

75th Annual Report



St. George District Athletic Club Inc.

31 March 1996



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75th Annual Report

St. George District Athletic Club Inc.

MINUTES OF THE 74th ANNUAL GENERAL MEETING HELD AT THE ST GEORGE LEAGUES BOWLING CLUB PRINCES HIGHWAY CARLTON ON TUESDAY 27 JUNE 1995.

The meeting opened at 7.40 p.m.

Present 50 members and guests - as per attendance book.

The President Ron Gribble welcomed Vice Presidents, Life Members, members, and guests amongst whom were Stan Sheringham and Tony New President Saucony-Sutherland, Barbara Lea and Kay Culkin of St. George Little Athletics, Malcolm Harris Executive Director Athletics NSW, John Burne Zone Co-ordinator Southern Metropolitan Zone Little A's, Marie Ficarra State Member for Georges River.

Apologies - Laurie Seidl Mayor Kogarah, Peter Bryant Mayor Rockdale, Bryan McDonald Mayor Hurstville, Gary Punch Member for Barton, Bryan Langton Member for Kogarah, Morris Iemma Member for Hurstville, Daryl Melham Member for Banks, George Thompson Member for Rockdale, Leo McLeay Member for Watson, Arthur Henderson, Dennis Wilson AM, Dave Chisholm, George Carruthers, Ursula Rodway.

The minutes of the 73rd Annual General Meeting were confirmed on the motion of Albie Thomas seconded Alleyn Gainsford. There were no matters arising from the minutes.

The 74th Annual Report and Financial Statement was presented by the President Ron Gribble. He mentioned the winning of the Winter Premiership in mens A & B grades and the part a number of the St. George athletes played in combining with Saucony Sutherland to win all mens premierships of A,B,C & D grades during the track season. Anne Manning won a silver medal in the 1994 Commonwealth Games in Victoria, Canada and together with John Andrews has been selected to represent Australia in the World Games in Gothenburg, Sweden in 1995. John Wall won the state 1500 metres and a Leader Sportstar Award. Club membership is the highest for 15 years. He acknowledged the contribution made by the Club executive and members who officiate at Club and championship events. Assistance of Rockdale & Hurstville Councils on ground use was appreciated as was the coaching activities of Bill Pratt & Arthur Peek. No major sponsorship had been arranged but donations from the local Sporting & Service Clubs enabled subsidies to club athletes selected for State Teams. The passing of Neil Gould of the Womens Club and of Bruce Tunks mentioned. He raised the possibility of a merger with Saucony Sutherland to provide a strong competitive force in Interdistrict Competition and in teams events. The sponsorship by Optus of Athletics Australia provided an opportunity for Clubs to share the sponsorship dollar. The relationship with St. George LA's in providing a path for continued participation in athletics was proving to be successful. He thanked Stan Sheringham for his co-operation in achieving the joint track premiership wins in all the men's grades.

Alleyn Gainsford spoke in support of the adoption of a "good" report and congratulated those who were to receive Merit Awards. He noted that Albie Thomas still held the NSW Resident mile record. He commented about Neil Gould's achievements both athletically and administratively and in speaking of the past mentioned the possibility of resurrecting the St. George Schools Championships.

Marie Ficarra congratulated the Club and indicated that Hurstville Council was delighted to make facilities available and was pleased to see the good relationships between the Little A's and senior clubs.

Albie Thomas thanked the senior club executive for their efforts and all those who work to make a success of club events. He commented that the front cover of the Report could well be "historic".

Malcolm Harrison commented about the number present and the quality of the Annual Report and Financial Statements. There was a strong case for top facilities in the area. The cost of Public Liability insurance was a matter for concern and that national coverage might give some relief. There was a proposal for a streamlined fee structure but 12 months notice would be given.

Tony New congratulated the Club and thought that a merger could be good for the sport and athletes in the area and such a "family" club would be strong enough to compete in a possible Australia wide Club competition. He was hopeful of facility upgrades in the area.

Stan Sheringham stated that his biggest thrill was in winning all the mens premiership grades and thought that Alleyn Gainsford would appreciate the achievement. He had an excellent working relationship with Ron Gribble and looked forward to its continuation.

Dennis Jolliffe thought it marvellous that the clubs had won the track premiership but drew attention to the fact that St. George had won both the winter mens A & B grades as well as the U20 & U18 and womens U12.

John Burne thanked the club for its invitation to be present and congratulated it for the quality of its Annual Report & Financial Statements. He considered the Little A's to be a largely untapped resource and confirmed that there was a need for better facilities.

Barbara Lea thanked Arthur Peek for his coaching of Little A's and his involvement in the Friday night competition which provided a path for children to continue in athletics.

It was moved by Arthur Peek, seconded by Stan Donnelly that the 74th Annual Report and Financial Statements be approved.

Election of Officers

Patron R. Nash

President R. Gribble

Senior Vice Presidents G. Carruthers MBE, S. Donnelly, A. Thomas

Vice Presidents G. Punch (Barton), L. McLeay (Watson), M. Ficarra (Georges River), G. Thompson (Rockdale), B. Langton (Kogarah), M. Iemma (Hurstville), D. Melham (Banks), B. McDonald (Mayor Hurstville), L. Seidl (Mayor Kogarah), P. Bryant (Mayor Rockdale), R. Jolliffe, D. Wilson AM, G. Page, G. Freeman, D. Jolliffe, A. Staples, A. Argall, Mrs B. Scott, Mrs. P. Donnelly, A. Peek, P. Phillips, B. Molino, A. Henderson, H. Gibbons, L. Bosman, T. Richards.

Secretary R. Molloy

Treasurer D. Jolliffe

Track Secretary A. Peek

Distance Secretary C. Batman

Auditor D. Carlisle

Minute Secretary P. Phillips

Executive

R. Gribble
S. Donnelly
A. Ferraro

R. Molloy
C. Ferraro
A. Staples

D. Jolliffe
P. Phillips

A. Peek
A. Thomas

C. Batman
J. Gallagher

Delegates Athletics NSW

R. Gribble

R. Molloy

A. Staples

C. Batman (alt)

Delegates to Interclub

A. Peek R. Gribble

C. Stratford (alt) J. Gallagher (alt)

Delegates to Harrier (Winter) Committee

A. Staples

W. Seary

P. Phillips (alt)

Merit Awards Merit awards were presented to Alan Argall, John Irvine, Ken Jenkins & Bruno Molino

Annual Awards These were presented to the winners present.

General Business

Alleyn Gainsford stated that he possessed copies of all Annual Reports and had a record of the names of all Club Presidents, Secretaries and Treasurers from the time of the Club's formation and thought that local libraries could be interested

Chris Stratford questioned whether the Club could issue merit awards to athletes who made significant contributions in national and international competition as well as those who served in an administrative area. Ron Gribble responded that the constitution contained the conditions under which merit awards could be issued and that one was that there had to be 15 years continuous years of membership before a member could be considered. A constitutional change would be required to implement Chris's proposal.

The meeting closed at 9.50 p.m.

FRONT COVER GROUP PHOTO

Start of the 50 mile run at Hurstville Oval on 21st March 1971, to celebrate St. George District Amateur Athletic Clubs 50th year.

Minutes of Special General Meeting Held 22 July 1995 in the Sid Frost Hall Hawthorne St. Ramsgate.

The Secretary called the meeting to order at 4.30 p.m. and explained the reason for the meeting - a request had been made by more than 15 financial members for a Special General Meeting under Clause 15 of the Constitution to discuss a proposal that the Club amalgamate with Saucony Sutherland. The request was received on Saturday July 8 1995 and under the constitution a meeting had to be held within 21 days and 10 days notice to members was required. Notices were posted on Sunday & Monday July 9 & 10. The date of July 22 therefore met the constitutional requirements. The following Saturday July 29 would also have met requirements but athletes would be absent at the State Championships at Nowra. The requirement for a quorum of 15 at the meeting had been met. The secretary pointed out that under Clause 16(d) of the constitution proxy votes were not permitted. Upon being questioned he agreed that the notice could have drawn attention to this clause.

Stan Donnelly queried why everyone was not provided with a copy of the constitution - a number were available but not for everyone. The secretary replied that any member who requested a copy would have been provided with a copy - until then no requests had been received.

Albie Thomas queried whether the notice of the Special General Meeting mirrored the signed request for the special general meeting and noted that the notice was undated. He withdrew the question concerning the signed request after being assured by others that it did (the request was available and was verbatim). The secretary indicated that the lack of a date did not invalidate the notice - Clause 27 of the constitution covered the serving of notices. Albie also commented that the executive had appointed 4 members to attend a meeting with Sutherland and was supposed to report back. The secretary stated that the report was given to the executive meeting on Monday July 17 and that the notice of the meeting included a "background" report which stated what had been discussed at the meeting with the Sutherland Club. (Albie was absent overseas at the time of the executive meeting.)

The President Ron Gribble indicated that he thought it inappropriate that he chair the meeting as he wished to move the motion and speak to it and therefore wanted to stand down. The senior Vice-president, Albie Thomas declined to take the chair as he also wished to speak on the motion. The next senior Vice-president, Stan Donnelly took the chair.

Albie Thomas indicated that he had spoken to the Emeritus President Alleyn Gainsford, who apologised for his absence, and passed a message that Alleyn thought the Club should progress the matter slowly as it would be too late to repent afterwards but offered no further comment other than to say that he thought that St. George, as the senior club should come before Sutherland in the name.

Ron Gribble moved the motion (attached) and was seconded by Greg McCarthy.

Dennis Jolliffe moved an amendment to add conditions and as the mover and seconder agreed to the amendment it then became the motion.

Allen Argall spoke against the motion saying that he thought the Club was rushing into to something about which they did not have all the facts. He wanted St. George first in the name.

Chris Stratford considered that St. George could survive as an independent athletic club - there had been continued growth over the past five (5) years and the Club did not have to merge to grow.

Tom Richards considered that it was time to make a decision but questioned what would be the position if Saucony withdrew its sponsorship and what would be the position of individual athletes in the Club who already may have sporting goods sponsorship other than Saucony.

Frank Scorzelli stated that the Club should consider the future of the kids not of themselves but was concerned that if St. George merged and vacated venues in the district the younger athletes would have to go to Homebush.

Albie Thomas indicated that he personally was not in favour of the motion as it would probably mean that Sutherland being the larger club would "take over" and the Scarborough venue would eventually be lost, that the Saturday competition was a "happy family atmosphere" but acknowledged that success is measured by track results.

Christine Batman stated that she was happy to stay at Scarborough but a merger would probably be better for the kids.

Dennis Jolliffe (Treasurer) stated that 40% of the Club membership came from the Sutherland Shire and that he thought it more likely that the attendance would increase at Scarborough.

Rachael Patterson stated that the younger athletes competed during the track season and that winter relay teams were not available from St. George due to lack of members in the age groups and that an amalgamation would provide more opportunity for teams competition. The younger athletes would still come to Scarborough as it was a

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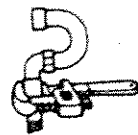
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great atmosphere. She questioned what will happen to the Club when the older members retire from running - will the club fold. The history of the Club is the past - what can be done to improve the club for the future.

Alan Staples stated that any conditions which the Club imposed at the time of the amalgamation could be changed later. Sponsorship can change and he thought that St. George athletes could be disadvantaged in relay selection if there are marginally better Sutherland runners available. He commented that the Club may have to amalgamate the track but he thought that the membership was being "rushed"

Ron Gribble in reply stated that in his 5 years as President he tried to get the Club to be more competitive and bigger as the big clubs get the results. Good results attract sponsorship. He had tried unsuccessfully for some time to attract sponsorship for St. George. He had to approach Service Clubs in the area to gain support to fund St. George athletes in interstate and international competition. It was proposed that the Scarborough park venue would remain and that any funds raised by the Scarborough Park athletes would be available to them for series prizes and to pay for trophies. St. George had good relationships with Sutherland. The Sutherland incentive scheme would apply to all club members not just ex-Sutherland members. A larger Club could more actively lobby for improved facilities e.g. a good synthetic surface at Sylvania Waters track. Saucony had been advised of the amalgamation proposal and were quite "excited" at the move. A uniform would be designed by Saucony to incorporate St. George colours and would be subject to approval of both bodies.

A request was made by more than five members for a secret ballot.

Tom Richards and Ken Jenkins were appointed scrutineers.

Ballot papers and pencils were distributed and members were instructed to write "yes" if in favour of the motion or "no" if against.

The Chairman then put the motion.

The scrutineers reported that the motion had been lost by 40 votes to 23.

The attendance register showed that 67 persons had signed the register. It was determined that two (2) persons were not eligible to vote. Two members apparently abstained from voting.

