPOLITAN INTERCLUB COMPETITION 1990-91

(Sydney Athletic Field)
by Ron Gribble

St George DAAC combined with Sutherland DAAC, Illawong & Districts AAC and Illawarra Blue Stars and the combined team was known as the Sutherland Shire Blue Stars for the Interclub Competition.

Teams competed in Mens A, B, C & D Grades and Womens A, B & C Grades.

St George club is grateful to Sutherland for agreeing to the combination of clubs as without this we could not have been competitive as a team on our own.

At present our male athletes compete mainly in middle and long distance track events, walks and jumps and our female athletes do much the same with sprints included.

The management of our combined teams was excellent with Stan Sherringham from Sutherland club holding the reins. Stan, who was himself a member of St George club at one time did a wonderful job endeavouring to win the various matches each Saturday. Stan has great understanding of athletics and athletes and a popular official with all athletes.

It was a pleasure to support Stan and cheer for athletes representing our combined teams. Sutherland athletes did likewise, it was a great feeling to hear Sutherland athletes cheering on St George, particularly Cathy Williams on her way to success in her first A Grade 400m event.

There was good comradery between athletes of the combined teams and athletes from our club who did compete in the Interclub competition at Sydney Athletic Field would have been well satisfied with the opportunity given them to compete in their preferred events and grades each Saturday.

We were unable to win a premiership at Interclub with any one of our 7 teams which surprised me considering the standard and number of athletes registered with the 4 combined clubs. This was not the fault of management, Stan Sherringham did his utmost to bring home a pennant to this neck of the woods. The problem was lack of participation by some track and field athletes who would have made the difference between winning and losing matches.

On the score of participation our ladies did a better job than their male counterparts. Cathy Williams was a big improver from starting in C grade Cathy has now worked her way up to A grade and is coping with the tougher competition in excellent fashion. Overall she was our leading points scorer at Interclub with 68 points.

Michelle Dillon won major points in 800m, 1500m and 3000m events until school exams and moving house took her attention away from athletics for a while. Her wins in A grade events gained her 49 points for the team.

Linda Horrocks was consistent throughout the season in A & B grade 1500m and 3000m events. Lisa Hopkins was also an improver who is not shy of competition. Lisa scored a big 48 points for our B grade womens team.

Lisa Zammarrelli and Danielle Ferraro scored points when they could be spared from Little Athletics competition. Ursula Rodway seemed to thrive on all fronts in both Little Athletics and Open competition. She scored most points of our C grade womens with 25 points. Ursula also competed in Super League in the triple jump and scored points in this competition for the Southern Zone Team.

All these girls will be a force in next years summer competition.

Of our male competitors Chris Stratford was always on deck and scored major points each time he put on his walking shoes. He was our leading points scorer with 68 points. In order to win premierships in the Interclub competition a club has to be capable of fielding competitors in all events and as walking is one of them Chris is a valuable part of the team.

Gary McClean could be counted upon to add strength to our A grade middle and long distance track teams. He had a personal best of 14 mins 50.46 secs for the 5000m during the season.

Matthew Todds two competition runs over 1500m early in the Interclub season were encouraging. At his last run he won a A grade event very impressively in 3 mins 57.2secs. Matthew then struck trouble with injury problems which put him out for the rest of the season.

Graeme Jolliffe only competed a few times but on each occasion scored points in the triple jump. His best jump was 12.84 metres and he will undoubtedly improve on that next season. Lets hope Graeme can follow in the footsteps of Dennis his father and reach the standard that Dennis set a few years back.

Shane Causer was a trier for the B Grade team and scored many points in the 5000m event. Shane also had some runs over the shorter 1500m and 3000m journey. He was our clubs leading points scorer in B grade.

David Jones is a young athlete with plenty of promise. He just loves to compete and gives it everything. David had success in events ranging from 800m to 5000m and the 2000m steeplechase and proved to be a good club athlete. David was our leading points scorer in C grade with 36 points.

Daniel Simone was another to run some interclub and is not afraid to mix it up front. Daniel will improve with race experience. He looks to be an ideal 1500/3000m runner.

Chris Spriggins tried hard in B and C grade 1500/3000/5000m events. Chris is in veteran class now and will no doubt give the vets some curry.

Other athletes to lend a hand with a run or two on Interclub days were David Lourey, Alan Atkins, Bruce Hansard, Louis Young, Keiran Gallagher, Mark

Jones, Lawrie Whitty and Rory McRae.

Lawrie Whitty made a quick return to the track scene on his return from overseas only to stir up old injuries so he wisely made a retreat for the rest of the season.

David Lourey who has built up over the past 12 months made a late start to Interclub but found it difficult to make headway with lack of competition runs. We will see much improved times by David next season.

Myself I had a great time chasing the youngies in D grade middle distance events. On occasions when I did manage to score points some of the frontrunners had tired (like the hare and the tortoise episode). This enabled me to get close enough to score 39 points for the season in the lower grade.

I must thank all those athletes who did show commitment to the Interclub scene last summer. Our colours were seen more than they were in the past few seasons.

Interclub athletics is a place for athletes to gain race experience, become competitive, gain points for your club in competition and enjoy the friendship of others in our great sport.

Be sure to line up again next season when I hope we will again combine with Sutherland club for Interclub competition. Bring your mates.

Points scored by St George athletes at Interclub competition were-

EMALE	A Grade	B Grade	C Grade	Total
M Dillon	49*	-	-	49
D Ferraro	8	-	19	27
L Horrocks	17	26	-	43
L Hopkins	-	48*	14	62
U Rodway	5	24	25*	54
C Williams	5	45	18	68*
L Zammarrelli	5	-	14	19

MALE	A Grade	B Grade	C Grade	D Grade	Total
G Jolliffe	4	7	-	-	11
G McClean	24	4	-	-	28
C Stratford	63*	-	-	5	68*
M Todd	12	5	-	-	17
L Whitty	5	-	-	-	5
R McRae	7	-	-	-	7
M Jones	8	-	-	-	8
S Causer	-	24*	6	-	30
D Jones	-	4	36*	23	63
R Gribble	-	-	7	39*	46
D Simone	-	-	15	5	20
C Spriggins	-	-	4	-	4
D Lourey	-	-	6	-	6
B. Hansard	4	-	-	-	4
K. Gallagher	-	-	-	14	14

* Interclub points score winners

Interclub match results - FEMALE

A GRADE Finished 4th on 21 points

V CRH	Lost	55	66	V SSE	Lost	52	66
V RH	Won	79	70	V TGW	Lost	53	88
V TGW	Lost	76	92	V RBB	Lost	47	54
V ND	Won	82	7	V RH	Lost	28	92
V CS	Won	68	8	V CRH	Won	36	28
V RBB	Won	83	32				

Won 5 - Lost 6 Scored 664 against 603

B GRADE Finished 3rd on 25 points

V Bal	Won	97	16	V RBB	Won	63	51
V TGW	Lost	40	79	V CRH	Won	43	14
V CS	Won	67	19	V RH	Lost	27	87
V SSSE	Lost	44	63	V TGW	Won	40	36
V RH	Lost	53	90	V TGW	Won	36	31
				V Bal	Won	16	14

Won 7 - Lost 4 Scored 526 against 500

C GRADE Finished 5th on 21 points

V Bal	Won	82	0	V CRH	Won	38	9
V RBB	Lost	27	69	V RBB	Lost	19	26
V ND	Won	54	14	V RH	Lost	10	47
V SSSE	Lost	38	47	V SSSE	Won	26	13
V TGW	Won	55	28	V ND	Lost	12	51
V RH	Lost	41	73				

Won 5 - Lost 6 Scored 393 against 257

Interclub match results - MALE

A GRADE Finished 5th on 21 points

V TGW	Lost	62	82	V SSSE	Lost	62	79
V RBB	Lost	60	83	V ND	Won	117	73
V RBB	Won	106	90	V SSSE	Won	117	76
V UNIS	Won	106	70	3 way match			
3 way match				V RBB	Lost	102	131
V UNIS	Won	90	79	V TGW	Won	102	99

