



ST. GEORGE DISTRICT ATHLETIC CLUB INC.



85th ANNUAL REPORT

2005 - 2006

CLUB HURSTVILLE SPORTS

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ST GEORGE DISTRICT ATHLETIC CLUB INC.

85th ANNUAL GENERAL MEETING

Syd Frost Hall, Hawthorne Street, Ramsgate

Saturday 24 June, 2006

3.00pm

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A G E N D A

- 1.** Welcome to members and guests
- 2.** Apologies
- 3.** Minutes of 84th Annual General Meeting
- 4.** Presentation of 85th Annual Report & Financial Statement
- 5.** Election of Officers, Executive Committee and Appointment of Auditor
- 6.** Presentation of Life Award
- 7.** Presentation of 2005/2006 Annual Awards
- 8.** General Business
- 9.** Raffle Draw
- 10.** Afternoon Tea

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ST GEORGE DISTRICT ATHLETIC CLUB INC

MINUTES OF 84th ANNUAL GENERAL MEETING

HELD 25 JUNE 2005
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 68 members and guests in attendance (as per attendance book).

1. **Special Guests** - Joanne Morris – Mayor of Hurstville City
Greg Doyle – CEO, ANSW
Ron Crawford – President, Randwick Botany Athletic Club Inc.
Lynne Whatman – President, St George Little Athletics Centre Inc.
2. **Apologies:** Cherie Burton MP – Member for Kogarah
Arthur Peek – Life Member
3. **Adoption of Minutes** – the Minutes of the 83rd Annual General Meeting were confirmed — K Delaney/C Ferraro
CARRIED

There were no matters arising from the minutes.

4. **Presentation of the 84th Annual Report** – The President presented the 84th 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 and expressed regret at Dean Degan's recent resignation prior to his move to Melbourne.
 - **Volunteers** – thanked all the club volunteers who assisted with the NSW Novice Championships, Rockdale Fun Run, Sydney Half Marathon and the City to Surf. The Christmas Mile raised \$760 which was used to assist 25 young athletes.
 - **Sponsorship** – thanked Rockdale City Council for its continued support and welcomed new sponsor – The Athletes Foot, Hurstville. Thanked Brian Moro for his generous sponsorship of both the Novice and the Rockdale City Community Fun Run.
 - **Cross Country** – Blair Martin was 2nd in the Male Distance Runner of the Year and Shannon Delaney won the NSW U/18 5k road championships.
 - **Summer Cross-Country** – continued to attract an enthusiastic crowd and the competition was enjoyed by all. Thanked David Edwards for conducting and handicapping the races.
 - **Track & Field** - thanked the Track Secretary, Jim Gallagher, for his dedication. Mentioned Dean Apostolidis as being a very consistent performer who had gained a high club premiership points total.
5. **Secretary's Report** - The Secretary read her report and thanked all members of the Executive Committee for their hard work during the year. Mentioned the President's heart surgery and congratulated him on a full recovery. Talked about the St George synthetic track proposal the club had prepared and also the successful application for the Telstra Athletics Assistance Fund which resulted in \$5000 worth of equipment for the club. Congratulated the Treasurer on winning \$2000 for the club in Telstra Club Development Award 'Planning' category. Also thanked club members and families for their support of the chocolate fundraising.
6. **Treasurer's Report** – The Treasurer produced the 1956 Annual Report & Financial Statement of St George DAC which showed a membership of 107 and finances of £165.6.3, receipts, £216.16.9 and payments £199.8.1. Talked about early records set by club members: the marathon set by Claude Smeale in a time of 2:46.46s, and the breaking of the 1 mile, 3 mile and 5 mile records in 1954 by Jim Bailey. The Treasurer commented on the exceptional rise in club funds of \$11,690.87, largely due to winning the Telstra Athletics Assistance Award of \$5000 (in equipment) and the Telstra Club Development Award of \$2000 (for 'Planning'). He also mentioned the new club website and the fact that the Club was receiving sponsorship for the very first time from The Athlete's Foot Hurstville in the form of gift vouchers.
9. **Summer Cross Country** – Awards for the season were awarded by David Edwards.

Special Guests – were invited to address the meeting. These were:-

- **Joanne Morris (Mayor of Hurstville City Council)** who congratulated the club on its successful year and commented on the amount of dedication displayed by the administrators of the club. Stated that the Recreation Study was still being put together by the three local Councils and that she was aware of the need for an athletics track in the area. Mentioned that next year – on 2 April 2006 - the Hurstville City Council would be conducting the Hurstville Gift which would be an exciting event both for Hurstville and athletics.

- **Greg Doyle (ANSW)** - Talked about the challenges encountered in getting Councils involved in the sport. Mentioned a problem with SOPAC regarding use of the facility, and the need to work with joint partners such as Little A's, Masters etc. so the sport can grow. Made the observation that St George was one of the Hallmark clubs and has a proud history.
- **Lynne Whatman (St George Little Athletics Centre)** Congratulated the athletes on an excellent season. Mentioned a forthcoming conference to possibly increase the age of Little A's athletes to 16 or 17 years. Commented on the clubhouse at Olds Park that was now bulging with the new Telstra equipment. Congratulated the club on its website.
- **Ron Crawford (Randwick Botany Athletic Club)** Commented on that fact that it was not that long ago that St George was considering amalgamating with Sutherland Athletic Club, but that thanks to Albie Thomas and others, this did not happen. Mentioned that more than 70% of the clubs have less than 40 members and that clubs in the city need to help the country athletes. Stated that the Second Claim athletes category has been abolished and that country athletes' membership has dropped dramatically. Made the observation that Randwick-Botany has been growing for the last few years, as has St George, but others are not doing very well and that more volunteers are needed.
- **Tom Richards (St George DAC Life Member)** Thanked the ladies who make the afternoon tea each week.

Moved that the 84th Annual Report be received –

A Staples/R Russell

CARRIED

8. Presentation of Awards:

- **Annual Awards** - 18 annual awards were presented to athletes, with *Outstanding Senior Athlete* awarded to Zoe Pelbart and *Most Improved Senior* to Chris Barakat.

11. 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 2005/06 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 Wilson	K Delaney	L Dooley	S Lenne

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

11. General Business: There was no general business. The President closed the meeting at 4.13pm.



Executive Committee 2005/6

OFFICE BEARERS

Patron

R. Gribble

President

A. Thomas

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

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, 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

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
E. Walsh	2002
C Ferraro	2004

Club Membership

	2001-02	2002-03	2003-04	2004-05	2005-06
Officials	10	9	8		
Open	32	27			
Masters	59	58			
Associate	0	5	8		
Over 65			9	15	15
60 to 64			11	12	13
55 to 59			6	8	8
50 to 54			9	15	15
45 to 49			15	10	9
35 to 44			12	13	17
25 to 34			16	17	14
20 to 24			5	3	5
Under 20	5	6	2	4	10
Under 18	10	10	15	10	14
Under 16	23	17	21	25	19
Under 14	20	25	22	13	9
Under 12	19	15	21	17	25
Total	176	163	182	162	173

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 2005-2006 club member numbers increased by 11. During 2005-2006, the Club received 42 new members and had 131 renewals, compared to 44 new members and 118 renewals for the previous year. Details of 2005-06 new and renewal members are shown below –

Age Group	New Members		Renewals		Total Number
	No.	%	No.	%	
Under 12	14	56	11	44	25
12 to 19	11	21	41	79	52
20 to 34	5	26	14	74	19
35 and over	<u>12</u>	16	<u>65</u>	84	<u>77</u>
Total	<u>42</u>		<u>131</u>		<u>173</u>

President's Report

It has been a pleasure to serve another year as President, working with an extremely efficient Executive Committee. They give many hours of their time each week to operate your club, especially Kay Culkin and Dennis Jolliffe

Our club is very fortunate to have a large group of willing volunteers to conduct our club events. They also officiate at all of our fund raising activities: the Sydney Half marathon, City to Surf, the Rockdale Fun Run and our own main event the NSW Novice Championships. For these events we receive excellent donations. This money is used so that you pay low fees and we are able to assist

our young athletes as well as operate our club. Funds were also raised at two dinners and the chocolate sales. I would like to give a special thanks to our super volunteer, Kim Delaney. He provides most of the equipment and materials, transport and many other items needed to set up the NSW Novice Championships and the Rockdale Fun Run.