Motion:

That the members of the St. George District Athletic Club Inc approve in principle a proposal to amalgamate with Saucony Sutherland District Athletics Club Inc to form a club named Saucony Sutherland St. George Athletic Club Inc subject to

1. the constitution of the Saucony Sutherland Club being changed to reflect the name Saucony Sutherland St George Athletic Club Inc
2. the surviving Life Members of St. George being admitted as Life members of the new Club.
3. the constitution of Saucony Sutherland being amended to provide for the issue of Merit Awards and that the surviving Merit Award holders in the St. George Club be admitted as Merit Award holders of the new Club
4. the constitution of Saucony Sutherland being amended to provide for two Cross Country branches - one centred on Scarborough Park and the other in the Sutherland Shire with funding from the main Club but with any funds raised by either branch being available for use as seen fit by each Branch but with the funds being reported as funds of the main Club.
5. the constitution of Saucony Sutherland being amended to provide for a St. George Branch convenor and a Sutherland Branch convenor both of whom shall be Office Bearers of the new Club and each having a sub-committee to run the Cross Country activities.
6. the performance records of both of the existing Clubs being reported for a period of two (2) years in the Annual Report of the new Club and thereafter the Committee of the new Club to combine records as appropriate.
7. the history of Australian & Overseas Representatives, Outstanding performances made outside Australia and Club & Schools Overseas representatives as published in the St. George Annual Report be incorporated into the new Club's Annual Report
8. there be a year transition period where those Office Bearers of the two clubs who wish to be Office Bearers in the new Club are appointed as Office Bearers of the New Club subject to elections in 1997 such that there would be separate Annual Reports for the year ended 31 March 1996.
9. The new Club's uniform should include red & white vertical stripes on part of the singlet and the design be acceptable to St. George members.
10. If the new Club takes action to delete the words St. George or Sutherland, then at the request of at least 20 members, funds be provided in the same proportion as at the time of amalgamation of the two Clubs to reform either of the two Clubs.

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OFFICE BEARERS

Patron

R. Nash

President

A. Thomas

Emeritus President

A.A. Gainsford OAM

Senior Vice Presidents

G. Carruthers MBE; S. Donnelly; D. Jolliffe

Vice Presidents

B. Saravinovski; L. McLeay; T. Lind; M. Iemma; D. Melham; P. Olah;
B. Langton; M. Ficarra; R. McClelland; G. Thompson; P. Donnelly;
B. Scott; R. Jolliffe; D. Wilson AM; G. Page; T. Richards; A. Staples;
A. Argall; A. Henderson; A. Peek; B. Molino; L. Bosman; P. Phillips.

General Secretary

R. Molloy

Treasurer

D. Jolliffe

Track Secretary

A. Peek

Distance Secretary

C. Batman

Minute Secretary

P. Phillips

Honorary Auditor

D. Carlisle

Executive

A. Thomas (Chairman); R. Molloy; D. Jolliffe; A. Peek;
C. Batman; S. Donnelly; C. Ferraro; J. Gallagher; P. Phillips
A. Ferraro; A. Staples; A. Kelly

Delegates to Management Council

A. Thomas; R. Molloy; A. Staples; C. Batman (alt)

Delegates to Interclub

A. Peek; J. Gallagher (alt); C. Stratford (alt)

Delegates to Harrier (Winter) Committee

A. Staples; P. Phillips (alt)

Track Captain

S. Carvalho

Track Vice Captain

A. Manning

Mens Distance Captain

J. Hudleston

Mens Distance Vice Captain

A. Kelly

Womens Distance Captain

V. Moore

Womens Distance Vice Captain

K. Elder

Publicity Officers

A. Peek; P. Phillips; R. Nash; A. Thomas

Registrar

C. Ferraro

Assistant Registrar

A. Ferraro

Records Officer

J. Gallagher

Social Committee

P. Donnelly; N. Thomas; E. McClean; E. Walsh
J. Molloy; S. McCarthy; V. Moore; J. Moore; M. Peek

Selectors

S. Donnelly; D. Jolliffe; A. Peek; S. Carvalho; J. Scott
C. Batman; V. Moore; J. Hudleston; K. Gallagher; C. Stratford

Handicappers

S. Donnelly; D. Jolliffe; J. Scott; A. Peek; C. Stratford

Timekeepers, Judges, Recorders and

Gear Stewards

K. Jenkins; S. Donnelly; B. Molino; A. Argall;
J. Scott; H. Kunkel; J. Gallagher; T. Richards; A. Peek;
J. Hudleston; D. Jolliffe; N. Windred;
P. Wright; E. Walsh; P. Tuziak; J. McClean
R. Molloy; J. Molloy; A. Otto; J. Irvine

Costume Custodian & Trophy Steward

T. Richards

Starters

S. Donnelly; A. Peek; P. Tuziak; R. Molloy

Coaches

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

First Aid

A. Argall; R. Nash; V. Hopkins; A. Dawes

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
A. Argall	1995
J. Irvine	1995
K. Jenkins	1995
B. Molino	1995

Club Membership

	1991-92	1992-93	1993-94	1994-95	1995-96
Officials	14	23	26	26	26
Open	83	75	85	97	27
Veteran	0	0	0	0	56
Associate	0	1	10	0	1
Under 20	2	0	2	2	5
Under 19	2	5	5	9	5
Under 18	5	9	8	5	5
Under 17	7	7	2	12	7
Under 16	8	6	4	12	8
Under 15	4	6	8	11	6
Under 14	6	11	10	9	7
Under 13	9	8	4	16	9
Under 12	17	3	9	11	6
Under 11		15	15	11	24
Total	157	169	188	221	192

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.

Significant growth in 1994-5, Club membership fell to similar levels experienced in 1993-4. The fall was widespread across all groups and appears to be continuing in the 1996 cross country season. During 1995-6, the Club received 61 new members and had 131 renewals, compared to 74 new members and 147 renewals for the previous year. 121 members, including 52 athletes under 15, were members for the full year; 58 registered for the winter season; and 13 registered as summer athletes.

President's Report

Presented to members at the 75th Annual General Meeting held at St. George Leagues Bowling Club on 25 June 1996.

Ladies and Gentlemen,

This year our club will celebrate 75 years of providing athletics in the St. George district. The club was formed on 7 March 1921 and its first 2.5 mile race from Hurstville to Bexley & return was won by A. Gainsford on 2 April 1921. During those 75 years our club has had many thousands of athletes compete in the "red and white". Some reached Olympic, Commonwealth, World, Australian, State level during their careers. The majority who joined the club achieved exactly what they set out to do, and that was to compete, improve, enjoy, meet people and do their best at all of these.

During the last year we had changes which are still being felt. A separate section deals with the Saucony Sutherland amalgamation proposal. A Special General Meeting was called and the members present voted to remain as a separate club. Naturally this has caused problems which will not go away quickly. Some members voted with their feet and transferred to other clubs. Damage was done to us by the wording in "The Blue Baton" newsletter which was distributed at Homebush. We are still getting comments back about St. George not being interested in track athletics. Let me assure you that our club is interested in track as well as cross country.

Ron Gribble resigned all of his positions, President, Executive member and Team Manager for Inter-district competition at our Executive Meeting on 21st August 1995. On behalf of the Executive and all club members, I would like to thank Ron for the tremendous amount of unselfish time and work that he put in over his 5 years as President.

Athletes change clubs to be in teams or for promises of more money, or to follow coaches. That is their right. Some have lost sight of the fact that in most track events it is hard, consistent, dedicated training to toughen one's body and mind for top competition. There are only team relays up to 400m in the top competition, so the distance person has to get on the track to race alone—no coach in the race or "team" to help in that

situation. It is you alone against the competition and clock. Really make certain you have a goal to work for and go for it. Of course we want you to do it with St. George.

On the home front, I would like to thank all of the Executive and Officials for the time they have given during 1995/96, especially as we went through the change, which put a greater burden on their time. Bob Molloy certainly gained additional work in the Secretary role as did Dennis Jolliffe who gave help to Bob during the change-over. Jim Gallagher must be thanked for stepping into the Inter-district Managers job at Homebush, which placed a lot of pressure on him, not to mention the many hours given. Arthur Peek continued to give many hours with our young members who performed excellently on the track, and of course he conducted the "summer cross country" series which gave us much enjoyment.

Our cross country season would not function without all of the help given to set out courses each race day and all of the other work done by people such as Tom Richards, Ken Jenkins and Dennis Jolliffe. Of course we could not hold our races without our Handicappers, Julian Scott, Chris Stratford, Dennis Jolliffe and Stan Donnelly (also our starter)-----Thank you for your efforts. We also have "Our Ladies" who provide afternoon tea, Joyce Molloy, Pat Donnelly and Nola Thomas. The "Shop and Raffle" girls Val and Jessie Moore do a great job raising funds. So to all of our Ladies-----Thank You. These are only some of our helpers, so to all the other helpers-----Thank You.

1995 Cross Country.

During the season our Teams performed to a very high standard in all of the events entered. Under 14 years girls placed in all State Championships with the exception of one 4th place, which was very consistent running by these girls. The U20 years men's team entered 2 State Championships and won Both, an excellent performance by these young men. Our U18 years men's team recorded 2 wins and a third in their State Championship runs. Our older members showed their class by recording 2 wins and a 3rd in the over 40 years, and the over 50 years men recorded a 2nd and 4th in their Championship team races.

In the Individual races we had some really fine winners in Damon Harris who recorded wins in the State Novice Open 10Km and U20 years 8Km both won convincingly. Mark Lanham won the U18 years 6Km and Elizabeth Stratford recorded a fine 1st place in the U14 years 3Km.

At Scarborough Park after a very good season we had Point Score and Fastest Times winners in each division, and these athletes performed very consistently over the whole season to gain their wins. I congratulate every athlete who ran during the season as larger fields make for better races and provide an incentive for each to do their best. Don't forget Alan Staples who is there each week to accept our race entries and the "Ferraro Team" of Coral and Albert who do our registrations.

1995/96 Summer Season.

Missed was Ron's management this season, and that was by both clubs, as he performed many duties which others from both clubs had to undertake. Jim Gallagher accepted the challenge and took over the role of organising the St. George runners each Saturday. This took a considerable amount of his time and patience. Thank you Jim for performing that important role of working with our young people. Jim was assisted by Arthur Peek who organises many of our ex Little A's runners and encourages them to run with our club. Our club was weakened by some runners who transferred to Sutherland, yet those runners appeared infrequently. The combined team still performed very successfully during Inter-district by winning the men's open grades of B, C and D, with the women winning B and C grades. In the report you will notice names constantly appearing in many events and grades. Alison Di Rosa, Sean Culkin, Keiran Gallagher, Clinton Pelham, Chris Burgess, Chris Stratford, Anne Manning, Elizabeth Stratford, Jarrod Eastwood,

Sergio Carvalho who were all high scorers and they were supported by Damon Harris, Brian Ashton, Tony Auciello, Bruce Hansard, Blake Eastwood and Marck Lanham. We had some athletes with injuries and we hope that they fully recover for next season. The ground performance standards kept some of our younger athletes off the track. Alison Di Rosa and Sean Culkin competed in more than one grade and both scored the highest overall points during competition---fantastic effort.

During the season we also had athletes set club records as well as placing's in championships. Alison Di Rosa set records for 200m in Open, U20, U18, U16, 100m hurdles in U20, U18, U16 and 300m hurdles in U16. Anne Manning in the 5km & 10km walks and Carly Bartlett in the U14 high Jump. Elizabeth Stratford set a 1500 walk and 3km run records in U14. Two of our men set records, Keiran Gallagher U20 400m and Chris Burgess 400m Hurdles in U18.

Our Veterans also performed exceptionally well in the NSW T&F Championships.

Adam Murphy was selected through an essay competition sponsored by the Olympic Committee to attend an International Youth Camp being conducted outside Atlanta - this was quite an achievement and augurs well for his future not only in sport.

Albie Thomas, President

Annual Awards for 1995-1996 Athletics Season

A.A.Gainsford Trophy (Outstanding Senior Athlete)

Anne Manning

Robert Nash Trophy (Most improved senior athlete)

Jim Owens

The L.L.Bosman Award (Performance, Sportsmanship)

(Outstanding under 20 years) Kieran Gallagher

A.Henderson Trophy (Outstanding under 18 years)

Chris Burgess

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

Sean Culkin

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

Sergio Carvalho

A.Gould Memorial Trophy (Outstanding under 16 yrs)

Alison Di Rosa

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

Elizabeth Stratford

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

Larissa Wayne

F.Wilson Trophy (Outstanding under 14 years)

Elizabeth Stratford

L.L.Bosman Trophy (Outstanding hurdler)

Alison Di Rosa

J.J.Walsh Trophy (Outstanding Marathon runner)

John Andrews

St.George Trophy (Best field athlete)

Sean Culkin

Ron Gribble Trophy (Open grades track & field aggregate point score winner)

Alison Di Rosa(F) Sean Culkin(M)

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

Blake Eastwood

A.Winter Perpetual Trophy (Best triple jump performance)

Sean Culkin

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

Amanda Russell (F) Billy Enholm(M)

1995 DISTANCE REPORT

by Christine Batman Distance Secretary

In 1995, once again, St. George dominated the first State Cross Country Championships with a first place in the men's 10km Novice Championship. Damon Harris who was placed 4th in 1994 took 40sec off his 1994 time to win in a splendid time of 31m 33s. Matt Rizzutto also improved from 13th in 1994 to 4th in 1995.

