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# St. George District Athletic Club Inc.

*Incorporated 1992*

Successor to St. George District Amateur Athletic Club  
Founded 1921. Affiliated Athletics NSW



**Headquarters**

**Track:** Olds Park    **Distance:** Scarborough Park



*Athletes who set new Club records during the 1993-94 season included (from left):  
Ursula Rodway, Kieran Gallagher and Anne Manning*

**SEVENTY THIRD ANNUAL REPORT  
AND STATEMENT OF ACCOUNTS  
FOR THE YEAR ENDING 31ST MARCH, 1994**

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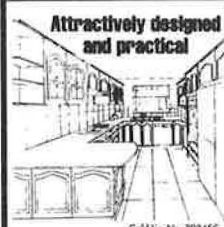
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G. Punch; G. Thompson; R. Jolliffe; D. Wilson AM;  
G. Page; G. Freeman; D. Jolliffe; A. Staples; A. Argall;  
B. Scott; A. Henderson; A. Peek; B. Molino;  
H. Gibbons; L. Bosman; P. Donnelly; P. Phillips

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**Treasurer**  
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**Track Secretary**  
A. Peek

**Distance Secretary**  
C. Batman

**Minute Secretary**  
P. Phillips

**Honorary Auditor**  
D. Carlisle

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C. Batman; S. Donnelly; C. Ferraro; J. Gallagher;  
P. Phillips  
C. Williams; A. Staples; A. Thomas

**Delegates to Management Council**  
R. Gribble; R. Molloy; A. Staples; C. Batman (alt)

**Delegates to Interclub**  
A. Peek; R. Gribble; J. Gallagher (alt); C. Stratford (alt)

**Delegates to Harrier (Winter) Committee**  
A. Staples; W. Seary; P. Phillips (alt)

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C. Williams

**Track Vice Captain**  
D. Simone

**Mens Distance Captain**  
G. McClean

**Mens Distance Vice Captain**  
B. Molino

**Womens Distance Captain**  
D. Jenkins

**Womens Distance Vice Captain**  
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**Assistant Registrar**  
V. Hopkins

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J. Gallagher

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J. Molloy; J. Windred

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C. Batman; P. Tonge; C. Williams; D. Jenkins

**Handicappers**  
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K. Jenkins; S. Donnelly; B. Molino; A. Argall;  
R. Nash; H. Kunkel; J. Gallagher; T. Richards;  
A. Peek; A. Henderson; D. Jolliffe; P. Tonge;  
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R. Molloy; J. Molloy

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A. Peek; P. Tuziak; A. Thomas; R. Ennever;  
R. Molloy; L. Watson; C. Stratford; W. Pratt

**First Aid**  
A. Argall; R. Nash; V. Hopkins

## Life Members

A.A. Gainsford OAM	1923
W.J. Hasler (deceased)	1932
B.C. Button	1937
W. Ahern (deceased)	1955
A. Gould (deceased)	1963
J. Bowers	1971
D. Jolliffe	1971
D. Wilson AM	1971
R. Gribble	1975
G. Carruthers MBE	1983
A. Thomas	1983
S. Donnelly	1991
F. Eggleton (deceased)	1991
R. Nash	1991
A. Peek	1991
A. Staples	1991

## Merit Awards

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



## Club Membership

	1989-90	1990-91	1991-92	1992-93	1993-94
Officials	39	47	14	23	26
Open	37	33	83	75	85
Associate	1	3	0	1	10
Under 20	2	3	2	0	2
Under 19			2	5	5
Under 18	9	7	5	9	8
Under 17			7	7	2
Under 16	25	18	8	6	4
Under 15			4	6	8
Under 14			6	11	10
Under 13			9	8	4
Under 12	23	20	17	3	9
Under 11				15	15
<b>Total</b>	<b>136</b>	<b>131</b>	<b>157</b>	<b>169</b>	<b>188</b>

There are three distinct categories into which club members can be placed. These are -  
(A) Open, Associates and Officials;  
(B) Athletes 16 years and over but under 20; and  
(C) Athletes less than 16 years.

The Club has experienced growth in categories A and C, while athletes between the ages of 15 and 19 fell. The resurgence in membership is particularly encouraging and is due in part to the efforts of the Club's executive and a policy towards family registrations by Athletics NSW. During 1993-94, the Club received 54 new members and had 134 renewals, compared to 41 new members and 128 renewals for the previous year. 110 members, including 50 athletes under 16, were members for the full year; 49 registered for the winter season; and 19 registered as summer athletes. In addition, 10 young athletes registered as associates during the summer season.



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# President's Report

*Presented to members at the 73rd Annual General Meeting held at St. George Leagues Club Bowling Club Princes Highway Carlton 24 June 1994 at 7.45pm Ladies and Gentlemen*

Our Club continues to progress with pleasing results in the competitive arena and a healthy working party contributing to good administration.

There has been a substantial increase in the number of athletes representing our Club throughout the year with a corresponding increase in achievement by those athletes. We have shown in the past year that St. George is certainly on the way back with a close second placing to Saucony Sutherland in the 1993 Winter Premiership after giving that club a healthy start at the beginning of the winter season and we played a bigger role in combination with Saucony Sutherland in the Interdistrict competition during the Track & Field season. Results of various Track & field Championships and Relays showed our athletes were more prominent than we have been for many years.

We were host to four members of the Tongan National Athletic team who were sent to Australia for competition prior to competing in the Oceania Games in New Zealand at the end of February. These athletes contributed valuable points in the Interdistrict Competition and were grateful for the opportunity to compete and train with our Club. The Tongan Athletics Association also adopted our uniform as their National competition costume following discussion with Club Treasurer Dennis Jolliffe whilst he was working in Tonga last November. Tonga's national colours are red and white so that helped.

For the third successive year our membership increased to the highest level in 10 years. This continuous upward trend indicates our club is in a happy situation and members feel encouraged to invite new members to our ranks. I have always emphasised the more the merrier, a crowd attracts attention whereas a few brings little interest.

Our Club continues to seek sponsorship which is essential if we are to grow and our athletes are to be given every opportunity to reach their ultimate goals in our sport. We now have many young athletes who can progress to international standard and hopefully represent our country. They will require all the support we can offer including motivation, top competition and financial assistance. These days more than ever our athletes are required to fund their trips interstate etc. Our Australian and State Associations do little, if anything, to help athletes to meet the cost of transport, accommodation etc. Thanks to many other sports and recreational clubs, hotels etc. in the St. George district who help with financial assistance to our athletes.

Our efforts to procure an area at Scarborough Park for the construction of Athletic/Hockey facilities in conjunction with the St. George Hockey Club continue to be dampened by red tape and our clubs' lack of finances to undertake such a project. We will continue to pursue this matter.

There were many highlights on the competition arena during the year with Anne Manning (10km walk) and Kieran Gallagher (400m) reaching their goals and culminating with their selection in Australian National Athletic Teams. Following her 2nd placing and another qualifying time in the Australian 10km Road Walking Championship and final race walking trial in Queensland, Anne was selected to represent Australia in the Commonwealth Games in Victoria, Canada. Anne will be the first woman to represent our Club in a Commonwealth Games and her selection is just reward for a wonderful year of competition. She started by winning the State and Australian 20km Roadwalking Championships during the winter and continued to improve on every occasion she competed during the summer setting new Club records for all distances. Her best time of 44m 41s for the 10km walk on 28 January 1994 is the third best time ever recorded by an Australian woman. She won the Tiger Trophy for the most points scored by a woman on performance during the Interdistrict Competition and is the first athlete from our Club to win this award. Anne, a mother of two young boys postponed her tech studies this year to concentrate on selection for the Commonwealth Games. Since returning to the sport some 3 years ago she has never looked back.

Kieran Gallagher must rate as one of the most improved young 400m runners in the country. He shaved four seconds off his previous best 400m time during the season to finally record 48.38s and easily win the Australian U18 title in Hobart. His time set a new Club record. Kieran's gradual improvement with each run is a great way to progress. He graduated to "A" Grade Interdistrict after one run in "B" Grade earlier in the season and has been a model of consistency. He won the State title with ease in 48.85s a then personal best and Club record. His selection in the Australian team to compete in the World Junior Titles in Lisbon Portugal in July is well deserved.

The selection of Anne and Kieran in Australian National Teams this year emphasises the need for athletes to compete regularly. Anne never missed an opportunity to compete and Kieran's HSC studies kept him away from competition on only one occasion. Congratulations must go to their coaches Yvonne Melene (Anne) and Lindsay Watson (Kieran).

Other athletes who did well during the year included John Andrews with his 7th in the World 1/2 Marathon Championships in Brussels, Belgium with a time of 61m 37s a new State Resident Record. John was most consistent throughout the season with placings in most State and Australian Championships in which he competed. It was disappointing to us all that John

was unable to run a qualifying time and claim a spot in the Commonwealth Games team.

John Wall (20) a new and exciting middle distance runner to join our ranks won the State Open 1500m title at his first attempt in open company. John represented the State in the Australian U20 Cross Country Championships finishing with a bronze medal as the 3rd resident Aussie to greet the judges. He also represented Australia in the World Universities Cross Country Championships held in Ireland earlier this year. His ability to find another gear towards the end of his races is great to watch.

It was recently revealed by medical personnel that Ursula Rodway (15) had competed throughout the track & field season with a fractured vertebra in her back. Her efforts to win the State U16 Hephthalon Championship and finish a close 2nd in the 300m hurdles title was nothing short of amazing. She was a most consistent performer in the Interdistrict Competition and was the highest pointscorer for the Saucony/St. George teams. Although feeling sore on some occasions, Ursula was always trying and when she returns to the athletics scene later this year I'm sure we will see a much more enthusiastic young athlete.

Dave Evans is another addition to our ranks and although injury prevented Dave from producing his best form he showed enough towards the end of the season to indicate he will be a force this coming year. Dave filled minor placings in the State Open 1500m and 5000m titles and ran well to clinch a bronze medal in the Australian 5000m title in 14m 09s being the third Aussie to finish.

Our Club has many talented young athletes one of whom is Trent Munson (15). He must be rated as one of the most exciting young middle distance prospects in the country. From an ordinary 4m 27s 1500m Interdistrict "D" Grade last November to State and Australian U16 Champion over 3000m, a 4.00 minute 1500m (2nd in State and 3rd in Australian titles) and 2.00 minute 800m is unbelievable. Trent's improvement in such a short time is magnificent.

Another athlete to perform well in State Championships was Baden Reynolds with 3rd placing in the State Open 3km Steeplechase in 9m 15s and 10km in 31m 13s.

Belinda Otto won the State U18 Long Jump Championship and was 4th in the Australian titles. Karen Hall was 3rd in the U20 Hephthalon Championship with a new Club record of 4143 points. Both Belinda and Karen have the potential to reach the top in their respective events and with more time put into training and competition both will achieve their goals.

Another athlete to impress was Damon Harris who won the State U20 5000m at his first attempt. Damon was actually 3rd to cross the line just behind two ACT runners but is the State Resident Champion and was awarded the gold medal. Lack of experience cost Damon an outright win. He has the capacity to make a top 10km track and marathon runner.

Tony Auciello gave much of his time to HSC studies and although lacking his usual fitness was placed 3rd in the State and Australian 800m titles - good effort Tony.

Clinton Pelham (15) began to make his presence felt towards the end of the season. His 3rd placings in the State 100m and 200m U16 titles were followed with a 2nd placing in the Australian 100m title. It is hoped Clinton has an injury free year coming up to show his true potential.

