

ST GEORGE DISTRICT ATHLETIC CLUB INC.



***84th ANNUAL REPORT
31st March, 2005***



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INFORMATION FOR MEMBERS AND THEIR GUESTS

ST GEORGE DISTRICT ATHLETIC CLUB INC.

84th ANNUAL GENERAL MEETING

Syd Frost Hall, Hawthorne Street, Ramsgate

Saturday 25 June, 2005

3.00pm

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A G E N D A

1. Welcome to members and guests
2. Apologies
3. Minutes of 83rd Annual General Meeting
4. Presentation of 84th Annual Report & Financial Statement
5. Election of Officers, Executive Committee and Appointment of Auditor
6. Presentation of 2004/2005 Annual Awards
7. General Business
8. Raffle Draw
9. Afternoon Tea

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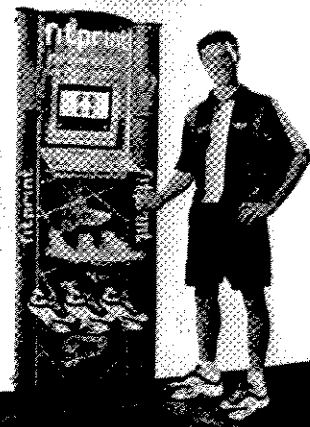
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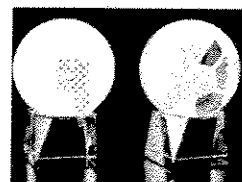
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ST GEORGE DISTRICT ATHLETIC CLUB INC

MINUTES OF 83rd ANNUAL GENERAL MEETING

HELD 26 JUNE 2004
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 64 members and guests in attendance (as per attendance book).

1. **Special Guests** - Kevin Greene – State member for Georges River
Joanne Morris – Mayor of Hurstville City
Michael Platt – Mayor of Kogarah Council
Mark Coure – Councillor – Kogarah City Council
Justin Schumack – ANSW
2. **Apologies:** Robert McClelland MP – Federal Member for Barton
Jim Gallagher – Executive Committee
Arthur Peek – Life Member

3. **Adoption of Minutes** – the Minutes of the 82nd Annual General Meeting were confirmed — J Irvine seconded R Russell
CARRIED

There were no matters arising from the minutes.

4. **Presentation of the 83rd Annual Report** – The President presented the 83rd Annual Report & Financial Statement of the Club and read his report to the meeting. He commented on -
 - **Executive Committee** – thanked all members of the Executive Committee for their contribution to the club.
 - **Volunteers** – thanked all the club volunteers who assisted with the NSW Novice Championships, Rockdale Fun Run, Sydney Half Marathon and the City to Surf.
 - **Middle Distance Emerging Athlete** – sponsored by Christmas Mile and donations from members to assist with registration fees for promising young athletes.
 - **Track & Field** – Zoe Pelbart qualified for World Juniors. Congratulated her coach Peter Tuziak. Shannon Delaney won u/18 1500m at the Australian Youth Championships and was also awarded Sportsperson of the Year 2004 by Rockdale City Council. Luke Hamer won four golds in the u/14 State Championships.
 - **Cross Country** – Blair Martin won ANSW Distance Runner of the Year. Club teams did very well.
 - **Summer Cross-Country** – Thanked David Edwards and Kim Delaney for continuing to organise this successful event.
5. **Secretary's Report** – The Secretary read her report and thanked all members of the Executive Committee for their dedication and commitment. Also thanked club members and families for their support of the chocolate fundraising.
6. **Treasurer's Report** – The Treasurer thanked the President for his leadership and spoke about the new computer system he has created that calculates handicaps, point scores and race results. He has also devised a new registration system that saves much time. Stated that the club's membership is in a healthy position with 182 members including a lot of older members which is good for the fitness of the community.
7. **Special Guests** – were invited to address the meeting. These were:-
 - **Kevin Green (Member for Georges River)** - thanked Peter Tuziak for his work in coaching young athletes in the community. Declared that St George was the greatest sporting district in the world and that there was an enormous record of people who have represented this district over the years. Congratulated the club on its 83 years of service to the community. Congratulated the Secretary for the Annual Report. Commented on the strong executive of the club and the effort involved in the running of it. Mentioned Luke Hamer's impressive wins and also Norm Windred's achievements in the Masters Championships.
 - **Joanne Morris (Mayor of Hurstville City Council)** thanked the secretary for the invitation to attend and congratulated the club on its achievements. Added that we should enjoy what we do on a Saturday.
 - **Michael Platt (Mayor of Kogarah Council)** Stated that only through the support of colleagues that clubs like St George DAC exist. Mentioned that he knew Greg Page through his work and had found him to be a caring, Christian person. He epitomises what we do here – parents supporting their children. Stated that the St George district has a great sporting tradition.
 - **Justin Schumack (ANSW)** – Advised he was new to ANSW, having been there less than a month, but has found everyone very welcoming. Offered his assistance to anyone in need of help with administration. Congratulated the Club on its excellent record.
 - **Peter Tuziak (SGDAC member & coach)** spoke about the achievements of Zoe Pelbart and the Annual Report.

- **Dean Degan** (Executive Committee member) thanked Ron Gribble for his assistance and encouragement as Patron of the Club.
- **Peter Potter** congratulated the President and Executive Committee for the good job they were doing. Stated that Albie Thomas was the best athlete that St George has ever had - and that included footballers! Commented on the fact that the population is not fit and that at least two hours exercise per week is necessary for good health. Thanked Rockdale City Council for the wonderful venue of Scarborough Park.

Moved that the 83rd Annual Report be received – K Delaney/A Staples

CARRIED

8. Presentation of Awards:

- **Annual Awards** - 17 annual awards were presented to athletes, with Outstanding Senior Athlete awarded to **Blair Martin & Lachlan Chisholm** (shared).
- **Summer Cross Country and Cycle Awards** were presented to winners by David Edwards.

9. Election of Officers - Ron Gribble acted as Returning Officer for the election of the new Executive Committee. Nominations had been received for all positions. Officers for 2004/05 were elected as follows:-

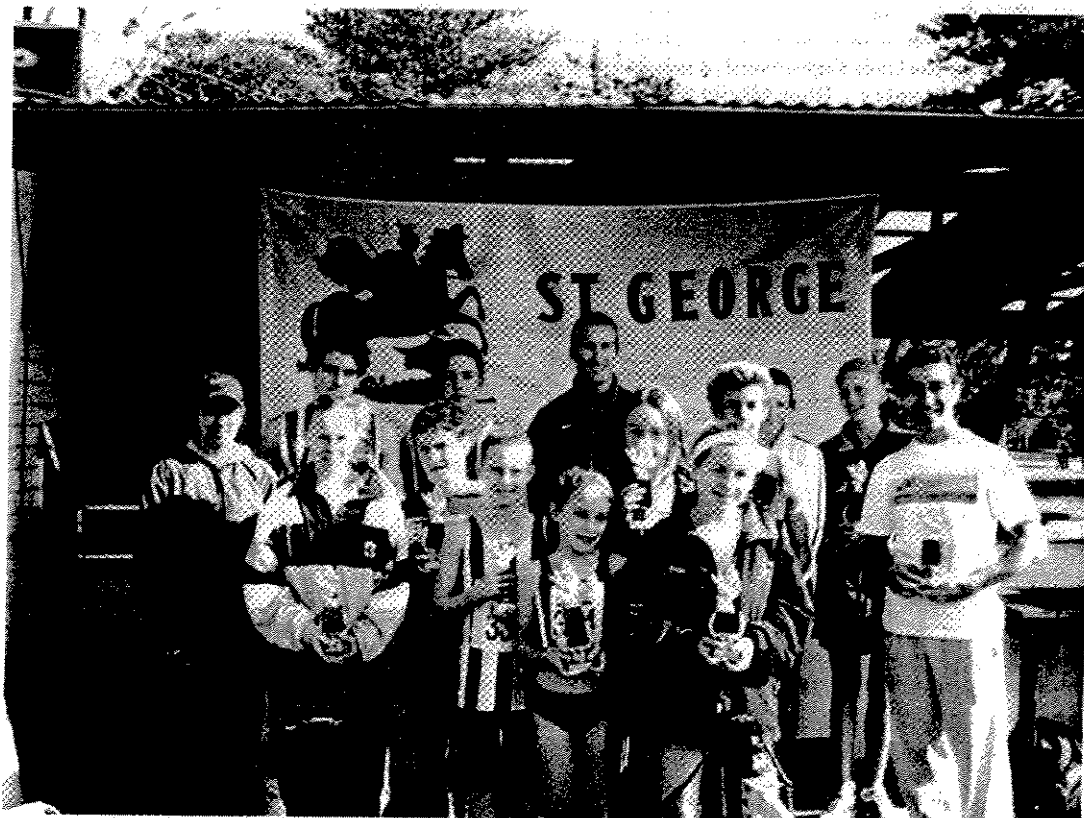
Patron: R Gribble	President: A Thomas	Senior Vice-Presidents: R Gribble, D Jolliffe, A Staples
General Secretary: K Culkin	Treasurer: D Jolliffe	Track Secretary: J Gallagher
Distance Secretary: C Stratford	Minute Secretary: S Lenne	Auditor: M Hanrahan
Executive Committee:		
A Thomas K Culkin	D Jolliffe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

Club Delegates - to be elected at the next Executive Meeting.

10. Presentation of Life Member & Merit Awards: Life Member - Jim Gallagher
Merit Award - Coral Ferraro.

As both members were not in attendance, presentation of awards was deferred to a later date.

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



Rockdale City Council Fun Run 2005 – St George DAC placegetters

OFFICE BEARERS

Patron

R. Gribble

President

A. Thomas

Senior Vice Presidents

D. Jolliffe, R. Gribble, A. Staples

General Secretary

K Culkin

Treasurer

D Jolliffe

Track Secretary

J Gallagher

Distance Secretary

C Stratford

Minute Secretary

S Lenne

Honorary Auditor

M Hanrahan

Executive Committee

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, R. Russell (alt)

Delegates to Winter Committee

A. Staples, J. Irvine, D Degan

Track Captain

C. Elashkar

Track Vice Captain

S. Moseley

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. Windred; D. Milton

Selectors

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

Handicappers

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

Timekeepers, Judges, Recorders and Gear Stewards

A. Argall; R. Russell; J. Gallagher; T. Richards; J. Dooley;
D. Jolliffe; N. Windred; P. Gayton; J. McClean; P. Tuziak;
J. Irvine; K. Culkin; J. Beck; D. Beck; K. Milton; D. Milton,
C. Stratford

Uniform & Trophy Steward

T. Richards; L. Delaney; C. Stratford

Starters

C. Stratford; K. Delaney; D. Jolliffe; D. Edwards; J. Beck

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: Giang Nguyen

Life Members

BC Button OAM	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
J. Gallagher	2004

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
C. Ferraro	2004

Club Membership

	2000-01	2001-02	2002-03	2003-04	2004-05
Officials	8	10	9	8	
Open	31	32	27		
Masters	56	59	58		
Associate	0	0	5	8	
Over 65				9	15
60 to 64				11	12
55 to 59				6	8
50 to 54				9	15
45 to 49				15	10
35 to 44				12	13
25 to 34				16	17
20 to 24				5	3
Under 20		5	6	2	4
Under 18	10	10	10	15	10
Under 16	21	23	17	21	25
Under 14	19	20	25	22	13
Under 12	24	19	15	21	17
Total	174	176	163	182	162

In the past there were three distinct categories into which club members were placed. These were -

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

Recent changes to the fee structure to register members with Athletics NSW have resulted in inappropriate comparisons over time. From 2004-05, members shown in the above table have been classified according to age groups.

In 2004-2005 club member numbers fell by 19. During 2004-2005, the Club received 44 new members and had 118 renewals, compared to 68 new members and 114 renewals for the previous year. 119 members, including 1 Official and 20 Associates, were members for the full year and 43 registered for the winter season only.

President's Report

Your Executive Committee has continued to serve the club with dedication, time and organisational skills so that all members benefit. Kay Culkin, Sue Lenne, Jim Gallagher, Dennis Jolliffe, Chris Stratford and Alan Staple are ably assisted by Kim Delaney, John Irvine, Chadi Elashkar and Ray Russell. Dean Degan recently resigned from the Executive Committee as he has moved to Melbourne to take up a new job opportunity. We are sorry to lose him.

The separate reports are all worthy of reading as they give a detailed account of all events.