The open women's team came 1st even though there were no individual placegetters (Pauline Vea 4th and Vasa Tulahe 6th

Lynne Ward 9th Deborah Jenkins 11th).

Our representative teams were inconsistent this season. School championships, HSC, injuries, training programmes and unavailability of many of our best runners led to last minute substitutions in most teams.

Three exceptions were the U14 Female team, the O40 Mens team and the U20 mens team.

The U14 female team gained places 1 to 4 in all State Championships that they contested. This was an outstanding effort as most of these girls will still be U14 in 1996. Great effort to Elizabeth Stratford, Larissa Wayne, Elise Anthony, Jacqueline McCarthy, Jo Elder, Sara George and Stephanie Thompson

Three of the girls joined Kelly Elder in the U16 female team at the NSW Road Championships to gain 2nd place!!! The U14 females gained 3rd place overall in the final winter point score premiership.

The O40 mens team gained places 1 to 3 in all State Championships that they entered, coming 1st in the Half Marathon and CC Relays at the Crest. Well done to Frank Scorcelli, Dave Patterson, Jon Charles, Harry Ward, Ron Gribble and John Hudleston.

The U20 mens team consisting of Tony Auciello, Brett Mathieson, Marck Lanham, Ross Hudson & David Askew was placed 1st in the two State Championships that they entered. These outstanding athletes held the attention of all spectators as they seemed to sprint effortlessly around the courses. Good luck to these future champions.

Another spectator's delight deserves mention when our Open Men's team came within seconds of taking out the greatest win of the season.

Our star runner, John Andrews, ran a brilliant anchor leg of the 4x5km Road Relay Championship, clocking the fastest time of the day. He took the baton some 50 metres behind the runner of the leading team, Eastern Bays, and actually caught the runner but was narrowly beaten in the final sprint to the finish. The spectators were treated to an exceptionally fine effort.

Individual highlights of the 1995 season include:

Damon Harris	1st Novice 10km
Elizabeth Stratford	1st U14 Road Championships
	1st U14 3km CC Championships
	2nd U14 2.5km CC Championships
Martin Pascoe	3rd U14 Road Championships
Frank Scorcelli	1st O40 NSW Half Marathon
John Andrews	1st ACT Marathon
John Wall	14th City to Surf.

Our Club Championships proved popular again and were closely contested in most age groups. Congratulations to the winners.

The Club trophy races were exciting with not one person dominating more than one trophy. This shared result must be credited to our handicappers. Thanks for a great effort Stan Donnelly, Dennis Jolliffe, Julian Scott, Chris Stratford.

Thanks also to the many volunteers who assisted in the Half Marathon, City to Surf and NSW Marathon. Our Club received \$1,320 from these days. We have committed St. George again in 1996 so please join in the fun and help our fundraising efforts. It could be you or your child who needs financial assistance in the future.

Athletics NSW Distance Runner of the year 1995

Male

10	Lawrence Whitty
18	Damon Harris
20	John Wall
43	John Andrews
57	Baden Reynolds
62	Jim Owens

Female

36	Pauline Vea
39	Vasa Tulahe

Athletics NSW Distance Walker of the year 1995

1	Anne Manning
---	--------------

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1995 Winter Point Score

Senior	1 Jon Charles	273 Points
	2 Dave Patterson	264
	3 Dennis Jolliffe	239
Fastest Times Champions		
Male	Dave Patterson	60
Female	Elizabeth Lohwasser	46
Intermediate 1	1 Arthur Peek	347 Points
	2 Heinz Kunkel	339
	3 Kerry Edwards	327
Fastest Times Champions		
Male	Sergio Carvalho	58
Female	Elizabeth Stratford	66
Intermediate 2	1 Jo Elder	227 Points
	2 Vicki Pryer	189
	3 Craig Sippel	188
Fastest Times Champions		
Male	Craig Sippel	66
Female	Jo Elder	56
Under 12	1 Billy Enholm	229 Points
	2 Michael Edwards	227
	3 Amanda Russell	214
Fastest Times Champions		
Male	Martin Sippel	75
Female	Carlie Bartlett	86

St. George Trophy Days

Jim Allen Trophy: Senior 10km H'cap 8.4.95

1 A. Dawes 2 A. Staples 3 Cathy Duff

Fastest M Rizzuto (M) 32.27 C. Batman (F) 42.29

Bill Dalton Trophy: Senior 11km H'cap 29.4.95

1 C. Stratford 2 A. Staples 3 S. Causer

Fastest J. Charles (M) 42.30 P. Veal (F) 44.57

Dick Vaughan Trophies 24.6.95

Under 12 2km

1 K. Edwards 2 A. ERussell 3 J. Maynard

Fastest M. Sippel (M) 8.30 C. Bartlett (F) 8.47

Intermediate Div 2 2km

1 S. Nicholl 2 K. Nicholl 3 T. Edwards

Fastest C. Sippel (M) 7.33 J. McCarthy (F) 8.05

Intermediate Div 2 4km

1 E. Walsh 2 M. Skinner 3 C. Williams

Fastest S. Carvalho (M) 12.55 E. Stratford (F) 15.03

Snr 12km

1 R. Gribble 2 D. Edwards 3 J. Irvine

Fastest D. Askew (M) 42.40 P. Veal (F) 49.43

Greg Page Trophy: Senior 14km H'cap 15.7.94

1 J. Irvine 2 D. Edwards 3 J. McClean

Fastest H. Ward (M) 51.08 L. Ward (F) 63.21

Jack Coppock Trophy: U/14 3k H'cap 5.8.95

1 S. Nicholl 2 Jo Elder 3 S. Thompson

Fastest T. Edwards (M) 17.11 J. Elder (F) 13.38

Ron Gribble Trophies 26.8.95

Under 12 2km

1 M. Turner 2 J. Maynard 3 M. Edwards

Fastest M. Sippel (M) 8.25 C. Bartlett (F) 8.37

Intermediate Div 2 3km

1 D. Ferraro 2 J. Elder 3 T. Edwards

Fastest C. Sippel (M) 12.319 J. Elder (F) 13.49

Intermediate Div 1 6km

1 L. Wayne 2 C. Stratford 3 Larissa Wayne

Fastest E. Scott (M) 26.54 K Elder (F) 29.43

Senior 8km

1 D. Edwards 2 J. Charles 3 S. Causer

Fastest J. Charles (M) 29.50

National Fitness Association Trophies 3.9.94

Under 12 2km

1 B. Enholm 2 M. Turner 3 M. Walker

Fastest M. Sippel (M) 8.34 B. Davison (F) 8.43

Intermediate Div 2 4km

1 K. Bartlett 2 C. Sippel 3 U. Rodway

Fastest C. Sippel (M) 14.50 J. Elder (F) 17.12

Intermediate Div 1 5km

1 R. Molloy 2. Larissa Wayne 3 J. Page

Fastest R. Squires (M) 17.30 E. Stratford (F) 19.28

Senior 10km

1 K. Jenkins 2 R. Gribble 3 D. Edwards

Fastest D. Patterson (M) 36.18 E. Lohwasser (F) 50.05

George Carruthers Cup: Open 2k H'cap 16.9.95

1 John Irvine 2 Jon Charles 3 Amelia Peek

Fastest D. Harris (M) *5.51 R. Patterson (F) 7.51

* Course Record

St. George Club Champions 1995

	Men		
Senior	1st	2nd	3rd
8km	D. Harris	H. Ward	D. Patterson
	26.32		
Under 20			
5km	M. Lanham	R. Hudson	B. Mathieson
	16.20		
Under 18			
5km	D. Askew	S. Carvalho	M Skinner
	16.26		
Under 16			
3km	E. Scott	A. Murphy	
	12.07		
Under 14			
3km	M. Pascoe	D. Yee	C. Sippel
	11.18		
Under 12			
2km	J. Hill	M. Sippel	D. Pryer
	8.34		

Women

Senior			
Senior 5km	V. Tulahe	L. Ward	S. Roberts
	18.48		
Under 18			
5km	E. Stratford	R. Patterson	K. Elder
	19.42		
Under 14			
3km	J. McCarthy	E. Anthony	J. Elder
	12.09		
Under 12			
2km	A. Russell	J. Maynard	L. Manalac
	10.24		

Championship Results 1995

State Novice Championship 22.4.95

Teams

Open Male 10km

5 D. Harris, M. Rizzuto, F. Scorzelli, S. Causer

Individual

1	Damon Harris	31.33
4	Matt Rizzuto	32.30
37	Frank Scorzelli	35.51
45	Shane Causer	36.43

Open Female 4km

1 P. Veal, V. Tulahe, L. Ward, D. Jenkins

Individual

4	Pauline Veal	14.41
6	Vas Tulahe	14.55
9	Lynne Ward	15.26
11	Deborah Jenkins	16.15

State Cross Country Relay Championships 8.7.95

4x4km

Open Female

7 S. Roberts, C. Williams, K. Edwards, R. Patterson

Veteran Male 50+

4 N. Markham, J. McClean, J. Irvine, A. Argall

Veteran Male 40+

1 J. Charles, H. Ward, D. Patterson, F. Scorzelli
14 D. Edwards, C. Maver, A. Peek, C. Stratford

Open Male

6 D. Harris, B. Hansard, J. Wall, S. Carvalho

Under 20 Male

1 M. Lanham, T. Auciello, D. Askew, B. Mathison

Under 18 Male

5 M. Skinner, D. Askew, M. Pascoe, S. Carvalho

4x2km**Under 14 Female**

3 J. McCarthy, L. Wayne, E. Anthony, E. Stratford

7 S. Thompson, C. Bartlett, B. Davidson, Jo Elder

Under 14 Male

8 D. Pryer, M. Edwards, T. Edwards, M. Pryer

State Road Relay Championships 17.6.95**Teams****Veterans 50+**

2 R. Gribble, B. Squires, A. Thomas, N. Markham

6 D. Jolliffe, J. McClean, J. Irvine, A. Argall

Veterans 40+

3 F. Scorzelli, D. Patterson, J. Charles, H. Ward

13 A. Peek, R. Cook, C. Maver, C. Stratford

Open Male 4x10km

2 J. Wall, D. Harris, J. Andrews, L. Whitty

7 B. Hansard, J. Owens, M. Skinner, A. Kelly

Under 20 Male 4x5km

1 B. Mathison, M. Lanham, T. Auciello, R. Hudson

Under 18 Male 4x5km

3 S. Carvalho, M. Pascoe, E. Scott, D. Askew

Under 12 Male 4x2km

4 K. Jenkins, D. Pryer, J. Hill, D. Yee

Veteran Female 4x5km

2 C. Batman, P. George, P. Veal, D. Jenkins

Open Female 4x5km

8 R. Patterson, L. Edmundson, L. Hopkins, V. Tulahe

Under 16 Female 4x3km

2 J. McCarthy, E. Anthony, K. Elder, E. Stratford

Under 14 Female 4x3km

4 S. George, S. Thompson, Jo Elder, L. Wayne

State Road Championships 13.5.95**Open Male 4x5km**

2 P. Davies, D. Green, D. Evans, J. Wall

Under 20 Male 4x5km

2 D. Askew, D. Harris, D. Simone, T. Auciello

Under 18 Male 4x5km

1 S. Carvalho, C. Elashkar, W. Freier, M. Lanham

Under 12 Female 4x2km

1 J. McCarthy, C. Bartlett, E. Anthony, E. Stratford

State Cross Country Championships Nowra 29.7.95**Individual**

Under 20 Male 8km 4 Ross Hudson 28.29

11 Sam Naghi 31.24

Under 18 Male 6km 17 Sergio Carvalho 23.34

Under 16 Female 4km 12 Kelly Elder 17.59

Under 14 Female 3km 1 Elizabeth Stratford 11.19

15 Jo Elder 13.48

16 Larissa Wayne 14.01

State Cross Country Championships Galston 19.8.95**Team****Under 14 Female 4x2km**