Rex Peters ran consistently throughout the winter season and represented NSW in the Australian 1/2 marathon and Marathon Championships. He was rewarded for his consistency, easily winning the NSW Male Distance Runner of the Year prize. Rex put in a big effort in the Australian Marathon at the Gold Coast and after running with the leading bunch for most of the event he finished just 5 minutes behind at the finish to record another 2h 20m for the 42.2km distance.

By winning both the mens cross country and road relay championships at the end of the winter we almost snatched the premiership away from Saucony Sutherland. The relays ended our winter season on a high note after a very ordinary start. Young athletes Elizabeth Stratford and Sammy Screen won cross country championships in the under 12 age division and along with a number of our Club's other youngsters will begin to form the backbone of our teams for the future.

Our teams performance in the Interdistrict Competition during the Track & Field season did not live up to expectations. Our combination Saucony Sutherland/St. George teams managed to tie the "C" Grade premiership with South West. Other grade results were Mens "A" Grade 3rd, "B" Grade 3rd, and "D" Grade 2nd. Womens were "A" Grade 4th, "B" Grade 5th and "C" grade 5th. A few hiccups prevented us from bringing home another premiership or two. But thanks to all athletes who turned out for the Interdistrict Competition. Our Club's participation was greater than in the past two years and St. George athletes had some good results. Ursula Rodway was the leading pointscorer for the womens competition on 214 points, a record for our club, and Kieran Gallagher on 96 points was the leading mens pointscorer for our Club.

At the opening of the new international Athletic Centre at Homebush on Saturday 12 March, Albert Thomas, the best athlete our Club has produced, was honoured in a Path of Champions. Albert, who held world records for the 2 and 3 mile distances, was a member of Australia's world record 4x1mile relay team and competed in three Olympic and two Commonwealth Games, had his name and performances inscribed on a commemorative plaque set in the pathway at the Athletic Centre. He also remains the only male NSW world record holder for an individual track race. Our other Champion to be honoured in the same way was Denis Wilson, a former Secretary of our Club who was also a member of that Australian 4x1 mile relay team. Denis, who now lives in Canberra with wife Judy is Vice President and Technical Official of Athletics Australia. These two former champion athletes and Life Members of our Club fully deserve the recognition bestowed upon them.

Our Club was fortunate to have Bill Pratt join us during the year. Bill is a top coach and has a number of very promising athletes in his stable. Bill is an ex Kiwi and has run 3m 38s for the 1500m and sub 14minutes for the 5000m, so he knows what fast running is all about.

Talking of coaches I must thank Arthur Peek for all his time and effort he gives to our sport. Arthur's second home must be Olds Park, he spends hours coaching young athletes for any event they wish. At times he has up to 50 youngsters to look after. Arthur is also our Track Secretary and during the summer and following Olds Park coaching he turns his attention to summer cross country every second Tuesday evening at Scarborough Park. He is also Manager of State Novice Cross Country Championships and State Schools Cross Country Championships held at Scarborough Park. I must also thank Peter Tuziak for his work with our athletes at Olds park. Whenever Peter can spare some time he is down at Olds Park putting athletes through their paces.

Our winter season activities at Scarborough Park are always popular and last season was no exception with increased numbers participating in cross country events. Thanks to all those members who make the winter season a most sociable part of our Club's activities.

Our ties with St. George Little Athletics are becoming closer and this will only be to the benefit of our sport in the district. Many of our members are also attached to LA's and I hope for an even better relationship. Negotiations are under way to see if our Wednesday night competition can be integrated with LA's Friday night competition. There will be advantages for both our Clubs if this can be achieved.

The combination of Saucony Sutherland and St. George for Interdistrict competition is successful as all athletes in our Clubs are given every opportunity to do their best. That's what my partner Stan Sherringham and I set out to do and I feel sure athletes who do turn out for our teams are happy with the situation. I thank Stan for his friendship and assistance at all times and Saucony Sutherland athletes for their co-operation. We can do better than what we showed last track & field season, hopefully we can put it all together next season.

Members of our Club Executive continue to work for the betterment of all athletes and while we continue to show initiative and work together as a team our Club will keep on that upward trail.

Olds Park was again well prepared for Track & Field athletics and I thank Hurstville City Council for a great job. Also thanks must go to Rockdale Municipal Council for the way Scarborough Park is maintained, this area is first class for sport and recreation and will hopefully remain that way for decades to come.

My right hand Officers, Secretary Bob Molloy and Treasurer Dennis Jolliffe along with Track Secretary Arthur Peek and Distance Secretary Christine Batman continue to carry out their jobs most efficiently and I thank them for being obliging and ever co-operative.

In fact I thank all Club officials, members and parents who contributed in any way to the well-being of our athletes and our Club.

Our Club's financial situation is sound although down slightly from last year. We continue to assist our athletes with travel and accommodation expenses, incentives etc. and I must thank the many Clubs and Hotels in the St. George District who have been very generous with donations to help our cause.

In conclusion I am satisfied we have again witnessed further progress in the past year and for the future, well facts and figures are already on the board.

RON GRIBBLE, PRESIDENT

## Annual Awards for 1993-1994 Athletics Season

**A.A.Gainsford Trophy** (Outstanding Senior Athlete)  
Anne Manning

**Robert Nash Trophy** (Most improved senior athlete)  
John Andrews

**The L.L.Bosman Award** (Performance, Sportsmanship)  
(Outstanding under 20 years) Tony Auciello

**A.Henderson Trophy** (Outstanding under 18 years)  
Kieran Gallagher

**R.A.Jolliffe Trophy** (Most improved under 18 years)  
Kieran Gallagher

**St.George DAAC Trophy** (Best under 18 years CC)  
Daniel Simone

**A.Gould Memorial Trophy** (Outstanding under 16 yrs)  
Trent Munson

**G.Page Trophy** (Outstanding U/16 cross country)  
Joanna Nelson

**H.Gibbons Trophy** (Most improved U/16 years CC)  
Edward Scott

**F.Wilson Trophy** (Outstanding under 14 years)  
Elizabeth Stratford

**L.L.Bosman Trophy** (Outstanding hurdler)  
Ursula Rodway

**J.J.Walsh Trophy** (Outstanding Marathon runner)  
Rex Peters

**St.George Trophy** (Outstanding field athlete)  
Not awarded

**Ron Gribble Trophy** (Open grades track & field aggregate point score winner)  
Ursula Rodway (F) Kieran Gallagher(M)

**Albert Thomas Award** (Track & field encouragement award for athletes under 16 years)  
Chris Burgess

**A.Winter Perpetual Trophy** (Best triple jump performance)  
Belinda Otto

**Peter Tuziak Award** (Encouragement award for athletes under 12years)  
Andrew Peek

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# 1993 Distance Report

by Christine Batman Distance Secretary

This season proved to be more of a building year for our Club. We produced our best results towards the end of the season as our younger runners gained more experience in racing and our senior runners fulfilled more commitments to the club. The 1994 year will be another big year for us as we left 1993 with a bang in the State Road Relays.

There were great results from the 35+ womens team, being undefeated in all State Championships. Juggling family commitments, working hours and squeezing training in worked for all the ladies so perhaps the men of our club should take a few notes!!

Other outstanding performances came from the open men with two 1sts a 2nd and a 3rd.

The trophy days proved very popular with large numbers competing in all divisions. It is good to see the many trophies won by many different people who performed personal bests on the day to outrun their handicap.

Congratulations to our club champions. Although this day clashed with a schools event, we had good attendances.

For the final point scores of 1993 it came down to the last race in most divisions. Well done to all competitors.

I would like to thank all of the team managers for helping me on championship days. It is always difficult to choose teams and organise them all on the day especially if I am in a team myself.

My biggest thanks goes to the members who volunteered to officiate at the Half-Marathon and City to Surf. We all agreed that it was fun and a worthwhile experience as well as being in the best box seat to view the races! Our club received over \$1,000 for these two days so we have elected to continue the tradition.

The following results were 1993 highlights:

## Athletics NSW Distance Runner of the year 1993

Male	
1 Rex Peters	47 Points
16 John Andrews	
17 Gary McClean	
Female	
9 Tania Adams	27 Points

## NSW Novice Championships 1.5.93

Open Male 10km	
5 Andrew Kelly	32.32min

## Athletics NSW Winter Premiership Results

Male	
Open "A" Grade	2nd
Under 20	1st
Over 50	1st
Open "B" Grade	6th
Over 40	5th
Under 14	6th
Female	
Open "A" Grade	4th
Over 35	1st
Under 16	4th
Under 12	3rd

## 1993 Winter Point Score

Senior	1 D. Edwards	70 Points
	2 K. Jenkins	68
	3 N. Markham) J. Irvine	50
	Fastest Times Champions	
	Male L. Leary-Masters	70
	Female V. Hopkins	55
Intermediate	1 Paula George	345 Points
	2 Phil Tonge	316
	3 Angela Nicholson	299

## Fastest Times Champions

Male	Dean Jones	54
Female	Deborah Jenkin	99
Under 14	1 Christopher Angus	183 Points
	2 Stephanie Thompson	159
	3 Rebecca Teece	152

## Fastest Times Champions

Male	James Screen	74
Female	Rebecca Teece	77
Under 12	1 Sam Screen	170 Points
	2 Kirsten Jenkins	142
	3 Kirk Jenkins	114

## Fastest Times Champions

Male	Sam Screen	100
Female	Kirsten Jenkins	59

## St George Trophy Days

### Jim Allen Trophy :Senior 10km H'cap 14.4.93

1 G. McClean	2 A. Argall	3 S. Causer
Fastest G. McClean(M)	31.48	Veronica Hopkins(F) 44.11

### Bill Dalton Trophy :Senior 11km H'cap 24.4.93

1 M.P. Donnelly	2 L. Leary-Masters	3 N. Markham
Fastest L. Leary-Masters(M)	41.33	V. Hopkins(F) 54.58

### Greg Page Trophy: Senior 13km H'cap 12.6.93

1 E. Gentle	2 Julie Page	3 D. Jones
Fastest F. Scorzelli(M)	47.35	J. Page(F) 62.27

### Ron Gribble Trophies 19.6.93

Under 12 2km		
1 Kirsten Jenkins	2 B. Kosh	3 K. Dunk
Fastest S. Screen(M)	8.10	K. Dunk & S. McCarthy(F) 8.44

