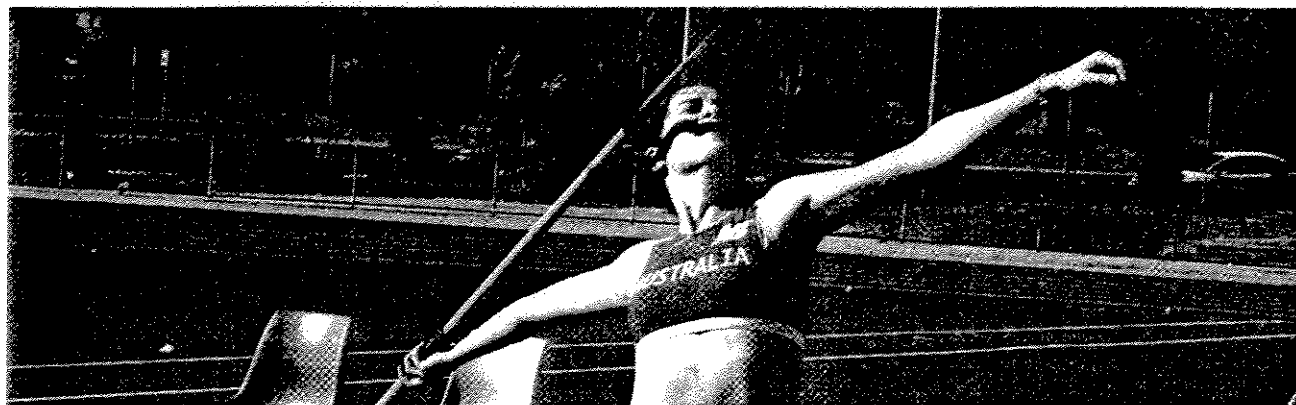




ST GEORGE DISTRICT ATHLETIC CLUB INC.



Zoe Pelbart



Luke Hamer



Shannon Delaney

83rd ANNUAL REPORT
31st March, 2004



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ST GEORGE DISTRICT ATHLETIC CLUB INC.

83rd ANNUAL GENERAL MEETING

Syd Frost Hall, Hawthorne Street, Ramsgate

Saturday 26 June, 2004

3.00pm

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A G E N D A

- 1. Welcome to members and guests**
- 2. Apologies**
- 3. Minutes of 82nd Annual General Meeting**
- 4. Presentation of 83rd Annual Report & Financial Statement**
- 5. Election of Officers, Executive Committee and Appointment of Auditor**
- 6. Presentation of 2003/2004 Annual Awards**
- 7. General Business**
- 8. Raffle Draw**
- 9. Afternoon Tea**

**C
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**Rockdale City Council's
Young Sportsperson of the Year 2004**



Mike Whitney, Shannon Delaney, Yvonne Bellamy (Mayor)



St George participants in the Rockdale City Council Fun Run 2004

ST GEORGE DISTRICT ATHLETIC CLUB INC

MINUTES OF 82nd ANNUAL GENERAL MEETING

HELD 21 JUNE 2003
SYD FROST HALL – HAWTHORNE STREET, RAMSGATE

The meeting commenced at 3.00pm with the President, Albie Thomas, welcoming all present including Life Members, Merit Award holders, members and special guests.

There were 45 members and guests in attendance (as per attendance book).

- 1. Special Guests** - Kevin Greene – State member for Georges River
Vince Badalati – Mayor of Hurstville City
Betty Moore – NSW
- 2. Apologies:** Jim Taylor – Mayor of Kogarah
Yvonne Bellamy – Mayor of Rockdale City
Robert McClelland MP – Federal Member for Barton
- 3. Adoption of Minutes** – the minutes of the 81st Annual General Meeting were confirmed – *Lyn Whatman* – seconded *D Hamer*
CARRIED

There were no matters arising from the minutes.

- 4. Presentation of the 82nd Annual Report** – The President presented the 82nd Annual Report & Financial Statement of the Club and read his report to the meeting. He commented on -
 - **Volunteers** – The Club could not function successfully without the generous help of it's volunteers who assist in all areas of Club operations, plus other major fund-raising events such as the Sydney Half Marathon and the City to Surf. The 'Terry O'Connor Christmas Mile Race' separately raises funds to provide subsidised registrations for promising young athletes and in 2003/04 assisted almost 30 athletes.
 - **Cross Country** – athletes performed to a very high standard with the men's Open team coming second in the Premiership with five championship medals and Blair Martin winning two State titles. The over 45 men's team was the season's premier team and the under 12 female team won all of their events. Chloe Doyle won two individual titles. The under 16 men and under 14 female teams also won medals.
 - **Track & Field** – The new format for the summer season caused some problems with scattered venues and less competition. However, there were still some outstanding performances by our athletes. Daniel Batman ran a 45.02 for the 400m and won the British Indoors 400m championships. Zoe Pelbart won a place in the Australian team for the World Youth Championships in Canada for her javelin throw of 47.19m, but unfortunately will be unable to attend due to injury. There were also some solid performances by our track athletes and relay teams.
 - **NSW Institute of Sport** – Lachlan Chisholm was joined by Brydan Lenne, Shannon Delaney and Damon Harris in the elite programs conducted by the NSW Institute of Sport. Congratulations to these athletes.
 - **Summer Cross-Country** – David Edwards and Kim Delaney organised a very successful summer competition which was well attended and enjoyed by all participants.
- 5. Terry O'Connor Trophy** – was presented to Mendo Stojkovski.
- 6. Secretary's Report** – The Secretary read her report, commenting on the first twelve months of her role as General Secretary. She thanked the President and Treasurer for their assistance over the year and also Sue Lenne for taking over her previous position of Minute Secretary. She also congratulated the President on his recent Centenary Medal award. A bouquet of flowers was presented.
- 7. Treasurer's Report** – Dennis Jolliffe asked the younger members of the audience if they would still be running in fifty years time (as he was)? He commented on the Annual Financial Statements and the fact that Club funds had risen by \$3,684.72 from the previous year. The Club subsidised a number of registrations for talented athletes, subsidised mainly by the annual 'Christmas Mile' fundraiser. A forward grant of \$2,500 was received from Rockdale City Council towards the cost of the 2003 Fun Run. Individual athletes were financially assisted for a total sum of \$710 being for travelling expenses to State and national championships. The Teams Fund revenue consisted of fund raising activities such as sale of chocolates, raffles, Club dinners and supply of officials for the Half Marathon and City to Surf events. Kay Culkin was thanked for her fundraising efforts. Alan Staples, Coral and Albert Ferraro and Tom Richards were also thanked for their assistance, together with Michael Hanrahan who acted as Honorary Auditor. The Statement of Income and Expenditure for the year ended 31 March 2003, showed a cash balance of \$7236.58.

- **Kevin Green** (Member for Georges River) - spoke about the need for young people to be involved in sport. Congratulated the Club on another good year.
- **Vince Badalati** (Mayor of Hurstville) thanked the Club for the great job done by its volunteers.
- **Betty Moore** (ANSW) - Congratulated the Club on its excellent Annual Report. Spoke about the importance of accreditation for coaches and commented on the fine performances of Zoe Pelbart, especially as she (Betty) was also a javelin thrower.
- **David Edwards** (Summer Cross Country) - Thanked Kim Delaney for looking after registrations of runners in the Summer Cross Country competition.
- **Lynne Whatman** (St George Little A's) - Commented on the dual registrations between Little A's and the senior club. Thanked the Secretary for the well presented Annual Report.
- **Alan Staples** (Life Member) - Mentioned that St George was 4th in the Team Premiership pointscore. Made the observation that the Club is lacking in walkers. Commented on the additional help that has been forthcoming from parents - good to see. Made mention of the fact that the track and field season has a drop off after Christmas, often due to the summer heat, and that there is a serious lack of Club officials for the summer season.
- **Tom Richards** (Life Member) - said he was pleased to see younger parents coming through and helping. Also that, in his opinion, running at Scarborough Park was a lovely way to spend a Saturday afternoon.

Moved that the 82nd Annual Report be received - R Russell/J Irvine

CARRIED

9. Presentation of Awards:

- **Annual Awards** - 17 annual awards were presented to athletes, with Outstanding Senior Athlete awarded to **Daniel Batman** (absent) and Most Improved Senior Athlete to **Chadi Elashkar**.
- **Summer Cross Country and Cycle Awards** were presented to winners by David Edwards.

10. **Election of Officers** - Ron Gribble acted as Returning Officer for the election of the new Executive Committee. Nominations had been received for all positions. All positions were filled, with the only change being that of Minute Secretary. Sue Lenne agreed to take on this position. Officers for 2003/04 were elected as follows:-

Patron: R Gribble	President: A Thomas	Senior Vice-Presidents: R Gribble, D Jolliffe, A Staples	
General Secretary: K Culkin	Treasurer: D Jolliffe	Track Secretary: J Gallagher	
Distance Secretary: C Stratford	Minute Secretary: S Lenne	Auditor: M Hanrahan	
Executive Committee:			
A Thomas	K Culkin	D Jolliffe	C Stratford
J Gallagher	A Staples	R Russell	J Irvine
C Elashkar	K Delaney	D Degan	S Lenne

Delegates - to be elected at the next Executive Meeting.

10. **General Business:** There was no general business. The President closed the meeting at 4.00pm.



Executive Committee 2003-04

OFFICE BEARERS

Patron

R. Gribble

President

A. Thomas

Senior Vice Presidents

D. Jolliffe, R. Gribble, A. Staples

Vice Presidents

R McLelland MP (Barton), L McLeay MP (Watson), K Green MP (Georges River), F Sartor (Rockdale), D Melham MP (Banks), C Burton (Kogarah), M Iemma (Hurstville), Y Bellamy (Mayor, Rockdale CC), J Taylor (Mayor, Rockdale C), V Badalati (Mayor, Hurstville CC), A Argall, P Donnelly, D Wilson, B Molino, G Page, T Richards, R Nash, J McClean, D Edwards, J Irvine, C Stratford

General Secretary

K Culkin

Treasurer

D Jolliffe

Track Secretary

J Gallagher

Distance Secretary

C Stratford

Minute Secretary

S Lenne

Honorary Auditor

M Hanrahan

Executive

A.Thomas(Chairman), K Culkin, D.Jolliffe, R. Russell, C.Stratford, J.Gallagher, A Staples, J Irvine, D Degan, S Lenne, C Elashkar, K Delaney

Delegates to Athletics NSW Meetings

A Thomas, J Irvine, A.Staples, D Degan, K Culkin

Delegates to Interclub

D. Degan, J.Gallagher, C Elashkar

Delegates to Harrier (Winter) Committee

A.Staples, J Irvine, D Degan

Track Captain

S. Moseley

Track Vice Captain

C Elashkar

Mens Distance Captain

D. Degan

Mens Distance Vice Captain

J. Irvine

Womens Distance Captain

L. Stiller

Womens Distance Vice-Captain

H Evans

Publicity Officer

C. Stratford/A Thomas/R Gribble

Registrar

C. Ferraro

Assistant Registrar

A. Ferraro

Records Officers

J.Gallagher, V.Gravitis, C. Stratford

Social Committee

P.Donnelly; N.Thomas;E.McClean;K Culkin
J.Molloy;J.Windred;D Milton

Selectors

D.Jolliffe;R Russell; L Markham; C Stratford
S Moseley; C Elashkar; D Degan; J Irvine; H Evans; L Stiller

Handicappers

D.Jolliffe;L Markham;D Edwards;C.Stratford;K Delaney

Timekeepers, Judges, Recorders and

Gear Stewards

A.Argall;R.Russell;L Markham;J.Gallagher;T. Richards;
D.Jolliffe;N.Windred;P.Gayton;J.McClean;P.Tuziak
J.Molloy;J.Irvine;K Culkin;G Stratford;M. Player

Uniform & Trophy Steward

T.Richards; L Delaney; C Stratford

Starters

G. Stratford;P.Tuziak;P. Gayton;K Delaney

Coaches

P.Tuziak;R.Russell;A Thomas;D Chisholm;M Lawson

First Aid

A.Argall;D.Degan;S Moseley

Web Site: www.sgdac.org

Webmaster: C Stratford

Life Members

B.C. Button	1937
J.Bowers	1971
D.Jolliffe	1971
D.Wilson AM	1971
R.Gribble	1975
A.Thomas	1983
R.Nash	1991
A.Peek	1991
A.Staples	1991
J.Irvine	2002
J.McClean	2002
T.Richards	2002
C.Stratford	2002

Merit Awards

A.Thomas	1975
F.Thornton	1975
D.Edwards	1991
P.Phillips	1991
T.Richards	1991
B.Scott	1991
A.Argall	1995
J.Irvine	1995
B.Molino	1995
J. McClean	1998
C. Stratford	2001
N. Thomas	2001
E. Walsh	2002

Club Membership

	1998-99	1999-2000	2000-01	2001-02	2002-03
Officials	19	12	8	10	9
Open	19	27	31	32	27
Masters	48	60	56	59	58
Associate	0	0	0	0	5
Under 20	1	0	2	5	1
Under 19	2	2	3	1	1
Under 18	3	5	5	3	3
Under 17	3	7	5	7	7
Under 16	6	6	11	9	10
Under 15	6	14	10	14	7
Under 14	4	11	16	4	9
Under 13	10	7	3	13	11
Under 12	8	5	11	7	7
Under 11	26	13	13	12	8
Total	155	169	174	176	163

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

- (a) Open, Veterans and Officials
- (b) Athletes 16 years and over, but under 20; and
- (c) Athletes under 16 years.

