



ST. GEORGE DISTRICT ATHLETIC CLUB INC.



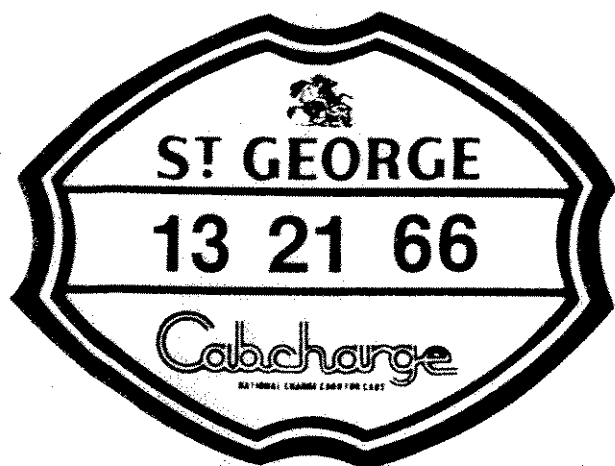
Jack Jones



Christie Douglas

86th ANNUAL REPORT 2006 - 2007

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MEMBERSHIP NOW AVAILABLE

ST GEORGE DISTRICT ATHLETIC CLUB INC

86th ANNUAL GENERAL MEETING

Syd Frost Hall, Hawthorne Street, Ramsgate

Saturday 16 June, 2007

3.00pm

**T
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A G E N D A

1. Welcome to members and guests
2. Apologies
3. Minutes of 85th Annual General Meeting
4. Presentation of 86th Annual Report & Financial Statement
5. Election of Officers, Executive Committee and Appointment of Auditor
6. Presentation of 2006/2007 Annual Awards
7. General Business
8. Raffle Draw
9. Afternoon Tea

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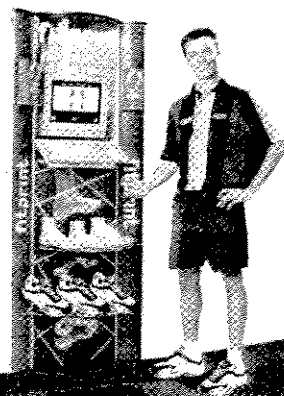
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St George District Athletic Club Inc

Minutes of 85th Annual General Meeting

HELD 24 JUNE 2006
SYD FROST HALL – HAWTHORNE STREET, RAMSGATE

The meeting commenced at 3.05pm with the President, Albie Thomas, welcoming all present including Life Members, Merit Award holders, members and special guests. There were 82 members and guests in attendance (as per attendance book).

- 1. Special Guests** - Frank Sartor MP – Member for Rockdale
Kevin Greene MP – Member for Georges River
Angela Koutoulis – Councillor, Rockdale City Council
Betty Moore – Athletics New South Wales
Lynne Whatman – President, St George Little Athletics Centre Inc.
Robert Nash – Life Member
Arthur Peek – Life Member

- 2. Apologies:** Cherie Burton MP – Member for Kogarah
Robert McClelland MP – Member for Barton
Shaoquett Moselmane – Mayor, Rockdale City Council
Vince Badalati – Mayor, Hurstville City Council
Denis Wilson – Life Member

- 3. Adoption of Minutes** – the Minutes of the 84th Annual General Meeting were confirmed — D Hamer/R Simpson **CARRIED**

There were no matters arising from the minutes.

- 4. Presentation of the 85th Annual Report** – The President presented the 85th Annual Report & Financial Statement of the Club and read his report to the meeting. He commented on -

- **85th Birthday** – St George DAC will celebrate its 85th birthday this year. A celebratory dinner is planned.
- **Volunteers** – Thanked all the volunteers who assisted in fundraising at the NSW Novice Championships, Rockdale Fun Run, Sydney Half Marathon and the City to Surf. These funds have assisted in subsidising the registration fees of 70 athletes this year.
- **Executive** - Thanked members of the Executive Committee for their contribution to the club with special mention to Kim Delaney for his assistance with NSW Novice Championships and Rockdale Fun Run events.
- **Sponsorship** – thanked Rockdale City Council for its ongoing support and also The Athletes Foot, Hurstville for providing generous gift vouchers as prizes for our main events. Mentioned that all members of St George DAC receive a 20% discount on shoes.
- **Hospital Bed Race** – drew attention to the Kogarah Hospital Charity Bed Race to be conducted on 25 August. St George DAC will again be entering a team in this event.
- **Track** – drew attention to the fact that the St George area is lacking a synthetic running track.
- **Congratulated** – Vilis Gravitis on his Life Membership award from Athletics NSW, Ray Russell on being awarded "Coach of the Year" by LAANSW and Paul Arthur on his "NSW Distance Athlete of the Year" award.
- **Website** – paid tribute to webmaster, Giang Nguyen, on his excellent work with the club website.

5. Secretary's Report - The Secretary read her report and commented on the increased administration workload experienced during the past year. Thanked Peter Tuziak for his assistance with the Sporting Facilities Assistance Grant application. Thanked all members of the Executive Committee for their contribution to the function of the club and mentioned the loss of Distance Secretary, Chris Stratford, from the Committee last year. Also thanked Sue Lenne for her work on the Club Constitution and Ron Gribble for his excellent contribution to the club.

6. Treasurer's Report - The Treasurer pointed out the omission of 2001 figure (\$26,541.98) on page 27 of the Annual Report and made the observation that club funds had risen by \$6207.36 during the year. Thanked Athletics NSW for the opportunity to participate in funding opportunities which had benefited the club. Paid tribute to Giang Nguyen for his work on the website. Mentioned that he is currently developing a system for processing results utilising the software received from ANSW which should accelerate production of race results. Thanked Colin Wilson for handicapping Divisions 3 and 4 and for compiling the Cross Country Report. Advised that Tom Richards was resigning from his position of Uniform Steward after a very long time and thanked him for his outstanding service. Thanked all club members who have helped with fund raising activities.

Moved that the 85th Annual Report be received –

J Irvine/R Russell

CARRIED

7. 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:-

President: A Thomas
General Secretary: K Culkin
Treasurer: D Jolliffe
Track Secretary: J Gallagher
Distance Secretary: C Wilson
Minute Secretary: S Lenne
Auditor: M Hanrahan

Executive Committee:

A Thomas, K Culkin, D Jolliffe, C Wilson, J Gallagher, S Lenne, A Staples, R Russell, J Irvine, R Gribble, C Hamer, J Owens.

Ron spoke about the efforts made twelve years ago regarding the site for a new synthetic running track and showed plans that were drawn up at that time for a combined facility with the St George Hockey Club at the rear of Production Avenue, Scarborough Park, Ramsgate.

8. Life Membership – was awarded to **David Edwards** by Alan Staples.

9. Albie's Awards – Albie presented three trophies to club athletes with a disability and club official Kevin Milton.

10. Presentation of Annual Awards: 19 awards were presented to athletes, with *Outstanding Senior Athlete* awarded to Zoe Pelbart and *Most Improved Senior* to Chris Barakat. The new 'Athlete's Foot T & F Encouragement Award' was won by Chris Ayoub.

11. Summer Cross Country – David Edwards presented awards for the season.

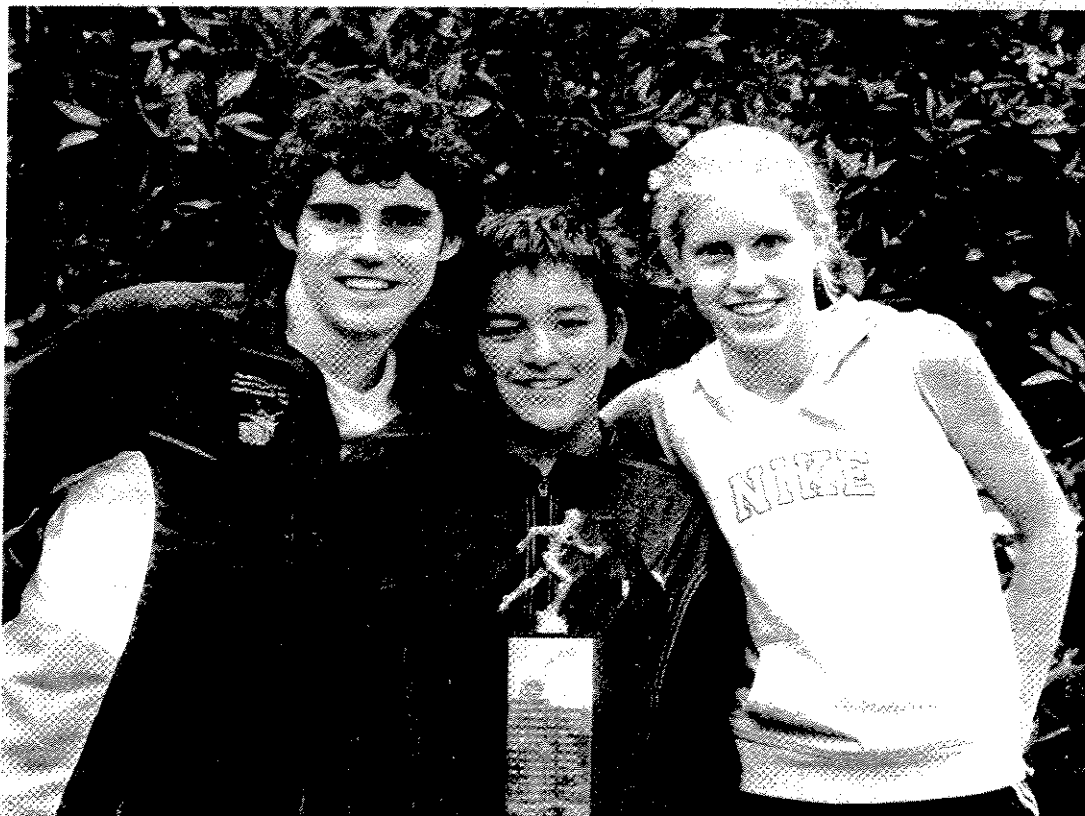
12. ANSW Under 18 Club Championship Medals - were awarded to members of the team in attendance.