Rockdale City Council provides sponsorship for the trophies at the NSW Novice and the Rockdale Fun Run. The Athletes Foot Hurstville also provides sponsorship gift vouchers for those two events, as well as offering our entire club members a generous discount and great service. Gordon Bucton's Butchery also donates sausages for our BBQ

Our Christmas Mile race also raised more than \$700, which is used towards registration fees of young middle distance athletes. Five of our young athletes competed as a team in the Kogarah Hospital bed race with a third place, and used the prize money towards their registration fee.

We must congratulate all of our athletes who competed during the year. There were many excellent results, medals, records, personal bests and trips with teams. Just by taking part in training and competing, no matter what your results; you were in fact a winner for having "given it a go".

Our club provides a valuable community service in providing a healthy outdoors activity. This is most important in the current living environment where many people do not take part in exercise activities. There is also a health problem with people being a bit overweight. Our coaches are doing an excellent job with our athletes. The major problem that we have in the great St. George area is that there is no athletic track in this area. If we had a track, then we could attract many more people and coaches to our club. It would also allow all of the schools in our area to use a track within their own community.

I would like to offer the club's congratulations to Vilas Gravitis on being awarded Life Membership of Athletics NSW. The NSW Little Athletics Association awarded the "Coach of the year" to Ray Russell and Paul Arthur was awarded the prestigious award of "NSW Distance Athlete of the Year".

Our dedicated official, Jim Gallagher, manages our track and field season, assisted by coach Peter Tuziak. Our athletes all performed at their best and did the "Red & White" proud, with some great performances.

Dave Edwards and Kim Delaney conducted another successful Summer Cross-Country season. There were good fields in events held each week.

We congratulate our Annual Award winners for their efforts and selection, which were based on consistent and improved performances.

Our club website is very popular and much used, with many hits. Caogiang does a superb job as Webmaster and photographer, with the athletes appreciating all of the photos that he downloads.

Dennis Jolliffe manages our funds with great care so that we get the best value. He also has developed our registration system and handicap system program.

You would not be reading this report without all of the work that Kay Culkin has done to assemble the reports, format and edit the data and photographs, and arrange the printing. As well as being our Secretary, she serves as an official at ANSW track meetings. She is also on the ANSW Advisory Panel and attends ANSW meetings for our club.

Albie Thomas

Secretary's Report

2005 was another very successful year for St George with an increase in both membership and finances. Our athletes continue to improve and the achievements of two of our 'rising stars', namely Jack Jones and Luke Hamer, were recognised in the prestigious Australia Day "Sportsperson of the Year" awards received from their respective local Councils. Samantha Milton was awarded two Sydney East Region school sporting 'Blues' and James Nipperess was accepted into the Elite Junior Pathways Program. Accolades such as these encourage and motivate our young athletes and reflect well on the club and its coaches.

I would like to comment on the general administration workload of the Club, which has increased noticeably over the past twelve months. An abundance of funding opportunities and award nominations, together with website-related initiatives and ANSW Club Development requirements etc., have all resulted in much additional time, effort and paperwork. Just keeping up with the emails is a mammoth effort these days! This past year we have also had the added dimension of our track proposal incorporating the seeking of a Federal Government Sporting Facilities Assistance Grant. Undoubtedly, in a club as pro-active as St George, the increase in workload is bound to occur, but I do feel that there is now a higher expectation of clubs - particularly successful ones - to conduct their affairs along similar lines to that of a business. This is evidenced by increased monitoring and surveying. As conscientious volunteers, the respective workloads of the major Executive Committee positions do have the potential to become somewhat arduous.

A special thank you to club coach, Peter Tuziak, who spent a huge amount of time and effort assisting me with the Sporting Facilities Assistance Grant application which unfortunately had to be abandoned at the last minute when it became apparent that we could not meet the essential criteria. In order to progress our track application we must be able to name an approved site and funding sources. In this regard, it would be beneficial if the club could get together with local Councils to find a way forward for this very worthwhile initiative.

May I thank all the industrious Executive Committee members who each contribute so much to the successful functioning of the club. Albie does an excellent job in organizing volunteers for several large events and Dennis expends untold hours in his meticulous supervision of the clubs coffers. As Track Secretary, Jim Gallagher carries out his duties reliably and conscientiously. We were sorry to lose our very experienced Cross Country Secretary, Chris Stratford, last year and finding a replacement for this important position has been problematic. Regrettably, we also lost another two Executive Committee members, but I'm pleased to say all vacancies have now been filled. It is always difficult to

replace good people and for a club to function efficiently, a strong and cohesive Executive Committee is absolutely vital.

I must thank my colleague, Sue Lenne, for her unfailing support throughout the year and for her painstaking revamping of the Club Constitution. This tedious task has now been completed and the new Constitution submitted to Athletics NSW for consideration.

Finally, a special mention to our Club Patron, Ron Gribble, who not only does a wonderful job on the microphone each week, but also much of the 'behind the scenes' communication and publicity duties. Ron's input into the Club is invaluable.

Kay Culkin



Helen, Kay & Sue



Emma, Stephanie, Bridey



Annual Awards for 2005-2006 Season

A.A.Gainsford Trophy (Outstanding Senior Athlete) *Zoe Pelbart*

Robert Nash Trophy (Most improved senior athlete) *Chris Barakat*

The L.L.Bosman Award (Performance & Sportsmanship) (Outstanding under 20 years) *Peter Gregoriou*

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

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

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

A.Gould Memorial Trophy (Outstanding under 16 yrs) *Luke Hamer & Ruby Ewe*

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

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

F.Wilson Trophy (Outstanding under 14 yrs) *Timothy Hogan*

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

J.J.Walsh Trophy (Outstanding Marathon runner) *Paul Arthur*

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

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

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

A.Winter Perpetual Trophy (Best triple jump performance) *Jack Jones*

Peter Tuziak Award (Encouragement award to under 12 yrs) *Damon & Christian Ramos*

SGDAC Peter Tuziak Award (Best Heptathlete/Decathlete) *Jack Jones*

The Athletes Foot T&F Encouragement Award *Chris Ayoub*



Zoe Pelbart



Chris Barakat



Peter Gregoriou



Jack Jones



Bridey Delaney



Colin Hua



Luke Hamer



Chris Ayoub



James Nipperess



Tim Hogan



2005 DISTANCE REPORT

St George District Athletic Club again had a good winter season with good attendance most weekends and some pleasing results at inter club events. The highlight for the season was Paul Arthur winning Male Distance Runner of the Year and Distance Runner of the Year (Masters). Indeed a great honour for Paul and the club and well deserved. The club came a creditable 6th in the club championship. We were not able to win a winter premiership this year but achieved 3rd place in 4 different categories. We were unlucky as due to a whole range of reasons we were not always able to put our best team on the ground for all events.

We had some exceptional results with Sergio Carvalho winning the Novice Championship and James Nipperess the under 16 male Road Championship. Frank Scorzelli continued to show his amazing ability winning the Road Championship and the Cross Country Championship in the over 55 male category. Paul Arthur won the over 35 Road Championship and Dianne Hayter won the over 35 Cross Country Championship. We have a strong nucleus of runners in a number of age groups particularly some of the younger ages. As they move through the club we will be able to see how they develop. We again had good representation in over 55 and over 45 male categories though did not achieve the results of past years. We need to ensure in future years we have new members coming through to replace these runners.