In 2002-2003 club member numbers fell by 13. The composition of most age groups remained static. During 2002-2003, the Club received 45 new members and had 118 renewals, compared to 60 new members and 116 renewals for the previous year. 126 members, including 42 athletes under 15 and 9 officials, were members for the full year and 37 registered for the winter season only.

President's Report

On behalf of all of our members, I thank the Executive, especially Kay Culkin, Sue Lenne, Jim Gallagher, Dennis Jolliffe, Chris Stratford, Alan Staples, John Irvine, Chadi Elashkar, Kim Delaney and Ray Russell, who work in the interests of all members. They manage all of our competitions, results, entries, and of course our funds. They were assisted by our volunteers who do all of the necessary jobs like timekeeping, registrations, handicaps, course officials, setting out our courses, selling raffle tickets, and all of the other jobs involved in running a Club. Volunteers also assist at all of our major fund raising activities like operating the NSW Novice day, volunteering to be course officials at the NSW Half Marathon and the City to Surf. Those three events provide major funds to the Club. THANK YOU to all the volunteers. The Club was assisted with sponsorship by Rockdale City Council who provided all trophies for the NSW Novice and the Rockdale City Fun Run. Gordon Bucton's Butchery donates sausages for the Novice Day barbeque.

The Club has instigated a Middle Distance Emerging Athlete sponsorship funded by money raised at the Terry O'Connor Christmas Mile race - yes 8.00am on Christmas morning. We raise the funds with race entries, punting, raffles and very generous donations from Jim Owens, John McClean and assistance from David Beck and Helen Millett. Our race committee distributes the money raised by way of partial payment of Club registration fees to promising athletes. The results have been very positive.

Our General Secretary, Kay Culkin, has done a superb job all year. As well as attending Track & Field meets during the summer season as an NSW official, she also attends Cross-Country at Scarborough, organizes our fund raising, and generally keeps the executive on the ball. Kay is assisted by Sue Lenne, as minute

secretary. Kay is responsible for the production of this Annual Report.

Jim Gallagher, our Track Secretary, has produced a very detailed report. On the National Championship level, Zoe Pelbart continues to throw the javelin even further and has just recently thrown a World Junior qualifier of 49.87m. It is expected that she will be included in the Australian team to compete at Grosseto later this year. This is a remarkable effort considering her intensive rehabilitation program following a serious shoulder injury last year. Congratulations also to her dedicated coach, Peter Tuziak. Shannon Delaney had a big breakthrough in the Under 18 years 1500m at the Australian Youth Championships. He was also awarded the 'Sportsperson of the Year 2004' from Rockdale City Council. At the State level Zoe continued her strong performances, but look at Luke Hamer's four wins in the Under 14 years. Our teams also did very well in track relay events. The Track and Field season was a very fractured affair, with events at various grounds. About time it was all consolidated back at one ground.

David Edwards and Kim Delaney combined efforts to conduct a very successful Summer Cross-Country season at Gannons and Scarborough parks.

Our Club funds are in good shape due to the careful management of Treasurer Dennis. As well as counting our dollars, Dennis also handicaps Division 1 and 2 at Cross-Country. Our total funds have increased, along with our member numbers. The breakdown of age categories, shows we are light-on in the 16 to 20 years age category, but so are other Clubs. However, our young athletes are producing most of the best results. Coral & Albert Ferraro attend to Club registrations.

Our busiest time is the Cross-Country season with club races and NSW events. Chris Stratford, Distance Secretary, has completed a very detailed report. He has listed all of the main results and times. Chris handicaps the Division 3 and 4 Cross-Country competition. A very special "thank you" to Gail Stratford for her excellent timekeeping during the past season.

Blair Martin was the NSW "Distance Runner of the Year" - a great achievement. Our teams also did the Club proud winning the Women's Under 18 years, Men's Under 20 years, and Men's Over 45 years premierships. We also had several teams in first, second or third place, which shows how well our athletes combine to help one another.

The winter point score and fastest times trophies indicate the athletes who compete on a regular basis. Our Club Championships show athletes that were in top form when those events were conducted. Congratulations to all those who competed at their very best and were rewarded with NSW medals, but also remember that as long as you competed and enjoyed the races then you were also winners.

It was a pleasure to have served you for another year as your President and to have served with such a good Executive.

Congratulations to the athletes who have won Annual Awards for the 2003/2004 year.

Albie Thomas

Secretary's Report

I am delighted to again be addressing you after another busy and successful year. St George continues to function efficiently and effectively under Albie's leadership and it is good to see our finances in a healthy condition. Having undertaken to do some university study this year, my free time has been limited, but I have continued to enjoy my role as General Secretary. Albie and Dennis are always on hand to assist and I am grateful to them for their support. Albie works tirelessly for the Club and keeps us all well informed of what he is up to. Life wouldn't be the same without turning on the computer to find at least half a dozen emails from Albie! Dennis does an excellent job as Club Treasurer, Handicapper and "General Advisor". He is also skilled in computer programs and has initiated some very innovative record-keeping systems which are of great benefit to the Club.

I must also thank my (only) fellow female executive colleague, Sue Lenne, for taking care of those tedious (but essential) minutes of our monthly meetings and for her work on the revamping of the Club Constitution. Jim Gallagher and Chris Stratford have again diligently carried out their respective duties as Track and Distance Secretaries. My thanks to all the individual club members and families who have participated in the chocolate fundraising. We raised around \$850 last season and are on track for something similar this year.

All members of the executive take their roles seriously and work together to support the club and maintain its high standing in the community. It is a pleasure to be a part of such a dedicated and hard-working team.

Kay Culkin

Annual Awards for 2002-2003 Season

A.A.Gainsford Trophy (Outstanding Senior Athlete)

Lachlan Chisholm/Blair Martin

Robert Nash Trophy (Most improved senior athlete)

Not Awarded

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

(Outstanding under 20 years) *Christopher Barakat*

A.Henderson Trophy (Outstanding under 18 years)

Zoe Pelbart

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

Shannon Delaney

St.George DAAC Trophy (Best under 18 years Cross Country)

Shannon Delaney

A.Gould Memorial Trophy (Outstanding under 16 yrs)

Nam Currie-Nguyen

G.Page Trophy (Outstanding under 16 years Cross Country)

Michael Murphy

H.Gibbons Trophy (Most improved under 12 years Cross Country)

Jason Dooley

F.Wilson Trophy (Outstanding under 14 years)

Luke Hamer

L.L.Bosman Trophy (Outstanding hurdler) *Chris Barakat*

J.J.Walsh Trophy (Outstanding Marathon runner)

Blair Martin

St.George Trophy (Best field athlete)

Zoe Pelbart

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

Shannon Delaney

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

Bridey Delaney/Emma Millett

A.Winter Perpetual Trophy

(Best triple jump performance)

Chris Speralakis

Peter Tuziak Award (Encouragement award to under 12 years)

Tim Hogan (male) & Candice Dooley (female)

SGDAC Peter Tuziak Award (Best Heptathlete/Decathlete)

Not Awarded

2003 DISTANCE REPORT

St George enjoyed another successful season coming second in the Men's Open Premiership and also winning age premierships in the Over 45 Male, Under 20 Male and Under 18 Female. There were many team successes especially the Open team and the Over 45 team. Long time stalwarts Blair Martin, Lachlan Chisholm, Dean Degan, Saxon Moseley, David Evans, Damon Harris, Chadi Elashkar and Mike Arndell and newcomers Charley Low and Tommy Salmon formed the basis for our successful Open team. The over 45 team of Dave Patterson, Jon Charles, Kim Delaney and Mendo Stojkovski continued their fine form with a another premiership winning effort. Frank Scorzelli continues to run as an elite Over 55 runner and won three individual medals.

Blair Martin won the Distance Runner of the Year award with his consistent running. Blair was ever present for the relays and the major championships. He is a worthy winner of the NSW Distance Runner of the Year award.

Shannon Delaney heads a group of promising young male runners and he achieved good individual results during the season. Other promising runners include Isaq Ali, Adrian Player and Michael Murphy. These runners were the mainstay of the winning Men's Under 20 team.

Our junior runners continue to enjoy running at Scarborough Park and we hope to see many of them continuing for years to come. Saturday Cross Country was still popular and the number of runners competing continues to be good. St George successfully hosted the Novice Championships as well as one leg of the Endeavour Cup when we competed against Sutherland and Illawong.

Chris Stratford
Distance Secretary

Team highlights for the season were:

PREMIERS: Men's Over 45
Men's Under 20
Women's Under 18

WOMEN Under 18 4km Cross Country	First
Under 18 Road Relay	Second
Over 45 Cross Country Relay	Second
Under 18 Cross Country Relay	Third
Under 16 Road Championships	Third

MEN Open Road Relay	First
Open 7km Cross Country	First
Open Long Distance Relay	First



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Over 45 Road Relay	First
Over 45 12km Cross Country	First
Over 45 7km Cross Country	First
Over 45 Cross Country Relay	First
Over 55 7km Cross Country	First
Over 55 Road Championships	Second
Over 55 8km Cross Country	Second
Under 20 Road Relay	Second
Under 20 Cross Country Relay	Second
Open Cross Country Relay	Third
Novice Championships	Third
Over 45 Road Championships	Third
Over 55 Cross Country Relay	Third
Under 14 Cross Country Relay	Third
Under 12 Cross Country Relay	Third

Distance Runner of the Year

Male:	1st	Blair Martin	47pts
	20th	Lachlan Chisholm	13pts
	25th	Michael Arndell	12pts



Blair Martin

2003 Winter Pointscores

Division 1	1. Chris Maver	288 points
	2. Michael Duff	277 points
	3. Chadi Elashkar	269 points

Fastest Times Champions:

Chadi Elashkar (91) & Maureen Cadogan (98)

Division 2	1. Jason Dooley	393 points
	2. Colin Wilson	375 points
	3. Brett Hardy	371 points

Fastest Times Champions:

Shannon Delaney (67) & Bridey Delaney & Samantha Milton (73)

Division 3	1. Brett Hardy	395 points
	2. Nam Currie-Nguyen	380 points
	3. Ally Nash	65 points

Fastest Times Champions Nam Currie-Nguyen (95) & Ally Nash (95)

Division 4	1. Riley Delaney
	2. Timothy Hogan
	3. Ben Currie-Nguyen

Fastest Times Champions:

Riley Delaney & Annica Monagle

ST GEORGE CLUB CHAMPIONS 2003

MEN

SENIOR	1ST	2ND	3RD
7km CC	B. Martin	C. Low	S. Moseley
Novice 10km	C. Elashkar	M. Arndell	S. Moseley
12km CC	C. Elashkar	K. Delaney	M. Stojkovski
10km Road	B. Martin	C. Elashkar	K. Delaney
Half Marathon	M. Arndell	C. Elashkar	B. Pendergast
Marathon	M. Arndell	A. Virgona	

UNDER 20

8km Road	R. Costello
----------	-------------

UNDER 18

5km Road	S. Delaney	A. Player
5km CC	S. Delaney	A. Player
6km CC	A. Player	

UNDER 16

4km Road	M. Murphy
4km CC	M. Murphy
3.5km CC	M. Murphy

UNDER 14

3k Road	L. Hamer	T. Delaney
3km CC	T. Delaney	

UNDER 12

2km Road	R. Delaney	T. Hogan
2km CC	J. Dooley	
1.5km CC	J. Dooley	

WOMEN

SENIOR

5km CC	H. Evans	M. Cadogan	K. Edwards
Novice 4km	H. Evans	O. Bible	C. Wilson
8km CC	M. Cadogan	K. Edwards	
Marathon	L. Stiller		

UNDER 18

4km CC	S. Milton
3.5km CC	S. Milton

UNDER 16

4km CC	B. Delaney	E. Millett	K. Keats
2.5km CC	E. Millett	K. Keats	B. Delaney
4km Road	B. Delaney	E. Millett	K. Jarvis

UNDER 14

3km Road	S. Beck		
3km CC	S. Beck		
2.5km CC	A. Nash	C. Wilson	K. Jarvis

CHAMPIONSHIP RESULTS - 2003

NSW NOVICE CROSS COUNTRY CHAMPIONSHIPS

(26th May 2003 Scarborough Park)

MEN	10km	6 th	Chadi Elashkar	33min 48secs
		9 th	Michael Arndell	34min 00secs
		13 th	Saxon Moseley	34min 26secs
		26 th	Brad Pendergast	36min 41secs
		36 th	Frank Scorzelli	38min 27secs

TEAMS

3rd St George

WOMEN	4km	2 nd	Heather Evans	14min 07secs
		54 th	Olivia Bible	17min 44secs
		59 th	Camille Wilson	18min 11secs
		63 rd	Rachel Mullane	18min 32secs
		70 th	Lesley Eller	19min 25secs
		72 nd	Averill Wilson	19min 36secs
		76 th	Marilyn Kinchin	21min 33secs

TEAMS

12th St George
19th St George

NSW ROAD CHAMPIONSHIPS

(10th May 2003 Abbotsbury)

MEN	OPEN 10km			
	2 nd	Blair Martin	32min 30secs	
	18 th	Chadi Elashkar	35min 50secs	
	53 rd	Kim Delaney	39min 13secs (3 rd 045)	
	67 th	Frank Scorzelli	40min 45secs (2 nd 055)	
	73 rd	Mendo Stojkovski	41min 37secs	
	116 th	John Irvine	47min 49secs	
	133 rd	Akin Staples	49min 47secs	
	141 st	Dave Edwards	50min 43secs	
	149 th	Chris Mayer	52min 54secs	
	154 th	John Smith	53min 33secs	
	161 st	Ray Millett	55min 29secs	
	164 th	Dennis Jolliffe	85min 52secs	
	167 th	David Beck	57min 30secs	
	169 th	Vilis Gravitis	58min 04secs	
	175 th	Chris Stratford	59min 53secs	

TEAMS

3rd Over 45

2nd Over 55

UNDER 20.8km			
8 th	Robert Costello	33min 49secs	

UNDER 18.5km			
1 st	Shannon Delaney	16min 55secs	
9 th	Adrian Player	17min 59secs	

UNDER 16.4km			
5 th	Michael Murphy	14min 14secs	

UNDER 14.3km			
10 th	Luke Hamer	12min 30secs	
11 th	Thomas Delaney	12min 32secs	

UNDER 12.2km			
6 th	Riley Delaney	8min 53s	
8 th	Timothy Hogan	9min 36secs	

WOMEN

UNDER 16.4km			
10 th	Bridey Delaney	16min 52secs	
13 th	Emma Millett	17min 35secs	
17 th	Kayla Jarvis	18min 34secs	
19 th	Rachel Mullane	19min 03secs	
30 th	Olivia Bible	19min 37secs	

TEAMS 3rd St George

UNDER 14.3km

8 th	Stephanie Beck	13min 12sec	
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NSW HALF MARATHON CHAMPIONSHIPS

(25th May 2003 Sydney)

MEN	11 th	Michael Arndell	74min 37secs
	18 th	Chadi Elashkar	76min 17secs
	37 th	Brad Pendergast	81min 32secs
	40 th	Kim Delaney	82min 19secs
	95 th	Peter Franklin	99min 26secs
	117 th	Chris Maver	114min 39secs

TEAMS

5th St George

NSW ROAD RELAY CHAMPIONSHIPS

(15th June 2003, The Crest)

MEN OPEN 4 x 4km

1st St George 46min 33secs
(C. Low 11:36, L. Chisholm 11:30, D. Degan 12:05, B. Martin 11:22)

11th St George 51min 23sec
(M. Arndell 12:25, C. Elashkar 12:17, S. Moseley 12:20, G. Lloyd 14:21)

OVER 45.4 x 4km

1st St George 55min 30secs
(K. Delaney 13:32, M. Stojkovski 14:02, J. Charles 14:24, D. Patterson 13:32)

11th St George 66min 34secs
(M. Duffy 16:39, A. Staples 15:53, D. Beck 18:36, G. Lloyd 15:26)

OVER 55.4 x 4km

7th St George 71min 32secs
(D. Edwards 18:18, B. Hodgson 14:59, C. Mayer 18:44, V. Gravitis 19:31)

UNDER 20.4 x 4km

2nd St George 54min 24secs
(M. Edwards 13:47, R. Costello 13:51, A. Player 13:46, S. Delaney 13:00)

UNDER 16.4 x 3km

6th St George 47min 20secs
(N. Currie-Nguyen, T. Delaney, L. Hamer, M. Murphy)

UNDER 12.4 x 2km

4th St George 32min 24secs
(J. Dooley 7:32, M. Currie-Nguyen 8:44, N. Mae 8:04, R. Delaney 8:04)

WOMEN

UNDER 18.3 x 3km

2nd St George 34min 55secs
(B. Delaney 11:31, E. Millett 11:37, S. Milton 11:47)

UNDER 16.3 x 3km

7th St George 38min 21secs
(A. Fehrenbach 11:47, A. Bray 13:26, K. Jarvis 13:08)

UNDER 14.3 x 2km

4th St George 23min 31secs
(K. Jarvis 7:46, A. Nash 7:50, N. Duffy 7:55)

6th St George 23min 50secs
(R. Mullane 7:41, S. Beck 7:52, A. Lloyd 8:17)

UNDER 12.3 x 2km

6th St George 27min 55secs
(C. Dooley 8:29, E. Wheeler 8:17, C. Murphy 11:09)

NSW CROSS COUNTRY CHAMPIONSHIPS

(28th June 2003, Cambewarra)

MEN	OPEN 12km	
18 th	Chadi Elashkar	45min 16secs
40 th	Kim Delaney	49min 51sec (1 st O45)
44 th	Mendo Stojkovski	50min 33secs (2 nd O45)
52 nd	Jon Charles	51min 57secs
77 th	Alan Staples	57min 29secs

TEAMS: 1st Over 45

OVER 55 8km		
2 nd	Frank Scorzelli	33min 21secs
8 th	Brian Hodgson	36min 29secs (2 nd O60)
13 th	John Irvine	38min 32secs
23 rd	David Edwards	41min 14secs
26 th	Chris Maver	41min 48secs
30 th	Alan Atkins	43min 05secs
33 rd	Ray Millett	43min 22secs
34 th	Vilis Gravitis	43min 46secs
42 nd	Chris Stratford	49min 20secs
43 rd	Ron Gribble	50min 43secs

TEAMS: 2nd Over 55
7th Over 55

UNDER 18 6km		
19 th	Adrian Player	24min 33secs

UNDER 16 4km		
7 th	Michael Murphy	14min 50secs

UNDER 14 3km		
13 th	Thomas Delaney	12min 09secs

UNDER 12 2km		
6 th	Jason Dooley	8min 02secs

WOMEN		
OPEN 8km		
32 nd	Maureen Cadogan	41min 54secs (1 st O60)
48 th	Kerry Edwards	48min 14secs

UNDER 18 4km		
4 th	Samantha Milton	17min 23secs

TEAMS 1st St George

UNDER 16 4km		
8 th	Bridey Delaney	17min 23secs
16 th	Emma Millett	18min 53secs
20 th	Kirily Keats	20min 18secs

UNDER 14 3km		
9 th	Stephanie Beck	12min 40secs

NSW CROSS COUNTRY CHAMPIONSHIPS

(19th July 2003, Campbelltown)

MEN	OPEN 7km	
2 nd	Blair Martin	22min 35secs
9 th	Charley Low	23min 30secs
16 th	Saxon Moseley	24min 11secs
30 th	Lachlan Chisholm	24min 54secs
31 st	Dean Degan	25min 02secs
32 nd	Chadi Elashkar	25min 13secs

35 th	Michael Arndell	25min 29secs
72 nd	David Patterson	27min 52secs
73 rd	Kim Delaney	27min 52secs
83 rd	Frank Scorzelli	28min 19secs (2 nd O/55)
85 th	Mendo Stojkovski	28min 26secs
90 th	Jon Charles	29min 00secs
115 th	Jim Owens	30min 25secs
134 th	Brian Hodgson	32min 11secs (2 nd O/60)
159 th	John Irvine	34min 45secs
164 th	Mike Roberts	34min 57secs (1 st O/65)
173 rd	David Edwards	36min 01secs
177 th	John Smith	36min 51secs
178 th	Chris Maver	36min 57secs
191 st	Vilis Gravitis	38min 43secs
192 nd	Colin Wilson	38min 53secs
194 th	Hugh Jones	39min 08secs
206 th	Chris Stratford	45min 28secs

TEAMS 1st Open
1st Over 45
1st Over 55
5th Over 55

UNDER 18 5km		
11 th	Shannon Delaney	19min 09secs
13 th	Adrian Player	19min 13secs

UNDER 16 3.5km		
8 th	Michael Murphy	12min 45secs

UNDER 12 1.5km		
7 th	Jason Dooley	6min 59secs

WOMEN

OPEN 5km		
2 nd	Heather Evans	19min 35secs
	Maureen Cadogan	25min 50secs
	Kerry Edwards	28min 44secs

UNDER 18 3.5km		
1 st	Samantha Milton	14min 42secs

UNDER 16 2.5km		
18 th	Emma Millett	11min 08secs
22 nd	Kirily Keats	12min 26secs
23 rd	Bridey Delaney	12min 40secs

UNDER 14 2.5km		
8 th	Ally Nash	10min 58secs
15 th	Camille Wilson	11min 17secs
16 th	Kayla Jarvis	11min 18secs
20 th	Stephanie Beck	11min 48secs
21 st	Averill Wilson	11min 50secs

TEAM 4th St George

NSW CROSS COUNTRY RELAY CHAMPIONSHIPS

(2nd August 2003, Miranda Park)

MEN	OPEN 4 x 4km	
3 rd	St George	48min 53secs
	(D. Degan, B. Martin, C. Elashkar, L. Chisholm)	

OVER 35 4 x 4km		
	St George	1hr 18min 33secs
	(D. Beck, C. Wilson, W. Wrigley, B. Hardy)	

OVER 35 4 x 4km

St George 1hr 18min 33secs
(D. Beck, C. Wilson, W. Wrigley, B. Hardy)

OVER 45 4 x 4km

1st St George 57min 18secs
(K. Delaney, M. Stojkovski, J. Charles, D. Patterson)