2 E. Stratford, J. Elder, J. McCarthy, L. Wayne

Individual

Open Male 8km 7 Laurie Whitty 24.07

55 Jon Charles 27.43

96 C. Stratford 33.52

Under 16 Female 5km 8 Kelly Elder

Under 14 Female 2.5km 2 Elizabeth Stratford 9.16

6 Jacqueline McCarthy 10.24

15 Jo Elder 11.23

16 Larissa Wayne 11.43

Australian Cross Country Championships Bendigo 2.9.95**Open Male 12km**

37 J. Wall 40.50

Under 20 Male 8km

30 R. Hudson 28.43

Under 18 Male 6km

12 D. Askew 20.49 Team 1st

City to Surf 13.8.95

John Wall 44.02

Trent Munson 45.56

Matt Ritzutto 46.38

Damon Harris 46.46

Frank Scorzelli 49.15

Sam Naghi 49.25

Bruce Hansard 51.17

Shane Causer 52.22

Jim Owens 52.28

Sergio Carvalho 53.34

Neville Markham 53.43

David Page 55.22

John Hudleston 56.12

Graham Tearall 58.48

Dennis Jolliffe 60.46

Dave Edwards 61.45

John Dennehy 61.55

Michael Hanrahan 65.05

Anthony Peridis 65.07

Chris Maver 66.46

Vilis Gravitis 69.45

Bob Molloy 86.56

Nola Thomas 98.10

Tom Richards 101.57

Valarie Moore 127.06

Billy Enholm 147.29

State Half Marathon 28.5.95

Mark Campbell 73.39

Frank Scorzelli 77.19

Shane Causer 79.46

Jim Owens 87.28

David Scorzelli 88.20

Jon Charles 80.10

Ron Gribble 83.44

John Hudleston 85.20

Teams

Open Mens 7th M. Campbell, S. Causer

J. Owens, D. Scorzelli

Over 40 1st F. Scorzelli, J. Charles,

R. Gribble, J. Hudleston

State Marathon 27.8.95

58 Jim Owens 2h 55.55

92 Bruce Hansard 3h 03.37

712 Chris Maver 4h 04.02

Teams Open Male

7th J. Owens, B. Hansard, C. Maver

Athletic NSW Winter Premiership Team Results**Female**

Open 35+ 4th Open "A" 5th

Under 16 5th Open "B" 10th

Under 14 3rd Open 50+ 5th

Open 40+ 4th

Under 20 2nd

Under 18 4th

Under 14 10th

Under 12 5th

NSW Track & Field Championships
Homebush International Athletic Centre
February 1996

Women**Open**

5km Walk A. Manning 21:23.07 2nd*

Under 20

200m Heat A. Di Rosa 25.33s 3rd

200m Final A. Di Rosa 25.23s 6th*

100mH Heat A. Di Rosa 15.33s 3rd

100mH Final A. Di Rosa 15.51s 5th

**NSW Relay Championships
Homebush IAC 16 December 1995**

Under 18

200m Heat	A. Di Rosa	25.42s	3rd
200m Final	A. Di Rosa	25.96s	9th
100mH Heat	A. Di Rosa		3rd
100mH Final	A. Di Rosa	14.89s	5th*

Under 16

300mH Heat	A. Di Rosa		1st
300mH Final	A. Di Rosa	44.51s	1st

Under 14

1500m	E. Stratford	4:58.45	6th
1500mVW	E. Stratford	6:56.48	3rd

Men

Open

1500m Heat	B. Hansard	4:18.06	12th
400mH Heat	C. Burgess	56.61s	3rd
400mH Final	C. Burgess	58.89s	6th

Under 20

200m Heat	C. Pelham	22.62s	3rd
200m Heat	B. Ashton	23.53s	5th
400mH Heat	C. Burgess	58.49s	3rd
400mH Final	C. Burgess	56.07s	4th*
5000m Final	S. Carvalho	16:19.32	5th

Under 18

100m Heat	C. Pelham	11.50s	3rd
100m Final	C. Pelham	11.59s	6th
200m Heat	C. Pelham	22.76s	2nd
200m Final	C. Pelham	22.27s	3rd
400m Heat	C. Pelham	51.69s	3rd
400m Semi	C. Pelham	DNS	
400m Heat	C. Burgess	52.30s	4th
400m Semi	C. Burgess		7th
400mH Final	C. Burgess	56.13s	1st
Long Jump	S. Culkin	6.18m	6th
High Jump	S. Culkin	1.90m	4th

* Club Record

**Australian Track & Field Championships
Homebush IAC 7-10 March 1996**

Open

Women

5km Walk	A. Manning	22:01.8	3rd
10km Walk	A. Manning	45:37	2nd

Under 20

Men

400m Heat	K. Gallagher	47.98s	1st
400m Final	K. Gallagher	47.43s	4th*
400mH Heat	C. Burgess	57.54s	8th

**Australian Track & Field Championships
Olympic Park Melbourne 28-31 March 1996**

Women

Under 18

200m Heat	A. Di Rosa	25.76s	4th
200m Final	A. Di Rosa	25.64s	6th
100mH Heat	A. Di Rosa	15.16s	5th

Under 16

3000m	E. Stratford	10:55.89	14th
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Under 14

1500m	E. Stratford	5:01.79s	11th
1500m Walk	E. Stratford	6:53.59s	4th*

Men

Under 18

100m Heat	C. Pelham	11.31s	5th
200m Heat	C. Pelham	23.05s	4th
400mH Heat	C. Burgess		
400mH Final	C. Burgess	56.34s	5th
Multi Event	S. Culkin	5078 pnts	11th

* Club Record

Under 20 Men

4x100m			
2nd in Heat	44.36s		
3rd in Final	43.62s		
Bryan Ashton, Keiran Gallagher, Sean Culkin, Clinton Pelham			
4x200m			
2nd in Heat	1m 31.05s		
2nd in Final	1m 29.98s		
Bryan Ashton, Sean Culkin, Clinton Pelham, Kieran Gallagher			
4x400m			
2nd in Heat	3m 25.43s		
2nd in Final	3m 24.95s		
Bryan Ashton, Chris Burgess, Clinton Pelham, Kieran Gallagher			
4x800m			
1st in Final	7m 55.75s		
Sergio Carvalho, Tony Auciello, Kieran Gallagher, Marck Lanham			

1995-6 Track & Field Season Report

by Jim Gallagher & Arthur Peek

The number participating in track & field this season was the lowest for many years. Middle distance was almost non-existent and the Tongan contingent moved to Saucony Sutherland.

We were left with a solid core which, though numerically small, performed creditably, and is a nucleus for growth next season.

The closer relationship with St. George LA's is showing a good flow through of young athletes into the senior club. Eleven athletes aged between 15 & 19 years of a total of 18 who competed at inter-district have come through St. George LA's. A further 3 dual-registered Little A's joined for Club Challenge thus giving them a taste of the senior competition.

Anne Manning competed in several special events including the Grand Prix series, and Olympic Trials consistently gained 2nd place and set new PB's in the 5km and 10km walks. We are very proud of her and her selection for the Atlanta Olympics.

The Australian Open and U/20 Track & Field Championships were held at Homebush for the third consecutive year and were again accompanied by rain. Age championships were held in Melbourne.

Club athletes who qualified to compete in the Nationals at Homebush were Anne Manning (5km & 10km walks), Kieran Gallagher (U20 400m) and Chris Burgess (U20 400m hurdles).

Those competing in the National age championships in Melbourne were Clinton Pelham (U18 100m & 200m), Chris Burgess (U18 400m hurdles), Sean Culkin (U18 multi events), Alison Di Rosa (U18 100m hurdles & 200m), Elizabeth Stratford (U16 3000m and U14 1500m & 1500m walk).

Anne Manning continued to improve her 5km and 10km performances on her way to securing a spot in the Australian Olympic team for Atlanta. Her main focus has been on the 10km event, the Olympic distance. In this event she has lowered her personal best time by 14 seconds to 44m 27s, breaking her own club record. This time was achieved at a special meet in Melbourne in January 1996. She also lowered her 5km time by 2.5 seconds to 21m 23.07s, again a new club record. She had a very busy year with the World Championships in Gothenburg and her preparation for the Olympics.

She competed in 5km at the State Championships finishing 2nd in her PB time. In the Nationals she competed in both the 5km and 10km being 2nd & 3rd respectively.

Kieran Gallagher, after a good consistent season fairly free of injuries, looked ready to peak for the Under 20 400m championships. A bad hamstring tear 2 weeks before the State sidelined him for 5 weeks, put him out of contention for the Grand Prix and doubtful for the Nationals. With no preparation he surprised in the Nationals winning his heat and leading into the straight the lack of preparation told as he slipped from 2nd to 4th in the final strides. His time of 47.43s, a PB broke the 26-year-old Club record and maintained his personal record of a PB in each of his 4 National finals to date. He backed up in the NSW winning 4x400 relay team.

Chris Burgess missed a large part of the season due to HSC and only started getting back to form approaching the championships. He entered U20 as well as U18 400m hurdles and U18 400m at the State Championships. In the 400m hurdles he was placed 4th(U20) in a PB and Club record of 56.07s, and placed 1st in the U18's in 56.13s. He was placed 7th in the 400m semi final.

Chris qualified for U20 as well as U18 400m hurdles at the Nationals. He was 8th in his heat U20 and 5th in the U18 final. Chris would have done even better with longer preparation.

Clinton Pelham entered the 200m U20 as well as 100, 200, & 400m U18 at State Championships. He was 3rd in the heat in U20's narrowly missing the final. He was 2nd in his heat and 3rd in the final of the U18 200m in a PB of 22.27s. This was a good 0.5s better than he had run all season and an encouraging sign that he is getting over the injury problem he has been confronted with over the past couple of seasons.

Clinton was placed 6th in the 100m final and withdrew from the 400m semi final after finishing 3rd in the heat due to the timing of his other events. At Nationals he was 5th in the 100m heats & 4th in 200m. His 100m time of 11.31s was his best of the season but he did not reproduce his State form in the 200m.

Sean Culkin competed in U18 long jump & high jump being placed 6th and 4th (1.90m) respectively. He competed in U18 multi events(decathlon) at State and Nationals. He bravely battles a wrist injury incurred at pole vault training during the first half at State but eventually had to withdraw. At Nationals he finished 11th (10th Australian) with a good score of 5078 points. This is Sean's first year in this age group and with his keenness & all round ability he has shown this year, can confidently expect a much higher placing next year.

Alison Di Rosa competed at State in 3 age groups, U16,U18 & U20. In the U20 200m Alison set a Club record in the heat and bettered it in the final at 25.23s when she was placed 6th. She was 5th in the 100m U20 final.

In U18's she came 9th in the 200m and 5th in 100m hurdles final in a PB and Club record (through to U20's) of 14.89s. (She had a wind assisted 14.65s at the All Schools earlier in the season).

In Under 16's Alison won both the heat & then the final of 300m hurdles in 44.51s.

At Nationals, Alison having been born 3 weeks too early, moved up to U18's. She came 6th in the 200m final and 5th in the 100m hurdles heat. Unfortunately she did not reproduce her State performances in these events. The 300m hurdles only carry through to U16's so were not available to Alison at Nationals.

The Australian junior rankings at the end of the season placed her 1st in U16 300m and 100m hurdles events.

Elizabeth Stratford set Club records at the All Schools Championships early in the season in the U14 3km and 1500m walk. Her 3km in 10m 34.99s beat her own record by over 15 seconds and her 1500m in 6m 53.95 s beat her sister Chris's record by 11 seconds. She participated in the 1500m walk periodically at Inter-district.

In the State Championships she came 6th in the U14 1500m and 3rd in the 1500m walk. She went on to the Nationals finishing 14th in U16 3km, 11th in U14 1500m, 4th in the 1500m walk again lowering her Club record to 6m 53.59s.

Others to contest the State Championships were Sergio Carvalho, 5th in 5km U20, Bryan Ashton 5th in heat of 200m U20 and Bruce Hansard 12th in heat of open 1500m.

State Relays

With few athletes to form relay teams this year, 4 mens Under 20 teams were entered built round 8 athletes. No womens teams could be formed. Our teams rose to the occasion gaining 1st in 4x800m, 2nd in 4x200m and 4x400m and 3rd in 4x100m. Having a video recording of the 4x200m helped us to successfully challenge disqualification by a judge's blunder.

1995-6 Interdistrict Teams Competition

The Interdistrict competition followed a similar format to last year with 6 teams competing in each of the 4 open grades and 3 womens' grades. We were unaffected by some of the

regrouping of clubs and once again combined successfully with Saucony Sutherland to compete as Saucony Sutherland St. George.

The interdistrict competition was held over 10 weeks prior to Christmas, with 2 weeks of finals early in the new year. The competition was wrapped up by mid January.

An innovation this year was the Club Challenge, involving a competition over 2 days in February, with a final in March, open to all individual NSW and ACT clubs. St. George participated in this competition. Details are given later in this report.

The Saucony Sutherland St. George team had another successful interdistrict season, winning grades B, C & D in open competition and B & C grades women.

In each division, A grade was our only loss after missing the final in each case after a count back, being tied for 1st place in open and 2nd in womens after the 10 rounds.

The St. George team was considerably weakened this year. The major reason was the transfer in mass of a group of middle distance athletes with coach to Saucony Sutherland, triggered by the failed proposal to merge with Saucony Sutherland as one club for track and field. As this group had become the main contact point with our visiting Tongan athletes, we also lost the Tongans to Saucony Sutherland.

St. George's loss was Saucony Sutherland's gain and our interdistrict team strength was little affected except that we saw less red & white and more blue, black & white. However, our club strength for relays and club challenge was diminished.

The interdistrict competition ran smoothly at Homebush with programmes running close to time in the main. However the Saturday afternoon winds continued to plague Homebush again, frustrating athletes trying for good performances.