Weekly competition has continued to develop and is looking good for future years as we good participation rates at these events from our members. Again it showed that the winners come from that group who turn up every week to run. These races have a great atmosphere and camaraderie which makes them very enjoyable.

This year the Club again hosted the Novice Championship which continues to grow. We also hosted the Rockdale Fun Run which is also run as a charity event for St George Hospital. This race is growing and we could easily see well over 200 in the near future. Both these events are sponsored by Rockdale City Council and The Athletes' Foot at Hurstville which is much appreciated. The people at Athletes Foot continue to provide excellent service to our members as required.

Congratulations to all our runners and officials on another excellent winter season. I would also like to thank in particular Chris Stratford for his wonderful contribution. Chris after many years as our distance secretary has retired from the position.

Colin Wilson

ST GEORGE CLUB CHAMPIONS 2005

Female

Open 5 km	1. Jaede Williams
Under 20 5 km	1. Samantha Milton 2. Ally Nash
Under 18 3 km	1. Bridey Delaney 2. Dianna Hardy 3. Rebecca Martin
Under 16 3 km	1. Stephanie Beck
Under 14 3 km	None
Under 12 2 km	1. Candice Dooley 2. Hannah Wrigley 3. Annaliese McCauley
Over 35 5 km	1. Dianne Hayter 2. Lynette Delaney
Over 50 5 km	1. Kerry Edwards 2. Lesley Eller 3. Veronica Hopkins

Male

Open 8 km	1. Sergio Carvalho 2. Chadi Elashkar 3. Saxon Moseley
Under 20 5 km	None
Under 18 3 km	1. Nam C-Nguyen 2. Thomas Delaney
Under 16 3 km	1. Thomas Delaney 2. Luke Hamer 3. Paul Donnadieu
Under 14 3 km	1. Tim Hogan 2. Jason Dooley
Under 12 2 km	1. Damon Ramos 2. Christian Ramos 3. Vincent Donnadieu
Over 45 8 km	1. Colin Wilson
Over 50 8 km	1. Jon Charles 2. John Irvine 3. Liam Cadogan
Over 55 8 km	None
Over 60 8 km	1. John Irvine
Over 65 8 km	1. Liam Cadogan 2. Dennis Jolliffe 3. Chris Maver

2005 Winter Point Scores

Division 1

1 st	David Edwards
2 nd	John Irvine
3 rd	Lynette Delaney
Fastest Male	Chadi Elashkar
Fastest Female	Ally Nash

Division 2

1 st	Nam Currie-Nguyen
2 nd	Kerry Edwards
3 rd	Robert Simpson
Fastest Male	James Nipperess
Fastest Female	Bridey Delaney

Division 3

1 st	Jason Dooley
2 nd	Tim Hogan
3 rd	Ben Currie-Nguyen
Fastest Male	Tim Hogan
Fastest Female	Diana Hardy

Division 4

1 st	Damon Ramos
2 nd	Mark Simpson
3 rd	Christian Ramos
Fastest Male	Christian Ramos
Fastest Female	Candice Dooley

Trophy Days

Ron Gribble Trophies

Division 1 - 8 km	Alan Staples
Division 2 - 4 km	Daniel Fernandes
Division 3 - 3 km	Alison Donnellan
Division 4 - 2 km	Walter Wrigley

Bob Molloy Trophy

Division 2 - 4 km	David Beck
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Terry O'Connor's Day

Division 1 - 8 km	Louise Stiller
Division 2 - 5 km	Albert Thomas

Division 3 - 3 km	Dianna Hardy
Division 4 - 1.5 km	Leo Kostas

Ken Jenkins' Day

Division 1 - 10 km	Colin Wilson
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Greg Page Trophy

Division 1 - 11 km	Chris Maver
--------------------	-------------

Jack Coppock Trophy U14

Division 3 - 3 km	Hannah Wrigley
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Dean Degan Trophies

Division 1 - 8 km	Frank Scorzelli
-------------------	-----------------

Division 2 - 5 km	Camille Wilson
Division 3 - 3 km	Jason Dooley
Division 4 - 1.5 km	Philippe Donnadieu

Carruthers Cup

Results not available



Paul Arthur
"Distance Runner of the Year"



Carruthers' Cup Winners 2006

Cross Country Championships

Premierships

3 rd	Open male
3 rd	45+ Male
3 rd	45+ Female
3 rd	Under 12 Female
4 th	Under 20 Female
5 th	55+ Male
5 th	Under 14 Male
5 th	Under 16 Male

Novice Championships Scarborough Park

30th April 2005

Male

1st	Sergio Carvalho	32:14.00
3 rd	Chadi Elashkar	32:26.00
24th	Shannon Delaney	35:42.00
25th	Jose Carvalho	35:51.00

Female

18 th	Dianne Hayter	15:25.00
39 th	Stephanie Beck	16:47.00
46th	Dianna Hardy	17:31.00
49th	Camille Wilson	17:49.00

Road Championships Holsworthy 7th May 2005

Teams

3 rd	Under 12 Female
3rd	Under 16 Male
2nd	Open Male
8th	45+Male
6th	55+Male

Under 12 Female

2nd	Candice Dooley	7:32
7 th	Carolena Kostas	7:59
11 th	Annaliese McCauley	8:13
19th	Louise Kelly	8:55
21st	Lillee Forrester	

Under 16 Female

16th	Stephanie Beck	16:48
19th	Camille Wilson	17:13

Under 18 Female

3rd	Bridey Delaney	14:08
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Under 20 Female

4th	Claudia Virgona	25:26
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Open Female

19 th	Dianne Hayter	40:33	2nd 35-39 Age
30th	Ally Nash	43:04	
36th	Louise Stiller	45:23	
45th	Tanya Sakharov	47:06	

Under 14 Male

11th	Tim Hogan	11:52
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Under 16 Male

1st	James Nipperess	12:51
14th	Thomas Delaney	14:45
21st	Tim Hogan	17:22
22 nd	Jason Dooley	17:39

Under 18 Male

13th	Nam Currie-Nguyen	17:15
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Under 20 Male

2nd	Shannon Delaney	26:08
13 th	Isaq Ali	33:16

Open Male

3 rd	Damon Harris	30:21	
7th	Paul Arthur	31:29	1st 35-39 Age
12th	Sergio Carvalho	32:05	
17th	Chadi Elashkar	32:33	
41st	Jose Carvalho	35:30	3rd 45-49 Age
71 st	Kim Delaney	37:54	
78th	Frank Scorzelli	38:25	1st 55-59 Age
81st	Jon Charles	38:42	
98th	Jim Owens	40:26	
146 th	Alan Staples	44:40	
157th	John Irvine	46:16	
170 th	Chris Maver	47:55	
183 rd	David Edwards	49:37	
200 th	Alan Atkins	54:48	

Relay Championships Miranda Park

4th June 2005

Under 12 Female

3 rd	Hannah Wrigley, Annaliese McCauley, Candice Dooley, Carolena Kostas	35:11
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Under 12 Male

3 rd	Vincent Donnadieu, Christian Ramos, Damon Ramos, Mark Simpson	35:27
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Under 14 Male

5 th	Timothy Hogan, George Wrigley, Stephen McLoughlin, Jason Dooley	35:50
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Under 16 Female

5 th	Ally Nash, Stephanie Beck, Camille Wilson, Averill Wilson	1:12:51
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Under 18 Male

7 th	Nam Currie-Nguyen, Paul Donnadieu, Thomas Delaney, Michael Murphy	1:01:54
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Under 20 Female

3 rd	Bridey Delaney, Emma Millett, Dianna Hardy, Samantha Milton	1:10:07
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Open Female

15 th	Heather Evans, Tanya Sakharov, Carly Lloyd, Abby Lloyd	1:14:08
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Open Male