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

- **Frank Sartor MP** – congratulated the club on its good community work and stated that he and Kevin Greene MP, were working together to find a suitable location for a running track in the St George area.
- **Kevin Greene MP** – stated that the St George area was one of the greatest sporting areas in Australia and that the process to locate a suitable facility for St George DAC and St George LAC was underway. He was pleased to see the progression from Little A's to senior ranks. Mentioned Basil Dickinson's unbeaten Triple Jump record set in 1935.
- **Betty Moore ANSW** – urged local Councils to continue searching for a suitable ground for a synthetic running track for St George DAC. Advised that Athletics NSW was ranking clubs in gold, silver, bronze and green categories. (Green status was an indication that required criteria had not been met). Stated that events for athletes with disabilities had been moved into mainstream athletics and was pleased to see St George DAC recognising its AWD athletes.
- **Lynne Whatman (St George Little Athletics Centre)** – spoke on the ethos of encouraging kids to compete and congratulated the club on its Annual Report. Stated that St George LAC had received a sporting grant from the Department of Sport & Recreation to extend the Olds Park clubhouse thus increasing the storage room for equipment.
- **Tom Richards (St George DAC Life Member)** - thanked the tea ladies.

13. Raffle Draw – was conducted by the President.

14. General Business: There was no general business. The President closed the meeting at 4.25pm.



JAMES NIPPERESS MARC CURRIE-NGUYEN BRIDEY DELANEY

Office Bearers

Patron

R Gribble

President

A Thomas

Vice Presidents

R Gribble, D Jolliffe, A Staples

General Secretary

K Culkin / D Ferraro

Treasurer

D Jolliffe

Track Secretary

J Gallagher

Distance Secretary

C Wilson

Minute Secretary

S Lenne / K Mulholland

Honorary Auditor

M Hanrahan

Executive

A Thomas(Chairman), K Culkin / D Ferraro,
D Jolliffe, R Russell, J Gallagher,
A Staples, J Irvine, S Lenne / K Mulholland,
C Wilson, C Hamer / D Beck, R Gribble

Delegates to Athletics NSW Meetings

K Culkin / D Ferraro, J Irvine, A.Staples, C Wilson,
J Gallagher, R Russell (alt)

Delegates to Winter Committee

A Staples, J Irvine, C Wilson

Track Captain

S Delaney

Track Vice Captain

D Apostolidis

Mens Distance Captain

J Charles

Mens Distance Vice Captain

J Irvine

Womens Distance Captain

L Delaney

Womens Distance Vice-Captain

M Cadogan

Publicity Officer

R Gribble / A Thomas

Registrar

C Ferraro

Assistant Registrar

A Ferraro

Records Officers

J Gallagher, V Gravitis, P Tuziak

Social Committee

N Thomas, E McClean, K Culkin,
M Cadogan, E Beck

Selectors

D Jolliffe, R Russell, C Wilson, P Tuziak,
D Apostolidis, S Delaney, D Degan, J Charles,
M Cadogan

Handicappers

D.Jolliffe, D Edwards, C Wilson, K Delaney

Timekeepers, Judges, Recorders and Gear Stewards

R Russell, J Gallagher, T Richards, D Jolliffe,
J McClean, P Tuziak, J Irvine, J & D Beck

Uniform & Trophy Steward

T Richards, L Delaney, J Owen

Starters

K Delaney, D Jolliffe, D Edwards, J Beck, C Wilson

Coaches

P Tuziak, R Russell, A Thomas, D Chisholm

First Aid

S Moseley, S Lenen, D Degan

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
D Edwards	2006

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

	2002-03	2003-04	2004-05	2005-06	2006-07
Officials	9	8			
Open	27				
Masters	58				
Associate		5	8		
Over 65		9	15	15	13
60 to 64		11	12	13	11
55 to 59		6	8	8	6
50 to 54		9	15	15	17
45 to 49		15	10	9	13
35 to 44		12	13	17	17
25 to 34		16	17	14	12
20 to 24		5	3	5	8
Under 20	6	2	4	10	11
Under 18	10	15	10	14	23
Under 16	17	21	25	19	11
Under 14	25	22	13	9	14
Under 12	15	21	17	25	34
Total	163	182	162	173	190

Age Group	New Members		Renewals		Total Number
	No.	%	No.	%	
Under 12	21	61	13	39	34
12 to 19	26	44	33	56	59
20 to 34	7	35	13	65	20
35 and over	<u>17</u>	22	<u>60</u>	78	<u>77</u>
Total	<u>71</u>		<u>119</u>		<u>190</u>

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 2006-07 club member numbers increased by 17, with large growth in the under 18 and under 12 age groups. During 2006-07, the Club received 71 new members and had 119 renewals, compared to 42 new members and 131 renewals for the previous year. Details of 2006-07 new and renewal members are shown above.

Annual Awards for 2006/2007 Season

A.A.Gainsford Trophy (Outstanding Senior Athlete)	M Tucker
Robert Nash Trophy (Most improved senior athlete)	J Matthews
The L.L.Bosman Award (Performance & Sportsmanship) (Outstanding under 20 years)	K Condor
A.Henderson Trophy (Outstanding under 18 years)	J Jones
R.A.Jolliffe Trophy (Most improved under 18 years)	T Delaney
St.George DAAC Trophy (Best under 18 years Cross Country)	J Nipperess
A.Gould Memorial Trophy (Outstanding under 16 yrs)	C Douglas
G.Page Trophy (Outstanding under 16 years Cross Country)	S Beck
H.Gibbons Trophy (Most improved under 12 years Cross Country)	N Breen
F.Wilson Trophy (Outstanding under 14 yrs)	Z Schubert
L.L.Bosman Trophy (Outstanding hurdler)	P Gregoriou
J.J.Walsh Trophy (Outstanding Marathon runner)	M Takieddine
St.George Trophy (Best field athlete)	C Barakat
Ron Gribble Trophy (Open grades track & field aggregate point score winner)	J Jones
Albert Thomas Award (Track & field encouragement award for athletes under 16 years)	M Ashton N Iosefo
A.Winter Perpetual Trophy (Best triple jump performance)	C Douglas
Peter Tuziak Award (Encouragement award to under 12 yrs)	L Costas
The Athletes Foot T&F Encouragement Award	V Wallington
Ray Russell Award (Throwers trophy)	A Iosefo



KATE CONDOR



CHADI ELASHKAR



LUKE HAMER



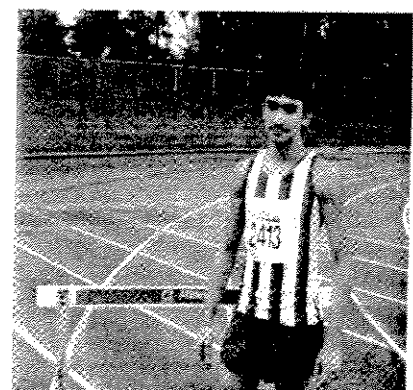
JAMES NIPPERESS



CHRIS BARAKAT



ZOE PELBART



PETER GREGORIOU

PRESIDENT'S REPORT

Albie Thomas



It has been another rewarding year as President, working with an extremely efficient Executive Committee. They all give many hours of their time each week to operate your club.

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. Kim and his volunteers are operating from 6.00am on Novice and Rockdale Fun run days to set up the courses.

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 club members a generous discount and great service. Gordon Bucton's Butchery also donates sausages for our Novice day BBQ.

Our Christmas Mile race also raised more than \$950, which is used towards subsidised registration fees of young middle distance athletes. Five of our young athletes competed as a team in the Kogarah Hospital bed race with a second 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 and "winners are grinners". Everyone has some talent and no matter what level, develop that talent to its maximum.

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.

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 am aware that our locally elected representatives are trying to remedy this.

The NSW Little Athletics Association awarded the "Coach of the year" to Ray Russell.