Only 18 athletes participated in red & white at interdistrict, well down on last year, and 8 of these appeared only once or twice. A core of 6 were regular over the full season. Even so, we contributed 566 points in open grades and 246 in women's a better average per athlete than last season. Our 2 new young athletes, Alison Di rosa and Sean Culkin headed overall points with 135 & 173 respectively, Alison being highest in women's points in the combined SSG team. Sean had a perfect attendance record, and Alison missed only once through sickness, a very impressive debut for 2 very talented ex-St. George Little A's.

Once again the two clubs combined harmoniously and although Saucony Sutherland contributed more of the team management, all athletes were treated fairly as if one club and were given support and encouragement.

Saucony Sutherland's manager, Stan Sheringhan aided by his support, particularly Peter Ikin must once again be thanked for their commitment and efforts in ensuring another successful season.

OPEN A GRADE - Third - The SSG team was tied on first place with ASC and RESU at 22 points after the 10 rounds (6 wins 4 losses). On a count back of points for and against we were 3rd, missing the final and contesting 3rd place against RUN in the playoff rounds. We won the playoff.

St. George athletes contributed 146 points in this grade, 135 of these coming from sprints and 11 from distance events. This is a most unusual mix for the club whose strength has been middle distance in recent years. The large reduction in our middle distance ranks plus infrequent participation by the remainder contributed. However, our sprint strength has improved even after the loss of our Tongan sprinters.

Most of the points came from Kieran Gallagher 89 and Clinton Pelham 36. Kieran's tally was the highest in the grade for St. George in several seasons. He was the top 200/400 runner for the team competing regularly in 400, 200, 4x100 & 4x400 relays and one 800m. In his 5 runs in 400m he had 3 firsts, a second and a third. His form was consistent all season and he did not have a single bad run. He was sidelined twice with minor injuries but attended all but one meeting.

Clinton Pelham's points were a little higher than last season in this grade. HSC studies and injuries held him back towards the start of the season but these sorted themselves out later. Like several athletes involved with HSC, the interdistrict being all

finished by mid January, he began to find his best form after this competition. About half his 100's & 200's were run in this grade and he consistently ran 4x100 relays. The varying winds from week to week made progress in the short sprints hard to gauge but Clinton put in a consistent performance. Apart from 2 weeks during HSC, he attended every meeting.

Other points in this grade were scored by Bryan Ashton (7) in 4x400 relays, Chris Burgess (6) in 400 hurdles, Sergio Carvalho (5) in 5000m and Tony Auciello (3) in 1500m.

Team Results were -

v RUN	won	67-45	v RUN	won	84-68
v ASC	lost	66-83	v ASC	won	108-102
v NWC	won	82-62	v NWC	lost	80-91
v SW	lost	46-75	v SW	won	104-90
v RESU	won	71-68	v RESU	lost	110-72

Finals { v RUN won 85-60
 { v RUN lost 79-89

Won 7 Lost 5-scored 982 for 905 against - 3rd

OPEN "B" GRADE - Premiers - The SSG team was 2nd on 24 points after 10 rounds and met NWC in the finals. We won this to be premiers.

After winning the first match of the season, 3 straight defeats followed leaving the team in a precarious position mid season. Then followed a string of 6 wins plus 2 wins in the finals to make it 8 in a row to clinch the title.

St. George contributed 230 points to this grade, our biggest to any grade. Sean Culkin contributed 66 points by his consistent efforts in high jump, long jump and relays in his first season. Sean was our only athlete with a perfect attendance record, not only at interdistrict but also club challenge and State Relays. He was always enthusiastic to compete in many events and at 16 years shows much potential as a multi athlete.

Clinton Pelham scored 54 points, competing in 100m, 200m, 400m and relays. He always ran strongly and his 400m improved steadily by nearly 2 seconds to 50.83s during the season to put him into the top ranks in his age group.

Chris Stratford walked consistently in B Grade 3km and 5km events, only missing one meeting and putting first points on the board in this grade each Saturday before continuing to put points on the scoreboard in the more comfortable control room. He scored a valuable 50 points.

Chris Burgess missed more than half the season due to HSC and only reached top form after the interdistrict season. He scored 21 points competing in 400m hurdles, 400m, long and triple jumps and 4x400m relays.

Damon Harris only competed twice in 3km events and did not peak for the track season. We missed the excitement of seeing him run and hope we'll see more of this talented athlete next season. He scored 12 points.

Others to contribute in this grade were Bryan Ashton with 9 points, Kieran Gallagher with 7, Bruce Hansard with 5 and Marck Lanham and Sergio Carvalho with 3 each.

Team Results were -

v RUN	won	92-71	v RUN	won	96-53
v ASC	lost	65-83	v ASC	won	104-92
v NWC	lost	80-118	v NWC	won	97-65
v SW	lost	76-80	v SW	won	114-103
v RESU	won	89-45	v RESU	won	76-68

Finals { v NWC won 103-76
 { v NWC won 119-73

Won 9 Lost 3 scored for 1111 against 927 - Premiers

OPEN "C" GRADE - Premiers - The team had several sound wins and some narrow losses with one bad loss in the first round against RESU. This loss was turned around to a comfortable win in the 2nd round. We finished equal first with NWC on 24 points after 10 rounds. We were one all with NWC coming into the finals. We won both days of the finals for a comfortable win.

Sean Culkin was St. George's major point scorer with 53 points from long and triple jumps, javelin, sprints and relays. He enjoyed his sport and keenly contested many events over B, C & D grades being our major point scorer in all three.

Sergio Carvalho scored 18 points in 1500m and 800m events. His times improved steadily during the season, coming down by 7 seconds to 4m 09.3s in the 1500m and 3 seconds to 2m 00.3s

in the 800m. HSC studies and injuries caused him to miss half the season.

Chris Burgess scored 8 points in 400m and 4x400m relays.

Blake Eastwood scored 8 points in long jump and relays. Strict (over strict??) enforcement of ground entry standards prevented Blake and brother Jarrod from the chance to compete and improve beyond early rounds. Hopefully they will maintain their keenness and have a full season next year.

Robert Otto only made one appearance, mainly due to work commitments. He scored 7 points in shot putt winning his match. Robert has the potential to do well in throws with consistent competition.

Bryan Ashton scored 1 point in sprints.

Team Results were -

v RUN	won	72-39	v RUN	lost	63-74
v ASC	won	93-22	v ASC	won	81-51
v NWC	won	75-53	v NWC	lost	84-87
v SW	won	82-72	v SW	won	75-69
v RESU	lost	31-80	v RESU	won	90-65

Finals { v NWC won 81-58
 { v NWC won 88-81

Won 9 lost 3 - scored 915 for 750 against - Premiers

OPEN "D" GRADE - Premiers - The team finished in 1st place on 24 points after 10 rounds and contested the final against NWC our rival in all 3 lower grades. After a comfortable win in the first round of finals, NWC turned the tables for a small win in the second. However we won on overall points.

Sean Culkin scored 54 points from sprints, Jarrod Eastwood 15 points and Blake 8 points scored from sprints and relays.

Chris Burgess scored 10 points from 200m and relays and Sergio Carvalho scored 1 point from a relay.

Team Results were -

v RUN	won	55-17	v RUN	won	62-46
v ASC	won	64-21	v ASC	won	40-28
v NWC	lost	35-44	v NWC	won	57-34
v SW	lost	35-43	v SW	won	60-40
v RESU	lost	35-39	v RESU	won	77-16

Finals { v NWC won 59-4
 { v NWC lost 45-52

Won 8 lost 4-scored 624 for 384 against - Premiers

"A" GRADE WOMEN - Fourth - A disappointing result. The team finished equal 2nd on 24 points and on a count back was placed 3rd. The playoff for 3rd was against RUN who had finished 4th on 22 points. A first round loss to NWC by one point proved costly, especially as we had no high jumper but a qualifier jumped in B grade. The playoff was lost convincingly to RUN, although on both days Anne Manning gave us a 7-0 advantage in the walk.

Anne continued to dominate the walk events with 9 firsts from 9 starts, and scored 63 points. As we've come to expect, Anne always competes except when Grand Prix or major events clash.

Alison Di Rosa, in her first year of interdistrict was sometimes called upon to compete in an A grade sprint relay. She did this without hesitation and performed well to score 18 points.

Ursula Rodway, after her long absence with a spinal fracture and glandular fever was again without luck. She made one comeback appearance at the beginning of the season but was out for the remainder due to residual problem from glandular fever. She competed in 400m hurdles for 7 points. Hopefully next year will see a successful comeback. Her talents have been missed.

Team Results were -

v RUN	lost	45-59	v RUN	won	90-56
v ASC	won	69-53	v ASC	lost	68-95
v NWC	lost	70-71	v NWC	lost	64-81
v SW	won	89-45	v SW	won	91-79
v RESU	won	75-48	v RESU	won	86-28

Finals { v RUN lost 50-81
 { v RUN lost 69-75

Won 6 lost 6 scored 866 for 771 against - 4th

St. George Athletics 96 - 15

"B" GRADE WOMEN - Premier - The team finished on 26 points 2nd to NWC with whom the finals were contested. We lost the first day of finals, but made amends on the second day mainly due to throwing dominance to come out overall winners.

Alison Di Rosa was the major St. George point scorer in this grade with 31 points from sprints, 100m hurdles and relays. She had 2 wins in 100m hurdles and a win in 100m as well as 2nd in each.

Ursula Rodway scored 4 points from the 200m and Elizabeth Stratford scored 1 point from the 1500m.

Team Results were -

v RUN won 96-40	v RUN won 85-31
v ASC won 77-57	v ASC won 81-59
v NWC won 91-62	v NWC lost 62-92
v SW lost 77-82	v SW won 94-91
v RESU won 95-56	v RESU won 93-35
Playoff {	v NWC lost 72-77
{	v NWC won 88-69

Won 9 lost 3 scored 1011 for 751 against - Premiers

"C" GRADE WOMEN - Premiers - The team finished 2nd on 26 points to NWC, with whom the final was contested. SSG won both days of the finals to finish premiers.

Alison Di Rosa contributed 86 points from sprints, relays and 300m hurdles. She dominated the 300m hurdles with 4 wins and a 2nd from 5 starts. She also had 3 wins from 3 starts in 200m and a win in 100m. Coupled with her participation in A & B grades, Alison at 15 years throughout the season had an auspicious start to senior ranks with a lot of potential for the future and a step up to 400m hurdles which should suit her.

Elizabeth Stratford at 13 years was wisely limiting her appearances at interdistrict to 4. She participated in 1500m walk and 1500m, mainly in C grade. Her performances were consistent with steady improvement in the 1500m, cutting 7 seconds over 6 weeks to 5m 06.5s. Elizabeth will continue to develop steadily and has plenty of time to decide whether to follow the walk or run path.

Results were -

v RUN won 61-18	v RUN won 80-10
v ASC won 53-31	v ASC won 63-16
v NWC won 66-55	v NWC lost 41-88
v SW lost 63-67	v SW won 75-59
v RESU won 56-26	v RESU won 68-22
Playoff {	v NWC won 73-42
{	v NWC won 76-60

Won 10 lost 2 - scored 775 for 494 against - Premiers

Points scored by St. George athletes at Interdistrict Competition were -

St. George Women				
	A	B	C	Total
A. Di Rosa	18	31	86	135
A. Manning	63	-	-	63
U. Rodway	7	4	-	11
E. Stratford	-	1	36	37
Total				246

St. George Men					
	A	B	C	D	Total
B. Ashton	7	9	1	-	17
T. Auciello	3	-	-	-	3
C. Burgess	6	21	15	10	52
S. Carvalho	5	3	18	1	27
S. Culkin	-	66	53	54	173
B. Eastwood	-	-	8	8	16
J. Eastwood	-	-	-	15	15
K. Gallagher	89	7	-	-	96
B. Hansard	-	5	-	-	5
D. Harris	-	12	-	-	12
M. Lanham	-	3	-	-	3
R. Otto	-	-	7	-	7
C. Pelham	36	54	-	-	90
C. Stratford	-	50	-	-	50
Total					566

Club Challenge

The Club Challenge competition was held at the end of the season and our small team did well. The first round was held at Homebush and the mens team finished a close 2nd at the end of the day. We lacked women competitors and this dragged our aggregate score down. Beaton Park at Wollongong was the venue for the 2nd round and again we did well for our small team. With no qualifying standards we were able to field a team in all the mens events but again we lacked numbers in the womens events. The overall womens plus mens points over the 2 days determined the 12 finalists. We were 1 point short in the end. It was good to see the strong club spirit during the competition. We competed as St. George as it was a club competition and it was enjoyed by all athletes and the band of 5 or 6 officials which we provided on each day.

The willingness of athletes to fill gaps in events as needed allowed us to stretch our modest team of 15 men & 2 women on day 1 and 10 men & 4 women on day 2 to cover 86 open entries and 25 women's events over the 2 days. (A minimum of 86 open and 80 womens entries were necessary to be eligible for maximum points).