Our volunteers during the year did a mighty job in supporting all of our fund raising events: the Sydney Half Marathon, Rockdale Community Fun Run, City to Surf, the inaugural Nike "Run that I Want" at Homebush, and our own main event, the NSW Novice Championships. As

well we had raffles, dinners and Kay's chocolate sales. I want to give a special thanks to Kim "the builder" Delaney with his utility, who coordinated all the setting up of our main events.

We also had sponsorship from Rockdale City Council for the NSW Novice trophies and the local Fun Run. We welcomed our new sponsor - The Athlete's Foot, Hurstville - who gave generously to both the NSW Novice Championships and the Fun Run. We are pleased to have Brian and his team on board. Thank you also to Bucton's Butchery who donated sausages for the Novice BBQ.

We continued the Middle Distance Emerging athlete program, which subsidises registration fees to encourage young athletes. Jim Owens and John McClean made donations to this program and the balance was raised from our Terry O'Connor Christmas Mile race on 25 December.

Our General Secretary, Kay Culkin, acts as an official for ANSW at the Track & Field meetings, runs the chocolate fund raising, attends ANSW Members Advisory Panel and other ANSW meetings for the club, and has co-ordinated this Annual Report.

Our 2004/5 activities started with the cross-country season at Scarborough Park and Chris Stratford has produced a comprehensive report and race results for the season. As well, Chris handicaps the Division 3 and 4 events. Our Open Men's team was 5th in the ANSW winter club trophy and 2nd in the Men's Open Premiership. The ANSW winter club trophy is biased towards quantity and not quality, with the more competitors you have, the more points you score.

Blair Martin was 2nd in the Male Distance runner of the year. Shannon Delaney won the NSW under 18 years 5 kms road championship. Our under 18 years female athletes won the NSW premiership for that age category, with the team including athletes from a younger age group. All did well in the team events from our youngest age group through to the more senior ones.

Our summer cross-country competition on Wednesday nights continues to provide valuable competition in conjunction with the Track & Field season. It was a keenly contested competition for the pointscore and fastest times in the two divisions. You need to be a regular competitor to place in those awards. Thank you to Dave Edwards who conducts and handicaps these races.

Without the very dedicated effort and time given by Jim Gallagher, our Track & Field season would not be as successful as it is. Jim has supplied a very comprehensive report of all events and records for the season. He has also had to contend with changes to the program format by ANSW. With the deletion of the under 14 years category, the under 18 years was the lowest age category of competition. Zoe Peibart, Lachlan Chisholm and Damon Harris all performed well in the elite category with Zoe and Lachlan also having successful campaigns in overseas competition. Not to be outdone our "mature age" athletes continued to perform with credit. Especially pleasing was the big improvement by our younger athletes - Claudia Virgona, Bridey & Shannon Delaney, James Nipperess and Nam Currie-Nguyen. Luke Hamer had an exceptionally rewarding season with many wins and club records. Our most consistent performer was Dean Apostolidis who competed in many different events to gain a very high total of points in the club premiership.

Dennis Jolliffe has our finances in an extremely healthy position. Our membership numbers are still good, but the concern is in the 14 to 20 years category where numbers are low. Our club received a Telstra grant of \$2000 for the Club Development Award in Planning well done Dennis. We also gained a Telstra grant of \$5000 for new equipment, which will assist Peter Tuziak in training our Track & Field athletes at Olds Park.

I congratulate Caogiang Nguyen for taking up the challenge to provide a new website for our club. It has been a huge success, judging by the number of "hits" recorded. We very much appreciate the time and effort involved in this complicated exercise.

To all of our athletes, you have competed with honour for your club and yourself. The main thing is to enjoy your competition and set yourself some goals to improve your performance. During the year everyone likes to see their name in the printed results. In the *Leader Sportstar Awards* we had many St George athletes feature in weekly nominations, with some winning the monthly award. In the annual *Leader Sportstar Awards*, Shannon Delaney received the Runner Up in the Junior Male category.

We have had a successful season in 2004/05, now let's see if we can do even better in 2005/06. It was an honour to serve as your Club President.

Albie Thomas

Secretary's Report

Another year gone and what a busy one it was. Once again I was juggling family, job, uni. study, athletics and other activities and whilst it was demanding, the rewards were very satisfying. I continued to officiate for Athletics NSW during the summer season, but have been the only St George official for some time now and would urge anyone interested in joining me to contact ANSW. I'm sure you will be made very welcome.

2004 was an excellent year financially for the club, due to a number of factors which I will touch on later. However, the most significant occurrence of the year was when our illustrious leader, Albie, underwent major heart surgery in October 2004. Although the outcome was successful, recovery was slow and painful and Albie was out of action for several months. We are delighted that he has now made a full recovery and it's great to see him back running and enjoying life.

During Albie's convalescence two matters of importance arose: The first was to put together a track proposal for a synthetic athletic track to be constructed in the St George area. This was presented to Rockdale Council in response to the Recreation Strategy Plan being prepared by Rockdale, Hurstville and Kogarah Councils, including a public forum attended by several club members in November last year. I would especially like to thank Chadi Elashkar and Kim Delaney for their assistance with this proposal which is currently under consideration by the three local Councils. What a wonderful boost to our sport if we could host a summer competition on a brand new synthetic track in our local area.

The second matter was the opportunity to apply for a Telstra Athletics Assistance Fund which consisted of \$5000 worth of athletics equipment. This was organised

by Athletics Australia (via Athletics NSW) and the application required considerable time and effort. Only 40 clubs throughout Australia were selected and I am happy to say St George was one of them. The club subsequently received some top quality throwing equipment, hurdles and trolleys which are greatly benefiting our track and field members. I would like to thank coach, Peter Tuziak, for his assistance with the application and for his continued good work with our track and field athletes.

I must congratulate our Treasurer, Dennis, on his success in securing \$2000 for the club by way of the Telstra Club Development Awards 2004 in the 'Planning' category. Dennis spent many hours composing an impressive submission to ANSW detailing his innovative point-scoring, handicapping and registration systems. To win the award was a significant achievement and it's good to see such an excellent system being appropriately recognised and now assisting other clubs.

We were all sorry to recently learn that our "Club Recruiter Extraordinaire", Dean Degan, was leaving the club to move down to Melbourne. Dean was a popular club and Executive Committee member. He was always pro-active in participating in and organising club events and we have him to thank for a number of valuable recruits to our club. Dean is greatly missed by all club members and we hope he will eventually come back to Sydney ... and us.

May I say thank you to my colleague, Sue Lenne, for her support throughout the year and regular production of the minutes of our monthly meetings. Also to Ron Gribble, our Club Patron, for all his good work with the club for the past 48 years. A special thank you to Tom Richards for the many jobs he attends to behind the scenes, including ordering and distributing club uniforms. The club is full of incredibly industrious people such as these who do much for little recognition. Thank you to all those people who help to make the club strong and successful, My thanks to all members of the Executive Committee for their commitment and diligence, and to the club members and families for their support of the chocolate fundraising and willing assistance when required. I hope 2005 is as successful as 2004.

Kay Culkin



Annual Awards for 2004-2005 Season

A.A.Gainsford Trophy (Outstanding Senior Athlete) *Lachlan Chisholm*

Robert Nash Trophy (Most improved senior athlete) *Damon Harris*

The L.L.Bosman Award (Performance & Sportsmanship) (Outstanding under 20 years) *Zoe Pelbart*

A.Henderson Trophy (Outstanding under 18 years) *Shannon Delaney*

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

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

A.Gould Memorial Trophy (Outstanding under 16 yrs) *James Nipperess*

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

H.Gibbons Trophy (Most improved under 12 years Cross Country) *Lillee Forrester & Mark Simpson*

F.Wilson Trophy (Outstanding under 14 yrs) *Luke Hamer*

L.L.Bosman Trophy (Outstanding hurdler) *Peter Gregoriou*

J.J.Walsh Trophy (Outstanding Marathon runner) *Damon Harris*

St.George Trophy (Best field athlete) *Zoe Pelbart*

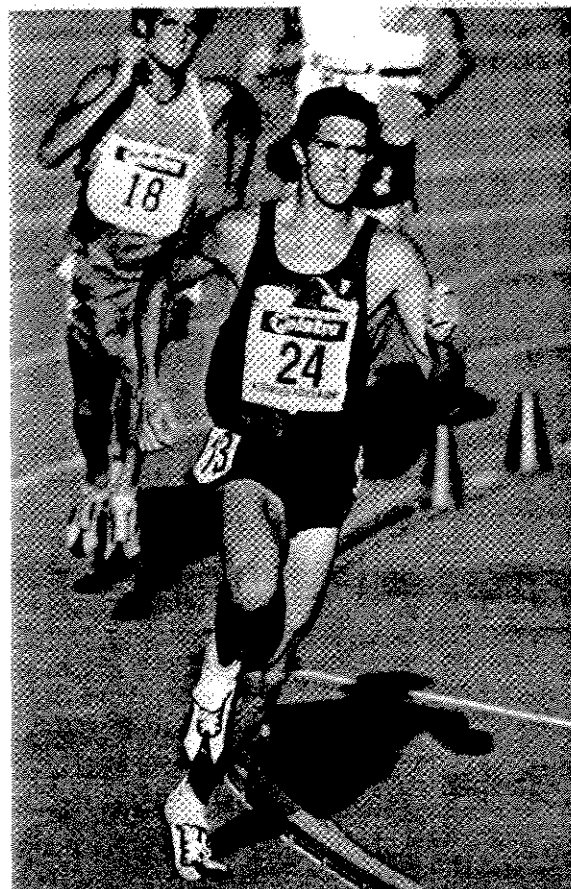
Ron Gribble Trophy (Open grades track & field aggregate point score winner) *Dean Apostolidis*

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

A.Winter Perpetual Trophy (Best triple jump performance) *Dean Apostilidis*

Peter Tuziak Award (Encouragement award to under 12 yrs) *Marc Currie-Nguyen (m) & Madison Gray (f)*

SGDAC Peter Tuziak Award (Best Heptathlete/Decathlete) *Hussein Akil*



Lachlan Chisholm

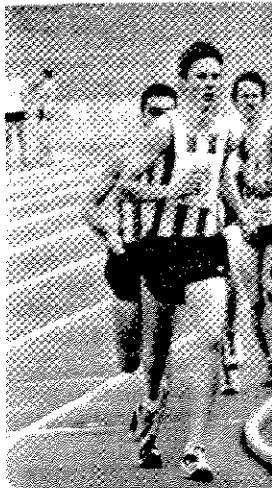


Damon Harris

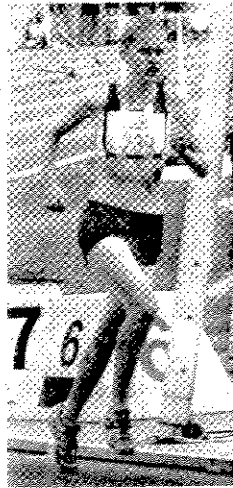


Zoe Pelbart

2004 DISTANCE REPORT



Shannon Delaney



Bridey Delaney



Dean Apostolidis



Luke Hamer



James Nipperess



Peter Gregoriou

St George District Athletic club is one of the strongest clubs competing in the Winter competition. 2004 was no different and the club was 5th in the 2004 Winter Club Trophy as well as coming second in the Men's Open Premiership. The strength of our Open team was evident when our B team came 4th in the Cross Country Relays. If all of our top runners are available we certainly make a formidable team. Open male runners during the season included Blair Martin, Damon Harris, Dean Degan, Chad Fowler, Charlie Low, Chadi Elashkar and Saxon Moseley. Blair Martin did not compete in all events but still came second in the Male Distance Runner of the Year award (winner in 2003). Blair's win at Mt Penang was probably his best run of the season and it was a very impressive performance. The Over 45 team won two championship team events but had to settle for second. This is another of our teams which is very hard to beat when all runners are available. Mike Lawson competed in a number of championships and won the Over 50 category on a couple of occasions – he would probably have won the Over Distance Runner of the Year award if it exists. The same can be said for Frank Scorzelli in the Over 55 division. Frank continues to run very well.

Some of our younger male runners performed very well during the season and the best performance was by Shannon Delaney when he won the Under 18 5km Road Championship. Shannon was not out of place when he ran a leg of the Open Cross Country Relay B team which came 4th. Our best premiership effort was second in the Under 16 Male Premiership. The participating runners included James Nipperess, Michael Murphy, Nam Currie-Nguyen, Luke Hamer and Thomas Delaney.