Our dedicated Track Secretary, 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. But better is still to come from many of our athletes.

Dave Edwards and Kim Delaney conducted another successful summer cross-country season. There were good fields in events held each week.

We congratulate all of 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 co-ordinated with the new online system. He is also further developing our handicap system program in conjunction with Colin Wilson.

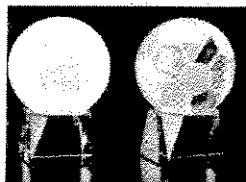
Sue Lenne has guided our new constitution through to acceptance and has retired from our club. Kay Culkin also decided to retire as our General Secretary. Fortunately we had Danielle Ferraro offer to fill the General Secretary position and Kylie Mulholland as the Minutes Secretary. We thank Kay for all of her efforts over the past years.

I recommend that you read all of the reports to see just how well all of our athletes have performed.

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DISTANCE REPORT 2006

Colin Wilson

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 club came a creditable 6th in the club championship. We were not able to win a winter premiership this year but again achieved 3rd place in 4 different categories. We are probably between some good years as various age groups find the right combination.

We had some good results with Jadranka Gordic coming second in the Novice Championship and many other members coming close in many races. Frank Scorzelli continued to show his amazing ability winning the Cross Country Championship in the over 55 male category of the Australian Masters. We have a strong nucleus of runners in a number of age groups though did not achieve the results of past years. We need to ensure we have new members joining to help improve our results.

Our weekly competition has continued to be our strong point and is looking good as we have 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 are very enjoyable.

This year we 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 had over 200 participants. We continue to look at better ways to run these events each year. Both these events are sponsored by Athletes Foot at Hurstville which is much appreciated. The people at Athletes Foot continue also to provide excellent service to our members as required.

Congratulations to all our runners and officials on another excellent winter season.

St George Club Events

2005 Club Champions

Female

	1 st	2 nd	3 rd
Open 5 km	Lyn Delaney	Kerry Edwards	Maureen Cadogan
Under 20 5 km	Samantha Milton	Averill Wilson	Ally Nash
Under 18 3 km	Bridey Delaney	Jadranka Gordic	Emma Millet
Under 16 3 km	Stéphanie Beck		
Under 14 3 km	Hannah Wrigley	Stephanie Williams	Cristin Murphy
Under 12 2 km	Carolena Kostas	Annaliese McCauley	Emily Hancock
Over 40 5 km	Lyn Delaney		
Over 50 5 km	Kerry Edwards		
Over 60 5 km	Maureen Cadogan		

Males

Open 8 km	Sergio Carvalho	Dean Degan	Shannon Delaney
Under 20 5 km	None		
Under 18 3 km	Michael Murphy	Nam Currie-Nguyen	Thomas Delaney
Under 16 3 km	None		
Under 14 3 km	Riley Delaney		
Under 12 2 km	Christian Ramos	Damon Ramos	Nathan Breen
Over 35 8 km	Dean Degan	Jason Vella	
Over 40 8 km	Tony O'Connor	Warwick Hayes	
Over 50 8 km	Kim Delaney	Jon Charles	Peter Nash
Over 55 8 km	Frank Scorzelli	Alan Staples	
Over 60 8 km	John Irvine	David Edwards	Vilis Gravitis
Over 65 8 km	Liam Cadogan	Chris Maver	Brian Hodgson

2005 Winter Point Scores

Division 1

- 1st Chris Maver
2nd Jonathan Charles
3rd Colin Wilson

Fastest Male Shannon Delaney
Fastest Female Lynette Delaney

Division 2

- 1st David Fernandes
2nd David Beck
3rd John Smith

Fastest Male Michael Murphy
Fastest Female Bridey Delaney

Division 3

- 1st Riley Delaney
2nd Mark Currie-Nguyen
3rd Nathan Breen

Fastest Male Riley Delaney
Fastest Female Jadranka Gordic

Division 4

- 1st Sylvia Seyringer
2nd Kate Murphy
3rd Mark Simpson

Fastest Male Nathan Breen
Fastest Female Carolena Kostas

Trophy Days

Ron Gribble Trophies

- Division 1 - 8 km Michael Roberts
Division 2 - 4 km Albert Thomas
Division 3 - 3 km Ben Currie- Nguyen
Division 4 - 2 km Leo Kostas

Bob Molloy Trophy

- Division 2 - 4 km Greg Breen

Terry O'Connor's Day

- Division 1 - 8 km David Edwards

- Division 2 - 5 km Gill Wrigley

- Division 3 - 3 km Natasha Stevanovska

- Division 4 - 1.5 km Aaron Gentle

Ken Jenkins's Day

- Division 1 - 10 km James Owen

Greg Page Trophy

- Division 1 - 11 km Villis Gravitis

Jack Coppock Trophy U14

- Division 3 - 3 km Vincent Donnadieu

Dean Degan Trophies

- Division 1 - 8 km Chris Maver

- Division 2 - 5 km Isaq Ali

- Division 3 - 3 km Louise Kelly

- Division 4 - 1.5 km Aaron Gentle



RON GRIBBLE - CLUB PATRON



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CHAMPIONSHIP RESULTS

Colin Wilson

NSW Cross Country Championships

Premierships

4 th	Open male
3 rd	45+ Male
4 th	Under 12 Female
3 rd	Under 20 Female
5 th	55+ Male
5 th	Under 14 Male
4 th	Under 16 Male
3 rd	Under 12 male
4 th	Under 18 Female
3 rd	Under 18 Male

Novice Championships Scarborough Park 29th April 2006

Male

3 rd	Marcus Morgan	33:13
5 th	Shannon Delaney	33:24
10 th	James Nipperess	34:13
43 rd	Nam Currie-Nguyen	38:15

3rd Team

Female

2 nd	Jadranka Gordic	14:20
19 th	Dianne Hayter	15:56
24 th	Ally Nash	16:23
25 th	Stephanie Beck	16:25
27 th	Candice Dooley	16:29

3rd Team

Road Championships Holsworthy 6th May 2006

Teams

3 rd	Under 18 Female
2 nd	Open Male
3 rd	45+ Male
3 rd	Under 14 Male

Under 12 Female

5 th	Carolena Kostas	7:42
9 th	Annaliese McCauley	7:56
20 th	Megan Heap	8:43
21 st	Louise Kelly	8:46

Under 18 Female

5 th	Bridey Delaney	14:36
6 th	Jadranka Gordic	14:46
16 th	Averill Wilson	17:10
17 th	Stephanie Beck	17:29
24 th	Emma Millet	18:41

Under 20 Female

6 th	Ally Nash	25:21
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Open Female

16 th	Dianne Hayter	44:42
1 st	35-39 Age	

Under 14 Male

11 th	Riley Delaney	11:50
13 th	Christian Ramos	11:55
14 th	Damon Ramos	12:13
19 th	Jordan Ramos	13:43

Under 16 Male

10 th	Tim Hogan	15:06
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Under 18 Male

8 th	Michael Murphy	16:35
16 th	Nam Currie-Nguyen	17:23
22 nd	Thomas Delaney	18:20
33 rd	Riley Delaney	23:04

Open Male

2 nd	30.57	Damon Harris
11 th	32.07	Mustapha Takieddine
17 th	33.15	Sergio Carvalho
20 th	33.27	Saxon Moseley
28 th	34.15	Marcus Morgan
29 th	34.28	Charlie Low
82 nd	39.08	John Charles
85 th	39.22	Jim Owens
89 th	39.32	Frank Scorzelli
95 th	40.06	Chris Mullen
111 th	41.49	Kim Delaney
158 th	45.55	Jason Vella
178 th	48.48	Chris Maver
184 th	49.57	Colin Wilson
189 th	50.21	John Irvine
196 th	51.38	Greg Spain

Relay Championships Scarborough Park 3rd June 2006

Under 12 Female

2nd Lana Rogers, Annaliese McCauley, Lillie Forrester, Carolena Kostas 33:02
7th Louise Kelly, Taylor Puskaric, Megan Heap, Madison Gray 36:28

Under 12 Male

3rd Nathan Breen, Christian Ramos, Damon Ramos, Mark Simpson 33:07
7th Zack Heap, Jordan Ramos, Mark McLoughlin, Dean McLoughlin 40:21

Under 14 Male

5th Marc Currie-Nguyen, Vincent Donnadieu, Stephen McLoughlin, Riley Delaney 32:20

Under 16 Female

5th Hannah Wrigley, Stephanie Beck, Camille Wilson, Cristin Murphy 53:56

Under 16 Male

3rd Ben Currie-Nguyen, Tim Hogan, Paul Donnadieu, Luke Hamer 46:58

Under 18 Male

2nd Nam Currie-Nguyen, James Nipperess, Thomas Delaney, Michael Murphy 38:33

Under 18 Female

3rd Bridey Delaney, Ally Nash, Averill Wilson, Jadranka Gordic 44:53

Under 20 Male

2nd Shannon Delaney, Stephen Cole, James Matthews, Samantha Milton 53:48

Open Female

15th Jacinta Hayter, Di Hayter, Danielle Ferraro, Veronica Hopkins 1:15:58

Open Male

4th Charlie Low, Sergio Carvalho, Saxon Moseley, Damon Harris 49:43
25th Paul Windridge, Daniel Fernandes, Billy Enholm, Daniel Sharp 1:06:14