### Under 14 4km

1 E. Scott	2 S. Thompson	3 K. Kosh
Fastest A. Murphy(M)	16.01	S. Thompson(F) 18.13

### Intermediate 4km

1 P. Screen	2 M. O'Malley	3 K. Edwards
Fastest G. McClean(M)	12.08	Lisa Zammarrelli(F) 15.39

### Senior 10km

1 R. Vaughan	2 L. Leary-Masters	3 D. Edwards
Fastest L. Leary-Masters(M)	35.34	V. Hopkins(F) 45.14

### Jack Coppock Trophy: U/14 3k H'cap 26.6.93

1 E. Scott	2 D. Livingston	3 Kelly Elder
Fastest A. Murphy(M)	12.11	K. Elder(F) 13.37

### Dick Vaughan Trophies 10.7.93

### Under 12 2km

1 M. Pascoe	2 Kara-lei Nichol	3 B. Kosh
Fastest M. Pascoe(M)	8.18	Jacqueline McCarthy(F) 8.41

### Under 14 3km

1 Holly Moore	2 C. Angusy	3 Karinya Kosh
Fastest A. Murphy(M)	12.20	Holly Moore(F) 12.11

### Intermediate 4km

1 Deborah Jenkins	2 M. Roberts	3 G. Argall
Fastest R. Peters(M)	11.39	Deborah Jenkins(F) 14.53

### Snr 12km

1 M.P. Donnelly	2 M. Donnelly	3 J. Irvine
Fastest M.P. Donnelly(M)	43.07	Christine Batman(F) 52.59

### National Fitness Association Trophies 4.9.93

### Under 12 2km

1 B. Eason	2 B. Kosh	3 T. Edwards
Fastest S. Screen(M)	8.04	Elizabeth Stratford(F) 8.19

### Under 14 4km

1 K. Elder	2 N. Clegg	3 K. Kosh
Intermediate 5km		

1 R. Molloy	2 P. Tonge	3 G. Argall
Fastest J. Wall(M)	15.34	Tania Adams(F) 19.07

### Senior 10km

1 K. Jenkins	2 J. Jones	3 F. Scorzelli
Fastest D. Harris (M)	34.22	

### George Carruthers Cup: Open 2k H'cap 18.9.93

1. Stephanie Thompson	2 A. Nicholson	3 P. Tonge
Fastest A. Kelly(M)	6.01	Tania Adams(F) 7.08



## St George Club Champions 1993

Men			
Senior	1st	2nd	3rd
8km	A.Kelly 25.23	J.Wall	G.McClean
<b>Under18</b>			
5km	L.Leary-Masters 17.59		
<b>Under14</b>			
3km	J.Screen 13.06	C.Angus	N.Clegg
<b>Under12</b>			
2km	S.Screen 8.04	B.Kosh	M.Edwards
Women			
Senior			
Senior5km	D.Jenkins 19.34	C.Williams	P.George
<b>Under14</b>			
3km	K.Elder 13.10	R.Teece	S.Thompson
<b>Under12</b>			
2km	E.Stratford 8.09	C.Cush	K.Jenkins

## Championship Results 1993 Teams

### State Novice Championship

Open Females	
1	C.Kendall D.Jenkins J.Nelson, V.Hopkins

### State Cross Country Championships

4x4km	
Open Female	
3	T.Adams,A.Manning,S.Stratford,J.Page
Over 50 Male	
1	N.Markham,R.Gribble,J.Irvine,M.Roberts
Open Male	
1	A.Kelly,J.Wall,G.McClean,R.Peters
Under 20 Male	
1	D.Simone,D.Harris,L.Leary-Masters,J.Wall
6km	
Over 35 Female	
1	V.Hopkins,C.Batman, P.George, D. Jenkins
4x4km	
1	P.George, M.Howe,V. Hopkins, C. Batman
4x2km	
Under 12 Females	
3	J.McCarthy,K.Dunk,E.Stratford,K.Cush

### State Road Championships

10km	
Over 35 Female	
1	D.Jenkins, K. Edwards, V.Hopkins, C. Batman
Open Male	
2	J.Andrews, R.Peters, G.McClean A.Kelly, B.Reynolds, L.Whitty
4x5km	
Open Female	
3	A.Manning,T.Adams,V.Coakley,L.Zammrrelli
Over 35 Female	
1	C.Batman,P.George,V.Hopkins,D.Jenkins
Open Male	
1	J.Andrews,R.Peters,G.McClean,A.Kelly
Half-Marathon	
Over 50 Male	
1	R.Gribble,N.Markham, A.Argall, J.McClean
Open Male	
3	R.Peters,G.McClean,S.Moseley,S.Causer

## City to Surf 8.8.93

3	John Andrews	41.29
36	Gary McClean	44.54
43	Rex Peters	45.04
48	John Wall	45.17
79	Baden Reynolds	46.23
89	Matthew Rizzuto	46.33
99	Andrew Kelly	46.57
164	Mark Campbell	48.23
260	Frank Scorzelli	49.45
430	Michael Donnelly	52.09
507	Ron Gribble	53.07
562	Neville Markham	53.44
1409	Alan Atkins	58.34
2018	Dennis Jolliffe	60.50
2108	Cathie Williams	61.09
2170	Dave Edwards	61.23
2213	John McClean	61.31
2232	Graeme Tearail	61.35
2645	Veronica Hopkins	62.46
2819	Chris Stratford	63.13
3283	Bruno Molino	64.25
3982	Lucy Jones	65.56
6268	Suzanne Stratford	68.19
7709	Rebecca Teece	72.33
8129	Angela Nicholson	73.19
9011	Jim Gallagher	74.47
9137	Ken Jenkins	75.00
9820	Adam Murphy	76.08
11820	Peter Screen	79.29
11863	James Screen	79.33
11895	Sam Screen	79.36
14094	Bob Molloy	83.32
22994	Tom Richards	110.20



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## NSW Track & Field Championships

*Sydney Athletic Field  
February 1994*

### Women

#### Open

5km Walk	A.Manning	21:47.49	2nd
Under 20			
400mH	K.Hall	65.75	4th
Under 18			
400mH	U.Rodway	65.83	2nd
Long Jump	B.Otto	5.47m	1st
Under 16			
90mH	U.Rodway	14.32s	4th
300mH	U.Rodway	45.11	2nd
400m	U.Rodway	60.6	7th

### Men

#### Open

1500m	J.Wall	3:54.30	1st
	D.Evans	3:55.53	3rd
5000m	D.Evans	14:19.23	2nd
	J.Wall	14:41.16	8th
3000mS	B.Reynolds	9:13.85	3rd

#### Under 20

800m	T.Auciello	1:54.52	3rd
1500m	T.Auciello	3:56.30	4th
5000m	D.Harris	15:03.37	1st

#### Under 18

200m	K.Gallagher	22.64	4th
400m	K.Gallagher	48.85	1st
800m	W.Freier	1:59.98	5th
1500m	T.Munson	4:05.88	7th
	W.Freier	4:16.19	9th

#### Under 16

100m	C.Pelham	11.42	3rd
200m	C.Pelham	23.07	3rd
1500m	T.Munson	4:06.07	2nd
3000m	T.Munson	8:58.07	1st
300mH	C.Burgess	44.26	6th
TripleJump	C.Burgess	11.66m	8th

## NSW 10km Track Championships

*Sydney Athletic Field 13 November 1993*

Rex Peters	30:34.51	2nd
Baden Reynolds	31:13.54	3rd
Gary McClean	31:20.74	7th

## NSW Relay Championships

*Sydney Athletic Field 18-19 December 1993*

### Open Men

#### 4x800m

1st in Heat	8m04.06s
4th in Final	7m56.37s
Baden Reynolds, Andrew Kelly, Mat Rizzuto, John Wall	

#### 4x1500m

3rd in Final	15m58.36s
John Wall, Andrew Kelly, Mat Rizzuto, Baden Reynolds	

#### No.2 Team

8th in Final	16m38.60s
Rex Peters, Rory McRae, Damon Harris, Gary McClean	

### Under 18Men

#### 4x400m

1st in Heat	3m27.59s
2nd in Final	3m26.33s (ClubRecord)
Kieran Gallagher, Daniel Simone, Clinton Pelham, Wesley Freier	

#### 4x800m

1st in Final	7m53.32s (ClubRecord)
Kieran Gallagher, Wesley Freier, Tony Auciello, Daniel Simone	

#### 4x1500m

1st in Final	16m43.91s
Daniel Simone, Trent Munson, Tony Auciello, Wesley Freier	

#### Over40men

#### 4x1500m

4th in Final	
Frank Scorzelli, Ron Gribble, Neville Markham, Mike Roberts	

### Open Women

#### 4x400m

4th in Heat	3m58.68s (ClubRecord)
Cath Williams, Ursula Rodway, Holly Moore, Karen Hall	

#### 4x800m

8th in Final	
Tania Adams, Ricky Carne, Lisa Zammarrelli, Cath Williams	

#### 4x1500m

6th in Final	22m07.96s
Lisa Zammarrelli, Holly Moore, Suzanne Stratford, Rebecca Teece	

### Under 16 Women

#### 4x800m

4th in Final	10m04.76s
Holly Moore, Elizabeth Stratford, Ursula Rodway, Joanna Nelson	

#### 4x1500m

2nd in Final	21m11.68s
Holly Moore, Ursula Rodway, Elizabeth Stratford, Joanna Nelson	

## NSW Multi Event Championship

*Sydney Athletic Field 29-30 January 1994*

### Under18 Women

KarenHall	4143Pts	3rd
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### Under 16 Women

UrsulaRodway	4446Pts	1st
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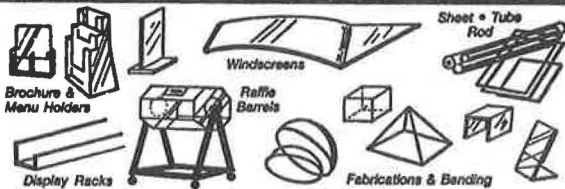
### Under 16 Men

ChrisBurgess	3643Pts	6th
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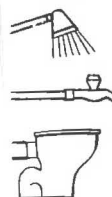
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# 1993-4 Interdistrict Teams Competition

by Ron Gribble

This Track & Field competition, previously known as interclub, comprised teams from individual clubs, combined clubs and country athletes. Conducted over 13 rounds including 1st & 2nd series finals, the competition was the best for many years. Competition between teams was close and athletes were given every opportunity to compete at their desired level and the conduct of competition and participation by officials was much improved.

Our Club again combined with Saucony Sutherland and the two clubs had a very good relationship with management and athletes combining to achieve the best possible result for all.

I thank Stan Sheringham for his efforts in encouraging Saucony Sutherland athletes to compete (it is not just for team points) and for his role in keeping up-to-date point score records for our athletes. If athletes hope to improve they must compete and compete regularly. Stan & I cannot over emphasise the importance of regular competition that is afforded athletes by the Interdistrict competition.

The final result of the competition did not flatter us as we could only tie the Mens "C" Grade premiership with South West. The problems started from the beginning with insufficient athletes attending for some important early matches. If our top athletes decide to have a holiday on any one day we find the going tough. The rules are that we fill "A" Grade first and without our first grade athletes we have to call on our reserve ranks or "B" graders to carry the day. This puts a strain on all our teams. However I thank all athletes who did attend for regular competition. Those who did compete on every competition day turned out to be our champions. For instance, Anne Manning, Kieran Gallagher, Ursula Rodway, Trent Munson and John Wall to name a few. They gradually improved each week and were ready for the big competitions at State and Australian Championship level.

I am sure that had our Mens "A" Grade team beaten Asics Wests on the last round we would have made the final and gone on to defeat the Combined Universities Team. Asics knew this and their officials put their season's best team onto the track & field for this big one. We had ourselves to blame for this situation as we went down by one point to Metro North West early in the competition when a win there would have put us in the final even allowing for the loss to Asics Wests. We finished 3rd in Men's "A" Grade.

A similar situation occurred in Mens "B" Grade where we finished 3rd. Mens "C" Grade shared the premiership with South West and Mens "D" Grade were a close 2nd to Metro North West.

The womens competition suffered from a lack of competitors and our "A" Grade could only manage a close 4th to Reebok/Norths. "B" and "C" Grades both finished 5th. We can do better.

I thank the St. George athletes for their attendance at Interdistrict. It was our best roll-up for years and our athletes scored 722 point more than the previous year's total.