Our only premiership win was in the Under 18 Female Premiership. Runners who competed for the Under 18 teams included Samantha Milton, Bridey Delaney, Dianna Hardy, Averill Wilson, Camille Wilson, Ally Nash, Rebecca Preston, Emma Millett and Jadranka Gordic. There is a strong nucleus of Under 12 Female runners and it will be interesting to see how their running develops and also to see future individual and team successes. The Under 12 runners included Candice Dooley, Annaliese McCauley, Carolena Kostas, Lillie Forrester, Louise Kelly, Hannah Wrigley, Madison Gray and Daisy Williams.

Weekly competition at Scarborough Park continues to be well represented and the good facilities make it an ideal location for running. The restructure to four divisions (four races) has been successful and the choice to run Division 4 for a short run has been taken up by some runners who want to include some speed racing. Additionally, the group starts for

Division 1 handicap races over 7km has met with general agreement.

St George hosted the Novice Championships and the format continues to be a great success. In 2004 we had over 450 runners contesting the 5 races and we have had numbers over 400 for the last 4 years. Our big target is to break 500. The inclusion of prizes and trophies has been well received and sponsorship by Southside Runners was very welcome. The other event hosted by St George was the Rockdale City Community Fun Run. This was a very enjoyable run and 117 runners and walkers competed on the morning of Sunday 16th May 2004 - a beautiful sunny day. The race was won by Jeremy Horne.

Congratulations to all runners and officials of St George District Athletic Club for making the 2004 season a huge success.

Chris Stratford
Distance Secretary

Team highlights for the season:

PREMIERS: Women's Under 18

WOMEN

Under 18 4km Cross Country	First
Under 18 Road Relays	First
Over 35 Cross Country Relays	Third
Under 16 Road Championships	Third
Under 14 Cross Country Relays	Third
Under 12 Cross Country Relays	Third

MEN	Open Road Championships	First
	Open Road Relays	First
	Over 45 Road Relays	First
	Over 45 7.5km Cross Country	First
	Under 16 Road Championships	First
	Under 16 Road Relays	First
	Under 14 Road Championships	First
	Open Cross Country Relays	Second

	Over 45 Road Championships	Second
	Under 18 Road Championships	Second
	Open 12km Cross Country	Third
	Open 7.5km Cross Country	Third
	Over 55 7.5km Cross Country	Third
	Over 55 Cross Country Relays	Third
	Under 16 3.5km Cross Country	Third
	Under 16 Cross Country Relays	Third

Distance Runner of the Year:

Male: 2nd Blair Martin

2004 WINTER POINTSCORES

Division 1	1. John Irvine	246 points
	2. Alan Staples	240 points
	3. Chadi Elashkar	229 points

Fastest Times Champions: Chadi Elashkar (93) & Louise Stiller (70)

Division 2	1. Brett Hardy	406 points
	2. Lyn Delaney	406 points
	3. Peter Nash	387 points

Fastest Times Champions: Michael Murphy (81) & Ally Nash (78)

Division 3	1. Diana Hardy	260 points
	2. Ron Gribble	253 points
	3. Brett Hardy	236 points

Fastest Times Champions: Isaq Ali (56) & Stephanie Beck (78)

Division 4	1. Annaliese McCauley	263 points
	2. Riley Delaney	249 points
	3. Lillie Forrester	248 points

Fastest Times Champions: Riley Delaney (98) & Annaliese McCauley (64)

ST GEORGE TROPHY DAYS

RON GRIBBLE TROPHY: 3rd April 2004

Division 1 8km	1 st Maureen Cadogan	2 nd Hugh Jones	3 rd Mike Arndell
----------------	---------------------------------	----------------------------	------------------------------

Fastest: Chadi Elashkar (M) 28:10 Maureen Cadogan (F) 41:11

Division 2 4km	1 st Thomas Delaney	2 nd Lyn Delaney	3 rd Greg Breen
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Fastest: Michael Murphy (M) 14:19 Bridey Delaney (F) 14:57

Division 3 3km	1 st Ron Gribble	2 nd James Nipperess	3 rd Greg Breen
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Fastest: Shannon Delaney (M) 9:25 Abby Lloyd (F) 12:55

Division 4 2km	1 st Anica Monagle	2 nd Mark Simpson	3 rd Marc Currie-Nguyen
----------------	-------------------------------	------------------------------	------------------------------------

Fastest: Timothy Hogan (M) 8:27 Anica Monagle (F) 9:44

BOB MOLLOY TROPHY: 17th April 2004

Division 2 5km	1 st Isaq Ali	2 nd David Edwards	3 rd Gill Wrigley
----------------	--------------------------	-------------------------------	------------------------------

Fastest: Isaq Ali (M) 18:19 Ally Nash (F) 19:56

TERRY O'CONNOR'S DAY: 1st May 2004

Division 1 10km	1 st Chris Maver	2 nd Louise Stiller	3 rd Alan Staples
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Fastest: Chadi Elashkar (M) 34:14 Louise Stiller (F) 45:49

Division 2 5km	1 st Nola Thomas	2 nd Walter Wrigley	3 rd Jason Dooley
----------------	-----------------------------	--------------------------------	------------------------------

Fastest: Michael Murphy (M) 17:11 Ally Nash (F) 19:43

KEN JENKINS' DAY: 15th May 2004

Division 1 10km

1st Hugh Jones 2nd Dennis Jolliffe 3rd Chadi Elashkar

Fastest: Chadi Elashkar (M) 34:16 Julie Wilson (F) 67:39

Division 2 4km

1st Gill Wrigley 2nd David Hamer 3rd Camille Wilson

Fastest: Michael Murphy (M) 13:11 Ally Nash (F) 15:13

DEAN DEGAN TROPHY: 22nd May 2004

Division 1 10km

1st Alan Staples 2nd Mendo Stojkovski 3rd John Irvine

Fastest: David Patterson (M) 37:36 Julie Wilson (F) 60:26

Division 2 4km

1st Kyla Jarvis 2nd David Hamer 3rd Samantha Milton

Fastest: Michael Murphy (M) 12:57 Samantha Milton (F) 14:56

Division 3 3.1km

1st Michael Fernandes 2nd Jadranka Gordic 3rd Stephanie Beck

Fastest: Isaq Ali (M) 10:54 Jadranka Gordic (F) 12:16

Division 4 2km

1st Ben Currie-Nguyen 2nd Lillie Forrester 3rd Bridey Delaney

Fastest: Riley Delaney (M) 8:20 Bridey Delaney (F) 7:58

GREG PAGE TROPHY: 29th May 2004

Division 1 11km

1st Chris Stratford 2nd Shane Causer 3rd David Edwards

Fastest: Damon Harris (M) 35:40

JACK COPPOCK TROPHY: 24th July 2004

Division 3 (Under 14) 3km

1st Paul Donnadiu 2nd Candice Dooley 3rd Stephanie Beck

Fastest: Paul Donnadiu (M) 12:40 Candice Dooley (F) 12:14

CARRUTHERS' CUP: 11th September 2004

All Divisions 2km

1st Belinda Bittar 2nd Gerard Gayton 3rd Colin Wilson

Fastest: Shannon Delaney (M) 6:22 Diana Hardy (F) 8:36

All Divisions 5km

1st Kim Delaney 2nd Gerard Gayton 3rd Thomas Delaney

Fastest: Chadi Elashkar (M) 16:40 Louise Stiller (F) 21:45

ST GEORGE CLUB CHAMPIONS 2004**MEN**

OPEN	1 ST	2 ND	3 RD
7.5km CC (NSW)	B. Martin	C. Low	C. Fowler
8km CC	D. Degan	C. Elashkar	W. Hayes
Novice 10km	C. Elashkar	M. Arndell	B. Pendergast

10km Road	B. Martin	D. Harris	C. Low
12km CC (NSW)	B. Martin	D. Degan	C. Elashkar
Half Marathon	D. Harris	M. Arndell	K. Delaney

OVER 45

8km CC	K. Delaney	J. Owens	J. Charles
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OVER 55

8km CC	J. Irvine	A. Atkins	M. Roberts
8km CC (NSW)	J. Irvine	L. Cadogan	A. Atkins

UNDER 20

5km CC	B. Enholm
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UNDER 18

3km CC	S. Delaney	I. Ali	
5km Road	S. Delaney	A. Player	I. Ali
5km CC (NSW)	S. Delaney	I. Ali	

UNDER 16

3km CC	J. Nipperess	M. Murphy	N. Currie-Nguyen
4km Road	J. Nipperess	M. Murphy	N. Currie-Nguyen
4km CC (NSW)	M. Murphy	T. Delaney	
3.5km CC (NSW)	M. Murphy	J. Nipperess	N. Currie-Nguyen

UNDER 14

3km CC	J. Dooley		
3km Road	L. Hamer	J. Dooley	T. Hogan
3km CC (NSW)	L. Hamer	J. Dooley	
2.5km CC (NSW)	J. Dooley		

UNDER 12

2km CC	R. Delaney	M. Currie-Nguyen	M. Simpson
2km Road	R. Delaney		
2km CC (NSW)	R. Delaney		
1.5km CC (NSW)	R. Delaney		

WOMEN**OPEN**

5km CC	L. Stiller	L. Delaney	
10km Road	H. Evans	A. Stokes	K. Edwards
8km CC (NSW)	L. Stiller		
5km CC (NSW)	H. Evans	L. Delaney	M. Cadogan

Half Marathon	L. Stiller
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OVER 45

5km CC	K. Edwards	M. Cadogan	N. Thomas
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OVER 55

6km CC (NSW)	M. Cadogan	S. Lenne
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UNDER 18

3km CC	S. Milton
4km CC (NSW)	S. Milton
3.5km CC (NSW)	S. Milton

UNDER 16

3km	B. Delaney	J. Gordic	D. Hardy
4km Road	B. Delaney	A. Nash	E. Millett
4km CC (NSW)	B. Delaney	A. Wilson	E. Millett
2.5km CC (NSW)	B. Delaney	A. Wilson	

UNDER 14

3km CC	S. Beck	C. Wilson
3km Road	S. Beck	R. Mullane
3km CC (NSW)	S. Beck	
2.5km CC (NSW)	S. Beck	C. Wilson

UNDER 12

2km CC	C. Dooley	L. Rose	L. Forrester
2km Road	C. Dooley	A. McCauley	L. Forrester
2km CC (NSW)	C. Dooley		
1.5km CC (NSW)	C. Dooley	L. Forrester	

NSW Road Relays 2005



U/12 Team – Louise Kelly, Annaliese McCauley, Carolena Kostas, Candice Dooley

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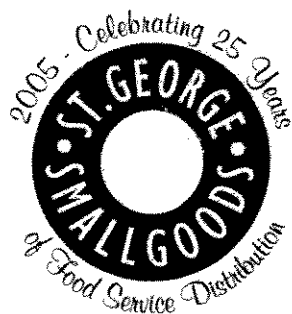
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CHAMPIONSHIP RESULTS - 2004

NSW NOVICE CROSS COUNTRY CHAMPIONSHIPS (24th April 2004)

MEN Novice 10km		
5 th	Chadi Elashkar	33m 57s
10 th	Michael Arndell	34m 48s
26 th	Brad Pendergast	37m 31s
28 th	Kim Delaney	37m 40s
90 th	Vilis Gravitis	51m 58s

TEAMS
4th St George

WOMEN Novice 4km		
16 th	Ally Nash	15m 23s
29 th	Samantha Milton	16m 02s
30 th	Bridey Delaney	16m 03s
73 rd	Kayla Jarvis	20m 22s
80 th	Sue Lenne	22m 04s

TEAMS
8th St George

NSW ROAD CHAMPIONSHIPS (8th May 2004)

MEN		OPEN 10km
2 nd	Blair Martin	30m 32s
3 rd	Damon Harris	30m 59s
9 th	Charlie Low	31m 45s
17 th	Dean Degan	32m 35s
22 nd	Chad Fowler	33m 03s
25 th	Chadi Elashkar	33m 27s
62 nd	Mike Lawson	36m 40s 2 nd O/50
76 th	Frank Scorzelli	37m 51s 1 st O/55
79 th	Kim Delaney	38m 14s
92 nd	Mendo Stojkovski	39m 24s
154 th	Alan Staples	45m 59s
157 th	Colin Wilson	46m 54s
158 th	Jason Vella	47m 07s
178 th	David Edwards	49m 29s
181 st	Chris Maver	49m 39s
198 th	Vilis Gravitis	55m 16s

TEAMS
1st Open
2nd Over 45
5th Over 45 (B)