35+ Female

6th Kirsty Hayes, Kerry Edwards, Lyn Delaney, Dianne Hayter 1:10:21

35+ Male

14th Brett Hardy, Jason Vella, Tony O'Connor, Warwick Hayes 1:06:34

45+ Female

3rd Maureen Cadogan, Veronica Hopkins, Kerry Edwards, Marilyn Kinchin 1:29:14

45+ Male

5th Chris Mullen, Jon Charles, James Owens, Kim Delaney 58:59

15th Mendo Stojkovski, Colin Wilson, Philippe Donnadieu, Greg Breen 1:08:38

19th Ray Millet, Paul Martin, David Burns, Michael Fernandes 1:17:50

20th Walter Wrigley, Peter Nash, David Edwards, Par Johansson 1:19:41

55+ Male

5th Frank Scorzelli, Vilis Gravitis, Peter Fitzpatrick, John Irvine 1:08:50

65+ Male

2nd Dennis Jolliffe, Chris Maver, Liam Cadogan, Michael Roberts 1:15:27

Road Relay Championships Wollongong 5th August 2006

Under 12 Female

3rd Louise Kelly, Annaliese McCauley, Megan Heap, Carolena Kostas 33:02

Under 12 Male

2nd Nathan Breen, Christian Ramos, Damon Ramos, Ben Williams 31:41

Under 14 Male

4th Jordan Ramos, Stephanie Williams, Riley Delaney, Mark Simpson 53:05

Under 20 Female

2nd Samantha Milton, Stephanie Beck, Jadranka Gordic, Ally Nash 1:01:59

Open Male

2nd Shannon Delaney, Mark Tucker, Mustapha Takieddine, Charlie Low 48:49
14th Daniel Fernandes, Paul Windridge, Saxon Moseley, Tim Hogan 59:34

35+ Male

12th Brett Hardy, Jason Vella, Robert Simpson, Michael Fernandes 1:12:45

45+ Male

3rd Jose Carvalho, Jon Charles, James Owens, Kim Delaney 57:22
14th Peter Franklin, David Beck, John Irvine, David Burns 1:11:36

55+ Male

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

65+ Male

2nd Dennis Jolliffe, Chris Maver, Brian Hodgson, Michael Roberts 1:13:56

Short Course Championships The Crest 15th July 2006

Teams

2nd Under 12 Male
1st Under 18 Male
1st 45+Male

Under 12 Female

8th Carolena Kostas 6:33
14th Emily Hancock 6:51
22nd Megan Heap 7:12

Under 14 Female

21st Stephanie Williams 9:50

Under 16 Female

42nd Stephanie Beck 12:19

Under 18 Female

7th Bridey Delaney 10:26
23rd Jadranka Gordic 11:23
52nd Emma Millet 14:13

Under 20 Female

4th Samantha Milton 19:54
5th Jadranka Gordic 21:22
7th Ally Nash 23:11

45+ Female

54th Kerry Edwards 26:54

Under 12 Male

9th Nathan Breen 6:18
15th Ben Williams 6:55
22nd Mark Simpson 7:36

Under 14 Male

18th Riley Delaney 8:48

Under 18 Male

4th James Nipperess 16:23
12th Michael Murphy 17:05
26th Nam Currie-Nguyen 18:26
27th Thomas Delaney 18:48

Under 20 Male

8th Shannon Delaney 16:40
34th Isaq Ali 30:34

Open Male

8th Mark Tucker 25:22
17th Mustapha Takieddine 26:29
20th Sergio Carvalho 26:48
27th Saxon Moseley 27:38
57th Jose Carvalho 30:13
61st Kim Delaney 30:41 2nd 50-54 Age
76th Frank Scorzelli 31:52 2nd 55-59 Age
77th Jim Owens 32:00
90th Chris Mullen 33:24
103rd Paul Windridge 34:23
133rd Jason Vella 37:00
161st Chris Maver 40:28
166th David Edwards 41:06
172nd Colin Wilson 41:59
188th Vilis Gravitis 45:20

Championships Nowra 17th June 2006

Under 12 Female

4th Carolena Kostas 8:23

Under 18 Female

5th Bridey Delaney 15:46

8th Jadranka Gordic 16:42

11th Averill Wilson 19:03

Under 20 Female

3rd Samantha Milton 25:21

Open Female

16th Bridey Delaney 35:24

25th Lynette Delaney 37:44

Under 14 Male

12th Riley Delaney 12:07

Under 18 Male

23rd Thomas Delaney 23:19

45+ Male

49th Kim Delaney 49:19

65th Jon Charles 52:55

119th Colin Wilson 68:47

Half Marathon Sydney 21st May 2006

Females

1051st Ally Nash 98:54

4019th Marilyn Kinchin 131:05

Males

13th Charlie Low 71:35

176th Kim Delaney 84:32

237th Jonathan Charles 86:26

273rd Tony O'Connor 87:26

287th James Owens 87:48

444th Chris Mullen 90:10

2342nd Christopher Maver 111:04



NAM CURRIE-NGUYEN THOMAS DELANEY



RAMOS BROTHERS



THE XMAS MILE 2006

TRACK AND FIELD REPORT

2006-2007

Jim Gallagher

Around 40 St. George athletes participated in the NSW track and field season of 2006-7. In addition, several St. George athletes participated in NSW and Australian All Schools Championships. The results listed below cover all NSW events and some others, including Club Premierships, All Comers, State and National Championships, State and National All Schools Championships, ACT Championships and Telstra A Series.

As indicated below, our club athletes produced some good performances and results in various State and National Championships. In addition, a number of club records were bettered.

The dedicated efforts of our club coaches, particularly Peter Tuziak, Ray Russell and Albie Thomas again helped develop the young talent in our club. It has also forged a strong sense of club pride and friendships which became most apparent during State relays and Club Championship days. Behind the scenes, Vilis Gravitis again kept a very detailed and accurate record of performances of St. George athletes during the track season.

The results below tell part of the season's triumphs. It does not, however, tell of the dedication and loyalty of many other athletes, coaches, parents and supporters who have contributed to another enjoyable season.

Jim Gallagher
Track Secretary

NSW Track and Field Championships

Open and Under 18 at Homebush, 2/2/2007

Under 23, Under 20 and Under 16 at Homebush, 13/1/2007

Masters at Homebush, 25/3/07

Open Men

400m	P.Gregoriou	3 rd final	48.16s
400mH	P.Gregoriou	3 rd final	55.2s
1500m	B. St. Lawrence	5 th final	3m50.19s
5000m	M.Tucker	1 st final	13m56.09s

Under 23 Men

110mH	C.Barakat	3 rd final	15.62s
200m	I. Kamara	7 th final	23.43s
400m	P.Gregoriou	2 nd final	48.67s
	I.Kamara	6 th final	50.93s
400mH	P.Gregoriou	2 nd final	54.89s
L/Jump	C.Barakat	1 st final	6.96m

Under 20 Men

400m	Jack Jones	1 st final	50.08s
800m	James Nipperess	2 nd final	1m55.25s

Under 18 Men

200m	J.Jones	5 th final	22.5s
400m	J. Jones	5 th final	50.85s
1500m	T. Delaney	8 th final	4m25.73s
400mH	C. Hua	6 th final	62.71s
T/Jump	J. Jones	6 th final	11.84m

Under 16 Men

800m	C. Mulholland	10 th final	2m26.58s
3000m	C. Mulholland	4 th final	11m11.93s

Over 60 Men

800m	V.Gravitis	5 th final	3m25.42s
5000m	F.Scorzelli	1 st final	19m08.04s

Open Women

1500m	B. Delaney	8 th final	4m26.70s
3000m	K. Conder	1 st final	10m58.15s
SC			

Under 20 Women

3000m	B.Delaney	2 nd final	10m02.69s
	V.Wallington	6 th final	10m45.59s
1500m	K.Conder	4 th final	4m44.85s

Under 18 Women

3000m	V.Wallington	3 rd final	10m19.39s
1500m	V. Wallington	4 th final	5m01.52s
Discus	R. Ewe	6 th final	36.64m

Under 16 Women

S/Put	N.Iosefo	1 st final	11.44m
	A.Iosefo	4 th final	9.99m
T/Jump	C.Douglas	1 st final	10.95m
H/Jump	C. Douglas	5 th final	1.55m
L/Jump	C. Douglas	4 th final	4.95m