V RH	Lost	118	106	V 3 way match		
V UNIS	Won	106	79	V ND	Lost	56 67
V 3 way match				V ND	Lost	72 81
V RH	Won	93	87			
Won 8 - Lost 7 Scored 1369 against 1276						

B GRADE - Finished 5th on 19 points

V ND	Lost	63	64	V PRM	Lost	57 77
V TGW	Lost	51	89	V RBB	Lost	54 82
V RH	Lost	73	92	V TGW	Lost	52 56
V RBB	Won	80	78	V CS	Won	67 23
V CS	Won	88	11	V TGW	Lost	42 45
V UNIS	Won	74	57			
Won 4 - Lost 7 Scored 701 against 674						

C GRADE Finished 3rd on 27 points

V CS	Won	103	0	V TGW	Won	67 30
V BAL	Won	112	57	V ND	Won	74 41
V PAR	Won	112	82	V SSSE	Lost	65 143
V 3 way match				V TGW	Won	65 44
V RBB	Won	68	63	V 3 way match		
V RH	Won	87	51	V SSSE	Lost	51 127
V BAL	Won	73	11	V RH	Lost	58 88
V SSSE	Lost	60	148			
V PRM	Won	60	18			
V 3 way match						
Won 10 - Lost 4 Scored 1050 against 890						

D GRADE Finished Equal 3rd on 21 points

V BAL	Lost	60	62	V RBB	Won	75 52
V RBB	Drew	60	60	V SSSE	Lost	48 69
V SSSE	Lost	54	91	V RBB	Won	62 25
V ND	Won	92	28	V RH	Lost	40 114
V RH	Won	72	69	V RBB	Won	59 49
V BAL	Lost	46	74			
Won 5 - Lost 5 Drew 1 Scored 668 against 693						

Discus	24.42 T. Nunn; 22.32 A. Peek; 22.14 R. Molloy; 21.32 P. Tonge
Javelin	34.60 A. Peek; 28.95 R. Molloy; 28.74 P. Tuziak; 27.48 P. Tonge
Long Jump	4.85 P. Tuziak; 4.42 R. Molloy; 4.31 A. Peek
High Jump	1.35 P. Tuziak; 1.30 R. Molloy; 1.15 A. Peek
Triple Jump	10.34 P. Tuziak; 8.47 A. Peek

JUNIOR MEN

100 metres	13.0 D. Simone; 13.4 D. Jones
400 metres	59.1 D. Simone; 59.9 D. Jones
1500 metres	4.31.7 D. Jones; 4.41.5 D. Simone
Javelin 700g	29.94 D. Simone 17.52; D. Jones
Discus 1kg	19.86 D. Simone
Long Jump	4.44 D. Simone

SENIOR WOMEN

100 metres	16.6 V. Hopkins
400 metres	78.0 V. Hopkins
1500 metres	5.56 V. Hopkins
Discus	13.22 V. Hopkins

FINAL POINTSCORE FOR HENSLEY ATHLETIC FIELD

INDIVIDUAL TOP 5

2840	A. Peek
2104	R. Molloy
1842	T. Nunn
1267	P. Tuziak
222	R. Gribble

CLUB

203	St. George
188	Randwick Botany
152	N.S.W. Veterans
94	St. George (2)
64	Bankstown Sports
47	Randwick Botany (2)
32	Eastern Suburbs
	Parramatta
11	Northern Suburbs
	Randwick Botany (3)
4	Randwick Botany (4)

TRACK SEASON REPORT FOR HENSLEY ATHLETIC FIELD By Arthur Peek

Once again Hensley Athletic Field catered for athletes not able to meet the entry standards required at Sydney Athletic Field. The season concluded after 21 rounds of competition. Team spirit was high and we had enough competitors in all the events each day to ensure successful results each week. Competition was on a seeded basis with 3 members per team scoring points, and most events were keenly contested.

St. George had a successful season at Hensley winning 17 of the 21 matches, one second and three thirds for a total of 203 points to win the competition clearly from Randwick Botany - 188 points and NSW Veterans with 152 points. Our "B" team also performed well to finish in fourth place. St. George athletes also figured high in the individual Pointscore, with four athletes in the top 8 pointscorers.

No standards were set for any of the events, and all standards and ages were catered for. The synthetic surface at Hensley is an excellent venue for competition and a full afternoon's competition commenced at 1.30pm. St. George Athletes performed well each week however some strong performances by other Club athletes claimed the "Best" performance for the Season. 100 metres in 10.9sec, 400 metres in 50.5sec, 3,000 metres in 9m 18.5sec, Long Jump in 6.04metres, Shot in 13.98 metres, Discus in 32.22 metres and Javelin in 49.22 metres.

These performances would be well placed in the top grades at S.A.F.

Congratulations to all the regular St. George Athletes who competed at Hensley as the result was deserved.

BEST PERFORMANCES IN EACH EVENT AT HENSLEY

SENIOR MEN

100 metres	12.6 R. Molloy; 12.9 T. Nunn; P. Tuziak; 13.7 J. Gallagher
200 metres	26.5 T. Nunn; 26.9 R. Molloy; P. Tuziak 29.3; A. Peek
400 metres	59.6 R. Molloy; 59.9 T. Nunn; 60.2 R. Gribble; 61.4 P. Tuziak
800 metres	2.17.5 P. Gribble; 2.24.8 T. Nunn; 2.30.3 P. Tuziak; 2.40 R. Molloy
1500 metres	4.41.9 R. Gribble; 5.29.3 P. Tuziak; 5.33 T. Nunn; 5.50 R. Molloy
3000 metres	10.48.6 R. Gribble; 12.06.4; T. Nunn; 13.26.3; A. Peek; 13.52.4 P. Tuziak
110m Hurdles	19.7 P. Tuziak; 22.7 A. Peek
Shot	8.97 P. Tonge; 8.74 R. Molloy; 8.32 A. Peek; 7.93 T. Nunn



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Hugh Gregory

First National

MEET OUR REAL ESTATE SALES TEAM



From left: Julian, Dennis, Laraine and Harry

235 ROCKY POINT ROAD, RAMSGATE

529 4433.

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MENS SENIOR CLUB CHAMPIONSHIPS

100m	B Tonge	12.40s	R Molloy	12.6s	M Gentle	12.7s
200m	B Tonge	25.4s	T Nunn	26.5s	R Molloy/P Tuziak	26.9s
400m	R Molloy	59.6s				
800m	M Todd	1m 57.6s	R McRae	2m 02.3s	B Tonge	2m 15.2s
1500m	M Todd	3m 57.2s	G McLean	4m 04.3s	L Young	4m 09.5s
3000m	G McLean	8m 29.8s	R McRae	8m 51.1s	S Causser	16m 37.04s
5000m	G McLean	14m 50.46s	L Whitty	15m 40.5s	S Causser	20.83s
110m Hurdles	P Tuziak	18.56s	B Tonge	19.38s	E Gentle	20.83s
200m Hurdles	B Tonge	32.9s	P Tuziak	33.64s	M Gentle	34.97s
3000m Steeple	M Jones	9m 14.67				
1500m Walk	C Stratford	6m 36.2s				
3000m Walk	C Stratford	13m 39.62s				
5000m Walk	C Stratford	23m 38.94s				
10000m Walk	C Stratford	50m 13.65s				
Discus	T Nunn	24.42m	A Peck	22.32m	R Molloy	22.14m
Javelin	A Peck	34.60m	R Molloy	28.95m	P Tuziak	28.74m
Shot Put	P Tonge	8.97m	R Molloy	8.74m	A Peck	8.32m
Long Jump	M Gentle	5.16m	P Tuziak	5.06m	R Molloy	4.42m
Triple Jump	G Jolliffe	12.84m	P Tuziak	10.65m	M Gentle	10.40m
High Jump	M Gentle	1.55m	P Tuziak	1.45m	R Molloy	1.30m