UNDER 18 5km		
1 st	Shannon Delaney	15m 57s
16 th	Adrian Player	19m 23s
17 th	Isaq Ali	19m 28s
30 th	Jason Dooley	26m 09s

TEAM 2nd St George

UNDER 16 4km		
3 rd	James Nipperess	13m 32s

4 th	Michael Murphy	13m 44s
9 th	Nam Currie-Nguyen	14m 12s
19 th	Luke Hamer	15m 22s
20 th	Thomas Delaney	15m 33s

UNDER 16 4km		
3 rd	James Nipperess	13m 32s
4 th	Michael Murphy	13m 44s
9 th	Nam Currie-Nguyen	14m 12s
19 th	Luke Hamer	15m 22s
20 th	Thomas Delaney	15m 33s

TEAM 1st St George

UNDER 14 3km		
5 th	Luke Hamer	11m 24s
8 th	Jason Dooley	12m 39s
10 th	Timothy Hogan	12m 43s
14 th	Marc Currie-Nguyen	14m 27s
16 th	Ben Currie-Nguyen	15m 22s

TEAM 1st St George

UNDER 12 2km		
10 th	Riley Delaney	8m 08s

WOMEN OPEN 10km		
6 th	Heather Evans	37m 10s
12 th	Alison Stokes	39m 45s
55 th	Kerry Edwards	53m 34s

UNDER 16 4km		
9 th	Bridey Delaney	15m 22s
11 th	Ally Nash	15m 32s
23 rd	Emma Millett	18m 25s
27 th	Kayla Jarvis	20m 15s

TEAM 3rd St George

UNDER 14 3km		
11 th	Stephanie Beck	12m 14s
18 th	Rachel Mullane	13m 12s

UNDER 12 2km		
7 th	Candice Dooley	8m 14s
10 th	Annaliese McCauley	9m 03s
16 th	Lillee Forrester	9m 39s

NSW HALF MARATHON CHAMPIONSHIPS (23rd May 2004 Sydney)

MEN		
3 rd	Damon Harris	68m 34s
24 th	Michael Arndell	78m 10s
43 rd	Kim Delaney	83m 48s
55 th	Jim Owens	88m 04s

94 th	Jason Vella	114m 41s
95 th	Chris Maver	114m 59s

TEAM 5th St George

TEAM 1st St George

UNDER 14 3km

5 th	Luke Hamer	11m 24s
8 th	Jason Dooley	12m 39s
10 th	Timothy Hogan	12m 43s
14 th	Marc Currie-Nguyen	14m 27s
16 th	Ben Currie-Nguyen	15m 22s

TEAM 1st St George

UNDER 12 2km

10 th	Riley Delaney	8m 08s
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WOMEN OPEN 10km

6 th	Heather Evans	37m 10s
12 th	Alison Stokes	39m 45s
55 th	Kerry Edwards	53m 34s

UNDER 16 4km

9 th	Bridey Delaney	15m 22s
11 th	Ally Nash	15m 32s
23 rd	Emma Millett	18m 25s
27 th	Kayla Jarvis	20m 15s

TEAM 3rd St George

UNDER 14 3km

11 th	Stephanie Beck	12m 14s
18 th	Rachel Mullane	13m 12s

UNDER 12 2km

7 th	Candice Dooley	8m 14s
10 th	Annaliese McCauley	9m 03s
16 th	Lillee Forrester	9m 39s

NSW HALF MARATHON CHAMPIONSHIPS (23rd May 2004 Sydney)

MEN

3 rd	Damon Harris	68m 34s
24 th	Michael Arndell	78m 10s
43 rd	Kim Delaney	83m 48s
55 th	Jim Owens	88m 04s
94 th	Jason Vella	114m 41s
95 th	Chris Maver	114m 59s

TEAM 5th St George

WOMEN

32 nd	Louise Stiller	110m 20s
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NSW CROSS COUNTRY CHAMPIONSHIPS (19th June 2004, Cambewarra)

MEN OPEN 12km

2 nd	Blair Martin	39m 11s
16 th	Dean Degan	42m 39s
22 nd	Chadi Elashkar	43m 46s
31 st	Charlie Low	46m 21s
35 th	Stuart Chellis	46m 44s
42 nd	Mike Lawson	47m 33s 1 st O/50
58 th	Kim Delaney	49m 24s
62 nd	Mendo Stojkovski	49m 58s
104 th	Alan Staples	56m 48s

TEAM: 3rd Open

OVER 55 8km

17 th	John Irvine	38m 11s
25 th	Liam Cadogan	40m 06s
32 nd	Alan Atkins	41m 57s
40 th	Ray Millett	42m 52s
41 st	Chris Maver	42m 54s

TEAM: 7th

UNDER 16 4km

6 th	Michael Murphy	14m 30s
31 st	Thomas Delaney	16m 37s

UNDER 14 3km

7 th	Luke Hamer	11m 17s
18 th	Jason Dooley	13m 14s

UNDER 12 2km

11 th	Riley Delaney	8m 54s
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WOMEN OPEN 8km

2 nd	Louise Stiller	38m 12s
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Over 55 6km

2 nd	Maureen Cadogan	29m 29s 2 nd O/60
7 th	Sue Lenne	35m 32s 3 rd O/55

UNDER 18 4km

3 rd	Samantha Milton	12m 01s
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TEAM 1st St George

UNDER 16 4km

18 th	Bridey Delaney	17m 34s
29 th	Averill Wilson	19m 18s
33 rd	Emma Millett	21m 03s

UNDER 14 3km

14 th	Stephanie Beck	12m 55s
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UNDER 12 2km

7 th	Candice Dooley	8m 37s
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NSW ROAD RELAY CHAMPIONSHIPS
(3rd July 2004, Wollongong)

MEN **OPEN 4 x 4km**
1st St George 49m 27s
(C. Fowler, D. Degan, C. Elashkar, C. Low)

OVER 45 4 x 4km
1st St George 56m 36s
(K. Delaney, M. Stojkovski, M. Lawson, D. Patterson)

9th St George 69m 43s
(J. Charles, A. Staples, J. Smith, R. Millett)

OVER 55 4 x 4km
8th St George 72m 55s
(J. Irvine, M. Roberts, C. Maver, D. Edwards)

UNDER 16 4 x 3km
1st St George 40m 28s
(N. Currie-Nguyen, L. Hamer, M. Murphy, J. Nipperess)

WOMEN **UNDER 18 4 x 3km**
1st St George 47m 21s
(B. Delaney, J. Gordic, D. Hardy, S. Milton)

UNDER 12 4 x 2km
4th St George 35m 50s
(L. Rose, A. McCauley, L. Kelly, L. Forrester)



NSW Road Relays, Wollongong, 3 July 2004

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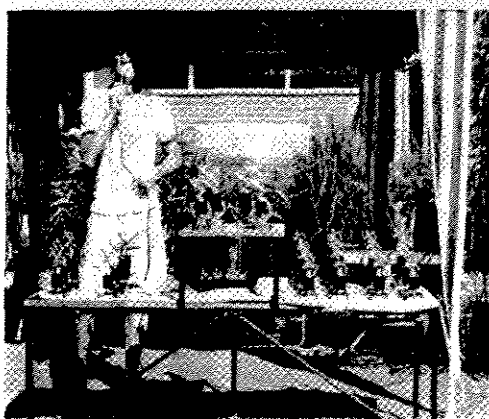
NSW NOVICE CHAMPIONSHIPS 2005



1st Sergio Carvalho, 2nd Alex Mathews, 3rd Chadi Elaskar



Winning Team - ST GEORGE -Chadi Elashkar, Sergio Carvalho, Jose Carvalho, Shannon Delaney



Ron (Golden Tonsils) Gribble



Queens (& King) of the BBQ

NSW CROSS COUNTRY CHAMPIONSHIPS (17th July 2004, Mt Penang/Kariong)

MEN		OPEN 7.5km	
1 st	Blair Martin	23m 35s	
11 th	Charlie Low	25m 03s	
13 th	Chad Fowler	25m 11s	
17 th	Dean Degan	25m 22s	
26 th	Chadi Elashkar	25m 57s	
33 rd	Saxon Moseley	26m 29s	
62 nd	Mike Lawson	28m 18s	1 st Over 50
63 rd	David Patterson	28m 22s	3 rd Over 45
79 th	Kim Delaney	29m 31s	
81 st	Mendo Stojkovski	29m 36s	
85 th	Jim Owens	29m 51s	
136 th	Alan Staples	33m 41s	
156 th	John Irvine	36m 04s	
158 th	Colin Wilson	36m 23s	
159 th	Mike Roberts	36m 31s	
164 th	Alan Atkins	37m 08s	
169 th	Dennis Jolliffe	37m 52s	
170 th	John Smith	37m 54s	
175 th	Chris Maver	38m 33s	
184 th	Hugh Jones	39m 33s	
191 st	David Beck	41m 56s	

TEAMS	1 st Open	
	1 st Over 45	
	3 rd Over 55	

UNDER 18 5km		
4 th	Shannon Delaney	17m 35s
17 th	Isaq Ali	20m 03s

UNDER 16 3.5km		
6 th	Michael Murphy	12m 49s
7 th	James Nipperess	12m 56s
13 th	Nam Currie-Nguyen	13m 09s
27 th	Thomas Delaney	14m 47s

TEAM	3 rd St George
------	---------------------------

UNDER 14 2.5km		
13 th	Jason Dooley	11m 28s

UNDER 12 1.5km		
4 th	Riley Delaney	6m 27s

WOMEN	OPEN 5km	
6 th	Heather Evans	19m 43s
36 th	Lyn Delaney	24m 01s
44 th	Maureen Cadogan	26m 01s
	2 nd Over 60	

UNDER 18 3.5km		
6 th	Samantha Milton	15m 42s

UNDER 16 2.5km		
9 th	Bridey Delaney	10m 09s
17 th	Averill Wilson	12m 26s

UNDER 14 2.5km		
11 th	Stephanie Beck	11m 44s
17 th	Camille Wilson	12m 27s

UNDER 12 1.5km		
7 th	Candice Dooley	6m 56s
13 th	Lillee Forrester	7m 37s

NSW CROSS COUNTRY RELAY CHAMPIONSHIPS (31st July 2004, Miranda Park)

MEN	OPEN 4 x 4km	
2 nd	St George	48m 41s
	(C. Low, C. Fowler, D. Harris, B. Martin)	
4 th	St George	50m 35s
	(D. Degan, S. Moseley, S. Delaney, C. Elashkar)	
20 th	St George	1h 06m 28s
	(B. Pendergast, I. Ali, J. Vella, L. Cadogan)	

OVER 35 4 x 4km		
12 th	St George	1h 14m 10s
	(B. Hardy, R. Simpson, D. Hamer, W. Hayes)	

OVER 45 4 x 4km		
5 th	St George	1h 02m 07s
	(K. Delaney, M. Stojkovski, J. Owens, D. Patterson)	
11 th	St George	1h 08m 47s
	(J. Charles, C. Wilson, J. Smith, P. Franklin)	

OVER 55 4 x 4km		
3 rd	St George	1h 06m 08s
	(F. Scorzelli, J. Irvine, P. Fitzpatrick, A. Staples)	
7 th	St George	1h 15m 09s
	(M. Roberts, A. Atkins, D. Jolliffe, C. Maver)	
8 th	St George	1h 18m 36s
	(V. Gravitis, D. Edwards, H. Jones, R. Millett)	

UNDER 16 4 x 4km		
3 rd	St George	57m 15s
	(J. Nipperess, T. Delaney, N. Currie-Nguyen, M. Murphy)	

UNDER 14 4 x 2km		
4 th	St George	31m 48s
	(J. Dooley, T. Hogan, L. Hamer, P. Donnadieu)	

UNDER 12 4 x 2km		
4 th	St George	32m 40s
	(M. Currie-Nguyen, M. Simpson, V. Donnadieu, R. Delaney)	



2004-5 Track and Field Report

Once again, the Athletics NSW track and field season saw some changes to its format. The Club Premiership competition was expanded to seven meetings, all prior to Christmas. Two additional meetings were held early in the season, aimed mainly at school athletes preparing for schools' competitions. The remainder of the season was mainly Allcomers meetings at Homebush, and Championships. The Club Premiership and Allcomers meetings were conducted in three age brackets: Under 18, Open and Over 35. Under 14 championships were deleted and Under 23 championships were introduced at State and National levels. Overall, the new innovations were moderately successful.

Some 43 St. George athletes participated either regularly or occasionally. The majority were in the Under 18 category followed by the Over 35s with very few in the Open ranks. Our participation was mainly in middle distance and distance events, particularly in the Open, and Over 35 ranks where this was almost exclusively the case.