3 rd	Paul Arthur, Sergio Carvalho, Chadi Elashkar, Damon Harris	52:04
25 th	Paul Windridge, Isaq Ali, Dennis Jolliffe, Chris Maver	1:12:34

35+ Female

5 th	Louise Stiller, Gill Wrigley, Lyn Delaney, Dianne Hayter	1:24:43
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35+ Male

14 th	Brett Hardy, George Kostas, Robert Simpson, Warwick Hayes	1:14:57
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45+ Female

3 rd	Maureen Gadogan, Veronica Hopkins, Kerry Edwards, Marilyn Kinchin	1:29:14
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45+ Male

3rd Jose Carvalho, Jon Charles, James Owens, Kim Delaney 1:00:27
 15th Gary Lloyd, Colin Wilson, Hugh Jones, Walter Wrigley 1:18:28
 18th Terry Hill, David Beck, David Burns, Philippe Donnadieu 1:32:48

55+ Male

4th John Irvine, Liam Cadogan, Brian Hodgson, Alan Staples
 13th David Edwards, Vilis Gravitis, Ray Millett, Alan Atkins

**Road Relay Championships Wollongong
30th July 2005****Under 12 Female**

3rd Louise Kelly, Lillie Forrester, Candice Dooley, Carolena Kostas 35:09

Under 14 Male

2nd Christian Ramos, Damon Ramos, Riley Delaney, Tim Hogan 50:36

Under 20 Female

3rd Claudia Virgona, Dianna Hardy, Emma Millet, Carly Lloyd 1:14:41

Open Female

10th Tanya Sakharov, Dianne Hayter, Jacinta Hayter, Lyn Delaney 1:04:29

Open Male

3rd Paul Arthur, Sergio Carvalho, Saxon Moseley, Damon Harris 48:48
 19th Vilis Gravitis, Brett Hardy, Gary Lloyd, Isaq Ali 1:07:06

45+ Male

2nd Jose Carvalho, Jon Charles, James Owens, Kim Delaney 57:22

55+ Male

8th John Irvine, Brian Hodgson, David Edwards, Chris Maver 1:11:47

**Short Course Championships Mount Penang
16th July 2005****Teams**

2nd Open Male
 1st 45+Male
 6th 55+Male

Under 12 Female

6th Candice Dooley 6:18

Under 16 Female

12th Jacinta Hayter 11:51
 13th Camille Wilson 12:40

Under 18 Female

11th Bridey Delaney 14:45

Under 20 Female

3rd Samantha Milton 14:18

Open Female

17th Dianne Hayter 21:40 2nd 35-39 Age
 30th Lynette Delaney 23:16 3rd 40-44 Age
 27th Tanya Sakharov 23:39

Under 16 Male

14th Thomas Delaney 14:05

Under 18 Male

12th Nam Currie-Nguyen 19:12

Under 20 Male

16th Isaq Ali 32:41

Open Male

8th Blair Martin 25:21
 11th Paul Arthur 25:38 3rd 35-39 Age
 12th Charlie Low 25:43
 30th Saxon Moseley 26:34
 31st Sergio Carvalho 26:41
 32nd Marcus Morgan 26:47
 34th Chadi Elashkar 26:54
 59th Jose Carvalho 28:27 3rd 45-49 Age
 82nd Kim Delaney 30:28
 83rd Jim Owens 30:55
 87th Jon Charles 31:12
 161st John Irvine 36:10
 178th Peter Fitzpatrick 38:02
 179th Colin Wilson 38:12
 185th Dennis Jolliffe 38:50
 187th Chris Maver 39:03
 195th Vilis Gravitis 40:35
 200th David Burns 42:27
 201st Alan Atkins 43:20

Championships Nowra 18th June 2005**Teams**

5th Open Female
 3rd 55+Male

Under 12 Female

2nd Candice Dooley 8:12

Under 18 Female

11th Bridey Delaney 17:08

Under 20 Female

3rd Samantha Milton 23:18

Open Female

21st Dianne Hayter 36:04 1st 35-39
 23rd Bridey Delaney 36:10
 32nd Tanya Sakharov 38:59
 33rd Lynette Delaney 40:08
 47th Kerry Edwards 44:18

Under 12 Male

19th Riley Delaney 8:52

Under 14 Male

15th Jason Dooley 12:24
 20th Marc Currie-Nguyen 14:58

Under 16 Male

21st Thomas Delaney 15:51
 30th Ben Currie-Nguyen 22:10

Under 18 Male

11th Michael Murphy 21:09
 13th Nam Currie-Nguyen 17:15

Open Male

6 th	Paul Arthur	40:31	2nd 35-39 Age
7 th	Damon Harris	41:09	
69 th	Jon Charles	52:10	
116 th	Colin Wilson	66:53	

55+ Male

1 st	Frank Scorzelli	38:25	1st 55-59 Age
11 th	Brian Hodgson	37:04	
16 th	Alan Staples	37:38	
23 rd	John Irvine	39:18	
35 th	David Edwards	41:12	
40 th	Chris Maver	42:26	

Half Marathon Sydney 22nd May 2005**Teams**

2 nd	Open Male
2 nd	45+ Male

Females

26 th	Ally Nash	98:30
50 th	Marilyn Kinchin	142:20

Males

6 th	Paul Arthur	70:07
10 th	Sergio Carvalho	71:37
15 th	Chadi Elashkar	72:49
31 st	Jose Carvalho	78:16
52 nd	Jonathan Charles	85:34
53 rd	Kim Delaney	85:46
71 st	Jim Owens	90:01
125 th	Christopher Maver	110:07
148 th	Michael Roberts	132:45
149 th	John Smith	138:46

Marathon Sydney 11th September 2005**Males**

2 nd	Paul Arthur	2:38:42
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**Rockdale City Community Fun Run St George Placegetters, 2006****NOTICE TO ADVERTISERS**

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NSW Road Championships, Holsworthy, 2006



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2005-6 Track and Field Report

The season began on 1st October with the 'introduction to athletics' meeting, which was not very successful and needs to be reconsidered by ANSW, followed by 6 weeks of club premierships rounds to mid November, then state relays championships and a couple of rounds of all comers meetings prior to Christmas. After Christmas, the all comers series continued, interspersed with state and national championships until 8th April. Results by St. George athletes in all championships, season's best performances and in club premierships points are tabulated below this report.

For St. George, the season had a few highlights among some more modest aspects. The highlights were some outstanding performances by some of our athletes, some consistent performances by others, some excellent team efforts and good club spirit. This culminated by our winning the under 18 men's club premiership and an unexpectedly strong performance in the men's open club premiership, both on the 4th March. Had we been able to muster these teams earlier in the season we could have performed very well in club premiership and state relays. This is a lesson for next year. There is a growing tendency for high performance athletes, in all clubs, to delay competing until later in the season when individual championships are approaching. The way the NSW track season is structured, the club premiership and state relays are finished in the first 2 months, so this talent is largely missing from these club oriented competitions, which are the heart of club athletics.

The encouraging aspect of the season for St. George was the strength we have in men's junior ranks. This was coupled with strong training groups, coached mainly by Peter Tuziak, Albie Thomas and Ray Russell. Hopefully most of this will flow into senior ranks in the next few years. The most disappointing aspect was our lack of women members either in senior or junior ranks. We only managed to enter one women's team in state relays, the lowest in memory, and no team in club championships. This compared with 6 men's relay teams and 2 men's club championship teams. In addition, only 5 women as against 20 men competed once or more in club premiership.

A number of new athletes participated strongly during the season; Ruby Ewe and Chris Ayoub in throws, with Ruby taking 1st and 3rd in discus and shot respectively in NSW championships under 16, and Chris setting club records in hammer and discus, under 16; Jack Jones travelling all the way from Wellington, NSW, each week, and gaining 1st in NSW heptathlon, under 16 with a club record and 3rd in NSW triple jump, under 18, as well as being the highest St. George point scorer in club premiership; Paul Windbridge performed well in

open men's sprints and relays; Andrew Szomor participated strongly in sprints and relays; Jadranka Gordic also participated strongly in 400m and 800m. events late in the season.