NSW Relays Championships

At Homebush, 18/11/2006

Open Men

4x100m. R.Jones, S. Murphy, I.Kamara, P. Gregoriou
5th heat

4x 400m

S.Murphy, R.Jones, I.Kamara, P.Gregoriou
2nd final 3m21.38s

4x 1500m B. St.Lawrence, M. Takieddine, S. Delaney,
I. Ali. 3rd final 16m53.45s

Under 20 Men

4x 200m R. Jones, J. Jones, L. Hamer, P. Gregoriou
1st final 1m29.42s

4x 400m R. Jones, J. Jones, D. Apostolidis, C. Hua
1st final 3m28.22s

Under 18 Men

4x 200m D. Apostolidis, M. Ashton, J. Jones, C. Hua
7th heat 1m35.85s
7th final 1m36.45s

4x400m D. Apostolidis, J. Jones, J. Nipperess, C.Hua
2nd final 3m28.61s

4x 800m N. Currie Nguyen, P. Donnadieu, J. Jones,
J. Nipperess 4th final 8m18.14s

4x 1500m N. Currie Nguyen, M. Murphy, T. Hogan , T.
Delaney 8th final 18m50.52s

Men 200+

4x 800m V. Gravitis, J. Owens, K. Delaney, C. Mullen
6th final 10m34.27s

4x 1500m D. Edwards, J. Owens, K. Delaney, C.
Mullen 4th final 21m26.56s

Under 18 Women

4x 800m K. Conder, B. Delaney, J. Conder, A. Nash
2nd final 9m52.74s

4x 1500m B. Delaney, J. Conder, K. Conder, V.
Wallington 1st final 19m38.65s

4x Long Jump A. Douglas, C. Douglas, B. Delaney, L.
Kronemberger 12th final 17.25m

4x Discus Throw R. Ewe, Z. Schubert, A. Iosefo, N.
Iosefo 2nd final 131.37m

4x Javelin Throw R. Ewe, A. Douglas, C. Douglas, Z.
Schubert 8th final 86.42m

NSW Club Championships

At Homebush, 16/12/2006

Open men St. George 3rd

Under 18 Men St. George 4th

Under 18 Women St. George 5th

Australian Championships

Open Men

110mH. C.Barakat 6th heat 14.82s
L/Jump C.Barakat 11th final 7.04m
3000m M.Tucker 2nd final 8m01.16s
(1st Australian)
3000m B.St. Lawrence 7th final 8m09.79s

Open Women

1500m B.Delaney 13th final 4m30.50s
3000m B.Delaney 9th final 10m20.46s

Australian All Schools Championships

Under 18 Women

1500m	B.Delaney	7 th final	4m35.89s
3000m	B.Delaney	2 nd final	9m51.07s
3000m	K.Conder	5 th final	10m33.82s

Under 17 Men

200m	J.Jones	4 th heat	22.97s
400m	J.Jones	3 rd heat	49.92s
		7 th final	51.52s
1500m	J.Nipperess	5 th final	4m02.17s
3000m	J.Nipperess	4 th final	8m54.64s

Under 17 Women

3000m	V.Wallington	5 th final	10m17.83s
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Under 16 Men

800m	P.Donnadieu	1 st heat	2m01.59s
		8 th final	2m18.70s

Under 16 Women

Discus	R.Ewe	3 rd final	37.47m
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Under 15 Women

Shot Put	N.Iosefo	4 th final	11.69m
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Under 14 Women

L/Jump	C.Douglas	8 th final	5.14m
T/Jump	C.Douglas	4 th final	11.38m
Shot Put	A.Iosefo	7 th final	11.35m
Discus	A.Iosefo	5 th final	34.00m

SEASON'S BEST PERFORMANCES

Men Open

100m	C.Barakat	11.29s
200m	I.Kamara	22.88s
400m	P.Gregoriou	48.16s
800m	J.Matthews	1m56.22s
1500m	J.Matthews	3m49.43s
3000m	M.Tucker	8m01.15s
5000m	M.Tucker	13m45.15s
110mH	C.Barakat	14.82s
200mH	S.Murphy	25.58s
400mH	P.Gregoriou	54.89s

3000mSC	B.St.Lawrence	9m04.60s
Long Jump	C.Barakat	7.04m

Women Open No competitors

Under 20 Men

100m	P.Gregoriou	11.34s
200m	P.Gregoriou	22.63s
400m	P.Gregoriou	49.36s
800m	S.Delaney	1m56.19s
1500m	J.Matthews	3m57.76s
3000m	S.Delaney	9m04.9s
5000m	J.Matthews	15m 12.86s
200mH	P.Gregoriou	24.82s

Under 20 Women

1500m	B.Delaney	4m26.70s
3000m	B.Delaney	10m02.69s
3000mSC	K.Conder	10m58.15s
Long Jump	L.Kronemberger	4.13m
Javelin Throw	Z.Pelbart	47.72m

Under 18 Men

100m	J.Jones	11.5s
200m	J.Jones	22.5s
400m	J.Jones	49.92s
800m	J.Nipperess	1m55.25s
1500m	J.Nipperess	3m56.77s
3000m	J.Nipperess	8m36.36s
200mH	C.Hua	29.11s
400mH	D.Apostolidis	60.64s
Long Jump	J.Jones	6.00m
High Jump	M.Ashton	1.50m
Triple Jump	Jones	12.34m
Pole Vault	T.Murphy	2.45m
Shot Put	C.Ayoub	15.30m
Discus Throw	C.Ayoub	43.57m
Javelin Throw	C.Ayoub	38.45m
Hammer Throw	C.Ayoub	39.39m

Under 18 Women

800m	B.Delaney	2m15.45s
1500m	J.Conder	4m33.31s
3000m	B.Delaney	9m51.07s
Long Jump	B.Delaney	3.62m
Discus Throw	R.Ewe	36.64m

Under 16 Men

100m	L.Hamer	11.55s
200m	L.Hamer	21.68s
400m	L.Hamer	49.68s
800m	P.Donnadieu	2m01.59s
1500m	P.Donnadieu	4m27.73s
3000m	C.Mulholland	10m55.86s
Long Jump	M.Ashton	4.74m
High Jump	M.Ashton	1.50m
Javelin Throw	P.Donnadieu	35.53m

Under 16 Women

1500m	S.Beck	5m30.49s
Long Jump	C.Douglas	4.95m
High Jump	C.Douglas	1.55m
Triple Jump	C.Douglas	10.95m
Shot Put	N.Iosefo	11.69m
Discus Throw	R.Ewe	39.24m
Javelin Throw	A.Douglas	32.55m

CLUB PREMIERSHIP POINTS.**Under 17****Men**

J. Jones	145
T. Delaney	118
M. Ashton	77
C. Hua	50
T. Murphy	35
T. Hogan	26
J. Nipperess	18
P. Donnadieu	13
R. Delaney	10

Women

V. Wallington	75
S. Beck	36
H. Wrigley	35
A. Douglas	30
C. Douglas	20

Under 20**Men**

J. Jones	100
L. Hamer	60
J. Matthews	30
A. Szomor	29

N. Currie Nguyen	25
I. Ali	17
D. Apostolidis	16
R. Jones	15

Women

B. Delaney	108
J. Gordic	30
J. Conder	18
K. Conder	17

Open**Men**

S. Murphy	156
C. Barakat	149
P. Gregoriou	130
J. Nipperess	76
S. Delaney	64
I. Kamara	44
J. Jones	40
J. Matthews	32
P. Windridge	31
I. Ali	21
B. St. Lawrence	16
M. Takieddine	8
N. Currie Nguyen	3

35+**Men**

K. Delaney	105
J. Owens	58
C. Mullen	40
B. Apostolidis	30
V. Gravitis	0

Women

D. Hayter	36
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BOB SIMPSON**NATHAN JOHNSTON**

SUMMER CROSS COUNTRY REPORT

2006-2007

David Edwards

Another successful season of summer cross country was held on Wednesday evenings from early November through to early March with the venue alternating each week between Scarborough Park & Gannons Park in the same way as in the previous few seasons.

Both venues have proved to be equally popular in terms of average numbers attending however it is interesting that Gannons Park has attracted athletes who live in that area who tend to run only at Gannons and obviously find a mid-week trek to Scarborough a bit far. Whereas on the other hand it is noted that the hill at Gannons isn't always its most popular feature!

In the 2Km division the handicap points scores were very closely contested with only 4 points separating the first three athletes, with the final placings decided on the last day of the season. Mark Simpson won with Peter Franklin and Mathew Simpson equal second.

In the longer races held over either 3km or 4km Paul Windridge built up a clear lead and looked the likely winner a few weeks from the end of the season. Tim Hogan and Chris Maver took the minor placings.

Paul, Tim and Chris ran every week of the season in that division, and it was great having their support. In the 2Km race the only one not to miss a race was our youngest runner Mathew Simpson.

The fastest times trophies were much closer than in previous years in all four categories and it was pleasing to see Emma Millett winning the female 2K trophy, her first at Summer XC.

Riley Delaney continued his improvement to win the male 2Km fastest times, while congratulations goes to Kim Delaney and Bridey Delaney who added to their previous successes by taking the fastest times trophies in the longer races.