Thanks to all members and officials for their assistance at interdistrict competition, Jim Gallagher, Chris Stratford, Club Captain Cath Williams, coaches Bill Pratt, Peter Tuziak and Arthur Peek, Registrar Coral Ferraro all help to make things less difficult.

Top pointscores were Ursula Rodway on 214 points, a Club record and leading overall pointscore for our womens team,

Kieran Gallagher scored 96 points and Anne Manning 105 of which 14 were scored in Open Mens "A".

"A" GRADE WOMEN - Lack of competitors resulted in a fall from 1st last year to 4th. Anne Manning, with great racewalking scored 91 points, was undefeated, competed in the first event each Saturday and was the leading pointscorer in this grade.

Ursula Rodway scored well with 62 points and although suffering from a now diagnosed fractured vertebra was on the move all afternoon.

Bronwyn Tuziak was a regular who put everything into her competition scored 38 well deserved points.

Injury and sickness prevented many from competing more regularly. Lisa Zammarrelli had HSC studies, Cath Williams, Belinda Otto, Karen Hall Tania Adams all suffered from injury or sickness but performed well when competing.

Vasa, our Tongan visitor loved to run and prior to being injured scored 38 points. She will improve with competition and may return for next season.

## Team Results were -

v	NCO	won	64-50	v	TW	won	90-59
v	RN	lost	55-69	v	UNIS	lost	79-54
v	MNW	lost	66-73	v	AE	won	78-28
v	AW	lost	54-69	v	SW	won	70-47
v	UNIS	won	93-19	v	AW	lost	41-98
v	AE	won	56-27	v	RN	lost	64-70
			v	RN	won	55-54	

won 7 lost 6-scored 820 for 730 against - 4th

"B" GRADE WOMEN - Back to 5th after winning last year.

St. George athletes scored well with Ursula Rodway 119 points and Holly Moore (a 14 year old) with 61 points. Ursula who is now the U16 Hepthalon champion competed in 100 hurdles, high & long jumps, 400 metres, javelin and relays. Holly a middle distance specialist ran well in the 400m, 800m 1500m as well as sprints and relays.

Karen Hall with 39 points and Bronwyn Tuziak with 35 points also scored well with Bronwyn scoring in the triple jump and Karen in the 400m hurdles and 400m flat.

Suzanne Stratford in middle distance, Lisa Zammarrelli and Cath Williams (when not injured) and Vasa scored much needed points.

## Team Results were -

v	NCO	lost	32-37	v	SW	lost	54-88
v	RNS	won	64-59	v	NS	won	62-37
v	MNW	lost	39-82	v	AE	won	57-27
v	AW	lost	84-51	v	SW	lost	37-88
v	NS	won	0-38	v	AW	lost	37-88
v	AE	lost	29-32	v	NCO	won	64-33
v	NCO	won	65-46				

Won 6 lost 7 - scored 719 for 594 against -5th

"C" GRADE WOMEN - Continued our tale of woe with a 5th but the women tried hard.

Bronwyn Tuziak was a regular sprinter and ran well. She also ran a leg of the relay each week and was the highest pointscorer with 40 points and was the second highest overall pointscorer in the competition for St. George women with 114 points

Holly Moore with 30 points and Ursula Rodway 33 points were regulars for the relay teams. Vasa, Lisa Zammarrelli and Cath Williams all tried the sprints in this grade.

## Team Results were -

v	NCO	lost	7-24	v	SW	won	33-26
v	RBK	lost	12-16	v	SSG2	won	24-11
v	MNW	lost	23-50	v	AE	won	28-10

v AW lost 51-84 v SW lost 39-42  
 v SSG2 won 13-47 v AW lost 16-43  
 v AE won 37-16 v NCO won 19-7  
     v NCO won 52-4

Won 7 lost 6 - scored 318 for 343 against - 5th

**"A" GRADE MENS** - I still shake my head at our early round losses, one to Metro North West and another to Universities. They were matches we could have easily won with a better roll-up by our athletes. But there it was and we missed out reaching the final by going down to Asics West in a closely fought last round. So near and yet so far.

Kieran Gallagher was great. At his first opportunity to run "A" Grade he jumped at the idea and from there on he never looked back. The further the competition went the better Kieran ran. From a 52 seconds 400 metres last year to a 48.38 seconds at his last run this year. He was the highest pointscorer in this grade on 60 points and was a regular 200 metre runner and was always available to help by running a leg of relays. Thanks Kieran.

John Wall was exciting to watch in 800 and 1500 metres events. He can never be written off and was only beaten once and that was by Glen Ritchie in a 1500 metre event by 1/10th of a second after giving Ritchie a healthy start into the straight. John was most consistent and that extra gear he finds when the going gets tough is something special. That was what he called upon when he won the State Open 1500 metres Championship. John scored 45 points.

Chris Stratford did not have such a good season at racewalking by his previous years standard but he still scored 32 points which was a big help.

Although Tony Auciello was not in apple pie order for the track scene this year due to HSC studies he still found some time to turn out for our Club and always tried which is all that we can ask for. Tony's 27 points for the 800 and 1500 metre were valuable. With a full cross country season of preparatory work Tony will be back in top form again next season.

Baden Reynolds was on the improve throughout the season with PBs in all his events including the 800, 1500 5km 10km and 3km steeplechase. Baden will also continue up the ladder with better efforts next year.

John Andrews had one run for a win in a 5km event which he won outright.

Our Tongan friends Tolu on 15 points and Trevita on 19 points thoroughly enjoyed themselves. This is the type on competition they required before their Oceania Games meet. We did not see the best from Trevita in the long jump, he had cleared over 7 metres before coming to Australia.

Andrew Kelly was looking good early in the season but an injury put a damper on his end of season performances. Andrew is looking more like an "A" Grader now and we hope he will be on target for the 1994-5 season.

Anne Manning's 14 points for 2 wins when required to walk for the Open Mens team was tremendous. Anne put everything into those efforts and the tough competition really helped her.

Others to score points in this grade were Mat Rizzuto, Rex Peters, Clinton Pelham Angus Patterson and Gary McClean.

#### Team Results were -

v NCO won 116-12 v SW won 90-59  
 v RN won 95-58 v UNIS won 107-62  
 v MNW lost 69-78 v AE won 85-27  
 v AW won 97-90 v SW won 104-69  
 v UNIS lost 89-100 v AW lost 71-120

v AE won 93-29 v RN won 87-48  
     v RN won 87-58  
 Won 10 lost 3- scored 1090 for 780 against- 3rd

**"B" GRADE MEN** - Third place after the finals for this team was disappointing. As with "A" Grade we missed winning a match or two earlier in the competition which made the difference. Our athletes had a big impact in this grade particularly in middle distance running.

Dean Jones had his best season scoring 32 points with PBs in all his events including the 400, 800 and 1500 metres. A 1m 57s 800 and 4.00m 1500 had Dean on the verge of "A" Grade.

Mat Rizzuto was firing at the outset but a mysterious illness, now detected, made things difficult for Mat at the latter end. We did not see his best from him this year although he scored 33 points for his team. He'll be back next year rearing to go.

It was good to see Danny Simone make headway with this season with PBs in 400, 800, 1500 metres and 2000 metre steeplechase. Danny is one of those athletes who loves to compete and is one of our best club athletes. He scored 25 points for the "B" Grade team.

Former champion and record holder Steve Smart made a comeback to the sport last season and began to show a glimpse of his old form in the 400, 800 and 1500 metres when the season came to an end. His friend and clubmate Rory McRae also had good form over 1500 and 3000 metres.

Talented young distance runner Damon Harris spent the season learning what track running was all about but we will be hearing more about Damon in years to come. He is a top prospect for the longer distances up to a marathon and the shorter trips of 1500 metres 3 km and 5km on the track will surely help his speed.

Another young addition to our ranks last season was Wesley Freier who showed us he has a future in athletics. Wes has a natural talent for middle distance running and with 1m 56s 800 metres at age 15 this is a good start. His school and club mate Clinton Pelham is also talented but in the sprinting department. Clinton will be a much more solidly built sprinter next season. He scored 16 points and Wes 15 points.

Others to score points in this grade included Baden Reynolds, Chris Stratford, Angus Patterson, Andrew Kelly, Tolu Koula and Kieran Gallagher.

#### Team Results were -

v NCO won 87-33 v SW lost 74-79  
 v RBK won 77-37 v UNIS won 87-46  
 v MNW won 82-77 v AE won 46-41  
 v AW lost 69-95 v SW won 89-45  
 v UNIS won 66-47 v AW lost 76-117  
 v AE won 52-43 v MNW won 81-63  
     v MNW won 81-55

Won 10 lost 3 scored 963 for 776 against - 3rd

**"C" GRADE MEN** - A better effort here to tie the final with South West but we were robbed of an outright win with some strange grading rules. Twenty of our athletes competed in this grade which was a great contribution to our team.

Our Tongan friends were there with Itu, Tolu and Tevita being top scorers with 33, 30 and 19 points respectively. They were great all rounders and would try any event from high jump, discus, javelin, sprints, relays, you name it. Their competition here prior to the Oceania Games in New Zealand in February was vital and they all showed the benefit with excellent performances in those Games.

Bruce Hansard was consistent this year with some good

runs over the 1500 and 3000 metre distances. Bruce is clawing his way back after illness over the last few years.

Kieran Gallagher and Chris Burgess were good point scorers here on 21 points each. Chris is a product of St. George Little A's and after a shaky start began to find his feet with much improved efforts in the triple jump, hurdles and 800 metres. His aim would be the multi-events in the future.

Team Results were -

v	NCO	won	84-43	v	SW	won	72-59
v	RBK	won	85-20	v	NS	won	61-59
v	MNW	won	66-33	v	AE	won	78-38
v	AW	won	85-53	v	SW	lost	52-60
v	NS	won	60-52	v	AW	won	77-41
v	AE	won	51-30	v	SW	won	77-41

v SW lost 73-77

Won 11 lost 2- scored 931 for 647 against - tie for 1st

"D" GRADE MEN - A close encounter in the final but we were left in the runners-up box. Metro North West won the premiership by defeating us 110 to 96.

Chris Burgess was top scorer on 50 points. He now has the confidence and will improve immeasurably next year.

Leon Leary-Masters put in some PBs in middle distance events particularly the 1500 metres and scored 33 points.

Trent Munson began his rise from this grade and scored 23 points. He will receive a quick promotion to higher grades next season.

John Dennehy, Danny Simone, Tolu, Itu, and Mat Rizzuto all added points to the "D" Grade competition.