MENS UNDER 20 CLUB CHAMPIONSHIPS

1500m	A Kelly	4m 17.4s
5000m	A Kelly	15m 40.69s
2000m Steeple	A Kelly	6m 37.74s

MENS UNDER 18 CLUB CHAMPIONSHIPS

800m	D Lourey	2m 05.98s
1500m	D Lourey	4m 23.8s
3000m	D Lourey	9m 50.64s

MENS UNDER 16 CLUB CHAMPIONSHIPS

100m	I Kennedy	12.8s	D Jones	13.5s	K Gallagher	13.94s
200m	K Gallagher	26.61s	I Kennedy	27.4s	D Jones	27.8s
400m	I Kennedy	59.4s	D Jones	60.01s	K Gallagher	61.1s
800m	T Auciello	2m 03.36s	D Jones	2m 10.0s	K Gallagher	2m 19.54s
1500m	T Auciello	4m 09.05s	D Simone	4m 21.12s	D Jones	4m 30.6s
3000m	D Simone	9m 23.16s	T Auciello	9m 23.91s	D Jones	9m 28.95s
100m Hurdles	K Gallagher	22.6s				
2000m Steeple	D Jones	6m 41.5s	D Simone	7m 16.8s		
Long Jump	D Jones	5.12m	K Gallagher	4.86m		
Triple Jump	D Jones	10.79m	K Gallagher	9.60m		
Javelin	D Jones	22.36	I Kennedy	20.40m	K Gallagher	17.38
Shot Put	I Kennedy	8.67m	D Jones	7.48m		

MENS UNDER 14 CLUB CHAMPIONSHIPS

100m	D Batman	15.03s	M Rodway	17.50s
200m	D Batman	31.6s	M Rodway	41.5s
Long Jump	D Batman	3.89m	M Rodway	2.93m
Triple Jump	D Batman	7.26m	M Rodway	5.58m
Shot Put	M Rodway	7.00m		
Javelin	M Rodway	6.29m		

WOMENS CLUB CHAMPIONSHIPS

100m	C Williams	12.3s	A Nicholson	16.29s		
200m	C Williams	25.7s	A Nicholson	35.61s	E Walsh	38.60s
400m	C Williams	57.81s				
800m	C Williams	2m 32.9s				
1500m	C Williams	5m 27.2s				
3000m	C Williams	13m 02.6s	A Nicholson	13m 58.0s		
Discus	C Williams	15.36m	A Nicholson	10.46m		
Javelin	A Nicholson	15.40m	C Williams	12.60m	E Walsh	8.92m
Shot Put	A Nicholson	7.03m	C Williams	6.68m	E Walsh	3.54m
Long Jump	C Williams	5.04m	A Nicholson	3.57m	E Walsh	2.90m
Triple Jump	C Williams	9.84m	A Nicholson	7.70m	E Walsh	6.75m
High Jump	A Nicholson	1.10m	C Williams	1.10m		

WOMENS UNDER 20 CLUB CHAMPIONSHIPS

1500m	M Dillon	4m 29.22s
3000m	M Dillon	9m 50.29s

WOMENS UNDER 18 CLUB CHAMPIONSHIPS

800m	M Dillon	2m 11.9s
1500m	M Dillon	4m 27.76s
3000m	M Dillon	9m 41.44s (Australian Title)

WOMENS UNDER 16 CLUB CHAMPIONSHIPS

100m						
200m	L Zamarrelli	28.46s	L Hopkins	30.3s	B Walsh	31.7
400m	L Zamarrelli	65.82s				
800m	L Zamarrelli	2m 21.56s	L Horrocks	2m 26.0s	L Hopkins	2m 29.2s
1500m	L Zamarrelli	4m 41.3s	L Horrocks	4m 50.2s	L Hopkins	5m 04.9s
3000m	L Horrocks	10m 22.11s	L Hopkins	11m 12.03s		
100m Hurdles	B Walsh	20.9s				
1500m Walk	S Stratford	7m 12.42s				
Long Jump	B Walsh	3.40m				
Triple Jump	L Hopkins	8.53m	B Walsh	8.05m		
Javelin	L Hopkins	14.08s	B Walsh	11.19m		
Shot Put	L Zamarrelli	7.45m				

WOMENS UNDER 14 CLUB CHAMPIONSHIPS

100m	D Ferraro	12.9s	U Rodway	13.8s		
200m	D Ferraro	26.16s	L Zamarrelli	28.46s	U Rodway	29.4s
400m	D Ferraro	59.13s	U Rodway	65.1s		
800m	D Ferraro	2m 33.2s	U Rodway	2m 35.7s	A Rodway	3m 10.0s
1500m	U Rodway	5m 27.0s	A Rodway	6m 43.0s		
3000m	U Rodway	11m 55.0s	R Walsh	14m 52.0s		
Long Jump	U Rodway	4.94m	A Rodway	3.86m		
Triple Jump	U Rodway	10.56m	A Rodway	8.45m	R Walsh	6.75m
High Jump	U Rodway	1.45m	A Rodway	1.15m		
Shot Put	U Rodway	6.47m	R Walsh	6.02m	A Rodway	5.89m
Javelin	U Rodway	13.44m	R Walsh	10.75m	A Rodway	9.00m
Discus	U Rodway	15.00m	A Rodway	9.92m		

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SOUTHERN METROPOLITAN ZONE No. 1

Sylvania Waters Athletic Field
Friday 26 October 1990

Female Under 14

100 Metres	D. Ferraro	12.9	1st
100 Metres	U. Rodway	14.1	2nd
400 Metres	D. Ferraro	61.8	1st
400 Metres	U. Rodway	66.0	2nd
1500 Metres	U. Rodway	5:12.0	1st
1500 Metres	D. Ferraro	6:08.6	3rd
Long Jump	U. Rodway	4.26	1st
Shot Put	U. Rodway	7.87	2nd
Discus	D. Ferraro	14.74	3rd
Discus	U. Rodway	13.66	4th

Female Under 18

1500 Metres	L. Zammerelli	4:55.7	1st
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Female Open

100 Metres	C. Williams	13.2	1st
400 Metres	C. Williams	64.8	1st
1500 Metres	C. Williams	5:27.2	1st
Long Jump	C. Williams	4.33	1st
Discus	C. Williams	No distance	4th

Male Under 18

100 Metres	D. Jones	13.5	5th
400 Metres	D. Jones	60.6	2nd
1500 Metres	D. Jones	4:22.9	2nd
Discus	D. Jones	19.52	8th

Male Open

1500 Metres	M. Donnelly	4:49.3	4th
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Male Veteran

100 Metres	P. Tuziak	13.4	Heat 1
400 Metres	E. Gentle	65.1	Heat 1
400 Metres	P. Tuziak	67.7	Heat 1
400 Metres	J. Gallagher	69.6	Heat 2
1500 Metres	E. Gentle	5:16.1	5th
1500 Metres	P. Tuziak	5:29.6	6th
Long Jump	P. Tuziak	4.30	4th
Discus	J. Gallagher	17.30	9th
Discus	P. Tuziak	16.68	10th

800 Metres	D. Ferraro	2:33.2	1st
800 Metres	U. Rodway	2:35.7	2nd
800 Metres	A. Rodway	3:10.0	4th
800 Metres	N. Zauss	3:23.0	5th
3000 Metres	U. Rodway	11:55.0	1st
3000 Metres	R. Walsh	14:52.0	2nd
Triple Jump	U. Rodway	9.85	1st
Triple Jump	R. Cox	8.63	2nd
Triple Jump	N. Zauss	8.31	4th
Triple Jump	A. Rodway	8.05	5th
High Jump	U. Rodway	1.40	1st
High Jump	R. Cox	1.15	3rd
High Jump	N. Zauss	1.10	5th
High Jump	K. Youlton	1.00	6th
High Jump	J. Sharman	0.80	7th