Thanks to all those who helped with the organisation, by giving out place cards, recording names, putting out flags and cones etc, in particular special thanks to Kim Delaney, Trish & Bob Simpson, Kerry Edwards and others for keeping Summer Cross Country going for several weeks during my illness.

Thanks to all runners who supported the events.

The TOP TEN

2km	
1 Mark Simpson	218 points
2 Peter Franklin	214
2 Mathew Simpson	214
4 Chris Mullen	180
5 Olivia McClatchey	138
6 Riley Delaney	134
7 Luke Hoad	133
8 Arthur Peek	130
9 Emma Millett	127
10 Leo Kostas	124

3-4km	
1 Paul Windridge	216 points
2 Tim Hogan	199
3 Chris Maver	179
4 Bob Simpson	159
5 Mark Simpson	157
6 Kim Delaney	155
7 Par Johansson	146
8 Chris Mullen	140
9 Peter Franklin	138
9 Arthur Peek	138

FASTEST TIMES - TOP THREE

2km	
Female	
1 Emma Millett	49 points
2 Bridey Delaney	36
3 Stephanie Beck	28

Male	
1 Riley Delaney	43 points
2 Thomas Delaney	39
3 Louis Stergio	35

3-4 Km	
Female	
1 Bridey Delaney	30 points
2 Kate Conder	25
3 Ally Nash	19

Male	
1 Kim Delaney	59 points
2 Paul Windridge	48
3 Tim Hogan	34
3 Louis Stergio	34



Club Records

as on 4/6/07

SENIOR MEN'S CLUB RECORDS

100 metres	R.Henderson	10.3s	16.3.85
200 metres	D. Batman	20.98s	24.2.01
400 metres	D. Batman	45.02s	22.2.03
400 metres (Indoor)	D. Batman	45.93s	2.3.03
800 metres	G. Rootham	1m 46.6s	26.3.72
1500 metres	A. Thomas	3m 42.6s	1964
3000 metres	B. Martin	7m 53.29s	16.2.01
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	17.3.77
	A.Franklin	51.28	25.2.98
3000m Steeple	B. St. Lawrence	9m 04.60s	27.01.07
3000m Walk	C.Stratford	13m 23.20s	29.2.92
5000m Walk	C.Stratford	22m 46.20s	21.12.91
10000m Walk	C.Stratford	48m 26.7s	12.1.91
20 Km Walk	C.Stratford	1h 37m 38s	15.8.92
30 Km Walk	C.Stratford	2h 36m 38s	18.7.92
50 Km Walk	C.Stratford	5h 13m 15s	28.6.92
High Jump	S. Culkin	2.05m	21.3.97
Long Jump	N. Adamou	7.82m	7.3.02
Triple Jump	B.Dickinson	15.64m	1935
Pole Vault	L.Tufu'unga	4.40m	11.2.95
Shot 7.26kg	L.Chinnery	16.18m	1964
Discus 2kg	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	5393Pts	4.1.98
4 x 100m Relay	R.Gurr V.Plant J.Van Stappen S.Longden-Gee	41.5s	11.3.78
4 x 200m Relay	P. Cotter D.Batman A.Franklin K.Gallagher	1m 26.82s	30.11.97
4 x 400m Relay	D.Batman K.Gallagher C.Burgess A.Franklin	3m 13.78s	29.11.97
4 x 800m Relay	G.Rootham G.Cook M.Dunn R.Meagher	7m 34.7s	1976
4 x 1500m Relay	D.Harris S. Moseley N.Haines B.Martin	15m 37.40s	15.12.01
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

MEN'S UNDER 20 CLUB RECORDS

100 metres	R.Henderson	10.63s	18.3.83
200 metres	D.Batman	21.11s	22.1.00
400 metres	D.Batman	45.66s	15.1.00
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 12.7s	1977
5000 metres	L.Whitty	14m 20.5s	18.2.78
10000 metres	L.Whitty	29m 30.4s	1.3.77
1 mile	J.Hancock	4m 13.8s	1965
110mH(0.991m)	C. Barakat	15.78s	2.2.02
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 (800g)	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	A.Dunshea		
	C.Sams		
	D.Snowden		
	R.Henderson	43.18s	12.12.82
4 x 200m Relay	R. Jones		
	J. Jones		
	L. Hamer		
	P. Gregoriou	1m 29.42s	18.11.06
4 x 400m Relay	K.Bezzina		
	C.Pelham		
	C.Burgess		
	D.Batman	3m 21.06s	30.11.97
4 x 800m Relay	D. Simone		
	W. Freier		
	K. Gallagher		
	T. Auciello	7m 53.32	19.12.93
4 x 1500m Relay	S. Carvalho		
	T. Auciello		
	D. Harris		
	D.Jones	16m 31.43s	4.12.94
1 Hour Run	W.McCourt	16.814km	15.9.82
1 Mile Walk	W.McAlister	7m 18s	1953
110mH(1.067m)	W.Bird	14.2s	21.12.76
Shot Put (5.449kg)	J.Neale	14.40m	12.9.82
Discus (1.5kg)	J.Neale	52.22m	17.10.81
Hammer (5.449kg)	A.Scott	39.92m	3.3.79

MEN'S UNDER 18 CLUB RECORDS

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	24.3.02
400mH(0.840m)	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	C. Ayoub	16.85m	8.12.05
Discus 1.5kg	J.Neale	52.22m	17.10.81
Javelin 700g	J.Neale	56.78m	7.11.81
Hammer 5kg	C. Ayoub	39.39m	30.09.06
Decathlon	D.Davison	5954pt	12.1.86
4 x 100m Relay	M.Jansen C.Witheriff S.Hignett C.Davis	44.52s	2.12.84
4 x 200m Relay	M.Jansen C.Witheriff S.Hignett C.Davis	1m 32.29s	16.12.84
4 x 400m Relay	D. Apostolidis J. Jones J. Nipperess L. Hamer	3m 26.46s	20.11.05
4 x 800m Relay	D.Simone W.Freier K.Gallagher T.Auciello	7m 53.32s	19.12.93
4 x 1500m Relay	T. Munson D. Askew M. Lanham W. Freier	16m 35.80s	3.12.94

MEN'S UNDER 16 CLUB RECORDS

100 metres	K.Bezzina	11.03s	12.12.98
200 metres	L. Hamer	21.68s	30.09.06
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
200mH(0.762m)	W.Bird	27.00s	1973
2000m Steeple	T.Clarsen	6m 29.1s	23.11.85
1500m Walk	D.Latham	7m 45.0s	30.11.76
High Jump	H.Pavlidis	1.90m	16.9.81
Long Jump	R.Fong	6.12m	21.9.80
Triple Jump	G.Nixon	13.56m	1975
Pole Vault	S.Jansen	2.45m	3.12.83
Shot Put 4kg	N. Kipriotis	17.37m	30.11.02
Discus 1kg	D. Kipriotis	54.37m	24.11.01
Javelin 700g	I. Ali	48.13m	7.1.01
Hammer 4kg	C. Ayoub	40.78m	8.12.05
Multi Event	J. Jones	3,959 pts	18.12.05
4 x 100m Relay	C.Davis C.Witheriff M.Lubrano M.Jansen	44.89s	4.12.83
4 x 200m Relay	C.Davis C.Witheriff M.Lubrano M.Jansen	1m 33.15s	20.11.83
4 x 400m Relay	V.Parker D.Davison A.Noisier N.Nixon	3m 33.65s	16.12.84
4 x 800m Relay	P.Warren M.Lubrano R.Woods R.Summerill	8m 23.49s	28.11.83
4 x 1500m Relay	P.Warren G.Sheumach R.Woods R.Summerill	17m 39.48s	12.12.82

100mH(0.914m)	C.Burgess	16.07s	30.1.94
400mH(0.914m)	D.Davison	1m 01.91s	10.11.84
Shot Put 4.535kg	H.Pavlidis	13.25m	3.10.82
Discus 1.5kg	N. Kipriotis	43.11m	3.3.02
Hammer 4.535kg	A.Noisier	19.40m	8.12.84

MEN'S UNDER 14 CLUB RECORDS

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 Put 3.623kg	A. Noisier	14.16m	6.1.84
Discus 1kg	N. Kipriotis	43.24m	9.12.00
Javelin 600g	A. Noisier	43.00m	27.1.84
4x400m Relay	N. Nixon M. Tonge S. Jansen A. Irwin	4m 01.23s	28.11.82
4x800m Relay	D. Davison D. Whealy A. Irwin N. Nixon	9m 17.55s	12.12.82
4x1500m Relay	D. Whealy A. Irwin T. Dietz N. Nixon	19m 40.94s	28.11.82