Zoe Pelbart had another fine season in javelin, placed 2nd in Australian under 20 and 1st in NSW open championships. She again extended her club open and under 20 records and qualified for world junior championships.

Other outstanding performances were:

In Australian championships; Peter Gregoriou, 2nd in under 20, 400m.hurdles; Chris Barakat, 3rd in under 23 long jump.

In NSW championships; Chris Barakat, 2nd long jump and 3rd 110m. hurdles under 23; Bridey Delaney, 1st 800m. under 20; Peter Gregoriou, 2nd 400m. and 2nd 400m. hurdles under 20; Shannon Delaney, 2nd 1500m. and 3rd 800m. under 20; James Nipperess, 3rd 1500m. under 20; Bridey Delaney, 1st 800m. and 3rd 3000m. under 18; Dean Apostolidis, 2nd 400m. hurdles under 18; Nam Currie Nguyen, 3rd 1500m. under 18; Luke Hamer, 1st 400m. under 16.

In the Australian All Schools Championships; Shannon Delaney, 1st in 800m. And 1st in 1500m. under 20; Samantha Milton, 2nd in 3000m. under 20; Bridey Delaney, 3rd in 3000m. under 17; James Nipperess 1st in 3000m. under 16 ; Ruby Ewe, 2nd in discus under 15; Luke Hamer, 2nd in 400m. u/ 15.

In NSW masters championships; Frank Scorzelli, 1st in 5000m., 55-59yrs; Bill Apostolidis, 1st in discus, 40-49 yrs ; Kim Delaney, 3rd in 10,000m. 45-49yrs.

Several other athletes, not mentioned in these results have enjoyed competing each week and have steadily improved their performances. These athletes are an important part of the club, and through their consistency, enthusiasm to compete and improve, and support of their colleagues, significantly contribute to the spirit and strength of the club. We all know them, without individually naming them, and appreciate their efforts.

Kay Culkin again continued to generously give her time, acting as an ANSW official at competitions throughout the season, thereby ensuring the club was represented in this important area. Her services are very much appreciated by athletes and parents, ANSW and the club.

Vilis Gravitis once again has provided invaluable assistance in accurately recording all performances by St. George athletes during the track season.

One last important notice. I am aware that there may be a few inaccuracies in club records from previous seasons as tabulated in this annual report. Also, there are several discrepancies in the website version of records. These have resulted from a

misunderstanding in applying updates. We will work to review and, as necessary, correct these. It would be appreciated if any one who notices an inaccuracy in the club records section of this annual report would inform the track secretary.

Jim Gallagher
Track Secretary

NSW Track and Field Championships, Open and Under 18.

Homebush 13-15/01/2006

200m. Men U18.	J.Jones	12 th heat	24.04s.
400m. Men U18.	J.Jones	5 th heat	51.53s.
		6 th final	51.75s.
D. Apostolidis		7 th heat	51.96s.
		8 th final	52.70s.
800m. Men Open	S.Delaney	23 rd heat	1m55.81s.
1500m Men Open	M.Morgan	10 th heat	3m54.32s.
	D.Harris	19 th heat	4m12.54s.
1500m Men U18	N.CurrieNguyen	3 rd final	4m13.48s.
3000m Men U18	N.CurrieNguyen	5 th final	9m 48.27s.
110mH. Men Open	C.Barakat	8 th final	15.32s.
400mH. Men U18	D.Apostolidis	2 nd final	58.51s.
Long Jump. Men Open	C.Barakat	6 th final	6.97m.
Triple Jump. Men U18.	J.Jones	3 rd final	12.01m.
400m. Women U18.	J.Gordic	6 th heat	61.35s.
		8 th final	62.63s.
800m. Women Open	C.Virgona	18 th heat	2m41.74s.
800m, Women U18.	B.Delaney	1 st final	2m13.42s
	J.Gordic	8 th final	2m24.03s.
	E.Millett	10 th final	2m42.01s.
3000m. Women U18.	B.Delaney	3 rd final	10 29.41s.
Javelin. Women Open	Z.Pelbart	1st final	53.32m.

Club Record

NSW Track and Field Championships, Under 23, Under 20, Under 16.

Homebush 10-12/02/2006.

200m. Men U23.	I.Kamara	6 th heat	23.19s.
		7 th final	23.20s.
400m. Men U23.	I.Kamara	4 th final	51.08s.
110mH. Men U23.	C.Barakat	3 rd final	15.34s.
Long Jump. Men U23	C.Barakat	2 nd final	6.78m.
400m. Men U20.	P.Gregoriou	2 nd heat	50.25s.
		2 nd final	48.79s.
800m. U20.	S.Delaney	3 rd final	1m55.47s.
	J.Nipperess	4 th final	1m56.22s.
1500m. U20	S.Delaney	2 nd final	4m00.00s.
	J.Nipperess	3 rd final	4m01.19s.
400mH.U20	P.Gregoriou	2 nd final	55.03s.
400m. U16	L.Hamer	1 st final	51.47s.
400m. Women U20.	J.Gordic	13 th heat	61.97s.
800m. Women U20	B.Delaney	1 st final	2m11.63s.
	J.Gordic	6 th final	2m21.78s.
Shot Put. Women U16	R.Ewe	3 rd final	9.47m.
Discus. Women U16.	R.Ewe	1 st final	38.92m.
Javelin. Women U16.	R.Ewe	7 th final	25.94m.

Australian and NSW Heptathlon

Championships *Canberra 17-17/12/2006*

Heptathlon. Men U16. J.Jones 1st (NSW),
4th Australia 3959 pts **Club Record**

NSW 3000m. Track and Field Championships

Homebush 12/1/2005

3000m. Men Open	C.Elashkar	22 nd final	8m46.57s.
	J.Nipperess	27 th final	8m55.63s.
	P.Arthur	29 th final	8m57.40s.
	S.Delaney	35 th final	9m06.10s.
Women Open	B.Delaney	7 th final	9m57.24s.

NSW 5000m. Track and Field Championships

Homebush 19/1/2006

5000m. Men Open	P.Arthur	17 th final	15m15.38s.
	C.Elashkar	23 rd final	15m49.57s.

NSW 10,000m, Track and Field Championships

Homebush 1/10/2005

10,000m Men 45-49 K.Delaney 3rd final 37m45.21s.

NSW Masters Track and Field Championship

Bankstown 8/4/2006.

800m. Men 60-64.	V.Gravitis	4 th final	3m 16.28s.
1500m. Men 40-49	J.Owens	6 th final	5m23.03s.
5000m. Men 55-59	F.Scorzelli	1 st final	19m03.65s.
Discus Men 40-49	B.Apostolidis	1 st final	39.04m.

NSW Relays Championship, Track and Field

Homebush 19-20/11/05

4x100m. Men Open	P.Windbridge, C.Barakat, I.Kamara, P.Gregoriou	11 th heat	44.44s
Men U18.	D.Apostolidis, L.Hamer, C.Hua, J.Jones	11 th heat	47.70s.

4x400m. Men

U18. D.Apostolidis, J.Jones, J.Nipperess, L.Hamer
2nd final 3m26.46s.

Club record

4x400m. Men U20.

I.Kamara, P.Gregoriou, J.Nipperess, J.Jones
3rd final 3m23.80s.

Club record

4x800m. Men U18.

J.Nipperess, J.Jones, L.Hamer, N.Currie Nguyen
3rd final 8m21.51s

4x1500m. Women U18

A.Nash, E.Millett, C.Wilson, S.Milton
3rd final 22m51.81s.