St George 1hr 15min 57secs
(J. Smith, G. Lloyd, D. Burns, T. Hill)

OVER 55 4 x 4km

3rd St George 1hr 07min 37secs
(F. Scorzelli, M. Roberts, K. Taylor, J. Irvine)

St George 1hr 16min 28secs
(C. Maver, D. Edwards, L. Cadogan, V. Gravitis)

St George 1hr 23min 52secs
(A. Atkins, R. Millett, A. Thomas, C. Stratford)

UNDER 20 4 x 4km

2nd St George
(S. Delaney, N. Currie-Nguyen, M. Edwards, A. Player)

UNDER 14 4 x 2km

3rd St George 36min 15secs
(T. Delaney, B. Currie-Nguyen, H. Wrigley, J. Dooley)

UNDER 12 4 x 2km

3rd St George
(R. Delaney, M. Currie-Nguyen, T. Hogan, J. Dooley)

WOMEN OVER 45 3 x 4km

2nd St George 1hr 01min 56secs
(K. Edwards, M. Kinchin, M. Cadogan)

UNDER 18 3 x 4km

3rd St George
(B. Delaney, E. Millett, S. Milton)

UNDER 16 3 x 4km

St George
(D. Hardy, R. Mullane, A. Fehrenbach)

UNDER 14 3 x 2km

5th St George 24min 57secs
(S. Beck, A. Wilson, C. Wilson)

6th St George 25min 06secs
(C. Dooley, K. Jarvis, A. Nash)

NSW LONG DISTANCE ROAD RELAY

(31st August 2003, Homebush)

E. Salmon	10km	31min 39secs
D. Degan	15km	49min 29secs
M. Arndell	10km	34min 10secs
S. Moseley	15km	52min 03secs
A. Player	5km	17min 22secs
D. Harris	10km	31min 27secs
L. Chisholm	5km	15min 15secs
C. Lushkar	15km	50min 33secs
D. Evans	5km	15min 52secs
K. Delaney	10km	37min 37secs

TEAM 1st - 5hr 35min 27secs

J. Dooley 5km 22min 43secs

J. Charles	10km	38min 43secs
B. Hodgson	5km	20min 06secs
J. Owens	15km	59min 51secs
B. Delaney	5km	20min 17secs
F. Scorzelli	10km	37min 53secs

TEAM

2nd (Fun Runners) - 3hr 19min 03secs



Holsworthy 2004

2003-4 Track and Field Report

The format of the track and field season was varied again this year with a view to finding a formula to improve the satisfaction of athletes and to lift the standard of competition. The net result continued to be disappointing with often a poor turn out and competition standard rarely reaching a high level. However it is easier to criticise the situation than to find an answer.

The interclub competition was further reduced this year to only 4 meetings and was concluded prior to Christmas. There were 2 venues for each of the 4 interclub occasions, being at grounds other than Homebush.

St. George athletes participation at interclub averaged about 6 per meeting overall, with 16 athletes attending at least once. The interest in club points performance in this competition has almost disappeared. The major interest is now in individual performances which is mainly provided on a regular basis by the 12 Allcomers meetings, all held at the one location, Homebush over the summer, leading into the state and national championships.

About 45 St. George athletes competed at least once during the season over all Interclub, Allcomers and Championship meetings. A peculiarity of this season for St. George was the drop off in numbers after Christmas, with usually only 2 or 3 athletes in attendance except when state championships arrived. This is the lowest certainly over the last decade.

In senior ranks, St. George was strong in middle distance events but virtually non existent in other disciplines.

Performances in State and National championships are listed below. Medal performances were recorded in State senior championships by : Luke Hamer 1st in 100m, 200m, 400m and 800m under 14, Zoe Pelbart 1st in Javelin both under 18 and under 20, and 2nd in open, Shannon Delaney 2nd in 800m and 1500m under 18, Chris Barakat 3rd in 100m Hurdles under 20.

Performances at National Youth championships included: Zoe Pelbart 2nd in Javelin under 20 and 3rd in Javelin open, Shannon Delaney 1st in 1500m under 18.

We fielded 11 teams in State Relay Championships, gaining 2nd place in open mens 4x1500m, 2nd in 160+ mens' 4x1500m and 3rd in 160+ mens' 4x 1500m, 2nd in both 4x 400m and 4x 800m, mens' under 18 and in under 18 womens', 3rd in 4x 800m and 2nd in 4x 1500m.

In Telstra A competition, Lachlan Chisholm competed regularly with results as shown below.

Club records were few this season, however Zoe Pelbart again set womens' javelin records from under 18 through to open while Lachlan Chisholm eclipsed the 40 year old 1500m record (set by Albie Thomas in 1964) by 1.3 seconds.

Our one national championship was won by Shannon Delaney in the 1500m under 18, capping off a fine season.

Once again our young athletes were nurtured and assisted by dedicated coaches, particularly Peter Tuziak, Albie Thomas and Ray Russell.

The club was again assisted during the summer season by the efforts of Kay Culkin who continued as an official at NSW track and field events. Vilis Gravitis also provided office assistance to ANSW as well as recording the seasons details of St.George athletes' performances.

Full details of season's results follow:

Jim Gallagher
Track Secretary

NSW Track and Field Youth Championships (Homebush 13-14 March 2004)

Women under 16

200m. Louise Hamer	15 th heats	28.31s.
400m. Louise Hamer	12 th heats	64.66s.
800m. Emma Millett	7 th final	2m29.64s.
90m.H Leiden Kronemerger	6 th final	14.4s.
200m.H Leiden Kronemerger	4 th heat	32.31s.
	6 th final	32.03s.
1500m. Bridey Delaney	10 th final	5m20.39s.
3000m. Alexandra Nash	7 th final	11m.07.33s.
3000m. Bridey Delaney	9 th final	11m41.56s.
Javelin Amanda Faysal	9 th final	18.53m.
Triple Jump Amanda Faysal	5 th final	10.09m.

Women under 18

Javelin Zoe Pelbart	1 st final	44.78m.
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Men under 14

100m. Luke Hamer	1 st final	13.43s.
200m. Luke Hamer	1 st final	26.29s.
400m. Luke Hamer	1 st final	58.32s.
800m. Luke Hamer	1 st final	2m 11.50s.

Men under 16

800m. Nam Currie Nguyen	5 th final	2m 12.14s.
Long jump Dean Apostolidis	9 th final	5.03m.
Triple jump Chris Speralakis	4 th final	11.73m.
Dean Apostlidis	6 th final	11.26m.
Discus Dean Apostolidis	6 th final	42.78m.

Men under 18

400m. Adrian Player	5 th heat	54.38s.
800m. Shannon Delaney	3 rd heat	2m 03.24s.
	2 nd final	1m58.95s.
Adrian Player	2 nd heat	2m 03.01s.
	7 th final	2m 08.70s.
1500m. Shannon Delaney	2 nd final	4m00.70s.
400m.H Peter Gregoriou	7 th final	60.75s.

NSW Track and Field Championships (Homebush, 7-8 February 2004)

Women under 20

Javelin. Zoe Pelbart	1 st final	46.70m.
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Women Open

Javelin. Zoe Pelbart	2 nd final	41.82m.
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Men Under 20

800m. Adrian Player	6 th final	1m59.25s.
110m.H Chris Barakat	3 rd final	15.26s.

Men Open

1500m. Damon Harris	7 th heat	3m52.61s.
	6 th final	3m51.65s.
Marcus Morgan	12 th heat	3m55.02s.
	9 th final	3m56.43s.
Chadi Elashkar	21 st heat	4m07.00s.
110m.H Chris Barakat	5 th final	15.45s.
Long Jump Chris Barakat	6 th final	6.51m.

NSW Masters Championships (Feb/Mar 2004, Homebush)

Women 40-44 yrs.

100m. Catherine Hamer	3 rd final	14.53s.
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Men 75-79 yrs.

100m. Norm Windred	1 st final	15.52s.
200m. Norm Windred	1 st final	30.76s.

Men 60-64 yrs.

800m. Vilis Gravitis	4 th final	3m 10.62s.
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Men 55-59 yrs.

5000m. Frank Scorzelli	1 st final	18m 36.80s.
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Men 40-44 yrs.

Discus Bilf Apostolidis	1 st final	37.51m.
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NSW 5000m Championships (Homebush 28 January 2004)

Open Women

Belinda Martin	6 th final	17m 43.54s.
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Open Men

Blair Martin	1 st final	14m 06.92s.
Damon Harris	5 th final	14m 33.17s.
Tommy Salmon	11 th final	14m 55.23s.
Chadi Elashkar	16 th final	15m 27.31s.
Dean Degan	20 th final	15m 47.87s.
Kim Delaney	39 th final	18m 29.89s.

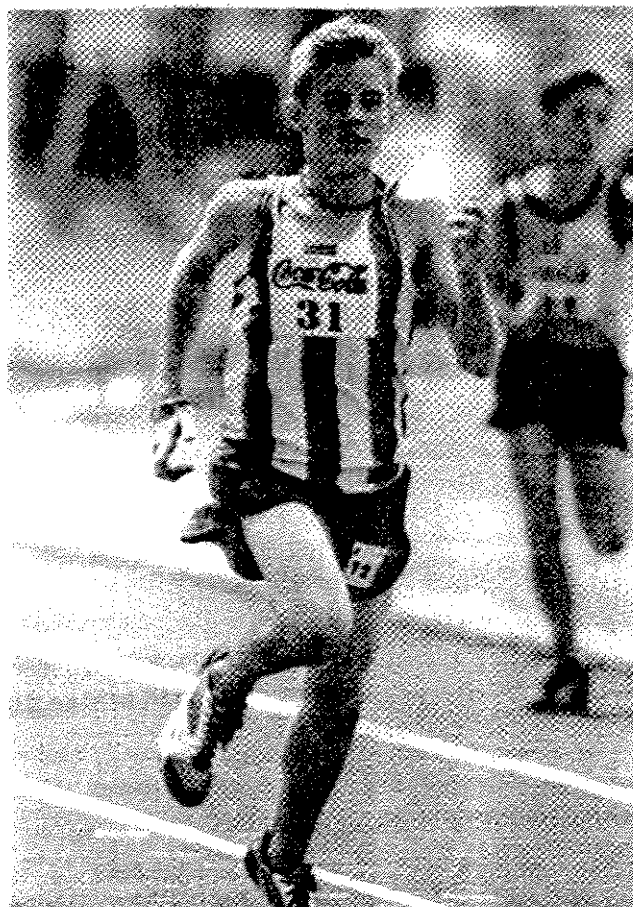
NSW Relay Championships (Homebush 29-30 November 2003)