Athletes who competed were -

Chris Burgess - 5 events. Injury in high hurdles, attempted for the first time and won, restricted further participation.

Sean Culkin - 12 events. Courageously tried high hurdles for the first time gaining 2nd place. A PB in the triple jump.

Alison & Kylie Di Rosa - 6 & 5 events respectively were our total womens team on day 1 with Kylie sharing her time with Little A's Zone Championships. Both backed up for day 2. Alison well placed in hurdles.

Bryan Ashton - 3 sprint events. Injury prevented further participation.

Blake & Jarrod Eastwood - 7 events each over both days made a valuable contribution.

Kieran Gallagher - 6 events scoring high points in all and a PB in long jump. Injury prevented 2nd day participation.

Rebecca Hachem & Lisa Royans - 9 & 5 events respectively on day 2 at first participation with seniors. Little A's Zone Championships prevented day 1 participation. A great boost to our womens team on day 2.

Andrew Kelly - was only available for last event day 1, made amends on day 2 with 6 distance events and scored good points.

Bob Molloy - 7 events including filling gap in 4x400m which placed 2nd.

Jim Owens - 4 distance events over both days.

Robert Otto - 5 throwing events including a 1st.

Arthur Peek - 13 events filling gaps as needed to secure maximum points.

Clinton Pelham - 8 sprint events scoring good points.

Chris Stratford - 1 walk event, placed 1st.

It is expected that the Club Challenge next year will be at the beginning of the season and will be expanded. This will avoid the clashes with Little A's championships and approaching State Championships and should improve our participation potential.

Olds Park

Outer ground competition for the Club was held at Olds Park in conjunction with St. George Little A's. With ever increasing qualifying standards for Inter District competition our athletes are able to compete in the cool of Friday night in events in which they could not qualify for Homebush. Senior competition at Olds Park also enables a follow on for the older Little A's enabling them to continue their track & field competition into the senior ranks. We have been successful over the past few years as several Little A's have progressed well in the senior ranks. Thanks go to St. George LA's for allowing the senior club to share competition nights and it is hoped that our efforts will continue to assist the younger athletes to reach their potential and enjoy years of athletics.

Open Male Club Championships

400m	A. Kelly		57.00s
800m	A. Kelly	2m	08.2s
1500m	A. Kelly	4m	24.95s
3000m	D. Harris	8m	44.8s
5000m	A. Kelly		
3000mW	C. Stratford	14m	54.4s
5000mW	C. Stratford	25m	33.1s
Triple Jump	A. Peek		8.58m
Shot Putt	A. Peek		8.85m
Discus	A. Peek		24.54m
Javelin	A. Peek		34.38m
Hammer	A. Peek		15.88m
2000mS	A. Kelly	6m	55.5s

Male Under 20 years

100m	K. Gallagher		11.21s
200m	K. Gallagher		21.95s
400m	K. Gallagher		47.43s*
800m	M. Lanham	1m	55.65s
1500m	T. Auciello	3m	55.7s
3000m	S. Carvalho	9m	07.4s
5000m	S. Carvalho	15m	49.0s
Long Jump	K. Gallagher		6.51m
Shot Putt	K. Murphy		10.67m
Discus	K. Murphy		35.38m

Male Under 18 years

100m	C. Pelham		11.31s
200m	C. Pelham		22.27s
400m	C. Pelham		50.83s
1500m	S. Carvalho	4m	16.9s
110mH	C. Burgess		
400mH	C. Burgess		56.07s
High Jump	S. Culkin		1.90m
Long Jump	S. Culkin		6.47m
Triple Jump	S. Culkin		12.04m
Pole Vault	S. Culkin		2.6m
Shot	R. Otto		13.11m
Discus	S. Culkin		29.92m
Javelin	S. Culkin		38.12m
Hammer	R. Otto		18.08m
Decathlon	S. Culkin		5078 points

Male Under 16 years

100m	S. Culkin		11.79s
200m	S. Culkin		23.71s
400m	M. Larsson		64.0s
800m	M. Lee	2m	26.3s
1500m	M. Larsson	5m	05s
3000m	M. Lee	11m	43s
110mH	S. Culkin		17.2s
High Jump	S. Culkin		1.90m
Long Jump	S. Culkin		6.47m
Triple Jump	S. Culkin		11.86m
Javelin	S. Culkin		41.26m

Open Female Club Championship

3000mW	A. Manning	12m	43.2s
5000mW	A. Manning	21m	23.07s *
10000mW	A. Manning	44m	27s *

* Club Record

Female Under 20 years

200m	U. Rodway		27.30s
400mH	U. Rodway		68.09s

Female Under 18 years

200m	A. Di Rosa		5.23s
100mH	A. Di Rosa		14.89s
400mH	A. Di Rosa		71.35s

Female Under 16 years

100m	A. Di Rosa		12.57s
200m	A. Di Rosa		25.23s *
100mH	A. Di Rosa		14.89s *
300mH	A. Di Rosa		43.16s *
800m	L. Royans	3m	15.4s
1500m	L. Royans	7m	02.12s
Javelin	L. Royans		
Discus	L. Royans		

Female Under 14 years

1500m	E. Stratford	4m	58.45s
3000m	E. Stratford	10m	34.99s *
1500mW	E. Stratford	6m	53.59s *
High Jump	C. Bartlett		1.58m *

* Club Record

NSW Veterans Track & Field Championships

March 1996

Women 55

E. Walsh	100m		17.40s	3rd
	400m		93.80s	1st
	1500m	7m	43.9s	2nd

Men 45

F. Scorzelli	5000m	19m	14s	1st
	1500m	4m	38.9s	3rd

Men 55

M. Roberts	5000m	20m	39.4	6th
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Men 60

R. Molloy	100m		13.5s	2nd
	200m		27.9s	2nd
	400m		65.8s	2nd

Men 65

N. Windred	100m		14.0s	2nd
	200m		29.4s	1st
	400m		66.9s	1st
	800m	2m	46.5s	1st



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Summer Cross Country

By Arthur Peek

Summer Cross Country was again successful with many of the club's athletes competing on Tuesday evenings. The venues were Olds and Scarborough Parks and we had two divisions. The competition was keen as seen in the pointscore and attendances were good throughout the season. Athletes who ran consistently well were Craig & Martin Sippel, Amanda Russell, and Chris & Damien Pryer. Michael Russell showed improvement as the season progressed and Chris Maver was also consistent.

Pointscore

Division 1 (5km & 6km) Division 2 (2km & 3km)

M. Sippel	227	A. Russell	162
C. Maver	217	M. Russell	133
N. Thomas	193	C. Pryer	132
V. Pryer	188	D. Pryer	127
C. Sippel	185	J. Maynard	105
J. Irvine	163	Amelia Peek	96
B. Maynard	155	B. Enholm	94
P. Tonge	149	Andrew Peek	74
P. Johannsen	145	P. Gayton	54
A. Peek	121	D. Maynard	52
S. Carvalho	117	T. Gayton	51
A. Thomas	115	L. Maynard	42
R. Molloy	110	Arthur Peek	33
J. Gallagher	103	M. Pryer	30
L. Maynard	95	C. Pryer	23
M. Larsson	69	R. Hachem	7
Andrew Peek	58		
P. Gayton	53		
J. Maynard	52		
K. Da Silva	47		
A. Russell	47		
E. Scott	34		
J. Owens	32		
Amelia Peek	32		
D. Ferraro	32		
C. Burgess	29		
D. Pryer	28		
Pat Donnelly	24		
J. Scott	22		
Cathy Williams	21		
S. Thompson	19		

Fastest Times Pointscore

Division 1 - Men

C. Sippel	60
S. Carvalho	42
M. Sippel	37
J. Irvine	18
M. Larsson	15
C. Maver	12
J. Owens	12
A. Thomas	8
Arthur Peek	8
E. Scott	6
C. Burgess	4

Division 2 - Men

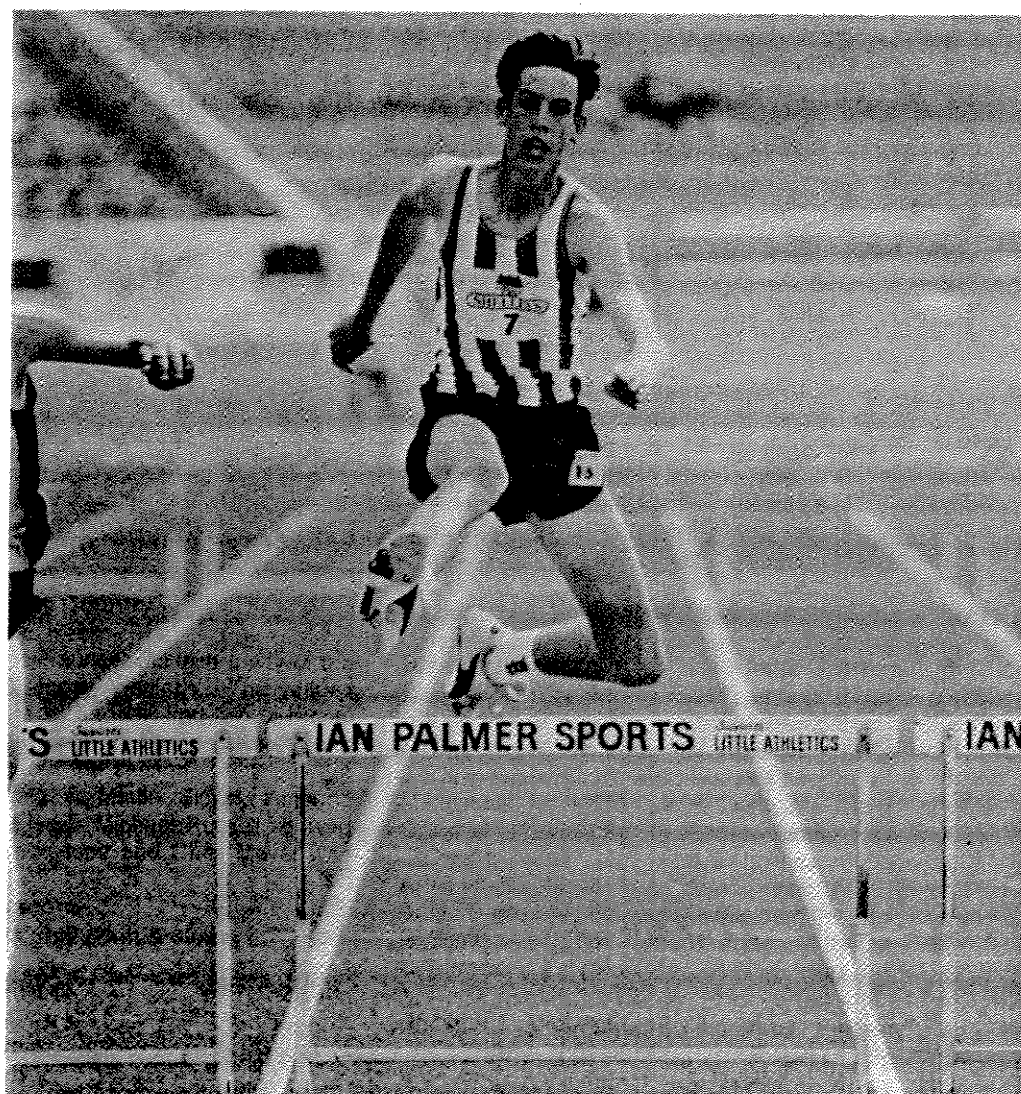
D. Pryer	82
C. Pryer	38
M. Russell	28
T. Gayton	22
P. Gayton	18
Andrew Peek	17
B. Enholm	17
Arthur Peek	15
D. Maynard	14
M. Pryer	11

Division 1 - Women

V. Pryer	60
L. Maynard	42
N. Thomas	37
K. Da Silva	18
Amelia Peek	15
L. Royans	12
D. Ferraro	12
J. Maynard	8
S. Thompson	8
Cathy Williams	6
A. Russell	4

Division 2 - Women

A. Russell	92
J. Maynard	45
Amelia Peek	36
L. Maynard	13
C. Pryer	10
E. Hachem	6



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	13m 27.31s	23.11.89
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 37m 38s	15.8.92
30 Km Walk	C. Stratford	2h 36m 38s	18.7.92
50 Km Walk	C. Stratford	5h 13m 15s	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	L. Tufu'unga	4.40m	11.2.95
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	1m 27.30s	1.12.79
4 x 400m Relay	S. Longden-Gee J. Fortesque M. Van der Velde J. Van Stappen	3m 15.50s	3.3.79
4 x 800m Relay	G. Rootham G. Cook M. Dunn R. Meagher	7m 34.70s	1976
4 x 1500m Relay	J. Hancock G. Rootham P. Glucina J. Scott	15m 40.40s	31.1.72
50 Mile Track	D. Edwards	6h 29m 41.00s	1971
50 Mile Road	H. Dearnley	5h 38m 37.00s	1.10.78
100 Miles D. Gray		18h 45m 27.00s	30.5.87
1 Hour Run	C. Whiteman	18.77km	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