Team Results were -

v	NCO	won	36-16	v	SW	won	50-28
v	RBK	won	64-35	v	SSG2	won	36-5
v	MNW	lost	33-46	v	AE	won	48-12
v	AW	won	49-29	v	SW	lost	27-40
v	SSG2	won	24-11	v	AW	won	44-16
v	AE	won	32-18	v	MNW	lost	43-71

v MNW won 53-39

Won 10 lost 32 - scored 519 for 366 - 2nd

I said last year that we would win both the Mens and Womens "A" Grade Premierships this year with our combined teams. So I was horribly wrong but I don't give up and neither do St. George athletes. One thing I must say to athletes is get into competition right from the start of the season. Competition and experience is invaluable, its no good just sitting and wondering Points scored by St. George athletes at Interdistrict Competition were -

### St. George Women

	A	B	C	Total
T.Adams	4	-	-	4
K.Hall	19	39	-	58
A.Manning	91	-	-	91
H.Moore	8	61	30	99
B.Otto	11	-	-	11
J.Peete	-	-	9	9
U.Rodway	62	119	33	214
S.Stratford	-	12	-	12
V.Tulahe	15	5	10	30
B.Tuziak	38	35	40	113
C.Williams	7	27	3	37
L.Zammarrelli	1	7	5	13
<b>Total</b>				<b>691</b>

### St.George Men

	A	B	C	D	Total
J.Andrews	7	-	-	-	7
T.Auciello	27	-	-	-	27
K.Gallagher	60	15	21	-	96
C.Burgess	-	-	21	50	71
J.Dennehy	-	-	-	6	6
D.Jones	-	32	8	15	55
A.Kelly	15	11	-	-	26
L.Leary-Masters	-	-	4	33	37
G.McClean	9	4	4	-	17
T.Fauonuku	19	-	19	-	38
C.Pelham	5	16	10	-	31
R.Peters	7	-	-	-	7
W.Freier	-	15	9	2	26
D.Simone	-	25	10	7	42
C.Stratford	32	21	-	-	53
J.Wall	45	5	6	-	56
B.Hansard	-	4	24	-	28
D.Harris	-	15	1	-	16
T.Koula	15	19	30	7	71
A.Manning(F)	14	-	-	-	14
T.Munson	-	-	8	23	31
R.McRae	-	14	23	-	37
A.Ngalu	-	-	33	4	37
A.Patterson	12	12	5	-	29
B.Reynolds	24	9	15	-	48
M.Rizzuto	9	33	18	4	64
S.Smart	-	15	5	-	20
<b>Total</b>					<b>990</b>

## 1993-94 Racewalking Report

By Chris Stratford

This report reflects on our sole Club racewalker, Anne Manning. Anne had marvellous winter and summer seasons and won both State and National titles. Having established herself as the best female walker in NSW she has her sights set on becoming the number one female walker in Australia (look out Kerry).

In winter Anne gained two State titles, viz, the 20km and 10km, and won the Australian 20km championships held at Richmond NSW. Anne's success continued into the summer season where she competed very successfully at Interdistrict and on more than one occasion crossed the finished line first in the mixed mens and women's walk race. Although unable to contest the 10km championship Anne came second in the 5km NSW Championships and equalled that feat in the National Championships held at Homebush.

After a successful year Anne came 2nd in the Commonwealth Games Trials held at Runaway Bay, Gold Coast, and this result cemented a place in the Team for the Commonwealth Games to be held in Canada later this year. Perhaps we could boost her chances by sending a telegram whilst she's residing in the village prior to competition. Anyway, good luck Anne and we reckon you are a good chance at a medal.



## NSW ROAD WALKING CHAMPIONSHIPS

### Open Women

20km	1st	Anne Manning	1h 34m 27s
10km	1st	Anne Manning	47m 01s
5km	2nd	Anne Manning	22m 15s

## AUSTRALIAN ROAD WALKING CHAMPIONSHIPS

### Open Women

20km	1st	Anne Manning	1h 34m 27s
10km	3rd	Anne Manning	46m 57s

## NSW DISTANCE WALKER OF THE YEAR

Women	3rd	Anne Manning	29 points
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## 1994 NSW TRACK WALK CHAMPIONSHIPS

### Open Women

5km	2nd	Anne Manning	21m 47s
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## 1994 AUSTRALIAN TRACK WALK CHAMPIONSHIPS

### Open Women

5km	2nd	Anne Manning	21m 46s
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### Open Male Club Championships

100m	T. Koula	11.35	T. Fauonuku	L. Ngalu
200m	T. Koula	22.18s	T. Fauonuku	J. Wall
400m	T. Koula	50.60s	S. Smart	L. Ngalu
800m	J. Wall	1m 51.18s	D. Jones	M. Rizzuto
1500m	J. Wall	3m 50.7s	D. Evans	B. Reynolds
3000m	J. Wall	8m 19.01s	R. Peters	B. Reynolds
5000m	D. Evans	14m 09s		
110mH	A. Peek	23.9s		
400mH	C. Burgess	63.44s		
3000mS	B. Reynolds	9m 13.85s		
3000mW	C. Stratford	14m 19.5s		
5000mW	C. Stratford	24m 41.2s		
High Jump	T. Fauonuku	1.75m	T. Koula	P. Tuziak
Long Jump	T. Fauonuku	6.77m	T. Koula	S. Zorbas
Triple Jump	P. Tuziak	9.66m	S. Zorbas	A. Vasiliou
Shot	A. Vasiliou	10.06m	S. Zorbas	P. Deutsch
Discus	T. Koula	38.00m	T. Fauonuku	P. Tonge
Javelin	T. Koula	45.32m	A. Vasiliou	A. Peek
Hammer	T. Koula	28.06m	A. Peek	E. Gentle

### Male Under 20 years

100m	L. Leary-Masters	12.7s		
200m	L. Leary-Masters	24.97s		
400m	L. Leary-Masters	57.90s		
800m	T. Auciello	1m 52.72s	D. Simone	L. Leary-M.
1500m	T. Auciello	3m 54.2s	D. Harris	D. Simone
3000m	D. Harris	9m 13.4s	D. Simone	L. Leary-M.
5000m	D. Harris	15m 03.37s		
2000mS	D. Simone	6m 20.4s		
High Jump	L. Leary-Masters	1.55m		
Long Jump	L. Leary-Masters	4.78m		
Shot	L. Leary-Masters	6.55m		
Discus	L. Leary-Masters	22.68m		
Javelin	L. Leary-Masters	24.20m		

### Male Under 18 years

100m	K. Gallagher	11.49s	B. Ashton	
200m	K. Gallagher	22.62s	W. Freier	B. Ashton
400m	K. Gallagher	48.38s	W. Freier	B. Ashton
800m	W. Freier	1m 58.17s	K. Gallagher	B. Ashton
1500m	W. Freier	4m 03.4s	K. Gallagher	
110mH	C. Burgess	18.51s		
High Jump	B. Ashton	1.40m		
Long Jump	B. Ashton	5.50m		
Triple Jump	K. Gallagher	11.84m	B. Ashton	
Shot	B. Ashton	8.84m		
Discus	B. Ashton	20.38m		
Javelin	B. Ashton	22.20m		

### Male Under 16 years

100m	C. Pelham	11.9s	C. Burgess	F. Care
200m	C. Pelham	25.0s	C. Burgess	S. Eccles
400m	C. Pelham	53.42	C. Burgess	F. Care
800m	T. Munson	2m 38.0s	C. Burgess	D. Eccles
1500m	T. Munson	5m 39.0	C. Burgess	D. Eccles
3000m	T. Munson	8m 58.07s	C. Burgess	D. Eccles
100H	C. Burgess	16.07s		
300H	C. Burgess	44.26s		
High Jump	C. Burgess	1.55m	S. Eccles	D. Eccles
Long Jump	C. Burgess	5.76m	F. Care	D. Eccles
Triple Jump	C. Burgess	11.92m	D. Eccles	F. Care
Shot	C. Burgess	10.27m		
Discus	C. Burgess	30.90m	R. Otto	
Javelin	C. Burgess	34.66m	D. Eccles	

### Open Female Club Championship

100m	B. Tuziak	13.13s	V. Tulahe	K. Hall
200m	K. Hall	26.06s	V. Tulahe	B. Tuziak
400m	V. Tulahe	58.38s	K. Hall	C. Williams
800m	V. Tulahe	2m 16.13s	C. Williams	K. Hall
1500m	T. Adams	4m 42.3s	V. Tulahe	L. Zammarrelli
3000m	E. Stratford	11m 38.0s		
3000mW	A. Manning	12m 42.0s		
5000mW	A. Manning	21m 25.6s		
100mH	U. Rodway	16.1s	K. Hall	
400mH	U. Rodway	64.63s		
High Jump	K. Hall	1.65m	B. Otto	
Long Jump	B. Otto	5.47m	B. Tuziak	J. Page
Triple Jump	B. Otto	10.67m		
Shot	B. Otto	9.34m	J. Page	L. Zammarrelli
Discus	B. Otto	25.76m	J. Page	K. Hall
Javelin	K. Hall	29.14m	B. Tuziak	

### Female Under 16 years

100m	U. Rodway	13.19s	H. Moore	L. Tinker
200m	U. Rodway	26.84s	H. Moore	C. Cush
400m	U. Rodway	60.42s	H. Moore	C. Cush
800m	U. Rodway	2m 21.93s	H. Moore	C. Cush
1500m	H. Moore	4m 59.4s	U. Rodway	
3000m	U. Rodway	13m 42.0s		C. Cush
90mH	U. Rodway	14.26s		
300mH	U. Rodway	45.11s		
High Jump	U. Rodway	1.55m	L. Tinker	
Long Jump	U. Rodway	5.08m	C. Cush	L. Tinker
Triple Jump	U. Rodway	10.22m		
Shot	U. Rodway	7.41m		
Discus	U. Rodway	21.32m		
Javelin	U. Rodway	27.86m	L. Tinker	

**Veteran Men Club Championships**

100m	R.Molloy	13.4s	A.Peek	P.Tonge
200m	R.Molloy	27.2s	A.Peek	P.Tonge
400m	R.Gribble	64.0s	R.Molloy	P.Tonge
800m	R.Gribble	2m 26.6s	P.Tonge	R.Molloy
1500m	R.Gribble	4m 53.1s	A.Peek	P.Tonge
3000m	A.Peek	12m 27.8s	P.Tonge	J.Gallagher
110mH	A. Peek	23.9s		
3000mW	C.Stratford	14m 19.5s		
5000mW	C.Stratford	24m 41.2s		
High Jump	P.Tuziak	1.35m	A.Peek	
Long Jump	P.Tuziak	4.35m	A.Peek	
Triple Jump	P. Tuziak	9.66m	A.Peek	
Shot	P.Tonge	8.85m	A.Peek	R.Molloy
Discus	P.Tonge	25.04m	A.Peek	R.Molloy
Javelin	A.Peek	33.12m	R.Molloy	P.Tonge
Hammer	A.Peek	24.08m	E.Gentle	
			R.Molloy	

To be eligible for Club Championships, club athletes must have competed at least 3 times at:-

- \* interclub at SAF
- \* Interclub at HAF
- \* Regional Interclub
- \* Club Competition nights
- \* or a combination of the above

### NSW Veterans Track & Field Championships March 1994

**Women 55**

Elinor Walsh

100m	17.92s	3rd
400m	90.62s	1st
2000mS	12m 42.70s	1st*
Triple Jump	6.70m	3rd

**Men 45**

F. Scorzelli

1500m	4m 31.96s	4th
5000m	16m 41.48s	4th
10000m	35m 26.0s	4th

**Men 55**

M. Roberts

5000m	19m 04.82s	6th
10000m	41m 04.0s	3rd
3000mS	12m 01.78s	2nd

S.Williams

800m	2m 24.76s	4th
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**Men 60**

N. Markham

5000m	18m 25.38s	1st*
10000m	39m 58.0s	2nd

B. Molino

1500m	5m 57.11s	3rd
5000m	22m 09.71s	6th

\* denotes new State Record

**Hensley Interclub Pointscore****"A" Divn. Men**

440	A.Peek
109	R.Molloy
65	P.Deutsch
60	A.Vasilou
42	E.Gentle
39	L.Leary-Masters
37	P.Tonge

**"B" Divn. Men**

75	Andrew Peek
58	E.Gentle
44	M.Peek
19	A.Peek
8	C.Burges
7	R.Molloy

34 Andrew Peek

16 C.Burgess

14 A.Patterson

12 R.Gribble

10 M.Peek

**Results HAF Interclub Premiership****"A" Grade**

148	St.George (1)
132	Randwick Botany
87	NSW Vets (1)
68	Banks. Sports
47	St.George (2)
40	Eastern Suburbs
21	Saucony Sutherland
20	St.George Women
18	Randwick Botany (2)
16	Illawong
14	South Sydney
13	Cumb Ryde Hornsby
12	Girraween
9	Asics West