Women under 18

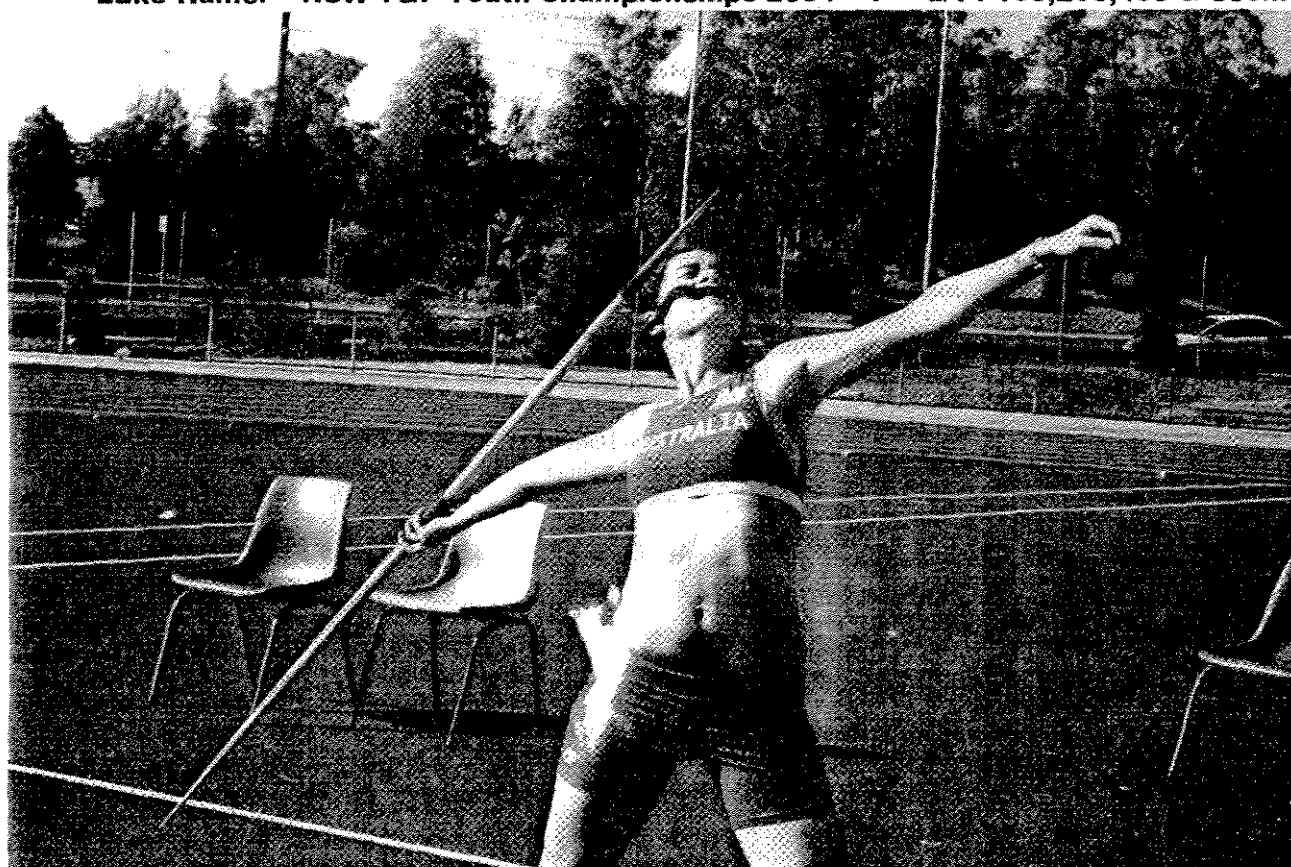
4x 100m. Z.Pelbart, C.Virgona, S.Hale, A.Heinrich	5 th heat	52.42s.
4x 800m. E. Millett, B. Delaney, S. Milton, A. Nash	3 rd final	10m 05.73s.
4x1500m. E. Millett, B. Delaney, S. Milton, A. Nash	2 nd final	20m 44.24s.

Men under 16

4x 800m. M. Healey, M. Murphy, N. Currie Nguyen, T. Delaney	9 th final	9m 56.82s.
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Luke Hamer – NSW T&F Youth Championships 2004 – 1st – u/14 100,200,400 & 800m



Zoe Pelbart – Australian Championships 2004 – 2nd u/20 F Javelin, 3rd Open F Javelin

Men under 18

4x 400m.	I. Kamara, P. Gregoriou, A. Player, S. Delaney	2 nd final	3m 28.69s
4x 800m.	A. Player, S. Delaney, I. Kamara, I. Ali	2 nd final	8m 17.67s.
4x Long jump.	D. Apostolidis, C. Sperakalis, G. Zenari, P. Gregoriou.	5 th final	

Men Senior

4x1500m.	B. Martin, D. Harris, C. Elashkar, S. Delaney	2 nd final	16m 00.51s.
Medley (8. 4. 2. 2)	C. Elashkar, K. Gallagher, P. Gregoriou, I. Kamara	5 th final	3m 39.22s.

Men 160+

4x800m.	K.Delaney, A. Virgona, M. Stojkovski, D. Degan	2 nd final	9m 01.02s.
4x 1500m	K.Delaney, A. Virgona, M. Stojkovski, D. Degan	3 rd final	18m 37.9s.

Australian Youth Championships (Canberra 26-28 March)

Women under 16

3000m.	Bridey Delaney	11 th final	11m29.74s.
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Women under 18

Javelin	Zoe Pelbart	2 nd final	49.54m.
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Men under 18

800m.	Adrian Player	4 th heat	2m 03.46s.
		7 th final	2m 05.10m.
1500m.	Shannon Delaney	1 st final	4m 03.21s.

Australian Championships (Homebush 26-29 February 2004)

Women under 20

Javelin	Zoe Pelbart	2 nd final	48.61m.
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Women Open

Javelin	Zoe Pelbart	3 rd final	49.38m.
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Men under 20

110m. H	Chris Barakat	4 th heat	15.51s.
		6 th final	15.34s.

Men Open

800m.	Lachlan Chisholm	5 th heat	1m 49.57s.
		8 th final	1m 54.65s.
1500m.	Lachlan Chisholm	4 th heat	3m 47.94s.
		4 th final	3m 41.30s.
5000m.	Blair Martin	9 th final	13m 51.97s.
110m.H	Chris Barakat	8 th heat	15.81s.

OTHER MAJOR EVENTS

Australian All Schools Championships (Brisbane 11-14 December 2003)

Women under 14

800m.	Rachael Mullane	9 th heat	2m 44.22s.
1500mW	Natalie Duffy	1 st final	7m 23.25s.

Men under 18

1500m.	Shannon Delaney	8 th final	4m 07.98s.
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Telstra A Series

Brisbane

800m	Lachlan Chisholm	5 th	3m 45.90s.
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Melbourne

1500m.	Lachlan Chisholm	12 th	3m 47.81s.
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Perth

800m.	Lachlan Chisholm	1 st	1m 49.09s.
1500m.	Lachlan Chisholm	3 rd	3m 50.46s.

Zatopek, Melbourne

800m.	Lachlan Chisholm	1 st	1m 49.74s.
10000m.	Blair Martin	5 th	29m 08.74s.
	Damon Harris	14 th	31m 08.32s.

Season's Best Performances

Men Open

800m.	L. Chisholm	1m 49.09s.
1500m.	L.Chisholm	3m 41.30s.
3000m.	B. Martin	8m 14.37s.
5000m.	B.Martin	13m 51.97s.
10000m.	B.Martin	29m 08.74s.
Discus	W. Apostolidis	37.51m.

Men under 20

100m.	C.Barakat	11.7s.
200m.	C. Barakat	22.8s.
110m.H	C. Barakat	15.26s.
Long jump	C.Barakat	6.61m.

Men under 18

100m.	M. Barakat	12.5s.
200m.	M.Barakat	24.4s.
400m.	I. Kamara	51.9s.
800m.	S.Delaney	1m 56.53s.
1500m.	S. Delaney	4m 00.70s.
110m.H	M. Barakat	16.73s.
400m.H	P.Gregoriou	60.75s.
Long Jump	M. Barakat	5.45m.

Men under 16

800m.	N. Currie Nguyen	2m 11.30s.
3000m.	M. Murphy	10m 37.1s.
Long Jump	D. Apostolidis	5.03m.
Triple Jump	C. Sperakalis	11.73m.
Discus	D. Apostolidis	42.78m.

Men under 14

100m.	L.Hamer	13.43s.
200m.	M. Pedlow	26.15s.
400m.	L. Hamer	58.32s.
800m.	L.Hamer	2m 11.50s.

Women Open

100m.	C. Hamer	34.53s.
Hammer	E. Saunders	24.28m.

Women under 18

400m.	C. Virgona	59.38s.
800m.	C. Virgona	2m 37.5s.
3000m.	S. Milton	11m 14.36s.
Javelin	Z. Pelbart	49.54m.

Women under 16

200m.	L. Hamer	28.31s.
400m.	L. Hamer	64.66s.
800m.	E. Millett	2m 29.64s.
3000m.	B. Delaney	10m 59.54s.
90m.H	L. Kronemerger	14.4s.
200m.H	L. Kronemerger	32.03s.
Triple jump	A. Faysal	10.09m.
Javelin	A. Faysal	18.53m.
3000m.W	V. Duffy	17m 48.11s.
5000m.W	V. Duffy	32m 44.3s.

Women under 14

800m.	R. Mullane	2m 44.22s.
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Summer Cross Country

Another successful season of summer cross country was held on Wednesday evenings from late October through to the middle of March for those seeking a low-key competitive run. The races alternated between Scarborough Park and Gannons Park.

A Handicap points system and a fastest times points system, similar that used by our Club for the Winter season provided the competitive edge with runners having to complete a qualifying run before gaining handicap points. The runs proved popular with 45 different runners scoring points in the 2km handicap and 34 in the 3 or 4km division.

Wednesday evenings proved a good choice as far as weather was concerned with no exceptionally hot evenings encountered but we did get a few soakings, including a huge storm one evening at Gannons which everyone there will well remember.

The handicap points scores were very closely contested with only 3 points separating Liana Rose and Jason Vella at the end of the season in the 2km, while in the longer races it was great to see the continual improvement of long-time member Billy Enholm and he was a deserving winner but Ally Nash was close behind throughout the season.

Bridey Delaney was a clear winner of the Female 2km fastest times trophy and in the 3or 4km division Kim Delaney and Ally Nash were never headed in the fastest male and fastest female categories respectively.

A closer contest for the male 2km fastest times had up to 5 possible winners with 4 weeks to go, however injuries to Isaq Ali coupled with a change in job roster which enabled Michael Edwards to come more often resulted in Michael taking the honours.

It bodes well for the future of our club that so many younger runners took part, and in fact the majority of the trophies went to under runners aged under 20.

David Edwards

THE TOP TEN SUMMER CC POINT SCORERS

2km

1 Liana Rose	206 points
2 Jason Vella	203
3 Riley Delaney	183
4 Bridey Delaney	175
5 David Edwards	162
6 Peter Gayton	147
7 Thomas Delaney	142
8 Candice Dooley	135
9 Nola Thomas	123
10 Terry Hill	109

3-4km

1 Billy Enholm	230
2 Ally Nash	209
3 Jason Vella	174
4 Peter Nash	173
5 Kerry Edwards	168
6 Kim Delaney	153
7 Samantha Milton	148
8 Par Johansson	141
9 Chris Maver	134
10 Ray Millett	112

FASTEST TIMES - TOP THREE

2km**Female**

1 Bridey Delaney	76
2 Liana Rose	54
3 Candice Dooley	38

Male

1 Michael Edwards	49
2 Isaq Ali	33
3 Jason Vella	32

3-4km**Female**

1 Ally Nash	79
2 Samantha Milton	62
3 Emma Millett	34

Male

1 Kim Delaney	73
2 Billy Enholm	34
3 Chadi Elashkar	30

Summer Cross Country Pointscore:

Division 1 (3-4km)

1. Brett Hardy	236
2. Chris Maver	231
3. Terry Hill	195

Division 2 (2km)

1. Terry Hill	236
2. Dianna Hardy	206
3. Thomas Delaney	203

Fastest Times Pointscore

Male

1. Kim Delaney	69	1. Shannon Delaney	52
2. Chadi Elashkar	60	2. Tim Gayton	46
3. Mendo Stojkovski	42	3. Michael Edwards	38