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	K. Gallagher	47.43s	9.3.96
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 12.70s	1977
5000 metres	L. Whitty	14m 20.50s	18.2.78
10000 metres	L. Whitty	29m 30.40s	1.3.77
1 mile	J. Hancock	4m 13.80s	1965
110m H(1.067m)	W. Bird	14.20s	21.12.76
400m H(0.914m)	W. Bird	53.30s	12.3.77
2000m Steeple	M. Jones	5m 53.31s	22.3.81
High Jump	P. Jones	1.95m	15.11.81
Long Jump	G. Friend	7.39m	1964
Triple Jump	B. Dickinson	14.78m	1932
Pole Vault	I. Berry	3.50m	1979
Shot 5.449kg	J. Neale	14.40m	12.9.82
Discus 1.5kg	J. Neale	52.22m	17.10.81
Javelin 800g	G. Glynn	65.10m	1963

Hammer 5.449kg	A. Scott	39.92m	3.3.79
Decathlon	M. Dorrity	5024Pt	1977
Pentathlon	M. Dorrity	2888Pt	31.12.77
4 x 100m Relay	A. Dunshea C. Sams D. Snowden R. Henderson	43.18s	12.12.82
4 x 200m Relay	C. Sams P. McCaffrey D. Snowden R. Henderson	1m 29.70s	29.11.81
4 x 400m Relay	R. Abberton J. Sullivan R. Pollett M. Dorrity	3m 23.6s	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	S. Carvalho T. Auciello D. Harris D. Jones	16m 31.43s	4.12.94
1 Hour Run	W. McCourt	16.814km	15.9.82
1 Mile Walk	W. McAlister	7m 18s	1953

MENS UNDER 18 BEST ON RECORD

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)	C. Burgess	56.07s	17.2.96
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 C. Witheriff S. Hignett C. Davis	44.52s	2.12.84
4 x 200m Relay	M. Jansen C. Witheriff S. Hignett C. Davis	1m 32.29s	16.12.84
4 x 400m Relay	K. Gallagher C. Peiham W. Freier D. Simone	3m 26.93s	18.12.93
4 x 800m Relay	D. Simone W. Freier K. Gallagher T. Auciello	7m 53.32s	19.12.93
4 x 1500m Relay	T. Munson D. Askew M. Lanham W. Freier	16m 35.80s	3.12.94

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	1973	Heptathlon	K. Hall		4143pt	30.1.94
400mH(0.914m)	D. Davison	1m	01.91s	10.11.84	4 x 200 m Relay	B. Otto			
2000m Steeple	T. Clarsen	6m	29.10s	23.11.85		D. Ferraro			
1500m Walk	D. Latham	7m	45.00s	30.11.76		U. Rodway			
High Jump	H. Pavlidis		1.90m	16.9.81		G. Templeman	1m	46.38s	12.11.92
Long Jump	R. Fong		6.12m	21.9.80	4 x 400 m Relay	U. Rodway			
Triple Jump	G. Nixon		13.56m	1975		K. Hall			
Pole Vault	S. Jansen		2.45m	3.12.83		H. Moore			
Shot (4.535kg)	H. Pavlidis		13.25m	3.10.82		C. Williams	3m	58.68s	18.12.93
Discus (1.5kg)	H. Pavlidis		42.22m	3.10.82	4 x 800 m Relay	M. Buckley			
Javelin (700g)	D. Davison		47.74m	7.11.81		R. Carne			
Hammer (4.535kg)	A. Noisier		19.40m	8.12.84		C. Williams			
Multi Event	C. Burgess		3643points	30.1.94	4 x 1500 m Relay	L. Zamarrelli	9m	13.02s	12.11.92
4 x 100m Relay	C. Davis					C. Batman			
	C. Witheriff					L. Bennett			
	M. Lubrano					M. Dovey			
4 x 200m Relay	M. Jansen		44.89s	4.12.83		B. Mrakovcic	18m	53.95s	27.11.88
	C. Davis								
	C. Witheriff								
	M. Lubrano								
4 x 400m Relay	M. Jansen	1m	33.15s	20.11.83					
	V. Parker								
	D. Davison								
4 x 800m Relay	A. Noisier								
	N. Nixon	3m	33.65s	16.12.84					
	P. Warren								
	M. Lubrano								
4 x 1500m Relay	R. Woods								
	R. Summerill	8m	23.49s	28.11.83					
	P. Warren								
	G. Sheumach								
	R. Woods								
	R. Summerill	17m	39.48s	12.12.82					

UNDER 14 BEST ON RECORD

100 metres	C. Pelham		11.83s	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			
4 x 800m Relay	A. Irwin	4m	01.23s	28.11.82
	D. Davison			
	D. Whealy			
	A. Irwin			
4 x 1500m Relay	N. Nixon	9m	17.55s	12.12.85
	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	A. Di Rosa		25.23s	18.2.96
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	2h 52m	03.00s	25.4.88
1 mile	B. Mrakovcic	4m	46.70s	10.1.88
100mH(0.840m)	S. Liku		14.39s	11.2.95
200mH(0.762m)	B. Otto		33.30s	23.10.91
400m H	U. Rodway		64.63s	8.1.94
3000m Walk	A. Manning	12m	29.20s	5.2.94
5000m Walk	A. Manning	21m	23.07s	17.2.96
10000m Walk	A. Manning	44m	27s	21.1.96
High Jump	K. Hall		1.65m	27.11.93
Long Jump	S. Liku		6.23m	11.2.95
Triple Jump	S. Liku		11.66m	12.2.95
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			
	R. Carne			
	C. Williams			
	L. Zamarrelli	9m	13.02s	12.11.92
4 x 1500 m Relay	C. Batman			
	L. Bennett			
	M. Dovey			
	B. Mrakovcic	18m	53.95s	27.11.88

WOMENS UNDER 20 BEST ON RECORD

100 metres	D. Ferraro		12.84s	31.10.92
200 metres	A. Di Rosa		25.23s	18.2.96
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)	A. Di Rosa		14.89s	25.2.96
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
5000m Walk	C. Stratford	25m	33.00s	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 200 m Relay	B. Otto			
	D. Ferraro			
	U. Rodway			
	G. Templeman	1m	46.38s	12.11.92
4 x 400 m Relay	M. Buckley			
	L. Hopkins			
	L. Horrocks			
	L. Zamarrelli	4m	11.80s	17.11.91
4 x 800 m Relay	M. Buckley			
	L. Hopkins			
	L. Horrocks			
	L. Zamarrelli	9m	41.37s	16.11.91
4 x 1500 m Relay	M. Buckley			
	N. Hoyle			
	L. Horrocks			
	L. Zamarrelli	20m	16.96s	24.11.90

WOMENS UNDER 18 BEST ON RECORD

100 metres	D. Ferraro		12.84s	31.10.92
200 metres	A. Di Rosa		25.23s	18.2.96
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)	A. Di Rosa		14.89s	25.2.96
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
	U. Rodway		1.61m	10.1.93
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	U. Rodway		28.88m	26.3.94
Heptathlon	U. Rodway		4446pt	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	M. Buckley			
	L. Hopkins			
	L. Horrocks			
	L. Zamarrelli	4m	11.80s	17.11.91

4 x 800 m Relay	M.Buckley L.Hopkins L.Horrock L.Zammarrelli	9m	41.37s	16.11.91
4 x 1500 m Relay	M.Buckley N.Hoyle L.Horrock 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	A. Di Rosa	25.23s	18.2.96
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
100mH	A. Di Rosa	14.89s	25.2.96
200mH(0.762m)	B.Otto	33.30s	23.10.91
300mH	A. Di Rosa	43.16s	8.12.95
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 400 m Relay	M.Buckley D.Ferraro U.Rodway J.Nelson	4m 17.48s	17.11.91
4 x 800 m Relay	M.Buckley L.Horrock U.Rodway L.Zammarrelli	9m 44.64s	26.11.89
4 x 1500 m Relay	M.Buckley N.Hoyle L.Horrock 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	E. Stratford	10m 34.99s	8.12.95
200mH(0.762m)	U.Rodway	39.20s	23.10.91
1500m Walk	E. Stratford	6m 53.59s	31.3.96
High Jump	C. Bartlett	1.58m	18.3.96
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 D.Ferraro U.Rodway J.Nelson	1m 54.60s	16.11.91
4 x 400 m Relay	C.Buckley D.Ferraro U.Rodway J.Nelson	4m 17.48s	17.11.91
4 x 800 m Relay	C.Buckley D.Ferraro U.Rodway J.Nelson	10m 15.94s	16.11.91
4 x 1500 m Relay	U.Rodway J.Roberts S.Stratford L.Hopkins	22m 08.45s	26.11.88

ATHLETICS NEW SOUTH WALES

St. George hosted the 1995 NSW Novice Cross Country Championships at Scarborough Park. The venue is still a popular one for cross country running and is always enjoyed by athletes and provides good viewing for spectators. For the second successive year a Club member won the State Novice Championship when Damon Harris easily won in a time of 31m 33s. Two teams represented the Club coming 5th and 12th The "A" team comprised Damon Harris 1st (31m 33s), Matt Rizutto 4th (32m 30s), Frank Scorzelli 37th 35m 51s and Shane Causer 45th (36m 43s).

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

Alleyn Gainsford OAM

1. Life Member ANSW

George Carruthers MBE

1. Consultant "City to Surf"

2. Life Member Athletics NSW

Arthur Peek

1. 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

AUSTRALIAN & 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)		
3 Mile	A. Thomas	Brit Comm v USA Sydney	1956
	(13m 39s 1st)		
880 yds	J. Bailey	Melbourne Olympic Games	1956
5000 metres	A. Thomas	Melbourne Olympic Games	1956
	(14m 04.8s 5th)		
1 Mile	A. Thomas	Cardiff Empire Games	1958
	(4m 02.7s 3rd)		
3 Mile	(13m 26s 2nd)		
1500 metres	A. Thomas	Rome Olympic Games	1960
	(3m 46.8s)		
5000 metres	A. Thomas	Rome Olympic Games	1960
	(14m6.2s 11th)		
1 Mile	A. Thomas	Perth Empire Games	1962
3 Mile	A. Thomas	Perth Empire Games	1962
1500 & 5000m	A. Thomas	Tokyo Olympic Games	1964
800 metres	G.Rootham		
	(1m 48.2s)	Munich Olympic Games	1972
800 metres	G.Rootham	Christchurch	
	(1m47.2s)	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 m	J.Andrews	Pacific Conference Games	
	(14m08s)	Christchurch NZ	1981
10000 m	J.Andrews	Pacific Conference Games	
	(28m41s)	Christchurch NZ	1981
12000 m CC	J.Andrews	World CCC Madrid	1981
12000 m CC	J.Andrews	World CCC Gateshead	1983
10000 m Walk	A. Manning	C'wealth Games, Victoria	1994
10000 m Walk	A.Manning	World C'ships Gothenburg	1995
Marathon	J. Andrews	World C'ships Gothenburg	1995

OUTSTANDING PERFORMANCES MADE OUTSIDE AUSTRALIA

* Former world record

880 yards	J. Bailey (Los Angeles)	1m48.8s	1956
1 Mile	J. Bailey (Los Angeles)	3m58.1s	1956
3 Mile	A. Thomas (London)	13m 26.4s (1st)	1958
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)	8m05.2s	1958
3 Mile	A. Thomas (London)	(4th)	1958
4x1 Mile Relay *	A. Thomas & D. Wilson	16m 25.6s	1959
3 Mile Indoor	A. Thomas (Toronto)	13m 26.4s	1964
880 yards	J. Duxbury (USA)	1m50.2s	1966
5000 metres	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, SCHOOLS & AUSTRALIAN JUNIORS OVERSEAS REPRESENTATIVES

Long Jump	W. Gilliver (6.88m)	NZ Games C'church Schools team	1975
800 metres	G. Cook (1m56.0s)	NZ Games C'church Schools team	1975
110m Hurdles	W. Bird (15.0s)	NZ Games C'church	1975
110m Hurdles & 100m	W. Bird	Christchurch, NZ	1977
Marathon	R. Squires (2h23m39s)	NZ Hamilton Marathon	1975
Marathon	D. Edwards (2h34m51s)	NZ Hamilton Marathon	1975
Marathon	J. Scott (2h25m04s)	Boston Marathon	1977
3000 metres & 1500 metres	L. Whitty	Christchurch Team (NZ)	1977
Shot & Discus	D. Snell	Christchurch Team (NZ)	1977
100m & 200m 3000m & 5000m	R. Henderson	USA (NSW Schools)	1981
100m, 200m 400m	J. Andrews	UK and Europe	1982
World	R. Henderson	UK and Europe	1982
Walking Cup	A. Manning	Monterrey Mexico	1993
400m	K. Gallagher	Lisbon Portugal	1994
Cross Country	M. Lanham	Durham England	1995
200m 400m	K. Gallagher	UK and Europe	1995

OBITUARY

Vale Eddie Gentle

Eddie lost a long fight against lung cancer on 12 August 1995. Eddie rejoined some years back after being a junior member in cross country in the 1950's. He was a member of junior gold medal winning teams.