**Premiership Points****Women "A"**

24	St. George Womens
18	Saucony Sutherland
15	Bankstown Sports
15	Randwick Botany
8	St. George
6	South Sydney
5	South Eastern
4	Eastern Suburbs
2	Randwick Botany (2)

**Aggregate Points****Men "A"**

878	St. George
463	Randwick Botany
164	NSW Veterans
91	Bankstown Sports
83	Saucony Sutherland
64	Eastern Suburbs
63	St. George (2)
52	St. George Womens
46	South Sydney
45	Illawong
26	Cumb Ryde Hornsby
25	Girraween
18	Asics Wests
17	Randwick Botany (2)
14	Saucony Sutherland (2)

**"A" Divn Women**

21 K.Hall

17 B.Tuziak

7 A.Manning

**"B" Grade**

107	NSW Veterans
103	St.George
74	Randwick Botany
38	Eastern Suburbs
13	St. George Womens
13	South Sydney
10	NSW Veterans (2)
9	St.George (2)
7	Bankstown Sports
5	Saucony Sutherland
3	South Eastern
2	Randwick Botany (2)
1	Eastern Suburbs (2)

**Aggregate Points****Women "A"**

81	St. George Womens
55	Randwick Botany
52	St. George
43	Saucony Sutherland
24	Bankstown Sports
21	South Sydney
15	South Eastern
12	Eastern Suburbs
8	Randwick Botany (2)

**Aggregate Points****Mens "B"**

214	St. George
198	NSW Veterans
119	Randwick Botany
69	Eastern Suburbs
44	South Sydney
25	St. George Womens
8	St. George (2)
8	NSW Veterans (2)
5	Bankstown Sports
5	South Eastern
4	Saucony Sutherland
3	Randwick Botany (2)
2	Eastern Suburbs (2)

**Olds Park Competition****Open Men**

3713	A.Peek
1025	P.Tonge
768	J.Gallaghe
658	P.Tuziak
547	E.Gentle
455	M.Zammarrelli
438	T.Koula
343	T.Fauonuku
310	S.Zorbas
263	M.Gentle
183	L.Ngalu

**Under 20 Men**

1644	L.Leary-Masters
1503	B.Ashton
793	P.Dennett
118	K.Gallagher

**Under 16 Men**

3048	C.Burgess
1580	D.Eccles
378	R.Otto

**Under 12 Men**

2343	S.Eccles
1259	C.Barakat
899	Andrew Peek
546	M.Barakat
483	F.Care
353	S.Selucski
162	O.Selucski
139	H.Harris

**Under 12 Women**

1113	L.Tinker
573	C.Cush

**Open Women**

2629	U.Rodway
1004	B.Otto
514	J.Page
378	V.Tulahe
309	L.Zammarrelli
271	B.Tuziak
141	K.Hall

**CLUB RECORDS****SENIOR MENS BEST ON RECORD**

100 metres	R.Henderson	10.30s	16.3.85
200 metres	S.Longden-Gee	20.90s	1974/79
400 metres	S.Longden-Gee	45.70s	17.12.74
800 metres	G.Rootham	1m 46.60s	26.3.72
1500 metres	A.Thomas	3m 42.60s	1964
3000 metres	J.Andrews	7m 58.30s	11.2.84
5000 metres	J.Andrews	3m 27.31s	3.11.89
10000 metres	J.Andrews	28m 09.70s	16.12.82
Half Marathon	J.Andrews	1h 1m 37s	3.10.93
Marathon	J.Andrews	2h 14m 44s	30.10.88
1 mile	A.Thomas	3m 58.30s	21.3.64
110m H(1.067m)	V.Plant	13.70s	17.12.77
400m H(0.914m)	G.Cox	51.20s	17.3.77
3000m Steeple	M.Jones	9m 05.16s	19.1.87
3000m Walk	C.Stratford	13m 23.20s	29.2.92
5000m Walk	C.Stratford	22m 46.20s	21.12.91
10000m Walk	C.Stratford	48m 26.7s	12.1.91
20 Km Walk	C.Stratford	1h 37m38s	15.8.92
30 Km Walk	C.Stratford	2h 36m38s	18.7.92
50 Km Walk	C.Stratford	5h 13m15s	28.6.92
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 7.26kg	L.Chinnery	16.18m	1964
Discus	R.Lunt	51.16m	1973
Javelin 800g	G.Glynn	74.34m	1970
Hammer 7.26kg	M.Bodirova	59.30m	9.10.77
Decathlon	B.Dickinson	5350Pt	1938
4 x 100m Relay	R.Gurr		
	V.Plant		
	J.Van Stappen		
	S.Longden-Gee	41.50s	11.3.78
4 x 200m Relay	J.Sullivan		
	G.Cox		
	M.Van der Velde		
	S.Longden-Gee	1m27.30s	1.12.79
4 x 400m Relay	S.Longden-Gee		
	J.Fortesque		
	M.Van der Velde		
	J.Van Stappen	3m15.50s	3.3.79
4 x 800m Relay	G.Rootham		
	G.Cook		
	M.Dunn		
	R.Meagher	7m34.70s	1976
4 x 1500m Relay	J.Hancock		
	G.Rootham		
	P.Glucina		
	J.Scott	15m40.40s	31.1.72
50 Mile Track	D.Edwards	6h29m41.00s	1971
50 Mile Road	H.Dearnley	5h38m37.00s	1.10.78
100 Miles	D.Gray	18h45m27.00s	30.5.87
1 Hour Run	C.Whitehead	18.77km	15.9.82
1 Mile Walk	E.Austen	6m 45.00s	1924
3 Mile Walk	E.Austen	22m 13.00s	1924
7 Mile Walk	E.Austen	55m 49.20s	1924

**Summer Cross Country****Division 1 (5km & 6km)**

K. Jenkins	80
A.Peek	76
S.O'Farrell	72
J.Hudleston	63
J.Irvine	56
L.Leary-Masters	54
Vasa Tulahe	22
L.Ngalu	21
R.Vaughan	12
R.Gribble	9
Veronica Hopkins	8
A.Thomas	8
G.McClean	7

**Division 2 (2km & 3km)**

A.Thomas	110
Kara Nicholl	101
B.Molino	97
J.Gallagher	93
Nola Thomas	87
P.Wright	87
E.Scott	86
A.Peek	83
E.Gentle	83
Patricia Donnelly	72
N. Clegg	66
A.Murphy	49
S.Causer	48
Lisa Hopkins	47
Karinya Kosh	44
P.Tonge	40

**Fastest Times Pointscore****Division 1 - Men**

S.O'Farrell	48
L.Leary-Masters	36
J.Irvine	18
J.Hudleston	17
A.Peek	17
K.Jenkins	13

**Division 2 - Men**

A.Thomas	34
E.Scott	31
B.Molino	20
A.Murphy	16
S.Causer	12
L.Ngalu	12
J.Gallagher	6
Andrew Peek	5

**Division 1 - Women**

Vasa Tulahe	18
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**Division 2 - Women**

Kara Nicholl	40
Nola Thomas	23
Veronica Hopkins	15
Karinya Kosh	14
Patricia Donnelly	13
Vasa Tulahe	12

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(a) Falsely represent that goods or services are of a particular standard, quality or grade, or that goods are of a particular style or model.

(b) Falsely represent that goods are new.

(c) Represent that goods or services have sponsorship, approval, performance characteristics, accessories, uses or benefits they do not have.

(d) Represent that he or it has sponsorship, approval or affiliation he or it does not have.

(e) Make false or misleading statements concerning the existence of, or amounts of, price reductions.

(f) Make false or misleading statements concerning the need for any goods, services, replacements or repairs.

(g) Make false or misleading statements concerning the existence of effect of any warranty or guarantee.

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IN CASE OF DOUBT CONSULT YOUR LAWYER

**MENS UNDER 20 BEST ON RECORD**

100 metres	R.Henderson	10.63s	18.3.83
200 metres	R.Henderson	21.18s	14.2.82
400 metres	D.Stephenson	47.80s	1970
800 metres	T.Auciello	1m 51.89s	21.11.92



1500 metres	M.Vassallo	3m 53.00s	15.2.86	C.Witheriff		
3000 metres	L.Whitty	8m 12.70s	1977	S.Hignett		
5000 metres	L.Whitty	14m 20.50s	18.2.78	C.Davis	44.52s	2.12.84
10000 metres	L.Whitty	29m 30.40s	1.3.77	4 x 200m Relay	M.Jansen	
1 mile	J.Hancock	4m 13.80s	1965	C.Witheriff		
110m H(1.067m)	W.Bird	14.20s	1.12.76	S.Hignett		
400m H(0.914m)	W.Bird	53.30s	12.3.77	C.Davis	1m 32.29s	16.12.84
2000m Steeple	M.Jones	5m 53.31s	22.3.81	4 x 400m Relay	K.Gallagher	
High Jump	P.Jones	1.95m	15.11.81	C.Pelham		
Long Jump	G.Friend	7.39m	1964	W.Freier		
Triple Jump	B.Dickinson	14.78m	1932	D.Simone	3m 26.93s	18.12.93
Pole Vault	I.Berry	3.50m	1979	4 x 800m Relay	D.Simone	
Shot 5.449kg	J.Neale	14.40m	12.9.82	W.Freier		
Discus 1.5kg	J.Neale	52.22m	17.10.81	K.Gallagher		
Javelin 800g	G.Glynn	65.10m	1963	T.Auciello	7m 53.32s	19.12.93
Hammer 5.449kg	A.Scott	39.92m	3.3.79	4 x 1500m Relay	R.Baral-Steinberg	
Decathlon	M.Dorrity	5024Pt	1977	M. Zammarrelli		
Pentathlon	M.Dorrity	2888Pt	31.12.77	M.Vassallo		
4 x 100m Relay	A.Dunshea			N. Nixon	16m 36.39s	7.12.85

	C.Sams		
	D.Snowden		
	R.Henderson	43.18s	12.12.82
4 x 200m Relay	C.Sams		
	P.McCaffrey		
	D.Snowden		
	R.Henderson	1m 29.70s	29.11.81
4 x 400m Relay	R.Abberton		
	J.Sullivan		
	R.Pollett		
	M.Dorrity	3m 23.6s	12.3.78
4 x 800m Relay	D. Simone		
	W. Freier		
	K. Gallagher		
	T. Auciello	7m 53.32	19.12.93
4 x 1500m Relay	L.Whitty		
	G.Elliott		
	W.McCourt		
	M.Jones	16m 34.3s	2.12.79
1 Hour Run	W.McCourt	16.814km	15.9.82
1 Mile Walk	W.McAlister	7m 18s	1953