As usual, there were some very good performances during the season, although participation and results in State and National championships were lower than normal. It was good to again see keen participation by families; the Delaneys with frequent participation by five members, the Apostolidis family with three keen athletes and the Hamers with three certainly added to the premiership points and the display of red and white on the track.

Zoe Pelbart began the season early as a member of the Australian World Juniors team, with competition in Australia then overseas, culminating in Italy. She was our only participant subsequently in the Telstra A series where she performed well, at age 18, being among Australia's top javelin throwers. She also performed well in Open ranks at the State and National championships. Her results in championships, along with those of all our athletes who performed at State and National championships, are detailed below.

Lachlan Chisholm performed well overseas and also won the National 1500m Championship event. Zoe Pelbart (Javelin), Lachlan Chisholm (3000m) and Damon Harris (10,000m) all won NSW Open championships. There were also a number of placed athletes in NSW Youth and National Youth Championships as well as NSW Veteran Championships. Frank Scorzelli won both NSW 5,000m and 10,000m in the Over 55 category.

The keenness and dedication to training of Bridey Delaney was rewarded by a huge improvement in her performances this season. Like brother,

Shannon, she is now among the best nationally in her age group. James Nipperess is another who performed well and showed real potential in middle distance events. Nam Currie Nguyen was often not too far behind.

In the younger age group, Luke Hamer had another great season, especially at the Australian All Schools with club record times in 400m. and 800m. under 14, placing 1st in 800m. Details of other places and good performances in championships are given below.

St. George entered 12 teams in state relays. It was not one of our better years, but all teams gave of their best and we were placed in some of the events. Full details are below.

We had quite a few keen young, and not so young, athletes competing consistently and obviously enjoying their sport. Early in the season, Leiden Kronemberger and Joshua McKinnon were competing in many and varied events each week. Claudia Virgona was keen and consistent in the 800m and was rewarded with a 2nd place in the Under 20 NSW championships. However, the award for the most consistent performer in a number of running, hurdling, throwing and jumping events, throughout the whole season, went to Dean Apostolidis. The number of points he scored in Club Premiership, shown below, is testimony to his keenness.

Once again, a number of new young athletes joined us, some only towards the end of the season, but making their presence felt. These included Craig Mattern, Nikki Apostolidis, Robert Hua, Matt and Rebecca Preston. Emma Millett and Isaq Ali were as keen as ever, competing regularly and putting in the work which will bring its rewards, as were Samantha Milton and Louise Hamer.

A medical set back kept Chadi Elkashar fairly quiet, but hopefully he will come back renewed next year and join our strong senior middle distance group which includes Damon Harris, Marcus Morgan, Sergio Carvalho, with support from the Under 20 and Over 35 ranks coming from Shannon and Kim Delaney.

The feeling of good companionship among our athletes at the track has been evident again this year. This is always most apparent during State Relays - the only track team event of any note. It was good to again see the parent support of many of our younger athletes, which is of great encouragement to the athletes themselves and also to the club.

Finally, behind the scenes, there are the coaches, Albie Thomas, Peter Tuziak, Ray Russell and others who encourage their athletes to put in the

effort, and once again the efforts of Vilis Gravitis, who keeps detailed results of all our athletes throughout the season.

Note for next Track & Field season: To ensure we don't miss a club record, as events such as All Schools, Telstra A series and overseas or interstate performances can be missed, it is the responsibility of any athlete who thinks he/she may have set a new club record to advise all details to the club records officer.

Jim Gallagher
Track Secretary

NSW Track and Field Youth Championships (Homebush 12-13 March 2005)

Women under 18

1500m.	Bridey Delaney	4 th final	4m 45.72s.
3000m.	Bridey Delaney	5 th final	10m 45.74s.

Women under 20

800m.	Claudia Virgona	2 nd final	2m 18.58s.
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Men under 16

800m.	Luke Hamer	4 th heat	2m 11.50s.
		3 rd final	2m 06.68s.
1500m.	James Nipperesa	2 nd final	4m 18.84s.
3000m.	Thomas Delaney	7 th final	10m 58.96s.

Men under 18

100m.	Dean Apostolidis	16 th heat	11.93s.
200m.	Dean Apostolidis	14 th heat	24.1s.
400mH.	Dean Apostolidis	3 rd final	61.28s.
800m.	Nam Currie Nguyen	8 th heat	2m 05.23s.
		4 th final	2m 04.12s.

Men under 20

200m	Peter Gregoriou	7 th heat	23.01s.
400m.	Idris Kampara	10 th heat	53.17s.
800m.	Shannon Delaney	5 th heat	1m 58.75s.
		3 rd final	1m 54.40s.
800m.	Isaq Ali	14 th heat	2m 14.25s.
1500m.	Shannon Delaney	4 th final	4m 04.96s.
400mH.	Peter Gregoriou	3 rd final	55.73s.

NSW Track and Field Championships (Homebush 12-13 February 2005)

Women Open

Javelin	Zoe Pelbart	1 st final	48.42m.
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Men Open

800m.	Marcus Morgan	13 th heat	1m 56.24s.
800m.	Shannon Delaney	14 th heat	1m 56.63s.
1500m.	Sergio Carvalho	16 th heat	4m 05.38s.
Shot Put	Nicholas Kipriotis	6 th final	14.39m.
Discus	Bill Apostolidis	6 th final	40.78m.

NSW Track and Field 3000m. Championships (Homebush, 15th January 2005)

Women Open

3000m.	Bridey Delaney	3 rd final	10m 29.57s.
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Men Open

3000m.	Lachlan Chisholm	1 st final	8m 07.88s.
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NSW Track & Field 5000m Championships (Homebush, 3rd February 2005)

Women Open

5000m.	Heather Evans	6 th final	17m 46.00s.
5000m	Bridey Delaney	10 th final	18m 07.51s.

Men Open

5000m.	Sergio Carvalho	18 th final	15m 14.24s.
5000m.	Chadi Elashkar	34 th final	15m 59.35s.

Men Over 55

5000m.	Frank Scorzelli	1 st final	19m 39.01s.
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NSW 10000m. Track and Field Championships (Homebush, 8th January 2005)

Men Open

10000m.	Damon Harris	1 st final	30m 13.65s.
10000m.	Chadi Elashkar	6 th final	33m 12.70s.

Men 45+

10000m.	Kim Delaney	3 rd final	37m 38.12s.
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Men 55+

10000m.	Frank Scorzelli	1 st final	37m 38.73s.
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NSW Masters Track and Field Championships (Homebush, 26th February 2005)

Men 40+

Discus	Bill Apostolidis	2 nd final	41.70m.
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Men 60+

800m.	Vilis Gravitis	3 rd final	3m 3m 13.54s.
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NSW Relays Championships (Homebush, 19-20th November 2004)

Women under 18

4x100m.	Zoe Pelbart, Louise Hamer, Leiden Kronemberger, Claudia Virgona	8 th heat	51.96s.
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4x200m.	Zoe Pelbart, Louise Hamer, Leiden Kronemberger, Claudia Virgona	9 th heat	1m 51.43s.
		7 th final	1m 51.40s.

4x800m. Claudia Virgona, Emma Millett,
Samantha Milton, Bridey Delaney
6th final 10m 04.37s.

4x1500m. Rebecca Preston, Samantha Milton,
Emma Millett, Bridey Delaney
4th final 20m 45.61s.

Men under 16
4x100m. Joshua McKinnon, Stephen Piperides,
Leiden Kronemberger, Luke Hamer
9th heat 49.08s.
8th final 48.7s.

4x200m. Joshua McKinnon, Stephen Piperides,
Nam Currie Nguyen, Luke Hamer.
6th heat 1m 39.71s.
5th final 1m 40.60s.

4x 800m. Luke Hamer, Michael Murphy, Nam
Currie Nguyen, James Nipperess
2nd final 8m 35.36s.

4x1500m. Joshua McKinnon, Michael Murphy,
Matt Preston, James Nipperess
6th final 18m 37.96s.

Men under 20
4x400m. Peter Gregoriou, Isaq Ali, Bridey
Delaney, Shannon Delaney
3rd final 3m 40.60s.

Men Open
4x1500m. Shannon Delaney, Damon Harris,
Charlie Low, Marcus Morgan
2nd final 15m 56.65s.

Men 160+
4x800m. Kim Delaney, Dean Degan, Mendo
Stojkovski, Brian Preston
4th final 9m 22.71s.

4x1500m. Mendo Stojkovski, Chad Fowler, Dean
Degan, Kim Delaney
3rd final 18m 36.31s.

Australian Under 20/Under23 Championships (Brisbane, 8-10th April 2005)

Women under 20
800m. Claudia Virgona 10th heat 2m 20.03s.
3000m. Bridey Delaney 3rd final 10m10.92s.

Men under 20
1500m. Shannon Delaney 5th final 4m 02.03

Australian Championships (Sydney 3-6th March 2005)

Women Open
Javelin Zoe Pelbart 5th final 46.21m.

Men Open
1500m. Lachlan Chisholm 2nd heat 3m 45.73s.
1st final 3m 45.18s.

Australian All Schools Championships

Women Under 16

1500m. Bridey Delaney 10th final 4m 49.03s.
3000m. Bridey Delaney 3rd final 10m 10.38s.

Men Under 18
1500m. Shannon Delaney 4th final 4m 00.96s.

Men Under 14
400m. Luke Hamer 1st heat 53.76s.
3rd final 52.61s.
800m. Luke Hamer 1st heat 2m 10.49s.
1st final 2m 05.54s.

Men Under 15
1500m. James Nipperess
4th final 4m 14.53s.
3000m. James Nipperess
2nd final 9m 06.77s.

Season's Best Performances

Men Open

100m. C. Barakat 11.82s.
200m. K. Dock 28.67s.
400m. K. Dock 60.6s.
800m. L. Chisolm 1m 49.0s.
1500m. L. Chisolm 3m 37.03s.
3000m. L. Chisolm 8m 07.88s.
5000m. S. Carvalho 15m 14.24s.
10,000m. D. Harris 30m 13.65s.
long Jump C. Barakat 6.30m.
Discus W. Apostolidis 41.76m.

Men Under 20.

200m. P. Gregoriou 23.01s.
400m. I. Kamara 53.17s.
800m. S. Delaney 1m 54.4s.
1500m. S. Delaney 3m 57.83s.
400mH P. Gregoriou 55.73s.
Shot Put N. Kipriotis 15.26m.

Men Under 18

100m.	D.Apostolidis	11.93s.
200m.	D.Apostolidis	24.1s.
400m.	I.Ali	55.9s.
800m.	S.Delaney	1m 54.8s.
1500m.	S.Delaney	3m 57.74s.
3000m.	I.Ali	10m 44.4s.
400mH.	D.Apostolidis	61.28s.
Triple Jump	C.Mattern	11.25m.
Multi-events	J.McKinnon	3096pts.

Men Under 16

100m.	D.Apostolidis	11.3s.
200m.	D.Apostolidis	24.2s.
400m.	D.Apostolidis	58.0s.
1500m.	J.Nipperess	4m 06.89s.
3000m.	J.Nipperess	9m 06.77s.
200mH.	D.Apostolidis	31.08s.
400mH.	D.Apostolidis	65.7s.
Hammer	D.Apostolidis	20.75m.
High Jump	C.Mattern	1.60m.
Long Jump	C.Mattern	5.43m.
Steeple, 2km	J.McKinnon	7m 40.0s.
Triple Jump	D.Apostolidis	11.68m.
Multi Events	A.Hussein	3316pts.

Men Under 14

100m.	Luke Hamer	12.3s.
200m.	L.Hamer	24.91s.
400m.	L.Hamer	52.61s.
800m.	L.Hamer	2m 05.54s.

Women Open

100m.	C.Hamer	14.06s.
1500m.	L.Delaney	5m 40.6s.
3000m.	H.Evans	10m 16.4s.
5000m.	H.Evans	17m
46.00s.		

Women Under 20

800m.	C.Virgona	2m 18.58s.
Javelin	Z.Pelbart	48.42s.

Women Under 18

100m.	C.Virgona	13.2s.
200m.	C.Virgona	27.24s.
400m.	C.Virgona	61.00s.
800m.	C.Virgona	2m 27.21s.
1500m.	B.Delaney	4m 43.97s.
3000m.	B.Delaney	10m
17.96s.		
5000m.	B.Delaney	18m
07.51s.		
100mH.	L.Hamer	18.73s.
Javelin	Z.Pelbart	49.87m.
Multi Event	L.Hamer	3014pts.