Female

1. Bridey Delaney	64	1. Dianna Hardy	76
2. Ali Nash	41	2. Bridey Delaney	35
3. Emma Millett	37	3. Ali Nash	24

CLUB RECORDS

MENS SENIOR BEST ON RECORD

100 metres	R.Henderson	10.3s	16.03.85
200 metres	D. Batman	20.78	2.07.00
400 metres	D. Batman	45.02	22.02.03
800 metres	G. Rootham	1m 46.6s	26.03.72
1500 metres	L.Chisholm	3m 41.30s	28.02.04
3000 metres	B. Martin	7m 53.29s	16.02.01
5000 metres	J. Andrews	13m 27.31s	23.11.89
10000 metres	J. Andrews	28m 09.07s	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 58.3s	21.3.64
110mH(1.067m)	V. Plant	13.7s	17.12.77
400m H(0.914m)	G.Cox	51.2s	17.03.77
	A.Franklin	51.28	25.02.98
3000m Steeple	M.Jones	9m 05.16s	19.01.87
3000m Walk	C.Stratford	13m 23.20s	29.02.92
5000m Walk	C.Stratford	22m 46.20s	21.12.91
10000m Walk	C.Stratford	48m 26.7s	12.01.91
20 Km Walk	C.Stratford	1h 37m 38s	15.08.92
30 Km Walk	C.Stratford	2h 36m 38s	18.07.92
50 Km Walk	C.Stratford	5h 13m 15s	28.06.92
High Jump	S. Culkin	2.05m	21.03.97
Long Jump	N. Adamou	7.82m	7.03.02
Triple Jump	B.Dickinson	15.64m	1935
Pole Vault	L.Tufi'unga	4.40m	11.02.95
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.Bodiroza	59.30m	9.10.77
Decathlon	S.Culkin	5393Pt	4.1.98
4x100m Relay		41.5s	11.3.78
	R.Gurr, V.Plant, J.Van Stappen, S.Longden-Gee		
4x200m Relay		1m 26.82s	30.11.97
	P. Cotter, D.Batman, A.Franklin, K.Gallagher		
4x400m Relay		3m 13.78s	29.11.97
	D.Batman, K.Gallagher, C.Burgess, A.Franklin		
4x800m Relay		7m 34.7s	1976
	G.Rootham, G.Cook, M.Dunn, R.Meagher		
4x1500m Relay		15m 37.40s	15.12.01
	D. Harris, S. Moseley, N. Haines, B. Martin		
50 Mile Track	D.Edwards	6h 29m 41s	1971
50 Mile Road	H.Dearnley	5h 38m 37s	1.10.78
100 Miles	D.Gray	18h 45m 27s	30.5.87
1 Hour Run	C.Whiteman	18.77km	15.9.82
1 Mile Walk	E.Austen	6m 45s	1924
3 Mile Walk	E.Austen	22m 13s	1924
7 Mile Walk	E.Austen	55m 49.2s	1924

MENS UNDER 20 BEST ON RECORD

100 metres	R.Henderson	10.63s	18.03.83
200 metres	D. Batman	20.78s	2.07.00
400 metres	D.Batman	45.66s	15.01.00
	D. Batman	45.45s(H)	2.07.00
800 metres	T.Auciello	1m 51.89s	21.11.92
1500 metres	M.Vassallo	3m 53.0s	15.02.86
3000 metres	L.Whitty	8m 12.7s	1977
5000 metres	L.Whitty	14m 20.5s	18.02.78
10000 metres	L.Whitty	29m 30.4s	1.03.77
1 mile	J.Hancock	4m 13.8s	1965
110mH(1.067m)	W.Bird	14.2s	21.12.76
110mH(0.991m)	C. Barakat	15.78s	2.02.02
400mH(0.914m)	W.Bird	53.3s(H)	12.3.77
	C.Burgess	53.36s(H)	9.2.97
2000m Steeple	M.Jones	5m 53.31s	22.3.81
High Jump	S.Culkin	2.05m	25.10.97

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
Decathlon	S.Culkin	5393Pt	04.01.98
Pentathlon	M.Dorrity	2888Pt	31.12.77
4 x 100m Relay		43.18s	12.12.82
	A.Dunshea, C.Sams, D.Snowden, R.Henderson		
4x 200m Relay		1m 29.70s	29.11.81
	C.Sams, P.McCaffrey, D.Snowden, R.Henderson		
4x 400m Relay		3m 31.06s	30.11.97
	K.Bezzina, C.Pelham, C.Burgess, D.Batman		
4x 800m Relay		7m 53.32s	19.12.93
	D. Simone, W. Freier, K. Gallagher, T. Auciello		
4x 1500m Relay		16m 31.43s	4.12.94
	S. Carvalho, T. Auciello, D. Harris, D.Jones		
1 Hour Run	W.McCourt	16.814km	15.9.82
1 Mile Walk	W.McAlister	7m 18s	1953
Shot Put	J.Neale	14.40m	12.9.82
Discus (1.5k)	J.Neale	52.22	17.10.81
Hammer (5.449)	A.Scott	39.92	3.3.79

MENS UNDER 18 BEST ON RECORD

100 metres	D.Batman	10.74s	24.7.98
200 metres	D.Batman	21.37s	17.7.98
400 metres	D.Batman	46.57	17.7.98
800 metres	T.Auciello	1m 51.89s	21.11.92
1500 metres	M.Vassallo	3m 53.0s	15.2.86
3000 metres	L.Whitty	8m 25.2s	16.12.77
5000 metres	L.Whitty	14m 36.0s	1976
10000 metres	L.Whitty	30m 01.0s	1977
110mH(0.914m)	C. Barakat	14.30s	24.03.02
400mH(0.914m)	C.Burgess	56.07s	17.2.96
2000m Steeple	R.Deutsch	6m 01.47s	8.12.84
High Jump	S.Culkin	2.05m	25.10.97
Long Jump	S.Culkin	7.13m	25.10.97
Triple Jump	I.Berry	13.95m	13.11.75
Pole Vault	I.Berry	3.35m	21.1.78
Shot Put 5kg	N.Kipriotis	15.79m	22.03.03
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
4x 100m Relay		44.52s	2.12.84
	M.Jansen, C.Witheriff, S.Hignett, C.Davis		
4x 200m Relay		1m 32.29s	16.12.84
	M.Jansen, C.Witheriff, S.Hignett, C.Davis		
4x 400m Relay		3m 26.93s	18.12.93
	K.Gallagher, C.Pelham, W.Freier, D.Simone		
4x 800m Relay		7m 53.32s	19.12.93
	D.Simone, W.Freier, K.Gallagher, T.Auciello		
4x 1500m Relay		16m 35.80s	3.12.94
	T. Munson, D. Askew, M. Lanham, W. Freier		

MENS UNDER 16 BEST ON RECORD

100 metres	K.Bezzina	11.03s	12.12.98
200 metres	D.Batman	21.91s	1.2.97
400 metres	D.Batman	48.36s	23.2.97
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
100mH(0.84m)	M.Brown	13.5	9.11.02
200mH(0.762m)	C. Barakat	26.60s	5.11.00



The Three Musketeers!



Nam Currie-Nguyen, Luke Hamer, Isaq Ali

400mH(0.914m)	D.Davison	1m	01.91s	10.11.84
2000m Steeple	T.Clarsen	6m	29.1s	23.11.85
1500m Walk	D.Latham	7m	45.0s	30.11.76
High Jump	H.Pavlidis		1.90m	16.9.81
Long Jump	C.Barakat		6.38m	5.11.00
Triple Jump	G.Nixon		13.56m	1975
Pole Vault	S.Jansen		2.45m	3.12.83
Shot(4kg)	N.Kipriotis		17.90m	6.12.02
Shot(4.535kg)	H.Pavlidis		13.25m	3.10.82
Discus 1kg	N.Kipriotis		57.36m	6.12.02
Discus(1.5kg)	H.Pavlidis		42.22m	3.10.82
Javelin(700g)	I.Ali		48.13m	7.01.01
Hammer(4.535kg)	A.Noisier		19.40m	8.12.84
Hammer 4kg	N.Kipriotis		35.46m	3.03.02
Multi Event	I.Ali		3848points	7.01.01
4x 100m Relay			44.89s	4.12.83
C.Davis, C.Witheriff, M.Lubrano, M.Jansen				
4x 200m Relay		1m	33.15s	20.11.83
C.Davis, C.Witheriff, M.Lubrano, M.Jansen				
4x 400m Relay		3m	33.65s	16.12.84
V.Parker, D.Davison, A.Noisier, N.Nixon				
4x 800m Relay		8m	23.49s	28.11.83
P.Warren, M.Lubrano, R.Woods, R.Summerill				
4x 1500m Relay		17m	39.48s	12.12.82
P.Warren, G.Sheumach, R.Woods, R.Summerill				

MENS UNDER 14 BEST ON RECORD

100 metres	C.Pelham		11.63s	12.10.91
200 metres	C.Pelham		23.24s	8.2.92
400 metres	A.Noisier		53.57s	25.2.84
800 metres	N.Nixon	2m	07.84s	27.2.83
1500 metres	N.Nixon	4m	19.88s	26.2.83
High Jump	S.Mungovan		1.65m	6.11.82
Long Jump	A.Noisier		5.52m	1.1.84
Triple Jump	A.Noisier		11.54m	8.11.83
Shot (4kg)	D.Kriptosis		15.92m	5.11.00
Discus (1kg)	D.Kipriotis		49.44m	5.11.00
Javelin (600g)	I.Ali		43.36m	5.11.00
4x400m Relay		4m	01.23s	28.11.82
N.Nixon, M.Tonge, S.Jansen, A.Irwin				
4x800m Relay		9m	17.55s	12.12.85
D.Davison, D.Whealy, A.Irwin, N.Nixon				
4x1500m Relay		19m	40.94s	28.11.82
D.Whealy, A.Irwin, T.Dietz, N.Nixon				
Shot Put (3.623k)	N.Noisier		14.16	6.1.84

WOMENS SENIOR BEST ON RECORD (Comm. 1.10.86)

100 metres	C. Williams		12.30s	4.01.91
200 metres	A. di Rosa		25.23s	18.02.96
400 metres	P. Gunning		56.22s	25.03.01
800 metres	P. Gunning	2m	09.50s	6.12.97
1500 metres	B. Mrakoveic	4m	21.45s	20.02.88
3000 metres	B. Mrakoveic	9m	33.26s	28.02.87
5000 metres	B. Martin	16m	31.15s	1.02.02
10000 metres	B. Martin	34m	41.0s	13.9.02
2000m Steeple	E. Stratford	7m	14.6s	22.11.97
3000m Steeple	E. Stratford	12m	50.7s	2.02.02
Half Marathon	B. Martin	1hr 18m	36s	26.08.01
Marathon	S. Rose	2h 39m	29s	12.07.98
1 mile	B. Mrakoveic	4m	46.70s	10.01.88
100mH(0.840m)	S. Liku		14.39s	11.02.95
400m H	U. Rodway		60.04s	27.02.00
3000m Walk	A. Manning	12m	29.20s	5.02.94
5000m Walk	A. Manning	21m	23.07s	17.02.96
10000m Walk	A. Manning	44m	27s	21.01.96
High Jump	C. Bartlett		1.73m	12.12.98
	J. Brotherton		1.73m	10.12.00
Long Jump	S. Liku		6.23m	11.02.95
Triple Jump	S. Liku		11.66m	12.02.95
Pole Vault	K. Butler		2.70m	17.02.01
Shot 4kg	K. Green		11.77m	9.12.00

Discus 1kg	Z. Giampietro		40.27m	8.12.01
Javelin 600g	Z. Pelbart		49.54m	27.03.04
Hammer 4kg	C. Williams		14.28m	1.11.91
Heptathlon	U. Rodway		4476pt	1.10.98
4x100 m Relay			51.73s	3.11.01
S. El Gawley, K. Biteznik, A. Bray, L. Bartlett				
4x200 m Relay		1m	46.38s	12.11.92
B. Otto, D. Ferraro, U. Rodway, G. Templeman				
4x400 m Relay		3m	58.68s	18.12.93
U. Rodway, K. Hall, H. Moore, C. Williams				
4x800 m Relay		9m	13.02s	12.11.92
M. Buckley, R. Carne, C. Williams, L. Zammarelli				
4x1500 m Relay		18m	53.95s	27.11.88
C. Batman, L. Bennett, M. Dovey, B. Mrakoveic				
Medley Relay 2x200, 1x400, 1x800		4m	28.7s	24.11.01
A.Bray, L. Bartlett, C. Bartlett, E. Stratford				