Australian Under 20 / Under 23 Championships

Adelaide 31/3 -2/4/2006.

400m. Men U20.	P.Gregoriou	4 th final	48.18s.
110mH. Men U23	C.Barakat	5 th final	15.14s.
400mH. Men U20.	P.Gregoriou	2 nd final	55.73s
Long Jump. Men U23.	C.Barakat	3 rd final	7.19m.
Javelin. Women U20.	Z.Pelbart	2 nd final	50.65m.

Australian Open Championships

Sydney 2-5/2/2006.

110mH. Men Open C.Barakat 7th heat 15.43s.

Australian All Schools Championships

8/1/2006

400m.Men U15. L.Hamer 3rd heat 51.88s.

2nd final 50.62s.

U16 J.Jones 3rd heat 52.34s.

800m.Men U20. S.Delaney 1st final 1m56.45s.

U17. N.CurrieNguyen 7th ht 2m00.41s.

U15. L.Hamer 8th final 2m16.33s.

1500m. Men U20 S.Delaney 1st final 4m00.53s.

U16 J.Nipperess 6th final 4m16.19s.

Women U17 B.Delaney 11th final 4m51.47s.

3000m. Men U16 J.Nipperess 1st final 8m54.27s.

Women U20 S.Milton 2nd final 10m50.18s.

U17 B.Delaney 3rd final 10m06.01s.

400mH.Men U17 D.Apostolidis 4th heat 59.95s

Shot put Men U16 C.Ayoub 7th final 16.85m.

Discus. Men U16. C.Ayoub 11th final 51.42m.

Women U15. R.Ewe 2nd final 36.92m.

Hammer. Men U16. C.Ayoub 8th final 40.78m.

Club Record

NSW Track and Field Club Championship

Homebush 4/3/2006.

Men Open St.George 5th

U18 St.George 1st

(L.Hamer, J.Nipperess, D.Apostolidis, C.Mattern, J.Jones, S.Piperides, N.Currie Nguyen, C.Hua, M.Ashton)

Season's Best Performances

Men Open

100m. C. Barakat 11.3s.
200m. I. Kamara 23.19s.
400m. I. Kamara 50.88s.
800m. M. Morgan 1m55.32s.
1500m. M. Morgan 3m52.09s.
3000m. D.Harris 8m43.29s.
5000m. P. Arthur 15m15.38s.
10,000m.K. Delaney 37m45.21s.
110m.H C. Barakat 15.1s.
200mH. C. Barakat 27.82s.
Discus B. Apostolidis 40.88m.
Long Jump C. Barakat 7.18m.
Triple Jump C. Barakat 12.26m.

Men Under 20

100m. I.Kamara 11.3s
200m. P.Gregoriou 22.27s.
400m. P.Gregoriou 48.79s.
800m. S.Delaney 1m55.20s.
1500m. S.Delaney 3m3m58.46s.
3000m. S.Delaney 9m06.10s.
200mH. R.Jones 26.59s.
400mH. P.Gregoriou 55.03s.

Men Under 18

100m. D.Apostolidis 11.61s.
200m. D.Apostolidis 23.6s.
400m. J.Jones 51.53s.
800m. J.Nipperess 1m56.22s.
1500m. J.Nipperess 4m00.12s.
3000m. J.Nipperess 9m10.10s.
200mH. D.Apostolidis 28.24s.
400mH. D.Apostolidis 58.8s.
Long jump C.Hua 5.91m.
High jump C.Mattern 1.75m.
Triple jump J.Jones 12.35m.
Shot put J.Jones 9.95m.
Discus D.Apostolidis 29.99m.

Men Under 16

100m. L.Hamer 11.37s.
200m. L.Hamer 22.75s.
400m. L.Hamer 50.62s.
800m. J.Nipperess 1m57.97s.
1500m. J.Nipperess 4m04.73s.
3000m. J.Nipperess 8m54.27s.
100mH. J.Jones 15.1s.
200mH. J.Jones 28.99s.
Long jump C.Hua 5.84m.
Triple jump J.Jones 12.33m.
High jump M.Ashton 1m50.
Shot put C.Ayoub 16.85m.
Discus C.Ayoub 51.42m.
Hammer C.Ayoub 40.78m.
Javelin J.Jones 33.35m.
Heptathlon J.Jones 3959pts.

Women Open

800m. L.Delaney 2m48.93s.
3000m. L.Delaney 11m42.27s.

Women Under 20

400m. C.Virgona 62.86s.
800m. C.Virgona 2m41.74s.
1500m. S.Milton 4m53.6s.
3000m. S.Milton 10m27.43s.
Javelin Z.Pelbart 53.32m.

Women Under 18

400m. J.Gordic 61.35s.
800m. B.Delaney 2m11.63s.
1500m. B.Delaney 4m41.1s.
3000m. B.Delaney 9m57.24s.

Women Under 16

400m. R.Mullane 68.72s.
3000m. A.Nash 12m10.5s.
High jump. R.Mullane 1.50m.
Long jump R.Mullane 4.13m.

Shot put 4kg R.Ewe 9.47m.
5kg R.Ewe 9.05m.
Discus. R.Ewe 36.48m.
Javelin R.Ewe 25.94m.

Club Premiership Points

Men Open

Chris Barakat	245
Idris Kamara	43
Shannon Delaney	32
Chadi Elashkar	25
Mustapha Takkiedene	20
Paul Windbridge	14
Marcus Morgan	14
Nam Currie-Nguyen	10
James Nipperess	8
Isaq Ali	0

Men 35+

Kim Delaney	103
Paul Arthur	30

Men Under 18

Jack Jones	300
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Dean Apostolides	136
Collin Hua	82
Chris Ayoub	60
Luke Hamer	35
Craig Mattern	44
James Nipperess	20
Riley Delaney	0
Thomas Mullen	0

Women Open

Samantha Milton	90
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Women Under 18

Bridey Delaney	94
Ruby Ewe	52
Alexandra Nash	14
Emma Millett	4



Winning Team U/18 Club Championships 2005/6

Jack Jones, Dean Apostolidis, James Nipperess, Luke Hamer, Craig Mattern, Nam Currie-Nguyen, Colin Hua, Mark Ashton



Peter Gregoriou & Luke Hamer

Summer Cross Country Report 2005-6

The Summer Cross Country is intended as a low-key run which athletes can use as training, or to add the spice of competition if they want, during the off-season.

The Wednesday evening events were once again well supported, with overall numbers slightly up on the previous two years and again it is pleasing to see many younger runners taking part regularly, as they represent the future of our club.

The handicap points scores in both divisions were keenly contested throughout the season with final placings only materializing in the final week.

Congratulations to Ally Nash (Division 1) and Jason Vella (Division 2) who finished with the winners trophies, but only by 4 points and 13 points respectively.

Also well-done to the four fastest times trophy winners:

Division 1-Nam Currie-Nguyen & Samantha Milton
Division 2 -Thomas Delaney and Samantha Milton.

In Division 2, Thomas & Samantha have successfully defended their titles from last year.

A big Thank You to all who helped with the organisation of the races by placing the course markers, recording times, and handing out place cards etc. Special thanks to Kim Delaney for his total support with the organization of the events throughout the season, and particularly during the last two weeks of the season when I was away.

Thanks to all the runners who took part with mention of Arthur Peek who ran in every race during the 16 week season – in both divisions! Chris Maver ran all 16 races in Division 1.

I hope everyone enjoyed their Wednesday evening's exercise and look forward to doing it again next year.