Women Under 16

100m.	L.Kronemberger	12.3s.
200m.	L.Kronemberger	27.1s.
800m.	B.Delaney	2m 17.38s.
1500m.	B.Delaney	4m 44.7s.
3000m.	B.Delaney	10m 10.38s.

200mH.	L.Kronemberger	30.96s.
400mH.	L.Kronemberger	73.3s.
Triple Jump	N. Apostolidis	9.41m.

Women Under 14

200m.	K.Caccamo	31.54s.
400m.	R.Mullane	68.27s.
800m.	R.Mullane	2m 38.94s.
3000m.	S. Beck	11m 51.63s.
High Jump	R. Mullane	1.45m.
Javelin	R. Mullane	27.41m.

St. George ANSW Club Premiership Pts**Men Open**

Lachlan Chisholm	30
Sergio Carvalho	27
Damon Harris	18
Chadi Elashkar	0

Men 35+

Kim Delaney	87
Bill Apostolidis	30
Kerry Dock	16
Angelo Virgona	13
Brian Preston	11
Mendo Stojkovski	10
Vilis Gravitis	0

Men Under 18

Dean Apostolidis	173.5
James Nipperess	79
Craig Mattern	77.5
Nam Currie Nguyen	63.5
Shannon Delaney	62
Joshua McKinnon	53
Isaq Ali	48
Luke Hamer	39
Thomas Delaney	39
Peter Gregoriou	14
Matthew Preston	9

Women Open

Heather Evans	20
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Women 35+

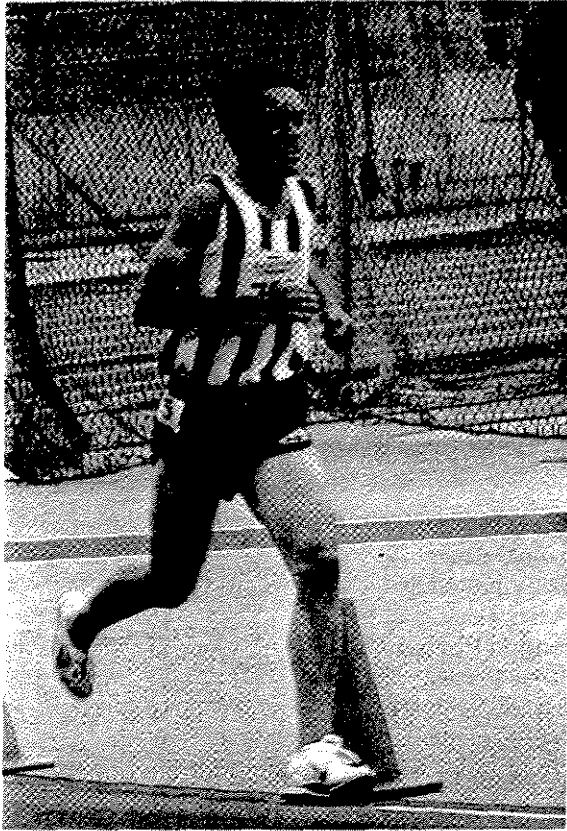
Lynette Delaney	48
Catherine Hamer	48

Women Under 18

Leiden Kronemberger	130.5
Claudia Virgona	109.5
Bridey Delaney	80
Emma Millett	45
Samantha Milton	31
Rebecca Preston	14
Stephanie Beck	12
Louise Hamer	11
Nikki Apostolidis	0
Zoe Pelbart	0

Telstra A Series (Melbourne 19th February)

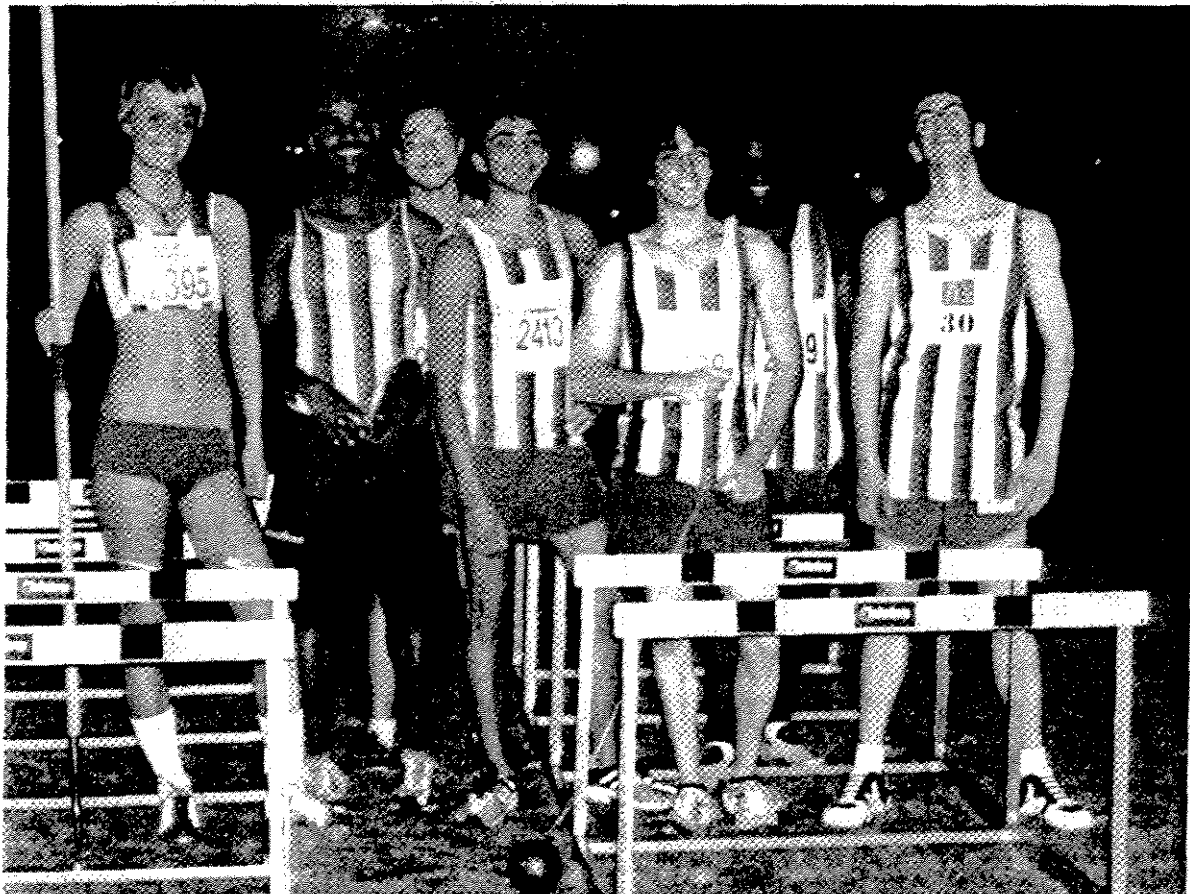
Javelin	Zoe Pelbart	2 nd final	47.87m
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Nam Currie-Nguyen



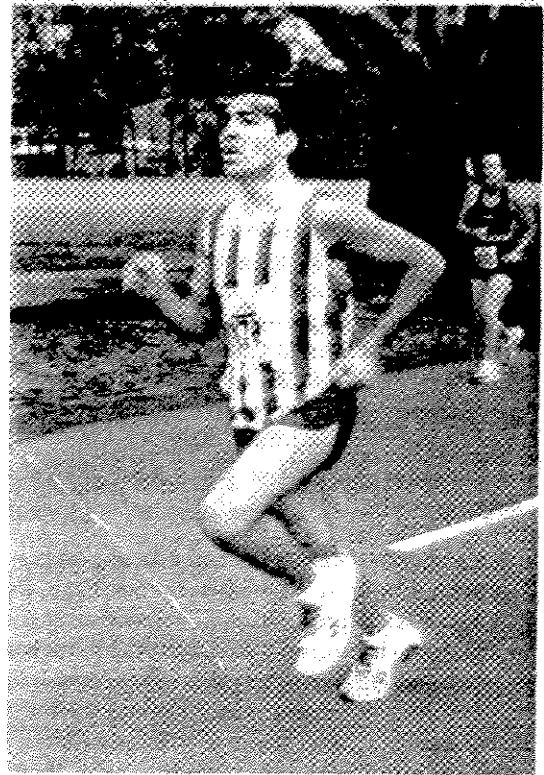
Bridey Delaney



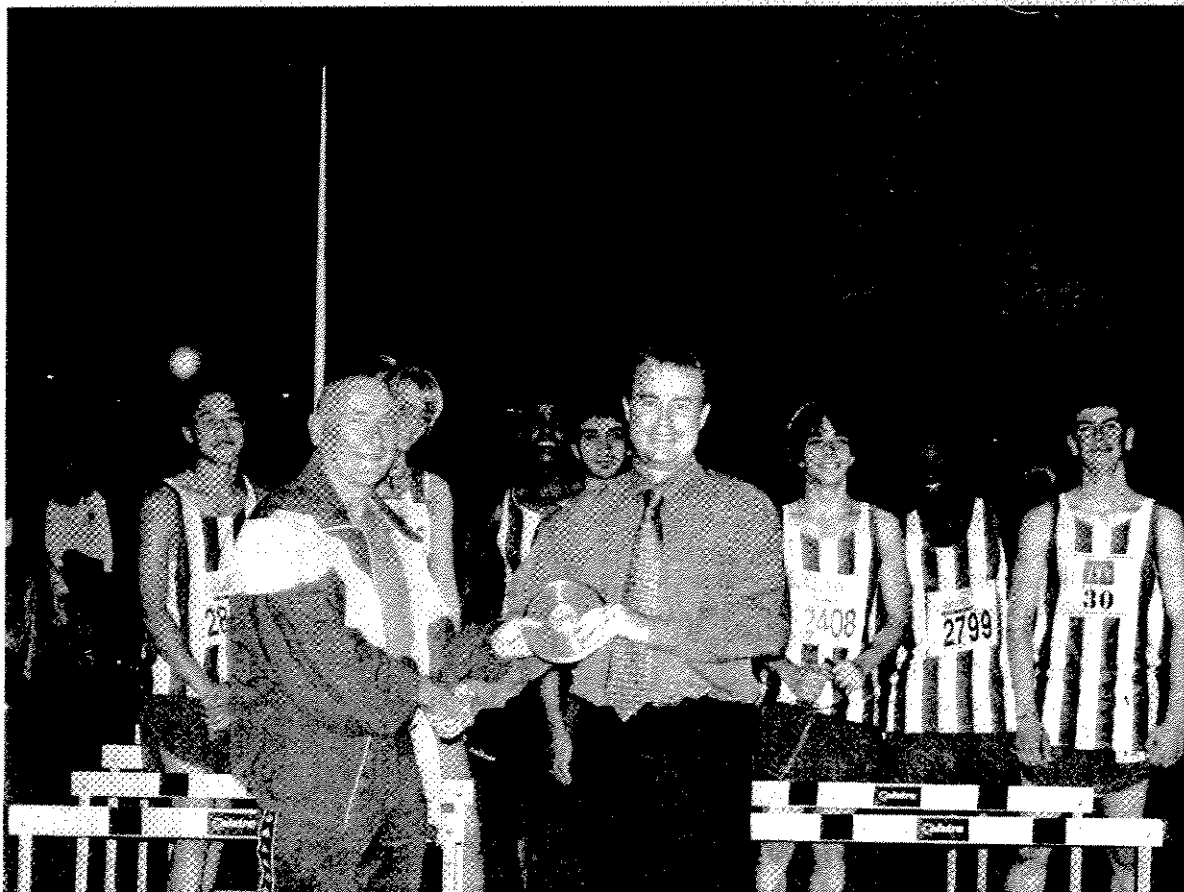
St George athletes with new Telstra equipment



Louise Hamer



Chadi Elashkar



Coach Peter Tuziak & Telstra General Manager (St George area) Jason Keir receiving Telstra equipment

Summer Cross Country Report 2004-5

Thank you to all the athletes who supported these events, and a special thank you to everyone who assisted in any way with the organising, particularly Kim Delaney and Kevin and Daphne Milton.

A very successful season of Summer Cross Country was held on Wednesday evenings from the beginning of November through to the middle of March with the races alternating between Scarborough Park and Gannons Park. We had good numbers each week, apart from one stormy Wednesday and also attendance was low, not surprisingly, on Australia Day. Gannons Park is proving a popular venue and a good alternative to Scarborough.