SENIOR WOMEN'S CLUB RECORDS

Commenced on 1.10.86

100 metres	C. Williams	12.30s	4.1.91
200 metres	A. di Rosa	25.23s	18.2.96
400 metres	P. Gunning	56.22s	25.3.01
800 metres	P. Gunning	2m 09.50s	6.12.97
1500 metres	B. Mrakovcic	4m 21.45s	20.2.88
3000 metres	B. Mrakovcic	9m 33.26s	28.2.87
5000 metres	B. Martin	16m 31.15s	1.2.02
10000 metres	B. Martin	34m 41.0s	3.9.02
3000m Steeple	K. Conder	10m 58.15s	1.07.07
Half Marathon	B. Martin	1h 18m 36s	26.8.01
Marathon	S. Rose	2h 39m 0.29s	12.7.98
1 mile	B. Mrakovcic	4m 46.70s	10.1.88
100mH(0.840m)	S. Liku	14.39s	11.2.95
400m Hurdles	U. Rodway	60.04s	27.2.00
3000m Walk	A. Manning	12m 29.20s	5.2.94
5000m Walk	A. Manning	21m 23.07s	17.2.96
10000m Walk	A. Manning	44m 27s	21.1.96
High Jump	C. Bartlett	1.73m	12.12.98
Long Jump	S. Liku	6.23m	11.2.95
Triple Jump	S. Liku	11.66m	12.2.95
Pole Vault	K. Butler	2.70m	17.2.01
Shot 4kg	A. Iosefo	12.13m	14.10.06
Discus 1kg	Z. Giampetro	40.27m	8.12.01
Javelin 600g	Z. Pelbart	53.32m	14.01.06
Hammer 4kg	E. Saunders	24.82m	13.12.03
Heptathlon	U. Rodway	4476pt	1.10.98
4x100m Relay	S. El Gawley L. Bartlett J. Brooks C. Bartlett	51.73s	3.11.01

4x200m Relay	B. Otto D. Ferraro U. Rodway G. Templeman	1m 46.38s	12.11.92
4x400m Relay	U. Rodway K. Hall H. Moore C. Williams	3m 58.68s	18.12.93
4x800m Relay	M. Buckley R. Carne C. Williams L. Zammarrelli	9m 13.02s	12.11.92
4x1500m Relay	C. Batman L. Bennett M. Dovey B. Mrakovcic	18m 53.95s	27.11.88
4xMedley Relay 200m, 200m,400m,800m	Ariel Bray Lauren Bartlett Carly Bartlett Elizabeth Stratford	4m 28.7s	24.11.01

WOMEN'S UNDER 20 CLUB RECORDS

100 metres	P. Gunning	12.60s	3.3.01
200 metres	A. di Rosa	25.23s	18.2.96
400 metres	P. Gunning	56.22s	25.3.01
800 metres	P. Gunning	2m 09.50s	6.12.97
1500 metres	B. Delaney	4m 26.70s	2.02.07
3000 metres	M. Dillon	9m 41.44s	7.10.90
10000 metres	N. McKean	38m 27.00s	12.11.86
2000m steeple	E. Stratford	7m 14.6s	22.11.97
3000m steeple	K. Conder	10m 58.15s	2.07.07
100mH(0.840m)	A. di Rosa	14.85s	18.1.97
400m H	U. Rodway	60.24s	28.2.98
3000m Walk	C. Stratford	14m 36.41s	11.2.90
5000m Walk	C. Stratford	25m 33.00s	17.2.90
High Jump	C. Bartlett	1.73m	12.12.98
Long Jump	B. Otto	5.67m	24.2.93
Triple Jump	C. Douglas	11.38m	7.12.06
Pole Vault	K. Butler	2.70m	17.2.01
Shot 4kg	A. Iosefo	12.13m	14.10.06
Discus 1kg	Z. Giampetro	40.27m	8.12.01
Javelin 600g	Z. Pelbart	53.32m	14.01.06
Heptathlon	J. Brotherton	4491pts	24.3.01
4x100m Relay	S. El Gawley L. Bartlett J. Brooks C. Bartlett	51.73s	3.11.01
4x200 m Relay	B. Otto D. Ferraro U. Rodway G. Templeman	1m 46.38s	12.11.92
4x400 m Relay	A. di Rosa E. Stratford C. Bartlett P. Gunning	4m 05.42s	15.12.96
4x800 m Relay	E. Stratford B. Lenne M. Buckley P. Gunning	9m 38.20s	30.11.97
4x1500 m Relay	M. Buckley L. Hopkins L. Horrocks L. Zammarrelli	20m 16.96s	24.11.90
4xMedley Relay 200m,200m,400m,800m	Ariel Bray Lauren Bartlett Carly Bartlett Elizabeth Stratford	4m 28.7s	24.11.01

WOMEN'S UNDER 18 CLUB RECORDS

100 metres	K. Green	12.67s	12.12.99
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 27.76s	22.2.91
3000 metres	M. Dillon	9m 41.44s	7.10.90
100mH(0.762m)	K. Green	14.58s	9.12.01
100mH(0.840m)	A. Di Rosa	14.85s	18.1.97
400m H	A. Di Rosa	62.67s	23.3.97
2000m Steeple	E. Stratford	7m 14.6s	22.11.97
3000m Walk	C. Stratford	14m 36.41s	11.2.90
High Jump	C. Bartlett	1.73m	12.12.98
Long Jump	B. Otto	5.67m	24.2.93
Triple Jump	C. Douglas	11.38m	7.12.06
Pole Vault	K. Butler	2.70m	17.2.01
Shot 4kg	K. Green	11.77m	9.12.00
Discus 1kg	Z. Giampetro	40.27m	8.12.01
Javelin 600g	Z. Pelbart	49.87m	21.05.04
Heptathlon	J. Brotherton	4575pts	25.2.01
4 x 100m Relay	Z. Pelbart L. Hamer L. Kronenberg C. Virgona	51.96s	15.12.02
4x200m Relay	B. Otto D. Ferraro U. Rodway G. Templeman	1m 46.38s	12.11.92
4x400 m Relay	A. di Rosa E. Stratford C. Bartlett P. Gunning	4m 05.42s	15.12.96
4x800m Relay	E. Stratford B. Lenne M. Buckley P. Gunning	9m 38.20s	30.11.97
4x1500m Relay	B. Delaney V. Wallington J. Conder K. Conder	19m 38.65s	18.11.06

WOMEN'S UNDER 16 CLUB RECORDS

100 metres	K. Green	12.67s	12.12.99
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
90m Hurdles(0.762m)	L. Bartlett	13.36s	9.12.01
200mH(0.762m)	L. Bartlett	30.83s	24.11.01
300m Hurdles	A. Di Rosa	43.16s	8.12.95
2000m Steeple	E. Stratford	7m 14.6s	22.11.97
1500m Walk	C. Stratford	6m 45.58s	18.2.89
High Jump	C. Bartlett	1.73m	12.12.98
Long Jump	J. Brotherton	5.28m	27.3.99
Triple Jump	C. Douglas	11.38m	7.12.06
Pole Vault	K. Butler	2.50m	9.12.00
Shot 4kg	A. Josefo	12.13m	14.10.06
Discus 1kg	Z. Giampetro	40.27m	8.12.01
Javelin 600g	Z. Pelbart	45.50m	30.5.02
Heptathlon	U. Rodway	4446pts	30.1.94

4 x 100m Relay	Z. Pelbart L. Hamer C. Virgona J. Doyle	52.37s	15.12.02
4x200m Relay	Z. Pelbart L. Hamer C. Virgona J. Doyle	1m 51.32s	15.12.02
4x400 m Relay	Z. Pelbart L. Hamer C. Virgona J. Doyle	4m 11.99s	15.12.02
4x800m Relay	M. Buckley L. Horrocks U. Rodway L. Zammarrelli	9m 44.64s	26.11.89
4x1500m Relay	M. Buckley N. Hoyle L. Horrocks L. Zammarrelli	20m 16.96s	24.11.90

WOMEN'S UNDER 14 CLUB RECORDS

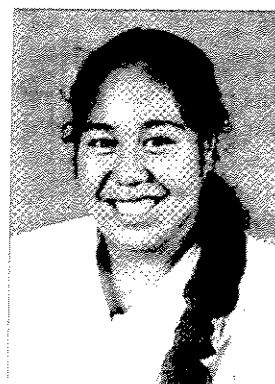
100 metres	K. Green	12.67s	12.12.99
200 metres	K. Green	25.48s	12.12.99
400 metres	D. Ferraro	58.58s	12.10.91
	J. Doyle	58.5s	22.3.02
800 metres	L. Zammarrelli	2m 18.86s	7.10.88
1500 metres	L. Zammarrelli	4m 43.09s	7.12.88
3000 metres	E. Stratford	10m 34.99s	8.12.95
80mH	Z. Schubert	15.10s	14.10.06
200mH(0.762m)	A. Daleris	34.85s	24.2.01
1500m Walk	E. Stratford	6m 53.59s	31.3.96
High Jump	C. Bartlett	1.66m	6.12.97
Long Jump	K. Pemberton	4.98m	5.3.00
	J. Doyle	4.98m	30.11.02
Triple Jump	C. Douglas	11.38m	7.12.06
Shot 4kg	A. Iosefo	12.13m	14.10.06
Discus 1kg	Z. Schubert	34.84m	14.10.06
Javelin 600g	K. Pemberton	31.60m	5.03.00
Heptathlon	U. Rodway	4446pt	30.1.94
4x200m Relay	C. Buckley D. Ferraro U. Rodway J. Nelson	1m 54.60s	16.11.91
4x400 m Relay	M. Buckley D. Ferraro U. Rodway J. Nelson	4m 17.8s	17.11.91
4x800m Relay	E. Millett L. Hamer A. Nash B. Delaney	10m 15.74s	15.12.02
4x1500m Relay	E. Millett C. Doyle A. Nash B. Delaney	21m 32.64s	15.12.02