Males Under 18

200 Metres	K. Gallagher	27.6	4th
200 Metres	D. McPhillips	34.8	6th
100 metre Hurdles	K. Gallagher	22.6	4th
100 Metres Hurdles	D. McPhillips	23.9	5th
800 Metres	D. Jones	2:15.6	1st
800 Metres	K. Gallagher	2:23.0	3rd
800 Metres	D. McPhillips	3:34.0	7th
3000 Metres	D. Jones	9:55.0	1st
3000 Metres	D. McPhillips	13:57.0	4th
Triple Jump	D. Jones	10.42	1st
Triple Jump	K. Gallagher	9.60	5th
Triple Jump	D. McPhillips	7.50	7th
Javelin	D. Jones	22.36	2nd
Javelin	K. Gallagher	17.38	4th
Javelin	D. McPhillips	17.34	5th

Female Under 18

200 Metres	L. Hopkins	30.3	2nd
200 Metres N. Murray	30.4	3rd	
200 Metres	B. Walsh	31.7	5th
100 Metres Hurdles	N. Murray	18.3	2nd
100 Metres Hurdles	B. Walsh	20.9	3rd
3000 Metres	B. Walsh		1st
Triple Jump	L. Hopkins	8.53	1st
Javelin	N. Murray	16.12	3rd
Javelin	L. Hopkins	14.08	5th
Javelin	B. Walsh	10.98	6th
Javelin	D. Ferraro	9.82	7th
Javelin	A. Rodway	9.38	8th
Javelin	R. Walsh	6.60	9th

Male Open

200 Metres	J. Gallagher	31.1	Heat 1
200 Metres	A. Peek	35.7	Heat 1
800 Metres	R. Molloy	2:56.7	5th
800 Metres	A. Peek	3:25.8	6th
3000 Metres	A. Peek	14:26.0	3rd
Triple Jump	D. Jolliffe	10.08	2nd
Triple Jump	A. Peek	8.30	4th
Javelin	J. Gallagher	15.82	6th
Javelin	E. Gentle	12.56	7th

Female Open

200 Metres	C. Williams	27.3	1st
200 Metres	A. Nicholson	35.7	3rd
800 Metres	C. Williams	2:35.9	1st
3000 Metres	C. Williams	13:26.0	1st
3000 Metres	A. Nicholson	13:58.0	2nd
Triple Jump	C. Williams	9.14	1st
Triple Jump	A. Nicholson	7.70	3rd
Javelin	C. Williams	6.70	3rd

Male Veteran

300 Metres	R. Molloy	28.6	Heat 1
200 Metres	E. Gentle	31.5	Heat 1
100 Metre Hurdles	A. Peek	21.2	5th
800 Metres	E. Gentle	2:47.8	3rd
800 Metres	J. Gallagher	3:13.8	6th
3000 Metres	E. Gentle	12:58.0	4th
3000 Metres	J. Gallagher	14:16.0	5th
Triple Jump	G. Ramsay	9.37	2nd
Triple Jump	E. Gentle	8.40	5th
Triple Jump	R. Molloy	8.18	6th
Javelin	A. Peek	31.72	2nd
Javelin	R. Molloy	23.56	5th

SOUTHERN METROPOLITAN Series 2

Olds Park 12 December 1990

Male Under 14

200 Metres	S. Culklin	31.9	Heat 1
200 Metres	T. Zauss	42.6	Heat 1
200 Metres	M. Rodway	40.9	Heat 2
3000 Metres	T. Zauss	14:33.0	3rd
Triple Jump	S. Culklin	7.73	6th
Triple Jump	D. Batman	7.59	7th
Triple Jump	M. Rodway	6.21	8th
Triple Jump	T. Zauss	0.00	9th
High Jump	S. Culklin	1.10	6th
High Jump	D. Batman	1.05	8th
High Jump	T. Zauss	0.90	9th

Female Under 14

200 Metres	D. Ferraro	28.5	Heat 1
200 Metres	U. Rodway	29.0	Heat 1
200 Metres	R. Cox	30.7	Heat 2
200 Metres	K. Youlton	33.9	Heat 2
200 Metres	A. Rodway	34.4	Heat 2
200 Metres	R. Walsh	34.9	Heat 2
200 Metres	J. Spriggins	35.4	Heat 2
200 Metres	J. Sharman	41.7	Heat 2
100 Metres Hurdles	U. Rodway	20.30	1st
100 Metres Hurdles	A. Rodway	23.50	2nd
100 Metre Hurdles	J. Spriggins	27.80	4th

Female Veteran

200 Metres	V. Hopkins	36.0	1st
200 Metres	E. Walsh	38.9	3rd
3000 Metres	V. Hopkins	12:39.0	1st
3000 Metres	E. Walsh	16:58.0	3rd
Triple Jump	E. Walsh	6.09	2nd
Javelin	E. Walsh	6.40	3rd

SOUTHERN METROPOLITAN ZONE NO 3

**Buckle Reserve
1st February, 1991**

Male Under 18

100 Metres	I. Kennedy	12.8	2nd
1500 Metres	I. Kennedy	4:13.7	1st

Male Open

100 Metres	A. Patterson	11.9	3rd
100 Metres	M. Gentle	12.7	4th
1500 Metres	M. Gentle	5:21.3	2nd
Long Jump	A. Patterson	5.43	2nd
Long Jump	M. Gentle	5.16	4th
Shot Put	M. Gentle	7.78	7th

Female Open

100 Metres	C. Williams	12.7	1st
400 Metres	C. Williams	1:01.5	1st
Long Jump	C. Williams	5.04	1st
Shot Put	C. Williams	6.68	1st
Discus	C. Williams	16.84	2nd

Male Veteran

100 Metres	R. Molloy	13.8	5th
100 Metres	J. Gallagher	13.9	7th
100 Metres	A. Peek	14.1	8th
400 Metres	R. Molloy	1:04.4	4th
400 Metres	J. Gallagher	1:08.7	6th
400 Metres	E. Gentle	1:11.5	8th
1500 Metres	E. Gentle	5:46.4	3rd
1500 Metres	A. Peek	5:53.9	4th
1500 Metres	J. Gallagher	6:07.5	6th
Long Jump	A. Peek	3.93	7th
Long Jump	R. Molloy	3.64	9th
Shot Put	A. Peek	7.84	10th
Shot Put	R. Molloy	7.74	11th
Shot Put	J. Gallagher	7.24	12th
Discus	A. Peek	21.44	7th
Discus	R. Molloy	20.96	9th

SOUTHERN ZONE INTERCLUB POINTS SCORE

3 Way Matches - St. George v Sutherland v Illawong

Under 14 Boys		Vets Men	
S. Culkin	11	E. Gentle	28
T. Zauss	6	R. Molloy	21
D. Batman	3	A. Peek	21
M. Rodway	2	J. Gallagher	15
		P. Tuziak	14
		G. Ramsay	7
Under 16 Boys		Under 14 Girls	
D. Jones	50	U. Rodway	88
K. Gallagher	25	D. Ferraro	44
D. McPhillips	20	R. Cox	13
I. Kennedy	15	A. Rodway	7
Open Men		Under 18 Girls	
M. Gentle	19	L. Hopkins	19
A. Patterson	13	N. Murray	19
A. Peek	16	B. Walsh	14
D. Jolliffe	7	L. Zammarrilli	8
J. Gallagher	5	D. Ferraro	2
M. Donnelly	5		
R. Molloy	4		
E. Gentle	2		

Open Women

C. Williams	113
A. Nicholson	19

Vets Women

E. Walsh	25
V. Hopkins	16

SOUTHERN ZONE PREMIERSHIP POINTS

Under 14 Boys

Illawong	222
Sutherland	64
St. George	39

Under 14 Girls

Illawong	232
St. George	159
Sutherland	27

Under 18 Boys

Illawong	224
St. George	111
Sutherland	92

Under 18 Girls

Illawong	157
Sutherland	127
St. George	61

Open Men

Sutherland	212
St. George	128
Illawong	128

Open Women

Sutherland	212
St. George	128
Illawong	128

Vets Men

Illawong	282
St. George	180
Sutherland	47

Vets Women

Illawong	209
St. George	41
Sutherland	0

CLUB CHAMPIONSHIP

Round No.	1	2	3	Total
Illawong	589	517	567	1673
St. George	183	464	155	802
Sutherland	425	98	198	721