#### MENS UNDER 18 BEST ON RECORD

Commenced	1.8.82		
100 metres	J.Abdullah	10.97s	11.12.82
200 metres	R.Henderson	21.6s	11.10.80
400 metres	K. Gallagher	48.38s	26.3.94
800 metres	T.Auciello	1m 51.89s	21.11.92
1500 metres	M.Vassallo	3m 53.00s	15.2.86
3000 metres	L.Whitty	8m 25.20s	16.12.77
5000 metres	L.Whitty	14m 36.00s	1976
10000 metres	L.Whitty	30m 01.00s	1977
110mH(0.914m)	P.Jones	16.00s	16.10.82
400mH(0.914m)	P.Jones	59.52s	20.2.82
2000m Steeple	R.Deutsch	6m 01.47s	8.12.84
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 (5.449kg)	J.Neale	14.40m	12.9.82
Discus (1.5kg)	J.Neale	52.22m	17.10.81
Javelin (700g)	J.Neale	56.78m	7.11.81
Hammer (5.449kg)	R.Stubbs	38.98m	1972
Decathlon	D.Davison	5954pt	12.1.86
4 x 100m Relay	M.Jansen		

#### MENS UNDER 16 BEST ON RECORD

100 metres	M.Jansen	11.10s	15.10.83
200 metres	M.Jansen	22.69s	12.2.84
400 metres	M.Lubrano	49.70s	15.10.83
800 metres	T.Auciello	1m 57.35s	26.10.91
1500 metres	T.Auciello	3m 57.49s	17.11.91
3000 metres	T.Auciello	8m 52.76s	13.10.91
100mH(0.914m)	C.Burgess	16.07s	30.1.94
200mH(0.762m)	W.Bird	27.00s	1979
400mH(0.914m)	D.Davison	1m 01.91s	10.11.84
2000m Steeple	T.Clarsen	6m 29.10s	23.11.85
1500m Walk	D.Latham	7m 45.00s	30.11.76
High Jump	H.Pavlidis	1.90m	16.9.81
Long Jump	R.Fong	6.12m	21.9.80
Triple Jump	G.Nixon	13.56m	1975
Pole Vault	S.Jansen	2.45m	3.12.83
Shot (4.535kg)	H.Pavlidis	13.25m	3.10.82
Discus (1.5kg)	H.Pavlidis	42.22m	3.10.82
Javelin (700g)	D.Davison	47.74m	7.11.81
Hammer (4.535kg)	A.Noisier	19.40m	8.12.84
Multi Event	C.Burgess	3643points	30.1.94
4 x 100m Relay	C.Davis		
	C.Witheriff		
	M.Lubrano		
	M.Jansen	44.89s	4.12.83
4 x 200m Relay	C.Davis		
	C.Witheriff		
	M.Lubrano		
	M.Jansen	1m 33.15s	20.11.83
4 x 400m Relay	V.Parker		
	D.Davison		
	A.Noisier		
	N.Nixon	3m 33.65s	16.12.84
4 x 800m Relay	P.Warren		
	M.Lubrano		
	R.Woods		
	R.Summerill	8m 23.49s	28.11.83
4 x 1500m Relay	P.Warren		
	G.Sheumach		
	R.Summerill		
	R.Woods	17m 39.48s	12.12.82

# **UNDER 14 BEST ON RECORD**

100 metres	C.Pelham	11.63s	12.10.91
200 metres	C.Pelham	23.24s	8.2.92
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 (3.623kg)	A.Noisier	14.16m	6.1.84
Discus (1kg)	A.Noisier	39.44m	17.1.84
Javelin (600g)	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	12.12.85
4 x 1500m Relay	D.Whealy A.Irwin T.Dietz N.Nixon	19m 40.94s	28.11.82

# **WOMENS SENIOR BEST ON RECORD**

Commenced on 1.10.86			
100 metres	C.Williams	12.30s	4.1.91
200 metres	C.Williams	25.7s	14.1.91
400 metres	D.Ferraro	57.45s	31.10.92
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
10000 metres	B.Mrakovcic	36m 07.00s	7.11.88
Marathon	P.Marshall	2h52m 03.00s	25.4.88
1 mile	B.Mrakovcic	4m 46.70s	10.1.88
100mH(0.840m)	U.Rodway	16.41s	11.12.93
200mH(0.762m)	B.Otto	33.30s	23.10.91
400m H	U.Rodway	64.63s	8.1.94
3000m Walk	A.Manning	12m29.20s	5.2.94
5000m Walk	A.Manning	21m25.6s	12.2.94
10000m Walk	A.Manning	44m41s	28.1.94
High Jump	K.Hall	1.65m	27.11.93
Long Jump	B.Otto	5.67m	24.2.93
Triple Jump	G.Templeman	11.07m	21.3.93
Shot 4kg	B.Otto	9.34m	26.1.94
Discus 1kg	B.Otto	25.76m	26.1.94
Javelin 600g	K.Hall	29.14m	30.1.94
Hammer 4kg	C.Williams	14.28m	1.11.91
Heptathlon	K.Hall	4143pt	30.1.94
4 x 200 m Relay	B.Otto D.Ferraro U.Rodway G.Templeman	1m 46.38s	12.11.92
4 x 400 m Relay	U.Rodway K.Hall H.Moore C.Williams	3m 58.68s	18.12.93
4 x 800 m Relay	M.Buckley L.Zammarrelli C.Williams R.Carne	9m 13.02s	12.11.92

4 x 1500m Relay	M.Dillon L.Bennett B.Mrakovcic M.Dovey	18m 53.95s	27.11.88
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# **WOMENS UNDER 20 BEST ON RECORD**

100 metres	D.Ferraro	12.84s	31.10.92
200 metres	D.Ferraro	25.85s	15.2.92
400 metres	D.Ferraro	57.45s	31.10.92
800 metres	M.Dillon	2m 11.90s	12.10.90
1500 metres	M.Dillon	4m 27.76s	22.2.91
3000 metres	M.Dillon	9m 41.44s	7.10.90
10000 metres	N.McKean	38m 27.00s	12.11.86
100mH(0.840m)	U.Rodway	16.41s	11.12.93
200mH(0.762m)	B.Otto	33.30s	23.10.91
400m H	U.Rodway	64.63s	8.1.94
3000m Walk	C.Stratford	14m36.41s	11.2.90
5000m Walk	C.Stratford	25m33.00s	17.2.90
High Jump	K.Hall	1.65m	27.11.93
Long Jump	B.Otto	5.67m	24.2.93
Triple Jump	G.Templeman	11.07m	21.3.93
Shot 4kg	B.Otto	9.34m	26.1.94
Discus 1kg	B.Otto	25.76m	26.1.94
Javelin 600g	K.Hall	29.14m	30.1.94
Heptathlon	K.Hall	4143pt	30.1.94
4 x 200m Relay	B.Otto D.Ferraro U.Rodway G.Templeman	1m 46.38s	12.11.92
4 x 400m Relay	M.Buckley L.Hopkins L.Horrockes L.Zammarrelli	4m 11.80s	17.11.91
4 x 800m Relay	M.Buckley L.Hopkins L.Horrockes L.Zammarrelli	9m 41.37s	16.11.91
4 x 1500m Relay	M.Buckley N.Hoyle L.Horrockes L.Zammarrelli	20m16.96s	24.11.90

# **WOMENS UNDER 18 BEST ON RECORD**

100 metres	D.Ferraro	12.84s	31.10.92
200 metres	D.Ferraro	25.85s	15.2.92
400 metres	D.Ferraro	57.45s	31.10.92
800 metres	M.Dillon	2m 11.90s	12.10.90
1500 metres	M.Dillon	4m 27.76s	22.2.91
3000 metres	M.Dillon	9m 41.44s	7.10.90
100mH(0.840m)	U.Rodway	16.41s	11.12.93
200mH(0.762m)	B.Otto	33.30s	23.10.91
400m H	U.Rodway	64.63s	8.1.94
3000m Walk	C.Stratford	14m 36.41s	11.2.90
High Jump	K.Hall	1.61m	20.3.93
Long Jump	U.Rodway	1.61m	10.1.93
Triple Jump	B.Otto	5.67m	24.2.93
Shot 4kg	G.Templeman	11.07m	21.3.93
Discus 1kg	B.Otto	9.34m	26.1.94
Javelin 600g	B.Otto	25.76m	26.1.94
Heptathlon	U.Rodway	28.88m	26.3.94
4 x 200 m Relay	U.Rodway B.Otto D.Ferraro U.Rodway	4446pt	30.1.94

4 x 400m Relay	G.Templeman	1m 46.38s	12.11.92
	M.Buckley		
	L.Hopkins		
	L.Horrocks		
4 x 800m Relay	L.Zammarrelli	4m 11.80s	17.11.91
	M.Buckley		
	L.Hopkins		
	L.Horrocks		
4 x 1500m Relay	L.Zammarrelli	9m 41.37s	16.11.91
	M.Buckley		
	N.Hoyle		
	L.Horrocks		
	L.Zammarrelli	20m 16.96s	24.11.90

#### WOMENS UNDER 16 BEST ON RECORD

100 metres	D.Ferraro	12.84s	31.10.92
200 metres	D.Ferraro	25.85s	15.2.92
400 metres	D.Ferraro	57.45s	31.10.92
800 metres	M.Dillon	2m 15.50s	4.2.89
1500 metres	M.Dillon	4m 32.97s	12.12.88
3000 metres	M.Dillon	10m 01.01s	18.2.89
90mH	U.Rodway	14.26s	29.1.94
200mH(0.762m)	B.Otto	33.30s	23.10.91
300mH	U.Rodway	45.11s	6.3.94
1500m Walk	C.Stratford	6m 45.58s	18.2.89
High Jump	U.Rodway	1.61m	10.1.93
Long Jump	U.Rodway	5.27m	28.11.92
Triple Jump	G.Templeman	11.07m	21.3.93
Shot 4kg	B.Otto	8.74m	4.3.92
Discus 1kg	U.Rodway	23.32m	28.10.92
Javelin 600g	U.Rodway	28.88m	26.3.94
Heptathlon	U.Rodway	4446pts	30.1.94
4 x 200 m Relay	C.Buckley		
	D.Ferraro		
	U.Rodway		
	J.Nelson	1m 54.60s	16.11.91
4 x 400m Relay	M.Buckley		
	D.Ferraro		
	U.Rodway		
	J.Nelson	4m 17.48s	17.11.91
4 x 800m Relay	M.Buckley		
	L.Horrocks		
	U.Rodway		
	L.Zammarrelli	9m 44.64s	26.11.89
4 x 1500m Relay	M.Buckley		
	N.Hoyle		
	L.Horrocks		
	L.Zammarrelli	20m 16.96s	24.11.90

#### WOMENS UNDER 14 BEST ON RECORD

100 metres	D.Ferraro	12.95s	12.10.91
200 metres	D.Ferraro	25.85s	15.2.92
400 metres	D.Ferraro	58.58s	12.10.91
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 16.00s	2.11.88
200mH(0.762m)	U.Rodway	39.20s	23.10.91
1500m Walk	C.Stratford	7m 07.05s	4.3.89
High Jump	U.Rodway	1.50m	18.1.92
Long Jump	U.Rodway	4.94m	30.1.91
Triple Jump	U.Rodway	10.58m	26.10.91
Shot 2.724kg	U.Rodway	7.74m	4.3.92
Discus 1kg	U.Rodway	20.40m	15.1.92
Javelin 600g	U.Rodway	18.08m	19.2.92
4 x 200 m Relay	C.Buckley		

4 x 400m Relay	D.Ferraro		
	U.Rodway		
	J.Nelson	1m 54.60s	16.11.91
	C.Buckley		
4 x 800m Relay	D.Ferraro		
	U.Rodway		
	J.Nelson	4m 17.48s	17.11.91
	C.Buckley		
4 x 1500m Relay	D.Ferraro		
	U.Rodway		
	J.Nelson	10m 15.94s	16.11.91
	U.Rodway		
	J.Roberts		
	S.Stratford		
	L.Hopkins	22m 08.45s	26.11.88

## ATHLETICS NEW SOUTH WALES

St.George hosted the 1993 NSW Novice Cross Country Championships at Scarborough Park. This venue continues to be a popular course for cross country running and is always enjoyed by athletes and provides good viewing for spectators. St. George were successful in winning the Open Womens Team Championship with C. Kendall, D. Jenkins, J. Nelson and V. Hopkins.