A Handicap points system and a fastest times points system, similar to 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 28 in the 2 or 4 km division. Very similar statistics to the previous year, but with many new participants.

The 2km handicap points score was very keenly contested and only decided on the last run of the season with Peter Gayton finally winning by only a single point from Samantha Milton, with Mark Simpson and Thomas Mullen, both competitive to the end, close behind.

Chris Maver was a comfortable winner of the Div 1 Handicap. Bridey Delaney and Samantha Milton were clear winners of the Female Div 1 and Div 2 fastest times respectively, while Kim Delaney won the male Div1 and Thomas Delaney came through later in the season to secure the male Div 1 trophy on the last day.

THE TOP TEN

2km		Pts
1	Peter Gayton	196
2	Samantha Milton	195
3	Mark Simpson	187
4	Thomas Mullen	183
5	Riley Delaney	169
6	Thomas Delaney	166
7	Matthew Simpson	159
8	David Edwards	137
8	Carolena Kostas	137
10	Michael Edwards	123

3-4kms

1	Chris Maver	165
2	Kim Delaney	144
3	Bridey Delaney	136
4	Arthur Peek	129
5	Bob Simpson	128
6	Billy Enholm	125
7	Kerry Edwards	124
8	Louise Stiller	123
9	Samantha Milton	116
9	Par Johansson	116

FASTEST TIMES - TOP THREE

2km

Female

Male

1	Samantha Milton	901	Thomas Delaney	62
2	Carolena Kostas	362	Michael Edward	56
3	Bridey Delaney	183	Matthew Whatman	23

3-4km

Female

Male

1	Bridey Delaney	721	Kim Delaney	67
2	Samantha Milton	572	Nam Currie-Nguyen	59
3	Louise Stiller	373	Michael Edwards	22

David Edwards



Samantha Milton

CLUB RECORDS

MENS SENIOR

100 metres	R.Henderson	10.3s	16.03.85
200 metres	D. Batman	20.98	24.02.01
400 metres	D. Batman	45.02	22.02.03
400m (Indoor)	D. Batman	45.93	02.03.03
800 metres	G. Rootham	1m 46.6s	26.03.72
1500 metres	L. Chisholm	3m 37.03s	04.07.04
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.Tufu'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

100 metres	R.Henderson	10.63s	18.03.83
200 metres	D. Batman	21.11s	22.01.00
400 metres	D.Batman	45.66s	15.01.00
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(0.991m)	C. Barakat	15.78s	2.02.02
400mH(0.914m)	W.Bird	53.3s(H)	12.3.77
	C.Burgess	53.36s(E)	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 Put (5.449kg)	J. Neale	14.40m	12.09.82
Discus (1.5kg)	J. Neale	52.22m	15.10.81
Javelin (800kg)	G.Glynn	65.10m	1963
Hammer (5.449)	A.Scott	39.92	03.03.79
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
110mH(1.067m)	W.Bird	14.2s	12.12.76

MENS UNDER 18

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	13.11.77
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 5kg			
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

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(0.840m)	C.Barakat	14.05s	12.12.99
100mH(0.914m)	C. Barakat	14.05s	12.12.99
100mH	M.Brown	13.5s	9.11.02

200mH(0.762m)	C. Barakat	26.60s	05.11.00
2000m Steeple	T. Clarsen	6m 29.1s	23.11.85

400mH(0.914m)	D. Davison	1m 01.91s	10.11.84
1500m Walk	D. Latham	7m 45.0s	30.11.76
Long Jump	C. Barakat	6.38m	5.11.00
High Jump	H. Pavlidis	1.90m	16.09.81
Triple Jump	G. Nixon	13.56m	1975
Shot(4.535kg)	H. Pavlidis	13.25m	3.10.82
Shot(4kg)	N. Kipriotis	17.90m	6.12.02
Discus (1.5kg)	N. Pavlidis	42.22m	3.10.82
Discus (1kg)	N. Kipriotis	57.36m	6.12.02
Pole Vault	S. Jansen	2.45m	3.12.83
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	3848pts	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

100 metres	C. Pelham	11.63s	12.10.91
200 metres	C. Pelham	23.24s	8.2.92
400 metres	L. Hamer	52.61s	12.12.04
800 metres	L. Hamer	2m 05.54s	11.12.04
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 (Commenced 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. Mrakovcic	4m 21.45s	20.02.88
3000 metres	B. Mrakovcic	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

3000m Walk	A. Manning	12m 29.20	5.01.94
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	17.12.01
Discus 1kg	Z. Giampietro	40.27m	8.12.01
Javelin 600g	Z. Pelbart	49.87m	21.05.04
Hammer 4kg	E. Saunders	24.82m	13.12.03
Shot Put 4kg	K. Green	11.77m	9.12.00
Heptathlon	U. Rodway	4476 pts	1.10.98

4x100 m Relay		51.73s	3.11.01
	S. El Gawley, C. Bartlett, J. Brooks, 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. Zammarrelli		
4x1500 m Relay		18m 53.95s	27.11.88
	C. Batman, L. Bennett, M. Dovey, B. Mrakovcic		
Medley Relay 2x200, 1x400, 1x800		4m 28.7s	24.11.01
	A. Bray, L. Bartlett, C. Bartlett, E. Stratford		

WOMENS UNDER 20

100 metres	K. Green	12.30s	5.11.00
	L. Kronemberger	12.30s	13.11.04
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 14.6	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	17.02.90
High Jump	C. Bartlett	1.73m	12.12.98
	J. Brotherton	1.73m	10.12.00
Long Jump	B. Otto	5.67m	24.02.93
Pole Vault	K. Butler	2.70m	17.02.01
Triple Jump	G. Templeman	11.07m	21.02.93
Shot 4kg	K. Green	12.83m	5.11.00
Discus 1kg	Z. Giampietro	40.27m	8.12.00
Javelin 600g	Z. Pelbart	49.87m	21.05.04
Heptathlon	J. Brotherton	4491pts	24.03.01
4 x 100m Relay		51.73s	3.11.01
	S. El Gawley, C. Bartlett, J. Brooks, L. Bartlett		
4 x 200m Relay		1m 46.38	12.11.92
	B. Otto, D. Ferraro, U. Rodway, G. Templeman		
4 x 400m		4m 05.42s	15.12.96
	A. Di Rosa, E. Stratford, C. Bartlett, P. Gunning		
4 x 800m		9m 38.20s	30.11.97
	E. Stratford, B. Lenne, M. Buckley, P. Gunning		
4 x 1500m		20m 16.96s	24.11.90
	M. Buckley, L. Hopkins, L. Horrocks, L. Zammarrelli		
Medley Relay 2 x 200, 1x400, 1x800		4m 28.7s	24.11.01
	A. Bray, L. Bartlett, C. Bartlett, E. Stratford		

WOMENS UNDER 18

100 metres	K. Green	12.30s	5.11.00
	L. Kronemberger	12:30s	13.11.04
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 metre	M. Dillon 4m	27.76s	22.02.91
3000metre	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	49.87m	21.05.04
Heptathlon	J. Brotherton	4575pt	25.02.01
4x100 m Relay		51.96	15.12.02
	Z. Pelbart, L. Hamer, J. Doyle, C. Virgona		
4x200 m Relay		1m 46.38s	12.11.92
	B. Otto, D. Ferraro, U. Rodway, G. Templeman		
4x400 m Relay		4m05.42s	15.12.96
	A. di Rosa, E. Stratford, C. Bartlett, P. Gunning		
4x800 m Relay		9m38.20s	30.11.97
	E. 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

100 metres	K. Green	12.30s	5.11.00
	L. Kronemberger	12.30s	13.11.04
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	43.16	8.12.95
1500m Walk	C. Stratford	6m 45.58s	18.2.89
2000m Steeple	E. Stratford 7m	14.6s	22.11.97
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
Pole Vault	K. Butler	2.50m	9.12.00
Shot 4 kg	K. Green	12.83m	5.11.00
Discus 1kg	Z. Giampietro	40.27m	8.12.01
Javelin 600g	Z. Pelbart	45.50m	30.05.02
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 51.3	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		9m44.64s	26.11.89
	M. Buckley, L. Horrocks, U. Rodway, L. Zammarrelli		
4x1500 m Relay		20m16.96s	24.11.90
	M. Buckley, N. Hoyle, L. Horrocks, L. Zammarrelli		

WOMENS UNDER 14

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	7.10.88
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
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, C. Doyle, A. Nash, B. Delaney		

AUSTRALIAN REPRESENTATIVES (OPEN COMPETITION)

10000m Walk	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
	(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
(1m 47.2s)	Commonwealth 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	Sth Africa Aust Sth Africa 2000
400m	D. Batman	Sydney Olympic Games 2000

OUTSTANDING PERFORMANCES MADE OUTSIDE AUSTRALIA

* Former world record

880 yard	J. Bailey (Los Angeles)	1m 48.8s	1956
1 Mile	J. Bailey (Los Angeles)	3m 58.1s	1956
3 Mile	A. Thomas (London)	13m 26.4s (1st)	1958
1 Mile	A. Thomas (Dublin)	3m 58.6s	1958
2 Miles*	A. Thomas (Dublin)	8m 32.0	1958
3 Miles*	A. Thomas (Dublin)	13m 10.8s	1958
3 Mile	A. Thomas (London)	(4 th)	1958
1500 metres	L. Chisholm (Padua)	3m 37.3s	2004
3000 metres	A. Thomas (Helsinki)	8m 05.2	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)	1m 50.2s	1966
5000 metres	L. Whitty (NZ junior)	14m 19.5s	1977
Marathon	L. Whitty (Fukuoka)	2h 15m 23.00s	1980
3000 metres	J. Andrews (Hamilton)	8m 00.81s	1981
5000 metres	J. Andrews (Auckland)	13m 52.00s	1981
3000 metres	J. Andrews (Poland)	7m 58.70s	1982
Marathon	J. Andrews (Chicago)	2h 14m 44.00s	1982
Half Marathon	J. Andrews (Brussels)	1h 01m 37.00	1993
400m	D. Batman (South Africa)	45.68s	2000
400m Indoors	D. Batman (U.K.)	45.59s	2003
1500m	L. Chisholm (Padua)	3m 37.03s	2004



4 x 1 mile world record team - Denis Wilson, Albie Thomas, Herb Elliot, John Murray (1959)

AUSTRALIAN REPRESENTATIVES

Long Jump	W. Gilliver	NZ Games C'church	
(6.88m)	Schools team		1975
800 metres	G. Cook	NZ Games C'church	
	(1m 56.0s)	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	NZ Hamilton	
	(2h 23m 39s)	Marathon	1975
Marathon	D. Edwards	NZ Hamilton	
	(2h 34m 51s)	Marathon	1975
Marathon	J. Scott	Boston Marathon	1977
	(2h 25m 04s)		
3000 metres	L. Whitty	Christchurch	
& 1500 metres		Team (NZ)	1977
Shot & Discus	D. Snell	Christchurch Team (NZ)	1977
100m & 200m	R. Henderson	USA (NSW Schools)	1981
3000m & 5000m	J. Andrews	UK and Europe	1982
100m, 200m,			
& 400m	R. Henderson	UK and Europe	1982
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	1999
Javelin	Z. Pelbart	World Juniors Italy	2004

BERT BUTTON - OAM

Our oldest Life Member, Bert Cecil Button, has been awarded the OAM. Bert was made a Life Member of the St George District Athletic Club in 1937. He is now 97 and living at Erina in a retirement village. Bert is kept in touch with news of the club and enjoys reading about St George athletes. An Annual report is sent to him each year, plus we keep in touch via his son Geoff. Bert had a very busy day when the announcement was made (Queen's Birthday weekend), with TV interviews, press interviews and many phone calls, including one from his old friend Kamahl, the entertainer, and several of his old business associates. Our 1936 Olympian, Basil Dickinson, who is an old mate, also phoned him to offer congratulations. Bert was awarded the OAM "For service to the Community as a radio broadcaster and administrator and through support for a range of charitable organisations."

CONGRATULATIONS BERT!