David Edwards

TOP TEN HANDICAP POINTS SCORERS

Division One

- 1, Ally Nash 179
- 2, Arthur Peek 175
- 3, Jason Vella 174
- 4, Kerry Edwards 154
- 5, Chris Mullen 153
- 6, Chris Maver 150
- 7, Bob Simpson 147
- 8, Sam Milton 138
- 9, Emma Millett 134
- 10, Kim Delaney 131
- 10, Thomas Delaney 212

Division Two

- 1, Jason Vella 272
- 2, Jadranka Gordic 259
- 3, Jordan Ramos 250
- 4, Arthur Peek 241
- 4, Mark Simpson 241
- 6, Chris Mullen 236
- 7, Mathew Simpson 233
- 8, Peter Nash 226
- 9, Damon Ramos 223
- 10, Thomas Mullen 212

FASTEST TIMES

Division One

Male

- 1, Nam Currie-Nguyen 68
- 2, Kim Delaney 55
- 3, Chris Mullen 34

Division Two

Male

- 1, Thomas Delaney 65
- 2, Shannon Delaney 54
- 3, Chris Mullen 43

Female

- 1, Samantha Milton 74
- 2, Ally Nash 66
- 3, Emma Millett 28

Female

- 1, Samantha Milton 75
- 2, Jadranka Gordic 71
- 3, Ally Nash 22



Nam Currie-Nguyen



Samantha Milton



Thomas Delaney



Jadranka Gordic

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 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.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 (6kg)			
Discus (1.75kg)			
Javelin (800kg)	G.Glynn	65.10m	1963
Hammer (6kg)			
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 23.80s	20.11.05
	I Kamara, P Gregoriou, J Nipperess, J Jones		
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
Shot Put(5.449kg)	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

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	C. Ayoub	16.85m	8.12.05
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 26.46s	20.11.05
	D. Apostolidis, J Jones, J Nipperess, L Hamer		
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. Burgess	16.07s	30.01.94

100mH	M.Brown	13.5s	9.11.02	3000m Walk	A. Manning	12m 29.20	5.01.94
200mH(0.762m)	C. Barakat	26.60s	5.11.00	5000m Walk	A. Manning	21m 23.07s	17.02.96
2000m Steeple	T.Clarsen	6m 29.1s	23.11.85	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
400mH(0.914m)	D.Davison	1m 01.91s	10.11.84	Long Jump	S. Liku	6.23m	11.02.95
1500m Walk	D.Latham	7m 45.0s	30.11.76	Triple Jump	S. Liku	11.66m	12.02.95
Long Jump	C. Barakat	6.38m	5.11.00	Pole Vault	K. Butler	2.70m	17.12.01
High Jump	H.Pavlidis	1.90m	16.09.81	Discus 1kg	Z. Giampietro	40.27m	8.12.01
Triple Jump	G.Nixon	13.56m	1975	Javelin 600g	Z. Pelbart	53.32m	14.01.06
Shot(4.535kg)	H. Pavlidis	13.25m	3.10.82	Hammer 4kg	C. Williams	14.28m	1.11.91
Shot(4kg)	N. Kipriotis	17.90m	6.12.02	Shot Put 4kg	K. Green	11.77m	9.12.00
Discus (1.5kg)	N. Pavlidis	42.22m	3.10.82	Heptathlon	U. Rodway	4476 pts	1.10.98
Discus (1kg)	N. Kipriotis	57.36m	6.12.02				
Pole Vault	S. Jansen	2.45m	3.12.83	4x100 m Relay		51.73s	3.11.01
Javelin (700g)	I. Ali	48.13m	7.01.01		S. El Gawley, K. Biteznik, A. Bray, L. Bartlett		
Hammer(4.535kg)	A.Noisier	19.40m	8.12.84	4x200 m Relay		1m 46.38s	12.11.92
Hammer 4kg	C. Ayoub	40.78m	8.12.05		B. Otto, D. Ferraro, U. Rodway, G.Templeman		
Multi Event	J. Jones	3959pts	18.12.05	4x400 m Relay		3m 58.68s	18.12.93
4x 100m Relay		44.89s	4.12.83		U. Rodway, K. Hall, H. Moore, C. Williams		
	C.Davis, C.Witheriff, M.Lubrano, M.Jansen			4x800 m Relay		9m 13.02s	12.11.92
4x 200m Relay		1m 33.15s	20.11.83		M. Buckley, R. Carne, C. Williams, L. Zammarrelli		
	C.Davis, C.Witheriff, M.Lubrano, M.Jansen			4x1500 m Relay		18m 53.95s	27.11.88
4x 400m Relay		3m 33.65s	16.12.84		C. Batman, L. Bennett, M. Dovey, B. Mrakovcic		
	V.Parker, D.Davison, A.Noisier, N.Nixon			Medley Relay 2x200,1x400,1x800		4m 28.7s	24.11.01
4x 800m Relay		8.m 23.49s	28.11.83		A.Bray, L. Bartlett, C. Bartlett, E. Stratford		
	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
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	2hr 39m 29s	12.07.98
1 Mile	B Mrakovcic	4m 46.70s	10.01.88
100mH(0.84m)	S Liku	14.39s	11.02.95
400mH	U Rodway	60.04s	27.02.00

WOMENS UNDER 20

100 metres	K. Green	12.30s	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 14.6	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	53.32m	14.01.06
Heptathlon	J. Brotherton	4491pts	24.03.01
4 x 100m Relay		51.73s	3.11.01
	S. El Gawley, K. Biteznik, A. Bry, 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, L. Kronemberger, 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	7m14.6s	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	7m14.6s	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, L Hamer, 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, 440yds	J. Mumford	(2 nd , 2 nd , 4 th) Sydney Empire Games	1938
4x440yds Relay	V. Wallace	(4 th) Sydney Empire Games	1938
440yds Hurd	G. Gedge	(53.9s) Auckland Empire Games	1950
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 (1m 48.2s)	G. Rootham Munich Olympic Games	1972
800 metres (1m 47.2s)	G. Rootham 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 (14m 08s)	J. Andrews Christchurch NZ	Pacific Conference Games 1981
10000 m (28m 41s)	J. Andrews Christchurch NZ	Pacific Conference Games 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



Club Patron – Ron Gribble

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

AUSTRALIAN REPRESENTATIVES

Long Jump (6.88m)	W. Gilliver Schools team	NZ Games C'church	1975
800 metres	G. Cook (1m 56.0s)	NZ Games C'church Schools team	1975
110m Hurdles	W. Bird (15.0s)	NZ Games C'church	1975
110m Hurdles & 100m	W. Bird	Schools team Christchurch, NZ	1977
Marathon	R. Squires (2h 23m 39s)	NZ Hamilton Marathon	1975
Marathon	D. Edwards (2h 34m 51s)	NZ Hamilton Marathon	1975
Marathon	J. Scott (2h 25m 04s)	Boston Marathon	1977
3000 metres & 1500 metres	L. Whitty	Christchurch 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



Ray Russell – "Coach of the Year" LAANSW



Ruby Ewe

Treasurer's Report

Statement of Income and Expenditure

for the year ended 31 March 2006

	2006	2005
	\$	\$
Income		
Bank Interest	453.95	46.36
Annual Subscriptions	7,979.00	9,040.00
Cross Country Total (Note 1)	12,392.00	10,060.25
Track & Field Total	220.00	508.00
Sale of Uniforms	929.50	1,418.00
General Total (Note 2)	1,913.97	3,376.01
Teams Fund Total (Note 3)	5,711.60	4,129.10
Telstra Grant for Equipment	<u>0.00</u>	<u>5,042.00</u>
Total Receipts	29,600.02	33,610.72
<i>less</i>		
Payments		
Bank charges	16.80	36.85
Regns, etc. to Athletics NSW	9,714.00	10,294.00
Cross Country Total (Note 4)	8,508.30	6,187.25
Track and Field Total	156.00	125.00
Purchase of Uniforms	710.00	3,910.00
General Total (Note 5)	2,432.97	1,775.50
Teams Fund Total (Note 6)	1,656.06	1,829.96
Equipment Acquisition	<u>0.00</u>	<u>5,042.00</u>
Total Payments	23,194.13	29,200.56
Excess Income over Expenditure	<u>6,405.89</u>	<u>4,410.16</u>
Cash at Bank at beginning of Year	11,819.65	7,349.49
Adjustment for unrepresented cheque (now stale)		<u>60.00</u>
Adjusted Cash at Bank at beginning of Year		7,409.49
Excess of Income over Expenditure	<u>6,405.89</u>	<u>4,410.16</u>
	<u>18,225.54</u>	<u>11,819.65</u>
This is represented by:		
Bank Cheque Account	6,778.19	11,819.65
Bank Cash Management Account	<u>11,447.35</u>	
	<u>18,225.54</u>	<u>11,819.65</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 2006.