Equipment as at 31 March 1996

1	Portable Loud Hailer
1	Map display Board
1	Winners Dais
1	First Aid Kit
4	High Jump Bars - Fibreglass
1	Measuring Sticks -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
2	2kg Discus
1	Portable Metal Discus Circle
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	Set Field Markers (1-20)
1	Rake
5	Metal Measuring Spikes
40	Hurdles
2	Junior Relay Batons
8	Relay Batons
1	Lap Bell (hand)
1	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
40	Plastic Chairs

Comments on Annual Financial Statements

by Dennis Jolliffe

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

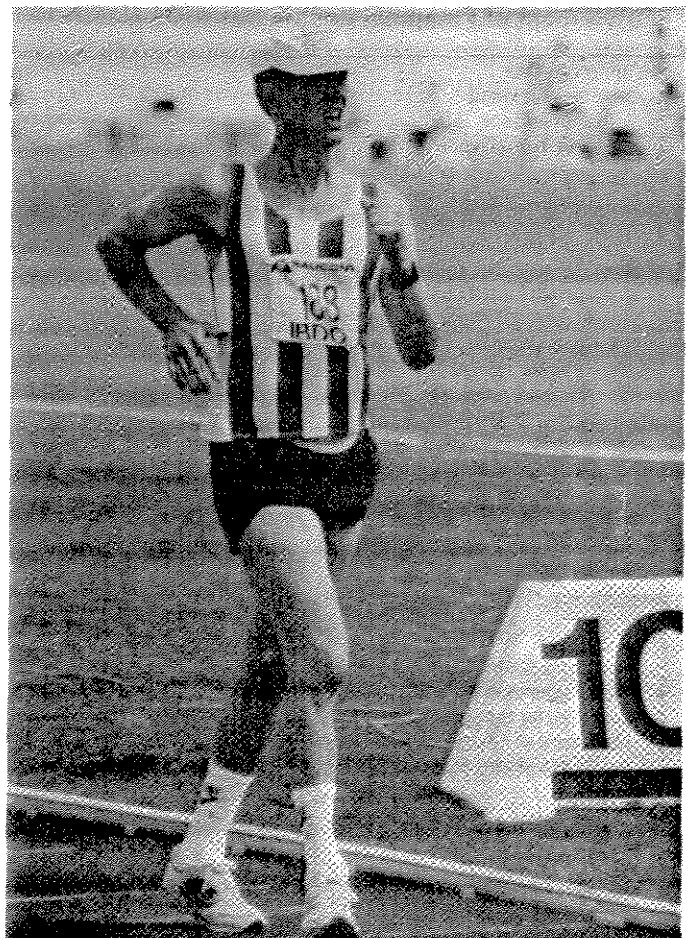
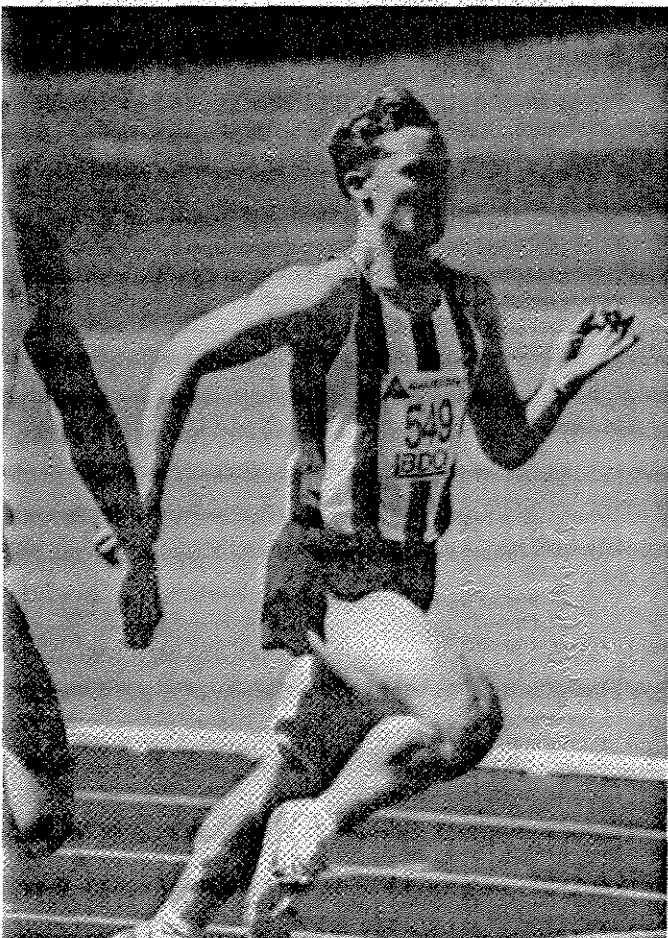
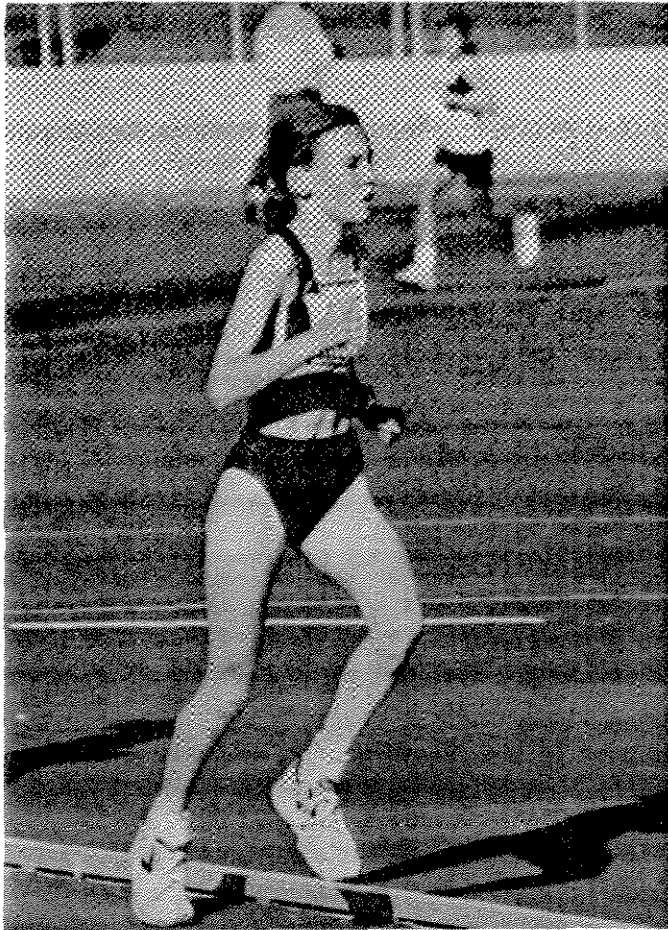
As at end	March	Social Committee	Other Club Funds	Total Club Funds	Movement
	1991	\$7,385.98	\$13,964.48	\$21,350.46	
	1992	\$11,886.81	\$6,854.84	\$18,741.65	-\$2,608.81
	1993	\$12,349.74	\$5,712.23	\$18,061.97	-\$679.68
	1994	\$12,753.06	\$4,430.74	\$17,183.80	-\$878.17
	1995	\$0.00	\$17,264.06	\$17,264.06	+\$80.26
	1996	\$0.00	\$16,546.80	\$16,546.80	-\$717.26

In 1995-96 Club Funds fell by \$717.26. This is due partly to a fall in membership, as well as assistance to our outstanding athletes in the form of payment of their registration fees. For the 1996-97 year, these expenses and assistance to compete in Australian Championships are likely to be less, with the transfer of some of these athletes to other Clubs. Nevertheless, with Club Funds falling by nearly \$5,000 over the past five years, care will be necessary if we are to avoid further drain on funds.

The Club has increased its Term Deposits by \$822 through re-investment, and will endeavour to meet its expenses without having to draw on these - funds.

In addition to the sale of refreshments, the Club's Teams Fund was enhanced through Club members officiating at the Half Marathon, Marathon and the City to Surf. As well, at the beginning of 1995, Ron Gribble made many approaches to various Clubs and organisations for assistance to our athletes to compete in Australian Championships and overseas. Through the generosity of these organisations the Club was able to assist many of our athletes.

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.





St George District Athletic Club Inc

Statement of Receipts and Payments for the 12 months ended 31 March 1996

	\$	\$
Receipts		
Annual Subscriptions	5,867.00	
Donations	220.00	
Promotions (Note 1)	4,463.50	
Sale of Uniforms	510.00	
General (Note 2)	965.98	
Team Fund (Note 3)	<u>3,669.00</u>	
Total Receipts		15,695.48
less		
Payments		
Printing, Phone, Postage, etc	688.89	
Registrations, etc to Athletics NSW	6,237.00	
Promotions (Note 4)	4,103.20	
Goods for Sale	330.00	
General (Note 5)	1,750.30	
Teams Fund (Note 6)	<u>3,514.00</u>	
Total Payments		<u>16,623.39</u>
Net Loss		(-)927.91
Plus		
Cash at Bank 1 April 1995		<u>1,563.13</u>
Cash at Bank 31 March 1996		<u>635.22</u>

Statement of Financial Position as at 31 March 1996

Current Assets		
Stock on Hand	1,602.00	
Cash at Bank	635.22	
Bank Term Deposits	<u>12,822.65</u>	
		15,059.87
Non-current Assets (Note 7)		
Equipment, at cost less depn	<u>1,999.00</u>	
		\$17,058.87
less		
Non-current Liabilities		
Reserve for Perpetual Trophy	295.10	
Reserve for CC Trophies	<u>216.97</u>	
		512.07
		<u>16,546.80</u>
equals		
Club Funds -		
General Fund	17,816.12	
Teams Fund	<u>(-)1,269.32</u>	
		<u>16,546.80</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 1996 and report that the above Statement of Financial Position sets out a true and fair view of the state of the Club's affairs at that date.

David Carlisle
Honorary Auditor

Note 1

Promotions

Cross Country Race Fees	2,807.00
Net Raffle Proceeds	442.00
Novice Day Entries	1,052.00
Summer Race Entries	<u>162.50</u>
	<u>\$4,463.50</u>

Note 2

General

Bank Interest	95.33
Term Deposit Interest	822.65
Sale of Handbooks	<u>48.00</u>
	<u>\$965.98</u>

Note 3

Teams Fund

Donations	
Georges River Sailing Club	50.00
Penshurst RSL Club	100.00
Brighton Amateur Fishermans Assoc	100.00
Mortdale RSL Club	500.00
Bexley RSL	50.00
St. George Leagues Club	500.00
Kingsgrove RSL	250.00
Raffle Proceeds	84.00
Contributions re supply of Officials	1,320.00
Sale of Refreshments	<u>715.00</u>
	<u>\$3,669.00</u>

Note 4

Promotions -

Cross Country Cycle Prizes	920.00
Cross Country Hire of Hall	846.00
Track & Field Rental	150.00
Raffle Prizes	290.00
Cross Country Trophies & Other Expenses	773.30
Purchase of Handbooks	60.00
Novice Day Expenses	<u>1,063.90</u>
	<u>\$4,103.20</u>

Note 5

General

Refreshments	34.45
Trophies	362.90
Merit Award Badges	424.85
Track & Field Managers Expenses	54.00
Track & Field Trophies	51.45
Increase in Term Deposit	<u>822.65</u>
	<u>\$1,750.30</u>

Note 6

Teams Fund

Assistance to Individuals	
D. Askew	450.00
C. Burgess	250.00
S. Culkin	250.00
A. Di Rosa	250.00
K. Gallagher	250.00
R. Hudson	250.00
A. Manning	100.00
C. Pelham	250.00
E. Stratford	500.00
J. Wall	<u>200.00</u>
	3,050.00
Relay Entries	<u>464.00</u>

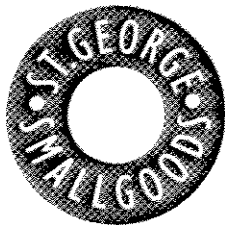
\$3,514.00

Note 7

Equipment

Equipment, Valued at cost	4,959.00
less Accumulated Depreciation	<u>2,960.00</u>
	<u>\$1,999.00</u>

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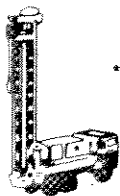
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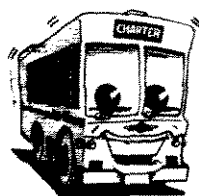


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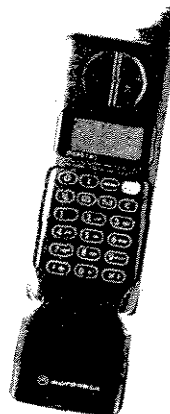
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