Attendance

Illawong	48	29	35	112
Sutherland	33	5	8	46
St. George	9	28	8	45

COMPETITION POINT SCORE FOR OLDS PARK

Open Men

M. Gentle	2658
A. Peek	2313
J. Gallagher	1445
B. Tonge	1420
R. Molloy	1387
M. Donnelly	1368
P. Tuziak	1007

Under 20 Women

A. Rodway	1784
B. Walsh	987
L. Zammarrilli	482

Under 14 Boys

M. Rodway	983
D. Batman	897

Open Women

C. Williams	3010
A. Nicholson	1006
E. Walsh	872

Under 14 Girls

U. Rodway	3228
R. Walsh	783
J. Spriggins	365

Under 20 Men

D. Jones	2360
K. Gallagher	719
I. Kennedy	681

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 3 8lb Shots
 1 Heavy Metal Box
 2 1kg Discus
 2 1.5kg Discus
 1 400g Javelin
 3 600g Javelins
 3 700g Javelins
 1 50m Tape Measure
 3 30m Tape Measures
 1 Set Field Markets 1-20
 1 Rake
 5 Metal Measuring Spikes
 2 Sets Wooden Jumps Take Off Markers
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CLUB RECORDS

SENIOR BEST ON RECORD

100 metres	R. Henderson	10.3s	16.3.85
200 metres	S. Longden-Gee	20.9s	1974/79
400 metres	S. Longden-Gee	45.7s	17.12.74
800 metres	G. Rootham	1m 46.6s	26.3.72
1500 metres	A. Thomas	3m 42.6s	1964
3000 metres	J. Andrews	7m 58.30s	11.2.84
5000m metres	J. Andrews	13m 27.31s	23.11.89
10,000 metres	J. Andrews	28m 09.7s	16.12.82
Marathon	J. Andrews	2hr 14m 44.00s	30.10.88
1 Mile	A. Thomas	3m 58.3s	21.3.64
110m H (1.067m)	V. Plant	13.7s	17.12.77
400m H (0.914m)	G. Cox	51.2s	17.3.77
3000m Steeple	M. Jones	9m 05.16s	19.1.87
3000m Walk	C. Stratford	13m 36.33s	21.10.89
5000m Walk	C. Stratford	23m 38.94s	9.2.91
10,000m Walk	C. Stratford	49m 43.9s	21.1.90
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. Bodirova	59.30m	9.10.77
Decathlon	B. Dickinson	5350pts	1938
50 Mile Track	D. Edwards	6h 29m 41.0s	1971
50 Mile Road	H. Dearnley	5h 38m 37.0s	1.10.78
100 Miles	D. Gray	18h 45m 27.0s	30.5.87
1 Hours Run	C. Whiteman	18.770km	15.9.82
1 Mile Walk	E. Austen	6m 45.0s	1924
3 Mile Walk	E. Austen	22m 13.0s	1924
7 Mile Walk	E. Austen	55m 49.2s	1924
50km Walk	C. Stratford	5h 23m 18.05s	14.7.90
4 x 100m Relay	R. Gurr		
	V. Plant		
	J. Van Stappen		
4 x 200m Relay	S. Longden-Gee	41.5s	11.3.78
	J. Sullivan		
	G. Cox		
4 x 400m Relay	M. Van Der Velde	1m 27.3s	1.12.79
	S. Longden-Gee		
	S. Longden-Gee		
	J. Fortesque		
4 x 800m Relay	M. Van Der Velde	3m 15.5s	3.379
	J. Van Stappen		
	G. Rootham		
	G. Cook		
	M. Dunn		
4 x 1500 Relay	R. Meagher	7m 34.7s	1976
	J. Hancock		
	G. Rootham		
	P. Glucina		
	J. Scott	15m 40.4s	31.1.72

** Denotes new record during 1990/91 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. Stephen	47.8s	1970
800 metres	J. Hancock	1m 53.9s	1965
1500 metres	G. Cook	3m 57.06s	15.2.75
3000 metres	L. Whitty	8m 12.7s	1977
5000m metres	L. Whitty	14m 20.5s	18.2.78
10,000 metres	L. Whitty	29m 30.4s	1.3.77
1 Mile	J. Hancock	4m 13.8s	1965
110m H (1.067m)	W. Bird	14.2s	21.12.76
300m H	W. Bird	37.9s	17.1.77
400m H (0.914m)	W. Bird	53.3s	12.3.77
1500m Steeple	G. Cook	4m 21.8s	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	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
Pentathlon	M. Dorrity	2888pts	31.12.77
Decathlon	M. Dorrity	5024pts	1977
1 Hour Run	W. McCourt	16.814km	15.9.82
1 Mile Walk	W. McAlister	7m 18.0s	1953
4 x 100m Relay	A. Dunshea		
	C. Sams		
	D. Snowden		
4 x 200m Relay	R. Henderson	43.18s	12.12.82
	C. Sams		
	P. McCaffrey		
	D. Snowden		
4 x 400m Relay	R. Henderson	1m 29.70s	29.11.81
	R. Abberton		
	J. Sullivan		
	R. Pollett		
4 x 800m Relay	M. Dorrity	3m 23.6s	12.3.78
	P. Dwyer		
	B. Byrne		
	D. Clarke		
4 x 1500 Relay	J. Hancock	7m 59.4s	1965
	L. Whitty		
	G. Elliott		
	W. McCourt		
	M. Jones	16m 34.3s	2.12.79

UNDER 18 BEST ON RECORD COMMENCED 1.8.82

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 53.0s	15.2.86
3000 metres	M. Vassallo	8m 30.7s	1.3.86
5000 metres	A. Kelly	15m 36.9s	8.10.89
110m H (0.914m)	P. Jones	16.0s	16.10.82
400m H (0.91m)	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. Davidson	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	44.30	12.9.82
Javelin 700gm	H. Pavlidis	48.48m	19.11.83
Hammer 5.449kg	R. Fong20. 62m	22.10.83	
Decathlon	D. Davidson	5954pts	12.1.86
4 x 400m Relay	R. Deutsch		
	P. Noisier		
	R. Summerill		
4 x 800m Relay	P. Warren	3m 33.00s	2.12.84
	R. Baral-Steinberg		
	P. Deutsch		
	M. Tonge		
4 x 1500 Relay	N. Nixon	8m 06.92s	8.12.85
	R. Baral-Steinberg		
	M. Vassallo		
	N. Nixon		
	M. Zamarrelli	16m 36.39s	7.12.85

UNDER 17 BEST ON RECORD

100 metres	C. Slatyer	10.8s	17.12.77
	M. Jansen	10.8s	12.12.84
200 metres	R. Henderson	21.6s	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 56.0s	7.1.77
3000 metres	L. Whitty	8m 25.2s	16.12.77

5000 metres	L. Whitty	14m 36.0s	1976
10,00 metres	L. Whitty	30m 01.0s	1977
90m Hurdles	W. Bird	12.4s	1974
110m H (0.914m)	W. Bird	14.3s	1975
200m H (0.762m)	M. Dorrity	25.7s	21.12.76
300m Hurdles	W. Bird	39.7s	1975
400m H (0.914m)	P. Jones	59.52s	20.2.82
2000m Steeple	P. Warren	6m 31.0s	5.11.83
1500 Walk	J. Tunks	6m 40.0s	26.11.77
3000m Walk	J. Tunks	14m 58.0s	2.11.78
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
4 x 100m Relay	J. Jansen C. Witheriff S. Hignett C. Davis	44.52s	2.12.84
4 x 200m Relay	J. Jansen C. Witheriff S. Hignett C. Davis	1m 32.29s	16.12.84
4 x 400m Relay	S. Mohr P. McCaffrey D. Snowden R. Henderson	3m 37.4s	1.12.79
4 x 800m Relay	R. Fong H. Pavlidis D. Kimpton J. Neale	9m 32.7s	25.1.81