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

Alleyn Gainsford OAM

1. Life Member
2. Announcer for Athletics NSW

George Carruthers MBE

1. Consultant "City to Surf"
2. Life Member Athletics NSW

Arthur Peek

1. Manager Hensley Field Competition
2. Manager NSW Novice CC 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
2. Announcer for Athletics NSW

Dennis Jolliffe

1. Merit Award holder of Athletics NSW

Roy Patmore

1. Merit Award holder of Athletics NSW



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## AUSTRALIAN, STATE & OVERSEAS REPRESENTATIVES

10000m Walk	E.E.Austen	Paris Olympic Games 1924
10000m CC	C.Weeks	Wellington-Aust CCC 1925
10000m CC	A.A.Gainsford	Wellington-Aust CCC 1925
Hop, Step & Jump	B.C.Dickinson	Berlin Olympic Games 1936
440yds Hurd	G.Gedge	Auckland Empire Games 1950 (53.9s)
Marathon	C.Smeal	Helsinki Olympic Games 1952 (2h52m23s)
1 Mile & 3 Mile	A.Thomas	Cardiff Empire Games 1958
1500 metres	A.Thomas	Rome Olympic Games 1960 (3m 46.8s)
5000 metres	A.Thomas	Rome Olympic Games 1960 (14m6.2s)
1500 & 5000m	A.Thomas	Tokyo Olympic Games 1964
800 metres	G.Rootham	Munich Olympic Games 1972 (1m 48.2s)
800 metres	G.Rootham	Christchurch C'wealth Games 1974 (1m47.2s)
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 m	J.Andrews	Pacific Conference Games Christchurch NZ 1981 (14m08s)
10000 m	J.Andrews	Pacific Conference Games Christchurch NZ 1981 (28m41s)
12000 m CC	J.Andrews World	CCC Madrid 1981
12000 m CC	J.Andrews World	CCC Gateshead 1983

## OUTSTANDING PERFORMANCES MADE OUTSIDE AUSTRALIA

Former world record

880 yds	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)	8m32.0	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 yards	J.Duxbury (USA)	1m50.2s	1966
5000 metre	L.Whitty (NZ junior)	14m19.5s	1977
Marathon	L.Whitty (Fukuoka)	2h 15m23.00s	1980
3000 metres	J.Andrews (Hamilton)	8m00.81s	1981
5000 metres	J.Andrews (Auckland)	13m52.00s	1981
3000 metres	J.Andrews (Poland)	7m58.70s	1982
Marathon	J.Andrews (Chicago)	2h 14m44.00s	1982
Half Marathon	J.Andrews (Brussels)	1h 01m37.00s	1993

## CLUB AND SCHOOLS OVERSEAS REPRESENTATIVES

Long Jump	W.Gilliver	NZ Games C'church (6.88m)	1925
800 metres	G.Cook	NZ Games C'church (1m56.0s)	1975
110m Hurdles	W.Bird (15.0s)	NZ Games C'church	1975
110m Hurdles		Schools team	

& 100m Marathon	W.Bird	Christchurch,NZ	1977
	R.Squires	NZ Hamilton	
	(2h23m39s)	Marathon	1975
Marathon	D.Edwards	NZ Hamilton	
	(2h34m51s)	Marathon	1975
Marathon	J.Scott	Boston Marathon	1977
	(2h25m04s)		
3000 metres	L.Whitty	Christchurch	
& 1500 metres		Team (NZ)	1977
Shot & 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

## Equipment as at 31 March 1994

1 Portable Loud Hailer  
 1 Map display Board  
 1 Winners Dais  
 1 First Aid Kit  
 4 High Jump Bars - Fibreglass  
 1 Measuring Stick -Metal  
 1 Pole Vault Bar  
 1 Pole Vault Pole  
 2 Shot Put Stop Boards - Wooden  
 3 6 lb Shot Puts  
 3 4 kg Shot Puts  
 3 3 kg Shot Puts  
 3 8 lb Shot Puts  
 3 10 lb Shot Puts  
 3 12 lb Shot Puts  
 1 Heavy Metal Box  
 1 1 kg Discus  
 1 1.5 kg Discus  
 1 2kg Discus  
 1 400 g Javelin  
 4 600 g Javelin  
 2 700 g Javelin  
 4 800 g Javelin  
 1 50 m Tape Measure  
 3 30 m Tape Measures  
 1 Steel 20 m Tape Measure  
 1 Rake  
 5 Metal Measuring Spikes  
 40 Hurdles  
 2 Junior Relay Batons  
 8 Relay Batons  
 1 Lap Bell (hand)  
 2 2-cap Starting Gun  
 1 Clock  
 1 Printer-Stop Watch  
 3 Stop Watches  
 2 Metal Finishing Posts  
 20 Metal Course Posts  
 20 Wooden Course Flags - Red/White  
 20 Plastic Course Flags - Red/White  
 3 St George Club Banners/Flags  
 22 Clipboards  
 50 Plastic Chairs



## 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	Social Committee	Other Club Funds	Total	Movement Club Funds
1990	\$6,120.23	\$12,979.63	\$19,099.86	+\$2,520.69
1991	\$7,385.98	\$13,964.48	\$21,350.46	+\$2,250.60
1992	\$11,886.81	\$6,854.84	\$18,741.65	-\$2,608.81
1993	\$12,349.74	\$5,712.23	\$18,061.97	-\$679.68
1994	\$12,753.06	\$4,430.74	\$17,183.80	-\$878.17

In 1993-4, Club funds decreased by \$878: this fall was foreshadowed in comments to the 1992-3 annual report. The once only back years payment of \$845 for lighting at Olds Park had a significant impact on the Club's expenses and is roughly equal to the fall in Club funds during the year. Also, assistance in the form of payment of registration fees to athletes who have represented the State is placing pressure on finances, particularly with the increase in Athletics NSW registration fees and the growth in numbers of athletes who now qualify for this benefit.

In previous years, the sale of refreshments was put through the Social Committee books. These Social Committee bank accounts have now been closed because of bank charges to operate these accounts. In 1993-4, proceeds from sale of refreshments (\$1,503.40) was paid directly into the Teams Fund Account.

Next year, it is likely that the Club will close its several Social Committee term deposits and rationalise investments to take advantage of higher interest rates requiring large deposits.

In addition to the sale of refreshments, the Club's Team Fund was enhanced through club members officiating at the half marathon and the City to Surf. As well, Ron Gribble made many approaches to various clubs and organisations for assistance to athletes to compete in Australian Championships and overseas. Through the generosity of these organisations the Club was able to assist many of our athletes of whom six (6) were selected to represent NSW in the Australian Under 16/18 Championships in Hobart.

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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# **St George District Athletic Club Inc** **Statements of Receipts and Payments for the twelve** **months ended 31 March 1994**

Receipts	General Fund	Payments	
Annual Subscriptions	4,551.00	Printing, postage & stationery	800.94
Donations	265.00	Registrations etc to Athletics NSW	4,942.00
Promotions -		Promotions -	
CC Race Fees	2,429.00	CC Hire of Hall	728.00
Novice Day Entries	362.00	CC Refreshments	62.00
Summer CC Entries	243.00	Novice Day Prizes	209.10
Track Race Fees	<u>278.00</u>	CC Cycle & CC Prizes	1,579.50
	3,312.00	T&F Lighting, Olds Park	845.00
		T&F Trophies	<u>163.00</u>
			3,586.60
Sale of Uniforms	1,497.00	Purchase of Uniforms	2,120.00
		General -	
General		Public Liability Insurance	220.76
Sale of Handbooks	86.00	Equipment Maintenance	120.70
Bank Interest	<u>35.71</u>	PO Box Rental	37.00
	<u>121.71</u>	Annual Meeting Trophies	271.25
		Annual Meeting Refreshments	17.45
Total Receipts	9,746.71	Social Function Refreshments	<u>68.40</u>
Loss	<u>2,337.29</u>		<u>634.46</u>
	<u>\$12,084.00</u>		<u>\$12,084.00</u>

## **Teams Fund**

Sportstar Award (J.Andrews)	60.00	Assistance to Individuals -	
Social Committee- Contribution	1,634.74	R.Peters	200.00
M.Dillon - Repayment of Advance	250.00	U.Rodway	250.00
Donations-		B.Otto	250.00
St. George Leagues Club	900.00	T.Munson	400.00
Earlwood RSL	200.00	C.Pelham	400.00
Roundabout Hotel	200.00	C.Burgess	400.00
Other	100.00	H.Moore	300.00
Net proceeds - refreshments	1,503.40	J.Nelson	300.00
John Fairfax - Half marathon	500.00	J.Wall	700.00
Contribution from City to Surf	955.00	D.Simone	100.00
		T.Auciello	100.00
		K.Gallagher	500.00
		Team Entry Fees written back	(10.00)
		Relay Entry Fees	<u>495.00</u>
			4,385.00
		Surplus	<u>356.35</u>
	<u>\$4,741.35</u>		<u>\$4,741.35</u>

# **Statement of Receipts and Payments for the Year Ended** **31 March 1994 Social Committee Funds**

Receipts	Consolidated Fund	Payments	
Interest	476.27	Transfer to Teams Fund	72.95
		Surplus	<u>403.32</u>
	<u>\$476.27</u>		<u>\$476.27</u>
Cash at Bank 1 April 1993		Loss - General Fund	2,337.29
General & Teams Fund	2,354.47	Cash & Term Deposits at 31 March 1994	
Social Committee -	<u>12,349.74</u>	General & Teams Fund	373.53
		Social Committee	<u>12,753.06</u>
Surplus - Teams Fund	14,704.21		<u>13,126.59</u>
Surplus - Social Committee	356.35		
	<u>403.32</u>		
	<u>\$15,463.88</u>		<u>\$15,463.88</u>

## **Balance Sheet as at 31 March 1994**

Liabilities	Assets
Club Funds -	Non-current Assets
General Fund	Equipment
Teams Fund	4,959.00
Social Committee	less Depreciation
	2,491.00
	2,468.00
Non-current Liabilities	Current Assets
Reserve for Perpetual Trophy	Stock on Hand
Reserve for CC Trophies	2,083.00
	Cash at Bank
	173.53
	Cash on Hand
	200.00
	Bank Term Deposit
	12,753.06
	Social Committee
	Bank Deposit
	18.28
	St. George Bank
	<u>15,227.87</u>
	<u>\$17,695.87</u>

**Dennis Jolliffe**  
**Honorary Treasurer**

## **Auditor's Statement**

*I have examined the Books and Records of the St George District Athletic Club Inc. for the year ended 31 March 1994 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**



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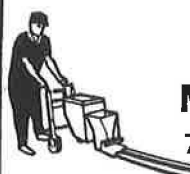
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