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 2006.

Michael Hanrahan and Associates
Honorary Auditor

Statement of Financial Position

	As at 31 March			
	2006	2005		
	\$	\$		
Current Assets			Note 6	
Stock on Hand	5,225.50	5,513.50	Teams Fund Payments	
Cash at Bank	18,225.54	11,819.65	Assistance to Individuals -	
Bank Term Deposits	<u>21,216.11</u>	<u>20,129.14</u>	M Arndell	60.00
	44,667.15	37,462.29	B Delaney	75.00 45.00
			S Delaney	75.00 45.00
			J Jones	35.00
Non-current Assets			Z Pelbart	200.00
Equipment, Valued at cost			B Pendergast	<u>60.00</u>
less depreciation (Note 7)	<u>5,386.00</u>	<u>5,984.00</u>		<u>185.00</u> 410.00
	50,053.15	43,446.29	Relay Entries	895.00 1,020.00
<i>less</i>			Purchase of Chocolates	
Non-current Liabilities			for Fund Raising	<u>576.06</u> 399.96
Reserve for Perpetual Trophy	295.10	295.10		<u>1,656.06</u> 1,829.96
Reserve for CC Trophies	216.97	216.97	Note 7	
Fun Run Reserve 2006 Prizes	<u>400.00</u>	<u>512.07</u>	Equipment	
	<u>49,141.08</u>	<u>42,934.22</u>	Equipment, Valued at cost	7,385.00 7,385.00
<i>equals</i>			less Accumulated Depreciation	<u>1,999.00</u> 1,401.00
Club Funds -				<u>5,386.00</u> 5,984.00
General Fund	42,320.85	40,169.03		
Teams Fund	<u>6,820.23</u>	<u>2,764.69</u>		
	<u>49,141.08</u>	<u>42,934.22</u>		
Dennis Jolliffe				
Honorary Treasurer				
Note 1	2006	2005	Club Equipment as at 31 March 2006	
	\$	\$		
Cross Country Receipts			1	700g Javelin
Cross Country Race Fees	2,917.00	3,505.00	2	800g Javelin
Net Raffle Proceeds	538.50	636.00	1	Measuring Wheel
Novice Day Entries & other income	4,568.50	2,505.25	1	Printer-Stop Watch
Trophies Donated	398.00	319.00	1	Tent
Rockdale City Council Fun Run	<u>3,970.00</u>	<u>3,095.00</u>	1	Hammer
	<u>12,392.00</u>	<u>10,060.25</u>	1	Senior Hurdles 20 Pack
Note 2			1	Hurdles Trolley
General Receipts			1	Javelin Trolley
Donations	217.00	190.00	1	Discus & Shot Trolley
Term Deposit Interest	1,086.97	417.01	2	Women's Throws Kits
Fund raising for registration assistance				(3 Discus, 1 Shot, 1 Javelin
by Christmas Mile and				each)
Other Donations	610.00	760.00	3	Inter. Men's Throws Kits
Telstra Development Award		2,000.00		(3 Discus, 1 Shot, 1 Javelin
Other income	<u>0.00</u>	<u>0.00</u>		each)
	<u>1,913.97</u>	<u>3,367.01</u>	2	Senior Men's Throws Kits
Note 3				(3 Discus, 1 Shot, 1 Javelin
Teams Fund Receipts				each)
Donations	1,770.00	260.00	1	600g Javelin
Chocolate and other Fund Raising	1,193.60	790.00	1	700g Javelin
Club Functions - net proceeds	578.00	684.10	1	800g Javelin
Supply of Officials; City to Surf	1,050.00	720.00		
Supply of Officials; Half Mar.	1,120.00	975.00		
Supply of Officials; Nike Run	0.00	500.00		
ANSW Winter Premiership Award	<u>0.00</u>	<u>200.00</u>		
	<u>5,711.60</u>	<u>4,129.10</u>		
Note 4				
Cross Country Payments-				
Cross Country Cycle Prizes	895.00	850.00		
Cross Country Hire of Hall	661.00	409.50		
Cross Country Trophies and				
Other Expenses	994.80	1,187.55		
Novice Day Expenses	2,383.90	645.10		
Rockdale City Council Fun Run	<u>3,520.00</u>	<u>3,095.10</u>		
	<u>8,508.30</u>	<u>6,187.25</u>		
Note 5				
General Payments				
Printing, Postage, Stationery, etc	203.42	237.15		
Trophies	531.95	293.55		
Increase in Term Deposits	1,086.97	417.01		
Equipment maintenance	45.00	144.00		
Internet Web Page	411.95	385.00		
Other	<u>153.68</u>	<u>298.79</u>		
	<u>2,432.97</u>	<u>1,775.50</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
		-\$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	
		\$6,207.36
2006	\$49,141.08	

In 2005-2006 Club Funds rose by \$6,207.36. This follows on from the huge increase in 2004-05 that the Club experienced from grants received for development of athletics. The significant increase in Club Funds in 2005-06 is due mainly to fund raising efforts by the Club in supplying officials for large events, selling chocolates, Novice Day activities, and social dinners.

The Club's policies in assisting younger athletes has been made easier by significant donations, contributions and fund raising efforts by other Club members. 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 the City to Surf events. Without the efforts of all Club members who have provided contributions and willingly assisted in running the Club, my job would be much more difficult. 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.

Over the next twelve months we intend to improve the quality of running Club events to make all competitions more efficient.

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.

Obituaries

Bert Button OAM

A Life Member of our club since 1937 Bert had a lifelong association with our club. He passed away on 29 April 2006 at Terrigal Nursing Home, Erina, aged 98.

Bert was a former resident of Sans Souci, and was well known for his involvement with commercial radio. He was born in London in 1907 and migrated to Sydney in 1928. His broadcasting career started in the 1930's as a sports commentator on 2CH and an announcer at the 1938 Empire Games in Sydney.

In 1935 he was responsible for organising 12 St George athletes, including Basil Dickinson, to be the first athletic team in Australia to fly to an event. The venue was at East Maitland and the pilot was Sir Kingsford Smith in his plane the 'Southern Cross'.

Bert served in the RAAF from 1941 to 1945 and was mentioned in dispatches. After the war he was manager of 2GB radio from 1945 to 1961 and general manager at 2UW from 1961 to 1963.

He was awarded an OAM in 2005 for services to broadcasting and the community.

George Freeman

George died on 18 April, 2006, aged 73 years. He first joined the St George club in the early 1950s when 17 years old and ran second to Dave Power in the 1952 State Novice 5 mile Cross Country Championship at Scarborough Park at 19 years of age. George was a regular competitor during the summer track and field seasons and always enjoyed cross country running in his early days of athletics. He used to say that one of his greatest moments in athletics was carrying the Sydney 2000 Olympic Games torch. It was a memorable occasion for him.

George assisted in setting up cross country courses at Scarborough Park for various championships held there and will be missed by his many friends who always enjoyed his company. He is survived by his wife Beryl, and son Wayne and family.

Honour Roll (Deceased)

Life Members		Merit Award Members	
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	1975	G Page	1975
S Donnelly	1991	E Walsh	2002
R Molloy	1997		
B Button OAM	1937		



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