UNDER 16 BEST ON RECORD COMMENCED 1.8.82

100 metres	M. Jansen	11.1s	15.10.83
200 metres	M. Jansen	22.69s	12.2.84
400 metres	M. Lubrano	49.7s	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 29.1s	23.11.85
1500 Walk	G. Scott	9m 44.0s	30.10.82
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 5.449kg	A. Noisier	19.40m	8.12.84
4 x 100m Relay	C. Davis C. Witheriff M. Lubrano	44.89s	4.12.83
4 x 200m Relay	M. Jansen C. Davis C. Witheriff M. Lubrano	1m 33.15s	20.11.83
4 x 400m Relay	V. Parker D. Davison A. Noisier	3m 33.65s	16.12.84
4 x 800m Relay	N. Nixon P. Warren M. Lubrano R. Woods	8m 23.49s	28.11.83
4 x 1500m Relay	R. Summerill P. Warren		

R. Woods		
G. Sheumach		
R. Summerill	17m 39.48s	12.12.82

UNDER 15 BEST ON RECORD

100 metres	W. Bird	11.3s	1972
	C. Slatyer	11.3s	15.1.77
	M. Jansen	11.3s	16.10.82
	C. Slatyer	22.9s	16.1.77
200 metres	M. Lubrano	52.10s	24.10.82
400 metres	N. Nixon	1m 58.0s	10.12.83
800 metres	N. Nixon	4m 07.86s	17.12.83
1500 metres	M. Zammarelli	9m 14.63s	9.12.84
3000 metres	D. Stephenson	11.7s	1966
90yds Hurdles	W. Bird	12.8s	1973
90m Hurdles	R. Fong	15.1s	15.2.81
100m H (0.840m)	W. Bird	27.0s	1973
200m (0.726m)	D. Latham	7m 45.0s	30.11.76
1500 Walk	H. Pavlidis	1.90m	16.9.81
High Jump	R. Fong	6.12m	21.9.80
Long Jump	G. Nixon	13.56m	1975
Triple Jump	J. Neale	15.96m	12.10.80
Shot Put 3.632kg	J. Neale	13.70 m	6.10.80
Shot Put 4kg	J. Neale	51.72m	5.10.80
Discus 1kg	D. Davison	50.54m	5.10.83
Javelin 600gm	K. Warrington	8m 18.4s	1967
1 Mile Walk	C. Davis		
4 x 100m Relay	C. Witheriff D. Davison M. Jansen	47.9s	29.1.83
4 x 200m Relay	R. Fong D. Barkas L. Bray		
	J. Neale	1m 38.7s	23.11.80
4 x 400m Relay	R. Fong D. Barkas L. Bray		
	J. Neale	3m 45.9s	30.11.80
4 x 800m Relay	R. Fong I. Argall B. Newton		
	J. Neale	9m 10.1s	23.11.80
4 x 1500m Relay	M. Lubrano B. Newton J. Argall M. Candy	19m 26.7s	30.11.80

UNDER 14 BEST ON RECORD COMMENCED 1.8.82

100 metres	A. Noisier	11.8s	8.12.83
200 metres	A. Noisier	23.9s	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	4m 01.23s	28.11.82
4 x 800m Relay	D. Davison D. Whealy A. Irwin		
	N. Nixon	9m 17.55s	12.12.82
4 x 1500m Relay	D. Whealy A. Irwin T. Dietz N. Nixon		
		19m 40.94s	28.11.82

UNDER 13 BEST ON RECORD

100 metres	T. Sparkes	12.4s	3.3.79
	A. Noisier	12.4s	13.3.83
200 metres	A. Noisier	25.19s	27.2.83
400 metres	M. Dorrity	1m 02.7s	1973
800 metres	N. Nixon	2m 17.90s	28.2.82
1500 metres	W. Wetherall	4m 43.3s	1976
1 Mile	G. McIlhoney	5m 21.4s	1969
70m H (0.762m)	W. Bird	12.3s	1970
	A. Scott	12.3s	1974
1500m Walk	M. Errington	8m 10.0s	17.12.78
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

WOMENS SENIOR BEST ON RECORD COMMENCED 1.10.86

**100 metres	C. Williams	12.3s	4.1.91
**200 metres	C. Williams	25.7s	14.1.91
**400 metres	C. Williams	57.81s	9.2.91
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	B. Mrakovcic	36m 07.0s	7.11.88
Marathon	P. Marshall	2h 52m 03.0s	25.4.88
10,000m Walk	C. Stratford	54m 16.80s	7.1.90
1 Mile	B. Mrakovcic	4m 46.70s	10.1.88
** Long Jump	C. Williams	5.04m	1.2.91
** Triple Jump	C. Williams	9.84m	6.2.91
** Shot Put 4kg	A. Nicholson	7.03m	17.10.90
Discus	C. Williams	20.94m	17.11.89
Javelin 600g	C. Batman	20.30m	8.11.89
4 x 1500 Relay	M. Dovey		
	L. Bennett		
	M. Dillon		
	B. Mrakovcic	18m 53.95s	27.11.88

** Denotes new record during 1990/91 Season

WOMENS UNDER 20 BEST ON RECORD COMMENCED 1.10.86

100 metres	R. Haagsma	13.94s	12.11.88
200 metres	S. Jager	28.51s	8.10.88
400 metres	S. Jager	1m 06.41s	12.11.88
800 metres	S. Jager	2m 41.10s	5.11.88
**1500 metres	M. Dillon	4m 27.76s	22.2.91
**3000 metres	M. Dillon	9m 41.44s	7.10.90
10,000 metres	N. McKean	38m 27.00s	12.11.86
15000m Walk	C. Stratford	25m 33.00s	17.2.90

** Denotes new record during 1990/1991 Season

WOMENS UNDER 18 BEST ON RECORD COMMENCED 1.10.86

100 metres	B. Tuziak	13.10s	10.12.88
200 metres	B. Tuziak	27.50s	25.2.89
400 metres	M. Dillon	1m 03.03s	21.10.89
**800 metres	M. Dillon	2m 11.90s	27.10.90
**1500 metres	M. Dillon	4m 27.76s	22.2.91
**3000 metres	M. Dillon	9m 41.44s	7.10.90
100m H (0.840m)	B. Tuziak	18.90s	25.2.89
3000m Walk	C. Stratford	14m 36.41s	11.2.90

High Jump	D. Gauci	1.47m	15.1.89
Long Jump	D. Gauci	5.06m	25.2.89
Triple Jump	D. Gauci	10.27m	8.10.88
Shot Put 4kg	B. Tuziak	7.70m	25.2.89
Discus 1kg	D. Gauci	19.50m	11.2.89
Javelin 600gm	D. Gauci	19.72m	4.2.89
Heptathlon	B. Tuziak	2753 pts	15.1.89

** Denotes new record during 1990/91 season.

WOMENS UNDER 16 BEST ON RECORD COMMENCED 1.10.86

100 metres	L. Zammarrelli	13.6s	1.11.89
200 metres	L. Zammarrelli	27.15s	8.10.89
400 metres	M. Dillon	1m 00.01s	2.11.89
800 metres	M. Dillon	2m 15.50s	4.2.89
1500 metres	M. Dillon	4m 32.97s	2.12.88
3000 metres	M. Dillon	10m 01.01s	8.2.89
1500 Walk	C. Stratford	6m 45.58s	8.2.89
Long Jump	L. Zammarrelli	4.88m	31.1.90
Triple Jump	L. Zammarrelli	10.12m	31.1.90
Shot 2.724kg	L. Zammarrelli	7.36m	10.1.90
4 x 800m Relay	L. Horrocks		
	M. Buckley		
	U. Rodway		