Treasurer's Report

Statement of Income and Expenditure
for the year ended 31 March 2005

	2005	2004
	\$	\$
Income		
Bank Interest	46.36	16.02
Annual Subscriptions	9,040.00	7,720.00
Cross Country Total (Note 1)	10,060.25	8,817.75
Track & Field Total	508.00	58.50
Sale of Uniforms	1,418.00	671.00
General Total (Note 2)	3,376.01	1,586.01
Teams Fund Total (Note 3)	4,129.10	3,608.00
Teistra Grant for Equipment	<u>5,042.00</u>	<u>0.00</u>
Total Receipts	33,610.72	22,477.28
<i>less</i>		
Payments		
Bank charges	36.85	0.00
Regns. etc. to Athletics NSW	10,294.00	9,871.00
Cross Country Total (Note 4)	6,187.25	7,768.06
Track and Field Total	125.00	175.00
Purchase of Uniforms	3,910.00	48.00
General Total (Note 5)	1,775.50	1,776.89
Teams Fund Total (Note 6)	1,829.96	2,724.92
Equipment Acquisition	<u>5,042.00</u>	<u>0.00</u>
Total Payments	29,200.56	22,363.87
 Excess Income over Expenditure	<u>4,410.16</u>	<u>113.41</u>
 Cash at Bank at beginning of Year	7,349.00	7,236.08
Adjustment for unrepresented cheque (now stale)	<u>60.00</u>	<u>0.00</u>
Adjusted Cash at Bank at beginning of Year	7,409.00	8,671.80
Excess of Income over Expenditure	<u>4,410.16</u>	<u>113.41</u>
	<u>11,819.65</u>	<u>7,349.49</u>
This is represented by:		
Bank Cheque Account	<u>11,819.65</u>	<u>7,349.49</u>

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 2005.

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 2005.

Michael Hanrahan and Associates

Honorary Auditor

Club Equipment as at 31 March 2005			
1	700 g Javelin	1	Javelin Trolley
2	800 g Javelin	1	Discus & Shot Put Trolley
1	Measuring wheel	2	Women's Throws Kits (3 Discus, 1 Shot, 1 Javelin each)
1	Printer-Stop Watch	3	Inter. Men's Throws Kits (3 Discus, 1 Shot, 1 Javelin each)
1	Tent	2	Senior Men's Throws Kits (3 Discus, 1 Shot, 1 Javelin each)
1	Hammer	1	600g Javelin
1	Senior Hurdles 20 Pack	1	700g Javelin
1	Hurdles Trolley	1	800g Javelin

Generously Sponsored By

TELEPHONE & DATA CABLING SERVICES

AUSTEL & LIC. ELECTRICAL CONTRACTOR

Lic. No. EC28108

Tel. 0500 536635

Statement of Financial Position

	As at 31 March	
	2005	2004
	\$	\$
Current Assets		
Stock on Hand	5,513.50	3,270.00
Cash at Bank	11,819.65	7,349.49
Bank Term Deposits	<u>20,129.14</u>	<u>19,472.93</u>
	37,462.29	30,092.42
Non-current Assets		
Equipment, Valued at cost less depreciation (Note 7)	<u>5,984.00</u>	<u>1,663.00</u>
	43,446.29	31,755.42
less		
Non-current Liabilities		
Reserve for Perpetual Trophy	295.10	295.10
Reserve for CC Trophies	<u>216.97</u>	<u>216.97</u>
	<u>512.07</u>	<u>512.07</u>
	<u>\$42,934.22</u>	<u>\$31,243.35</u>
equals		
Club Funds -		
General Fund	39,416.44	30,024.71
Teams Fund	<u>3,517.78</u>	<u>1,218.64</u>
	<u>\$42,934.22</u>	<u>\$31,243.35</u>

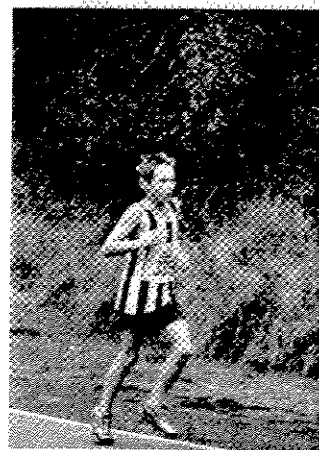
Dennis Jolliffe
Honorary Treasurer

Note 1	2005	2004
Cross Country Receipts		
Cross Country Race Fees	3,505.00	3,735.00
Net Raffle Proceeds	636.00	775.00
Novice Day Entries & other income	2,505.25	3,262.75
Trophies Donated	319.00	110.00
Rockdale City Council grant for Fun Run	<u>3,095.00</u>	<u>935.00</u>
	<u>10,060.25</u>	<u>\$8,817.75</u>

Note 2		
General Receipts		
Donations	190.00	125.00
Term Deposit Interest	417.01	826.01
Fund raising for registration assistance by Christmas Mile and Other Donations	760.00	635.00
Telstra Development Award	2,000.00	0.00
Other income	<u>0.00</u>	<u>0.00</u>
	<u>\$3,367.01</u>	<u>\$1,586.01</u>

Note 3		
Teams Fund Receipts		
Donations	260.00	110.00
Chocolate Fund Raising	790.00	1,680.00
Club Functions - net proceeds	684.10	443.00
Supply of Officials; City to Surf	720.00	600.00
Supply of Officials; Half Mar.	975.00	775.00
Supply of Officials; Nike Run	500.00	0.00
ANSW Winter Premiership Award	<u>200.00</u>	<u>0.00</u>
	<u>\$4,129.10</u>	<u>\$3,608.00</u>

Note 4		
Cross Country Payments-		
Cross Country Cycle Prizes	850.00	890.00
Cross Country Hire of Hall	409.50	663.16
Cross Country Trophies and Other Expenses	1,187.55	1,251.00
Novice Day Expenses	645.10	1,968.45
Rockdale City Council Fun Run	<u>3,05.10</u>	<u>2,995.45</u>
	<u>\$6,187.25</u>	<u>\$7,768.06</u>



Jason Dooley

Note 5

General Payments

Printing, Postage, Stationery, etc	237.15	224.90
Trophies	293.55	273.30
Increase in Term Deposits	417.01	826.01
Equipment maintenance	144.00	84.00
Internet Web Page	385.00	328.68
Other	<u>298.79</u>	<u>40.00</u>
	<u>\$1,775.50</u>	<u>\$1,776.89</u>

Note 6

Teams Fund Payments

Assistance to Individuals -		
M Arndell	60.00	55.00
L Chisholm		150.00
B Delaney	45.00	
S Delaney	45.00	150.00
N Duffy		75.00
S Milton		75.00
Blair Martin		150.00
R Mullane		75.00
L Stiller		55.00
Z Peibart	200.00	
B Pendergast	<u>60.00</u>	
	410.00	840.00
Relay Entries	1,020.00	1,045.00
Purchase of Chocolates for Fund Raising	<u>399.96</u>	<u>839.92</u>
	<u>\$1,829.96</u>	<u>\$2,724.92</u>

Note 7

Equipment

Equipment, Valued at cost	7,385.00	6,173.00
less Accumulated Depreciation	<u>1,401.00</u>	<u>4,510.00</u>
	<u>\$5,984.00</u>	<u>\$1,663.00</u>

Comments on Annual Financial Statements



by Dennis Jolliffe

Over the past five years, the Club's funds have moved as follows:

As at 31 March	Total Club Funds	Movement
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	
		\$11,690.87
2005	\$42,934.22	

In 2004-2005 Club Funds rose by \$11,690.87. This is a huge increase, and nothing like it has been achieved in previous years. Much of the increase is due to diligent application by Club Office Bearers in taking advantage of funds available by Telstra for development of athletics. The Club received \$2,000 as a Development Award for Planning. This took into account the work done in recent years in developing systems in accounting, registrations, handicaps and also in a revised website that is simple to update with current information. In addition the Club applied for assistance in acquisition of equipment, and as a result of the case put forward of the Club's needs, a grant of \$5,042 in the form of new equipment was received. This enabled a critical review of the value of the old equipment held in the Club's accounts, and much of this has now been written off. Other significant increases in Club Funds are due to fund raising efforts in supplying officials for large events, selling chocolates, Novice Day activities, and social dinners.

For 2003-04, 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 \$410 to individual athletes and also paid \$1,020 in State Championship relay entry fees in 2004-2005. Teams fund revenue consisted of fund raising activities such as sale of chocolates, raffles, Club dinners and supply of officials for the Half Marathon, City to Surf and Nike Run 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 Albie Thomas and 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.

Honour Roll (Deceased)

Life Members		Merit Award	
A.A Gainsford OAM	1923	F. Eggleton	1975
W.J. Hasle	1932	M. Moroney	1975
W. Ahern	1955	L. Williams	1975
A. Gould	1963	K. Jenkins	1995
G. Carruthers MBE	1983	A.Henderson	1991
F. Eggleton	1991	G Page	1975
S. Donnelly	1991	E Walsh	2002
R. Molloy	1997		

Obituaries

MABEL LAWRENCE

Mabel gave a lifetime of service to sport, particularly to athletics. She served the St. George Women's Amateur Athletics Club for many years and was honoured with Life Membership of that club. She represented the women's club on a joint social committee with St George District A A Club when social functions were important to both clubs. When the women's club was wound up, Mabel joined our Club and continued official duties at track and field competitions until she was 86 years old. She was honoured with a Life Membership of Athletics NSW. In her early years Mabel also competed in competition tennis. Our deepest sympathy was extended to her family and friends.

ELINOR WALSH

Elinor joined our club in 1985 and with her daughters, Beth and Ruth, she competed in cross-country and road racing in the winter season. On many occasions she was the only female who joined the males in running longer races. She had her best results when competing against her own age groups in Veterans events. For her service to our club, Elinor was awarded a Merit Award in 2002. Our deepest sympathy was extended to Elinor's husband Bill and daughters Beth and Ruth.

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- (b) Falsely represent that goods are new.
- (c) Represent that goods or services have sponsorship, approval, performance characteristics, accessories, uses or benefits they do not have.
- (d) Represent that he or it has sponsorship, approval or affiliation he or it does not have.
- (e) Make false or misleading statements concerning the existence of, or amounts of, price reductions.
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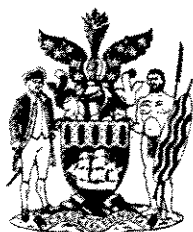
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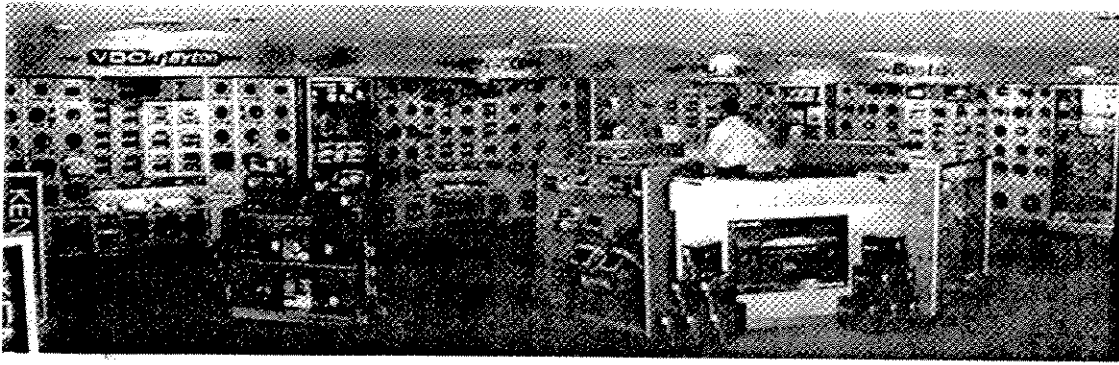
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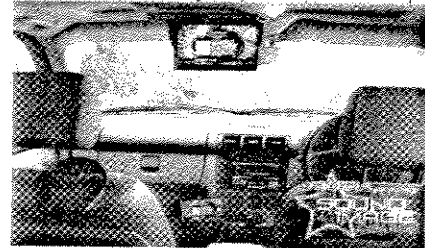
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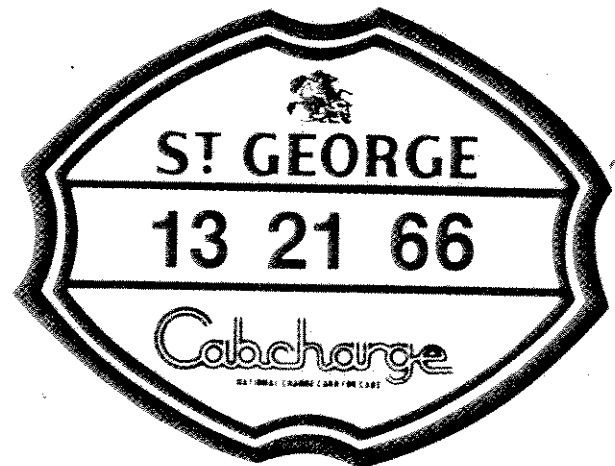
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