WOMENS UNDER 20 BEST ON RECORD

100 metres	K. Green		12.3s	5.11.00
200 metres	A. di Rosa		25.23s	18.02.96
400 metres	P. Gunning		56.22s	25.03.01
800 metres	P. Gunning	2m	09.50s	6.12.97
1500 metres	M. Dillon	4m	27.76s	22.02.91
3000 metres	M. Dillon	9m	41.44s	7.10.90
10000 metres	N. McKean	38m	27.00s	12.11.86
2000m steeple	E. Stratford	7m	14.6s	22.11.97
100mH(0.840m)	A. di Rosa		14.85s	18.1.97
400mH	U. Rodway		60.24s	28.2.98
3000m Walk	C. Stratford	14m	36.41s	11.2.90
5000m Walk	C. Stratford	25m	33.00s	17.2.90
High Jump	C. Bartlett		1.73m	12.12.98
	J. Brotherton		1.73m	10.12.00
Long Jump	B. Otto		5.67m	24.2.93
Pole Vault	K. Butler		2.70m	17.02.01
Triple Jump	G. Templeman		11.07m	21.3.93
Shot 4kg	K. Green		12.83m	5.11.00
Discus 1kg	Z. Giampietro		40.27m	8.12.01
Javelin 600g	Z. Pelbart		49.54m	27.03.04
Heptathlon	J. Brotherton		4491pt	24.03.01
4x100 m Relay			51.73s	3.11.01
S. El Gawley, K. Biteznik, A. Bray, L. Bartlett				
4x200 m Relay		1m	46.38s	12.11.92
B. Otto, D. Ferraro, U. Rodway, G. Templeman				
4x400 m Relay		4m	05.42s	15.12.96
A. di Rosa, E. Stratford, C. Bartlett, P. Gunning				
4x800 m Relay		9m	38.20s	30.11.97
E. Stratford, B. Lenne, M. Buckley, P. Gunning				
4x1500 m Relay		20m	16.96s	24.11.90
M. Buckley, L. Hopkins, L. Horrocks, L. Zammarelli				
Medley Relay 2x200, 1x400, 1x800		4m	28.7s	24.11.01
A.Bray, L. Bartlett, C. Bartlett, E. Stratford				

WOMENS UNDER 18 BEST ON RECORD

100 metres	K. Green		12.3s	5.11.00
200 metres	A. Di Rosa		25.23s	18.02.96
400 metres	P. Gunning		56.59s	23.03.97
800 metres	P. Gunning	2m	09.50s	6.12.97
1500 metres	M. Dillon	4m	27.76s	22.02.91
3000 metres	M. Dillon	9m	41.44s	7.10.90
100mH	K. Green		14.53s	9.12.01
100mH(84cm)	A. Di Rosa		14.85s	18.01.97
400m H	A. Di Rosa		62.67s	23.03.97
2000m Steeple	E. Stratford	7m	14.6s	22.11.97
3000m Walk	C. Stratford	14m	36.41s	11.02.90

High Jump	C. Bartlett	1.73m	12.12.98
High Jump	J. Brotherton	1.73m	10.12.00
Long Jump	B. Otto	5.67m	24.2.93
Triple Jump	G. Templeman	11.07m	21.3.93
Pole Vault	K. Butler	2.70m	17.02.01
Shot 4kg	K. Green	12.83m	5.11.00
Discus 1kg	Z. Giampietro	40.27m	8.12.01
Javelin 600g	Z. Pelbart	49.54	27.03.04
Heptathlon	J. Brotherton	4575pt	25.02.01
4x100 m Relay		57.23	17.11.01
S. El Gawley, K. Biteznik, A. Bray, L. Bartlett			
4x200 m Relay	1m	46.38s	12.11.92
B. Otto, D. Ferraro, U. Rodway, G. Templeman			
4x400 m Relay	4m	05.42s	15.12.96
A. di Rosa, E. Stratford, C. Bartlett, P. Gunning			
4x800 m Relay	9m	38.20s	30.11.97
L. Stratford, B. Lenne, M. Buckley, P. Gunning			
4x1500 m Relay	20m	16.96s	24.11.90
M. Buckley, N. Hoyle, L. Horrocks, L. Zammarrelli			

WOMENS UNDER 16 BEST ON RECORD

100 metres	K. Green	12.3s	5.11.00
200 metres	A. di Rosa	25.23s	18.2.96
400 metres	P. Gunning	56.59s	23.3.97
800 metres	P. Gunning	2m 09.50s	6.12.97
1500 metres	M. Dillon	4m 32.97s	12.12.88
3000 metres	M. Dillon	10m 01.01s	18.2.89
2000m Steeple	E. Stratford	7m 14.6s	22.11.97
90mH	L. Bartlett	13.36s	9.12.01
100mH	A. Di Rosa	14.89s	25.2.96
200mH(76cm)	L. Bartlett	30.83s	24.11.01
300mH	A. di Rosa	43.16s	8.12.95
1500m Walk	C. Stratford	6m 45.58s	18.2.89
High Jump	C. Bartlett	1.73m	12.12.98
Long Jump	J. Brotherton	5.28m	27.03.99
Long Jump	J. Doyle	5.28m	22.03.03
Triple Jump	G. Templeman	11.07m	21.03.93
Shot 4 kg	K. Green	12.83m	5.11.00
Discus 1kg	Z. Giampietro	40.27m	8.12.01
Javelin 600g	Z. Pelbart	43.20m	22.3.02
Heptathlon	U. Rodway	4446pt	30.01.94
4x100 m Relay		52.37s	15.12.02
Z. Pelbart, L. Hamer, C. Virgona, J. Doyle			
4x200 m Relay	1m	51.32s	15.12.02
Z. Pelbart, L. Hamer, C. Virgona, J. Doyle			
4x400 m Relay	4m	11.99s	15.12.02
Z. Pelbart, L. Hamer, C. Virgona, J. Doyle			
4x800 m Relay	9m	44.64s	26.11.89
M. Buckley, L. Horrocks, U. Rodway, L. Zammarrelli			
4x1500 m Relay	20m	16.96s	24.11.90
M. Buckley, N. Hoyle, L. Horrocks, L. Zammarrelli			

WOMENS UNDER 14 BEST ON RECORD

100 metres	K. Green	12.67s	12.12.99
200 metres	K. Green	25.48s	12.12.99
400 metres	D. Ferraro	58.58s	12.10.91
	J. Doyle	58.5s	22.03.02
800 metres	L. Zammarrelli	2m 18.86s	7.10.8
1500 metres	L. Zammarrelli	4m 43.09s	7.12.88
3000 metres	E. Stratford	10m 34.99s	8.12.95
200mH(76cm)	A. Daleris	34.85s	24.02.01
1500m Walk	E. Stratford	6m 53.59s	31.3.96
High Jump	C. Bartlett	1.66m	6.12.97
(14m 04.8s 5th)			
Long jump	J. Doyle	5.28m	22.03.03
Triple Jump	K. Pemberton	10.63m	5.03.00
Shot 2.724kg	K. Green	12.42m	28.02.99
Shot 4kg	K. Green	11.73m	27.11.99
Discus 1 kg	Z. Giampietro	32.23m	9.12.00
Javelin 600g	Z. Pelbart	34.11m	10.12.00

Heptathlon	U Rodway	4446pt	30.01.94
4x200m Relay	1m 54.60s		16.11.91
C Buckley, D Ferraro, U Rodway, J Nelson			
4x400m Relay	4m 17.48s		17.11.91
C Buckley, D Ferraro, U Rodway, J Nelson			
4x800m Relay	10m 15.74s		15.12.02
E Millett, L Hamer, A Nash, B Delaney			
4x1500m Relay	21m 32.64s		15.12.02
E Millett, L Hamer, A Nash, B Delaney			

AUSTRALIAN REPRESENTATIVES

(OPEN COMPETITION)

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
Triple Jump	B.C. Dickinson	Berlin Olympic Games	1936
Triple Jump	B.C. Dickinson	(3 rd)	
	50' 1 3/4"	Sydney Empire Games	1938
Long Jump	B.C. Dickinson	(3 rd) Sydney Empire Games	1938
	23' 5 5/8"		
Long Jump	H. Gould	(4 th) Sydney Empire Games	1938
	23' 4 1/2"		
Javelin	B. Sheiles	(7 th) Sydney Empire Games	1938
	164'		
Discus	W. MacKenzie	(6 th) Sydney Empire Games	1938
	128' 11 1/2"		
Shot Put	W. MacKenzie	(6 th) Sydney Empire Games	1938
	42' 1 3/4"		
100, 200,	J. Mumford	(2 nd , 2 nd , 4 th)	
440yds		Sydney Empire Games	1938
4x440yds Relay	V. Wallace	(4 th) Sydney Empire Games	1938
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 5 th)		
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
	(14m 6.2s 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	
	(1m 47.2s)	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	
	(14m 08s)	Christchurch NZ	1981
10000 m	J. Andrews	Pacific Conference Games	
	(28m 41s)	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
400m	D. Batman	South Africa v Aust Sth Africa	2000
400m	D. Batman	Sydney Olympic Games	2000

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
3 Mile	A. Thomas (London)	(4 th)	1958
1500 metres	A. Thomas (Sweden)	3m42s	1958
3000 metres	A. Thomas (Helsinki)	8m05.2s	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
5000metres	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)	2h14m44.00s	
1982			
Half Marathon	J. Andrews (Brussels)	1h 01m37.00s	
1993			
400m	D. Batman (South Africa)	45.68s	
2000			
400m Indoors	D. Batman (U.K.)	45.59s	2003

AUSTRALIAN 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		Schools team	
& 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	L. Whitty	Christchurch Team (NZ)	1977
& 1500 metres			
Shot & Discus	D. Snell	Christchurch Team (NZ)	1977
100m & 200m	R. Henderson	USA (NSW Schools)	1981
3000m			
& 5000m	J. Andrews	UK and Europe	1982
100m, 200m			
400m	R. Henderson	UK and Europe	1982
World			
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
400m	D. Batman	New Zealand	1998
400m, 4x400m	D. Batman	World Juniors France	1998
400m	K. Gallagher	World Student Games, Spain	1998

Club Equipment as at 31 March 2004

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



Stephanie Beck

\$ **Treasurer's Report** \$

Statement of Income and Expenditure for the year ended 31 March 2004

	2004 \$	2003 \$
Income		
Bank Interest	16.02	9.63
Annual Subscriptions	7,720.00	8,080.00
Cross Country Total (Note 1)	8,817.75	10,340.00
Track & Field Total	58.50	377.50
Sale of Uniforms	671.00	691.00
General Total (Note 2)	1,586.01	1,580.94
 Teams Fund Total (Note 3)	<u>3,608.00</u>	<u>3,177.00</u>
Total Receipts	22,477.28	24,256.07
less		
Payments		
Bank charges	0.00	15.00
Regs. etc. to Athletics NSW	9,871.00	8,905.00
Cross Country Total (Note 4)	7,768.06	10,504.12
Track and Field Total	175.00	119.00
Purchase of Uniforms	48.00	1,739.50
General Total (Note 5)	1,776.89	1,801.17
Teams Fund Total (Note 6)	2,724.92	2,608.00
Capital Expenditure	0.00	0.00
Total Payments	22,363.87	25,691.79
 Excess Income over Expenditure	<u>131.41</u>	<u>-1,435.72</u>
 Cash at Bank at beginning of Year	7,236.08	
Adjustment for unrepresented Cheque	8,621.80	
(now stale)	<u>50.00</u>	
Adjusted Cash at Bank at beginning of Year	8,671.80	
 Excess of Income over Expenditure	<u>113.41</u>	<u>-1,435.72</u>
This is represented by:	<u>7,349.49</u>	<u>7,236.08</u>
Commonwealth Bank Cheque Account	7,349.49	7,236.08

Comments on Annual Financial Statements by Dennis Jolliffe

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

As at 31 March	Total Club Funds	Movement
1999	\$23,748.98	
		\$995.80
2000	\$24,744.78	
		\$1,798.20
2001	\$26,541.98	
		-\$1,670.27
2002	\$24,871.71	
		\$3,684.22
2003	\$28,555.93	
		\$2,687.42
2004	\$31,243.35	

In 2003-2004 Club Funds rose by \$2,687.42. This has been achieved in part by increased fund raising efforts by Club members and by a reduction in hall rental for the Cross Country season. During the year the Club has adopted a policy of subsidized registrations for many talented athletes, and has been substantially assisted by funds raised by the Christmas Mile athletes and supporters.