**4 x 1500m Relay

** Denotes new record during 1990/91 Season

WOMENS UNDER 14 BEST ON RECORD COMMENCED 1.10.86

**100 metres	D. Ferraro	12.9s	26.10.90
**200 metres	D. Ferraro	26.16s	17.3.91
**400 metres	D. Ferraro	59.13s	16.2.91
800 metres	L. Zammarrelli	2m 18.86s	7.10.88
1500 metres	L. Zammarrelli	4m 43.09s	7.12.88
3000 metres	L. Zammarrelli	11m 16.0s	2.11.88
1500 Walk	C. Stratford	7m 14.62s	14.3.87
**High Jump	U. Rodway	1.45m	6.2.91
**Long Jump	U. Rodway	4.94m	30.1.91
**Triple Jump	U. Rodway	10.56m	19.1.91
**Shot 2.724kg	A. Rodway	6.47m	16.1.91
Discus 1kg	L. Hopkins	15.48m	18.10.89
**Javelin 600g	U. Rodway	13.44m	16.1.91
4 x 1500 Relay	U. Rodway		
	S. Stratford		
	A. Rodway		
	R. Teece	24m 21.61s	27.11.88

**Denotes new record during 1990/91 Season

WOMENS UNDER 13 BEST ON RECORD COMMENCED 1.10.86

100 metres	D. Ferraro	13.3s	3.3.90
**200 metres	D. Ferraro	26.45s	7.10.90
400 metres	D. Ferraro	1m 01.06s	3.3.90
800 metres	K. Holgate	2m 23.89s	28.2.88
1500 metres	L. Zammarrelli	4m 57.21s	27.2.88
1500 Walk	S. Stratford	7m 07.05s	4.3.89
High Jump	U. Rodway	1.35m	13.12.89
**Long Jump	U. Rodway	9.99m	13.10.90
Triple Jump	U. Rodway	9.33m	28.2.90
Shot 2.724kg	D. Ferraro	7.38m	20.12.89

Discus 1kg	D. Ferraro	17.46m	24.1.90
** 4 x 200 Relay		1m 55.90s	25.11.90
** 4 x 400 Relay		4m 26.4s	24.11.90
** 4 x 800 Relay		10m 27.94s	25.11.90
4 x 1500 Relay	L. Hopkins S. Stratford J. Roberts U. Rodway	22m 08.45s	26.11.88
** Denotes new record during 1990/91 season.			

SOCIAL COMMITTEE REPORT

by Ron Gribble

Although we did not hold any official social functions during the past year our cross country running during the winter season at Scarborough Park is very pleasant and social. These Saturday afternoons are enjoyed by all who attended. Competitive running events followed by afternoon tea, a raffle and plenty of chatting sees club members and their families happy and contented at the end of the day. We also encourage visitors to join in our activities, this gives any newcomers a 'look in' without having to join before they can participate.

The winter season is the foremost time for our clubs income raising, the ladies of our Committee look after canteen facilities on all major days including schools cross country championships held during the week.

Club members appreciate the work done by our Social Committee headed by Vice President Pat Donnelly. These ladies are always on deck to ensure club members are provided with afternoon teas, drinks and sweets.

Profit from our canteen for the year totalled \$2200 and a big thank you to Pat Donnelly and all those ladies and gentlemen who helped to raise this finance.

We also thank Greg Page from "Pages Hire Centre" for his help in providing the necessary equipment on the big days. Greg is always helpful whenever our club requires his assistance.

Those occasions in the past when our club held various celebrations, presentations, club balls, parties etc. were times to be remembered, we look forward to more of these occasions in the not to distant future.

ATHLETICS NEW SOUTH WALES

St. George hosted the running of the 1990 NSW Novice Cross Country Championships at Scarborough Park. This venue is a popular course for cross country running and is always enjoyed by athletes and spectators alike.

Members of St. George Club were active in Athletics NSW holding the following offices:

- Alley Gainsford (O.A.M.)
- 1. Life member of Athletics NSW
- 2. Announcer for Athletics NSW

George Carruthers (M.B.E.)

- 1. Consultant "City to Surf" fun run
- 2. Life member of Athletics NSW

Fred Eggleton

- 1. Field games judge, Interclub, NSW Championships
- 2. Board of Management Technical Affairs
- 3. Merit Award holder of Athletics NSW

Arthur Peek

- 1. Manager, Hensley Field Interclub
- 2. Manager, NSW Novice C.C. Championships

Alan Staples

- 1. Member Harrier Committee (Winter)

Albert Thomas

- 1. Merit Award holder of Athletics NSW

Ron Gribble

- 1. Merit Award holder of Athletics NSW

Dennis Jolliffe

- 1. Merit Award holder of Athletics NSW

Roy Patmore

- 1. Merit Award holder of Athletics NSW

AUSTRALIAN & STATE OVERSEAS REPRESENTATIVES

10,000m Walk	E E Austen	Paris Olympic Games	1924
10,000m CC	C Weeks	Wellington-Aust CCC	1925
10,000m CC	A A Gainsford	Wellington-Aust CCC	1925
Hop, Step & Jump	B C Dickinson	Berlin Olympic Games	1936
440yds Hurd	G Gedge (53.9s)	Auckland Empire Games	1950
Marathon	C Smeal		
	(2hr52m23s)	Helsinki Olympic Games	1952
1 Mile & 3 Mile	A Thomas	Cardiff Empire Games	1958
1500 metres	A Thomas		
	(3m46.8s)	Rome Olympic Games	1960
5000 metres	A Thomas		
	(14m6.2s)	Rome Olympic Games	1960
1500 & 5000m	A Thomas	Tokyo Olympic Games	1964
800 metres	G Rootham		
	(1m48.2s)	Munich Olympic Games	1972
800 metres	G Rootham		
	(1m47.2s)	C'church C'wealth Games	1974
400 metres	S Gee (47.0s)	NZ Games Christchurch	1975
110m Hurdles	V Plant	NZ Games Christchurch	1975
Cross Country	L Whitty	NZ-Aust Match	1978
5000 metres	J Andrews	Pacific Conference Games	
	(14m08s)	Christchurch, NZ	1981
10,000 metres	J Andrews	Pacific Conference Games	
	(28m41s)	Christchurch, NZ	1981
12,000m CC	J Andrews	World CCC Madrid	1981
12,000m CC	J Andrews	World CCC Gateshead	1983

OUTSTANDING PERFORMANCES MADE OUTSIDE AUSTRALIA

* Former World Record

800 yards	J Bailey (Los Angeles)	1m48.8s	1956
1 Mile	J Bailey (Los Angeles)	3m58.1s	1956
1 Mile	A Thomas (Dublin)	3m58.6s	1958
2 Miles *	A Thomas (Dublin)	8m32.0s	1958
3 Miles *	A Thomas (Dublin)	13m10.8s	1958
1500 metres	A Thomas (Sweden)	3m42s	1958
3000 metres	A Thomas (Helsinki)	9m05.2s	1958
880 yds	J Duxbury (USA 10.6.66)	1m50.2s	1966
5000 metres	L Whitty (NZ jnr)	14m19.5s	1977
Marathon	L Whitty (Fukuoka, Japan)	2hr15m23s	1980
3000 metres	J Andrews (Hamilton, NZ)	8m00.81s	1981
5000 metres	J Andrews (Auckland, NZ)	13m52s	1981
3000 metres	J Andrews (Poland)	7m58.7s	1982
Marathon	J Andrews (Chicago, USA)	2hr14m44.00s	1988

CLUB AND SCHOOL OVERSEAS REPRESENTATIVES

Long Jump	W Gilliver	NZ Games C'church	
	(6.88m)	Schools team	1925
800 metres	G Cook	NZ Games C'church	
	(1m56.0s)	Schools team	1975
110m Hurdles	W Bird (15.0s)	NZ Games C'church	
		Schools team	1975
110m Hurdles & 100 metres	W Bird	Christchurch, NZ	1977
Marathon	R Squirrel	NZ Hamilton Marathon	1975
	(2h23.39)		
Marathon	D Edwards	NZ Hamilton Marathon	1975
	(2h34.51)		
Marathon	J Scott (2hr25.04)	Boston Marathon	1977
3000 metres & 1500 metres	L Whitty	Chrischurch Team (NZ)	1977
Shot Put & Discus	D Snell	Christchurch Team (NZ)	1977
100m & 200m	R Henderson	USA (NSW Schools)	1981
3000m & 5000m	J Andrews	UK and Europe	1982
100m, 200m & 400m	R Henderson	UK and Europe	1982

St George District Amateur Athletic Club

Statements of Receipts and Payments for the Year Ended 31 March 1991

Receipts

Payments

General Fund

Annual Subscriptions	2,967.00	Printing, postage and stationery	229.56
Donations	256.00	Registrations etc to Athletics NSW	2,782.16
Promotions - CC Race Fees	1,487.50	Promotions -	
		Fun Run Prizes and Certificates	241.85
Sale of Uniforms	79.00	Cycle Prizes	511.93
		Trophies and Medallions - CC	<u>635.00</u>
General -			1,388.78
Sale of Handbooks	67.50		
Purchase of Equipment	1,859.00	General -	
Bank Interest	38.44	Maintenance of Equipment	53.75
State Championship Entries	39.00	Purchase of Handbooks	75.00
Interest	1,190.16	P.O. Box Rental	30.00
Social Committee Contribution	<u>545.00</u>	Storage of Equipment	1,090.00
	3,739.10	Trophies	499.10
		Christmas Function Expenses	105.00
		Donations, Presentations, Wreaths	170.40
		Purchase of Equipment	1,859.00
		State Championship Entries	<u>39.00</u>
			<u>3,921.25</u>
		Total Payments	8,321.75
		Surplus	<u>206.85</u>
	<u>\$8,528.60</u>		<u>\$8,528.60</u>

Teams Fund

Social Committee Contribution	1,200.00	Contributions to Individuals -	
Scarb Park Nat Fitness Assoc Contribution	300.00	A Kelly	50.00
St George Leagues Club Contribution	750.00	D Jones	500.00
Sportstar Awards	<u>90.00</u>	A Auciello	50.00
Total Receipts	2,340.00	D Simone	150.00
Loss	474.00	M Dillon	800.00
		L Horrocks	50.00
		M Jones	150.00
		L Zammarrelli	550.00
		D Lourey	50.00
		L Hopkins	<u>50.00</u>
			2,400.00
		Relay Entry Fees	360.00
		State Championship Entry Fees	<u>54.00</u>
	<u>\$2,814.00</u>		<u>\$2,814.00</u>

Consolidated Fund

Withdrawal - GIO Investment	10,000.00	Cash at Bank 1 April 1990	36.36
Surplus General Fund	206.85	Increase in Building Society Capital	1.06
		Loss Team Fund	474.00
		Cash at Bank 31 March 1991	<u>9,695.43</u>
	<u>\$10,206.85</u>		<u>\$10,206.85</u>

Balance Sheet as at 31 March 1991

Liabilities		Assets	
Club Funds -		Non-current Assets	
General Fund	14,182.14	Equipment	3,422.00
Teams Fund	<u>(-217.66)</u>	less Depreciation	<u>342.00</u>
	13,964.48		3,080.00
		Current Assets	
		Sundry Debtors	114.00
		Stock on Hand	1,053.00
		Cash at Bank	9,695.43
		Building Society	<u>22.05</u>
			10,884.48
	<u>\$13,964.48</u>		<u>\$13,964.48</u>

Dennis 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 1991 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.

David Carlisle
Honorary Auditor

Social Committee Funds

Statement of Receipts and Payments for the Year Ended 31 March 1991

Receipts		Payments	
Funds at 1/4/90 -		Payment to Club	1,745.00
Cash at Bank	42.46		
Building Society Account	5,239.67	Funds at 1/4/91 -	
Building Society Fixed Term Investment	<u>838.10</u>	Cash at Bank	107.85
	6,120.23	Bank Deposits	<u>7,278.13</u>
			7,385.98
Fund Raising Proceeds (net)	2,382.13		
Interest	<u>628.62</u>		
	<u>\$9,130.98</u>		<u>\$9,130.98</u>

NOTICE TO ADVERTISERS

The Trade Practices Act, 1974 came into force on October 1, 1974. There are important new provisions in that Act which contain strict regulations on advertising and all advertisers and advertising agents are advised to study these provisions very carefully. It can be an offence for anyone to engage in trade or commerce, in conduct "misleading or deceptive". In particular Section 63 contains prohibitions from doing any of the following in connection with supply of goods or services or in connection with the promotion by any means of the supply or use of goods or services:

- Falsely represent that goods or services are of a particular standard, quality or grade, or that goods are of a particular type or model.
- Falsely represent that goods are new.
- Represent that goods have sponsorship, approval, performance characteristics, accessories, uses or benefits they do not have.
- Represent that he or she is a sponsor, approver or affiliate he or she is not.
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IN CASE OF DOUBT CONSULT YOUR LAWYER.

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
1987	\$8,567.15	
		\$1,798.94
1988	\$10,366.09	
		\$2,412.63
1989	\$12,778.72	
		\$200.91
1990	\$12,979.63	
		\$984.85
1991	\$13,964.48	

The Club remains in a strong financial position, although commitments during the year and anticipated commitments in the forthcoming year have resulted in changes to the Club's investments. During the year \$10,000 investment with the GIO matured, after having earned over \$1,100 interest. These funds will be reinvested shortly.

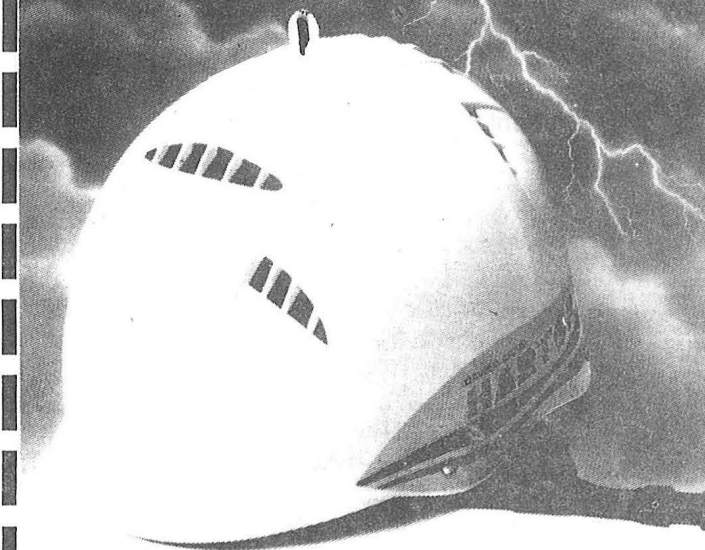
There was a severe drain on Club funds with the payment of \$1,090 for storage of equipment after the Club was forced to remove its equipment from Olds Park. This was an unforeseen development shortly after the Club moved from Todd Park, where equipment had been stolen and vandalised. The Club has now sold the bulky items - high jump bags - and has arranged temporary free storage until better facilities at Olds Park are provided.

The Social Committee contributed \$545 to the General Fund and \$1,200 to the Teams Fund, and Pat Donnelly and her able assistants are to be thanked for their magnificent job in assisting the Club during the year. The St George Leagues Club and the Scarborough Park National Fitness Association contributed \$750 and \$300 respectively to the Teams Fund. This enabled the Club to pay \$2,400 to individual athletes to compete interstate and overseas. Once again it is disappointing to see another athlete leave the Club after having developed in ability with the Club and after having received generous assistance from the Club in recent years.

Although the Teams Fund is currently in deficit, it is anticipated that a transfer from the Social Committee Funds will enable the high level of assistance to individual athletes to be maintained.

Once again David Carlisle has agreed to audit the Club's books in an honorary capacity. His suggestions in ensuring that the Club's assets are properly accounted for, and his dedication to his auditing function are of substantial value to the Club.

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