Auditor's Statement

We report that we have examined the Income and Expenditure Statement of the St George District Athletic Club Inc for the year ended 31 March 2004.

We have limited our audit to the receipts and payments as disclosed in the Cash Book and the Bank Statements of the Club.

Subject to the above, in our opinion, the accompanying Income and Expenditure Statement is properly drawn up so as to give a true and fair view of the results of the Club for the year ended 31 March 2004.

Michael Hanrahan and Associates
Honorary Auditor

Statement of Financial Position

	As at 31 March 2004 \$	2003 \$
Current Assets		
Stock on Hand	3,270.00	3,885.00
Cash at Bank	7,349.49	7,236.08
Bank Term Deposits	<u>19,472.93</u>	<u>18,646.92</u>
	30,092.42	29,768.00
Non-current Assets		
Equipment, Valued at cost		
less depreciation (Note 7)	<u>1,663.00</u>	<u>1,800.00</u>
	31,755.42	31,568.00
less		
Non-current Liabilities		
Reserve for Perpetual Trophy	295.10	295.10
Reserve for CC Trophies	<u>216.97</u>	<u>216.97</u>
	512.07	512.07
Current Liabilities		
Contingent liability - Fun Run	-	<u>2,500.00</u>
	<u>31,243.35</u>	<u>28,555.93</u>
equals		
Club Funds -		
General Fund	30,024.71	28,220.37
Teams Fund	<u>1,218.64</u>	<u>335.56</u>
	<u>31,243.35</u>	<u>28,555.93</u>

Dennis Jolliffe
Honorary Treasurer

Rockdale City Fun Run expenses appear much higher than receipts, but the forward grant of \$2,500 from Rockdale City Council, paid in the previous year, also needs to be taken into account.

The Club contributed \$840 to individual athletes and also paid \$1,045 in State Championship relay entry fees in 2003-2004. Teams fund revenue consisted of fund raising activities such as sale of chocolates, raffles, Club dinners and supply of officials for the Half Marathon and City to Surf Events. This has been possible only through the efforts of Club supporters and members who have willingly assisted in this and other fund raising efforts. Particular thanks to Kay Culkin in this regard.

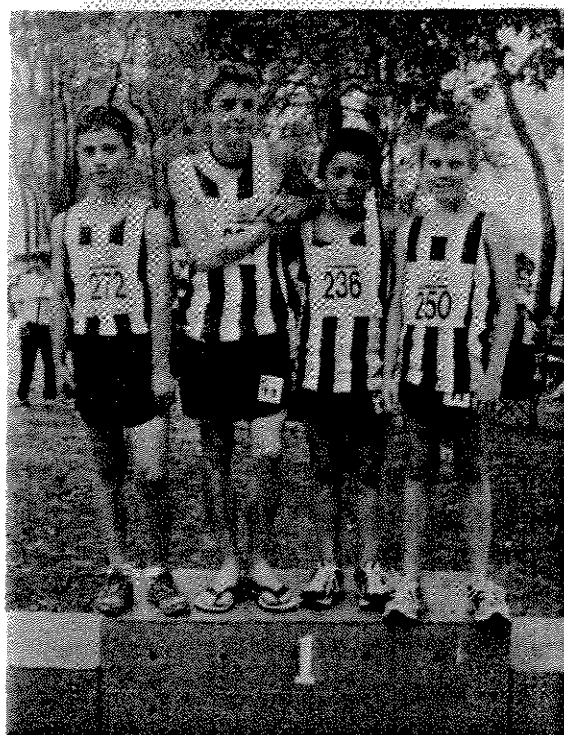
I would like to take this opportunity to thank Club members who have provided assistance to me as Treasurer. Alan Staples, as Race Secretary, Coral and Albert Ferraro as Registrars, and Tom Richards who has handled Club Uniform purchases and sales have been of great help.

Once again, Michael Hanrahan has acted as honorary auditor. Michael who is a former Club member has been extremely diligent in his duties and his contribution is appreciated very much.

Note 1	2004	2003
Cross Country Receipts		
Cross Country Race Fees	3,735.00	3,775.00
Net Raffle Proceeds	775.00	770.00
Novice Day Entries & other income	3,262.75	2,535.00
Trophies Donated	110.00	-
Rockdale City Council grant for Fun Run	935.00	3,260.00
	<u>\$8,817.75</u>	<u>\$10,340.00</u>
Note 2		
General Receipts		
Donations	125.00	210.00
Term Deposit Interest	826.01	781.94
Fund raising for registration assistance by Christmas Mile and Other Donations	635.00	589.00
Other income	-	-
	<u>\$1,586.01</u>	<u>\$1,580.94</u>
Note 3	2004	2003
Teams Fund Receipts		
Donations	110.00	
Chocolate Fund Raising	1,680.00	1,491.00
Club Functions - net proceeds	443.00	286.00
Supply of Officials; City to Surf	600.00	700.00
Supply of Officials; Half Marathon	775.00	640.00
	<u>\$3,608.00</u>	<u>\$3,177.00</u>
Note 4		
Cross Country Payments-		
Cross Country Cycle Prizes	890.00	870.00
Cross Country Hire of Hall	663.16	901.67
Raffle Prizes	-	-
Cross Country Trophies and Other Expenses	1,251.00	1,006.55
Novice Day Expenses	1,968.45	1,265.00
Rockdale City Council Fun Run	2,995.45	6,460.00
	<u>\$7,768.06</u>	<u>\$10,504.12</u>
Note 5		
General Payments		
Printing, Postage, Stationery, etc	224.90	260.45
Trophies	273.30	305.00
Increase in Term Deposits	826.01	781.94
Equipment maintenance	84.00	-
Internet Web Page	328.68	-
Other	40.00	39.00
	<u>\$1,776.89</u>	<u>\$1,801.17</u>
Note 6		
Teams Fund Payments		
Assistance to Individuals -		
M Arndell	55.00	55.00
L Chisholm	150.00	-
B Delaney	-	100.00
S Delaney	150.00	100.00
N Duffy	75.00	-
S Milton	75.00	-
D Kipriotis	-	100.00
N Kipriotis	-	100.00
Blair Martin	150.00	100.00
R Mullane	75.00	-
S Moseley	-	100.00
L Stiller	55.00	-
J Vella	-	55.00
A Virgona	55.00	-
	<u>840.00</u>	<u>710.00</u>
Relay Entries	1,045.00	1,098.00
Purchase of Chocolates for Fund Raising	839.92	800.00
	<u>\$2,724.92</u>	<u>\$2,608.00</u>
Note 7		
Equipment		
Equipment, Valued at cost	6,173.00	6,173.00
less Accumulated Depreciation	4,510.00	4,373.00
	<u>\$1,663.00</u>	<u>\$1,800.00</u>



James Nipperess



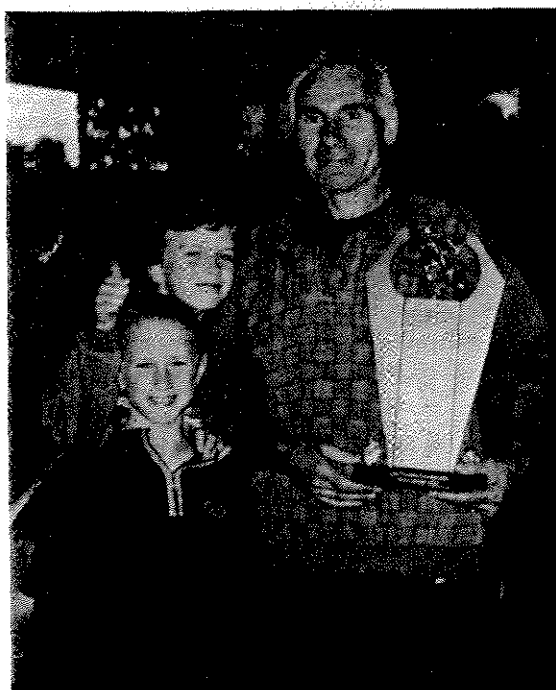
Holsworthy U/14 Boys 3km Gold Medal Team
Tim Hogan, Luke Hamer, Ben Currie-Nguyen, Jason Dooley



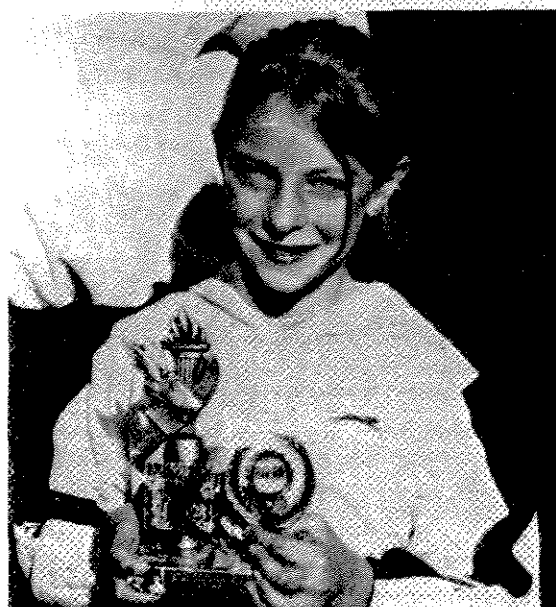
Michael Murphy

Honour Roll (Deceased)

Life Members		Merit Award	
A.A Gainsford OAM	1923	F. Eggleton	1975
W.J. Hasler	1932	M. Moroney	1975
W. Ahern	1955	L. Williams	1975
A. Gould	1963	K. Jenkins	1995
♂. Carruthers MBE	1983	A. Henderson	1991
F. Eggleton	1991	G Page	1975
S. Donnelly	1991		
R. Molloy	1997		



Mendo Stojkovski



Candice Dooley

Obituaries

Gregory Page 10/9/33 – 27/7/03

The shock passing of Greg Page last winter stunned members of the St George District Athletic Club Inc. Greg was one of those evergreens who worked and played hard, yet never seemed to age. His association with St George spanned close to fifty years, although his business affairs took up much of his time in latter years.

Greg's first success as a distance runner was in 1958 when he won the club fifteen mile Championship and then went on to run his first Marathon. He was a very consistent cross country and road runner during the 1950's and 60's, being Club Marathon champion in 1961. Greg was a member of the Club's first Executive Committee in 1964-65. He also held the position of Vice-President and was a Club official. His help with equipment on many of the Club's big days was greatly appreciated.

Greg received a Club Merit Award for his service to the Club in 1975 and has sponsored trophies during the winter seasons.

Greg was a great friend to all who knew him. His sudden passing is hard to understand. These few lines conclude with deepest sympathy to his wife - Tess, daughter - Julie, and sons, Sean, Tony, Tim, David, Matthew and their families.



Chadi Elashkar



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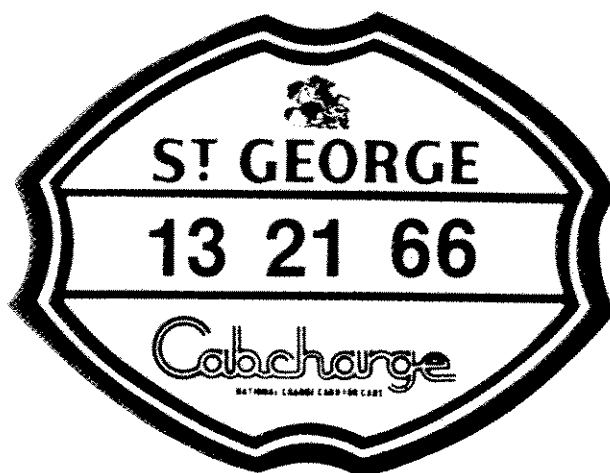
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