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KOGARAH a better lifestyle

KOGARAH COUNCIL

is proud of its role in
continuing to support the
sporting clubs of Kogarah

Council's Sports Ground Wet
Weather Line on 9330 9595 is
available 24 hours-a-day and is
updated as necessary

Visit our one-stop-shop Customer
Service Centre, 84 Railway Parade,
Kogarah for all your Council
requirements:

- * pay rates
- * collect plans
- * view plans
- * make general enquiries
- * register your dog
- * lodge Development Applications

The Kogarah Town Square Library
& Cultural Centre has over 1 700m²
of space over two levels. For all
enquiries, call 9330 9527

Annual Spring Fair & Charity Bed Race

Saturday 1 September 2007 in
Railway Parade and Belgrave Street
from 10:00 am until 4:00 pm.

See the sixteenth running of this
unique event. Wander the craft and
food stalls, enjoy free entertainment
in the Kogarah Town Square and the
children's rides in Belgrave Street.
Details on our web site.

Kogarah Council
tel: 9330 9400
fax: 9330 9560
email:
kmcmail@kogarah.nsw.gov.au
web:
www.kogarah.nsw.gov.au

TREASURER'S REPORT

St George District Athletic Club Inc

Statement of Income and Expenditure for the year ended 31 March 2007

	2007 \$	2006 \$
Income		
Bank Interest	625.03	453.95
Annual Subscriptions	8,205.00	7,979.00
Cross Country Total (Note 1)	12,693.35	12,392.00
Track & Field Total	295.60	220.00
Sale of Uniforms	1697.50	929.50
General Total (Note 2)	3,438.44	1,913.97
Teams Fund Total (Note 3)	<u>6,402.55</u>	<u>5,711.60</u>
Total Receipts	33,357.47	29,600.02
<i>less</i>		
Payments		
Bank charges	22.95	16.80
Regs, etc. to Athletics NSW	10,850.00	9,714.00
Cross Country Total (Note 4)	9,477.83	8,508.30
Track and Field Total	0.00	156.00
Purchase of Uniforms	1,844.00	710.00
General Total (Note 5)	4,417.98	2,432.97
Teams Fund Total (Note 6)	<u>4,145.08</u>	<u>1,656.06</u>
Total Payments	30,757.84	23,194.13
Excess income over Expenditure	<u>2,599.63</u>	<u>6,405.89</u>
Cash at Bank at beginning of Year	18,219.54	11,819.65
Excess of Income over Expenditure	<u>2,599.63</u>	<u>6,405.89</u>
	<u>20,819.17</u>	<u>18,225.54</u>
This is represented by:		
Cash on Hand	720.00	0.00
Bank Cheque Account	6,033.48	6,778.19
Bank Direct Saver	14,065.69	0.00
Bank Cash Management Account	<u>0.00</u>	<u>11,441.35</u>
	<u>20,819.17</u>	<u>18,219.54</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 2007.

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 2007.

Michael Hanrahan and Associates
Honorary Auditor

Statement of Financial Position

	As at 31 March	
	2007	2006
	\$	\$
Current Assets		
Stock on Hand	5,482.00	5,225.50
Cash at Bank and on Hand	21,539.17	18,219.54
Bank Term Deposits	<u>22,319.35</u>	<u>21,216.11</u>
	49,340.52	44,661.15
Non-current Assets		
Equipment, Valued at cost		
less depreciation (Note 7)	<u>5,301.00</u>	<u>5,386.00</u>
	54,641.52	50,047.15
<i>less</i>		
Non-current Liabilities		
Reserve for Perpetual Trophy	295.10	295.10
Reserve for CC Trophies	216.97	216.97
Fun Run Reserve 2006 Prizes	<u>0.00</u>	<u>400.00</u>
	<u>54,129.45</u>	<u>49,135.08</u>
<i>equals</i>		
Club Funds -		
General Fund	44,251.75	42,314.85
Teams Fund	<u>9,077.70</u>	<u>6,820.23</u>
	<u>54,129.45</u>	<u>49,135.08</u>

Dennis Jolliffe
Honorary Treasurer

Note 1	2007	2006
	\$	\$
Cross Country Receipts		
Cross Country Race Fees	2,900.00	2,917.00
Net Raffle Proceeds	495.00	538.50
Novice Day Entries & other income	4,833.35	4,568.50
Trophies Donated	270.00	398.00
Rockdale City Council Fun Run	<u>4,045.00</u>	<u>3,970.00</u>
	<u>12,693.35</u>	<u>12,392.00</u>

Note 2		
General Receipts		
Donations	735.20	217.00
Term Deposit Interest	1,103.24	1,086.97
Fund raising for registration assistance by Christmas Mile and Other Donations	980.00	610.00
Grant to Assist Competition	500.00	0.00
Other income	<u>120.00</u>	<u>0.00</u>
	<u>3,438.44</u>	<u>1,913.97</u>

Note 3		
Teams Fund Receipts		
Donations	800.00	1,770.00
Chocolate and other Fund Raising	1,778.00	1,193.60
Club Functions - net proceeds	1,154.55	578.00
Supply of Officials; Athletic Events	<u>2,170.00</u>	<u>2,270.00</u>
	<u>6,402.55</u>	<u>5,711.60</u>

Note 4		
Cross Country Payments-		
Cross Country Cycle Prizes	865.00	895.00
Cross Country Hire of Hall	816.03	661.00
Cross Country Trophies and Other Expenses	1,221.00	994.80
Novice Day Expenses	2,912.80	2,383.90
Rockdale City Council Fun Run	<u>3,595.00</u>	<u>3,520.00</u>
	<u>9,477.83</u>	<u>8,508.30</u>

Note 5		
General Payments		
Printing, Postage, Stationery, etc	276.94	203.42
Trophies	433.45	531.95
Increase in Term Deposits	1,103.24	1,086.97
Equipment maintenance	44.00	45.00
Internet Web Page	449.75	411.95
Donations and Presentations	224.95	0.00
Athletics Awards Dinner	1,040.00	0.00
Transfer from Fun Run Reserve	400.00	0.00
Other	<u>445.65</u>	<u>153.68</u>
	<u>4,417.98</u>	<u>2,432.97</u>

Note 6

Teams Fund Payments

Assistance to Individuals -		
B Delaney	150.00	75.00
S Delaney	0.00	75.00
J Jones	0.00	35.00
C Kostas	150.00	0.00
S Milton	150.00	0.00
A Nash	150.00	0.00
J Nipperess	150.00	0.00
Z Peibart	<u>1,000.00</u>	<u>0.00</u>
	1,750.00	185.00
Relay Entries	1,435.00	895.00
Purchase of Chocolates for Fund Raising	<u>960.08</u>	<u>576.06</u>
	<u>4,145.08</u>	<u>1,656.06</u>

Note 7

Equipment

Equipment, Valued at cost	7,385.00	7,385.00
less Accumulated Depreciation	<u>2,084.00</u>	<u>1,999.00</u>
	<u>5,301.00</u>	<u>5,386.00</u>

Equipment as at 31 March 2007

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

COMMENTS ON ANNUAL FINANCIAL STATEMENTS

Dennis Jolliffe



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

As at 31 March	Total Club Funds	Movement
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	
		\$6,207.36
2006	\$49,135.08	
		\$4,194.37
2007	\$54,129.45	

In 2006-07 Club Funds rose by \$4,194.37. Although not as high as increases in the previous two years, the result is nevertheless very satisfactory. Over the past twelve months the Club has assisted many young athletes by subsidising registrations. The significant increase in Club Funds in 2006-07 is mainly due 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 and Lyn Delaney who have 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

JOYCE MOLLOY

When Joyce married Bob in 1964 she would not have known much about athletics, however, since then until her passing on 15 March 2007 Joyce was always involved in our sport and club.

Joyce was also part of St. George Little Athletics when her 3 daughters were involved with LA's in the 70's and 80's. She was also the backbone of Southside Masters Athletic Club on Thursday evenings at Sylvania Waters Track. She was always ready to get Bob there on time and officiating with race results and timekeeping no matter what the weather conditions were.

Joyce was always at Bob's side to give a helping hand and also help with the afternoon teas during the winter season. It was a very sad time for our club when we lost Bob a few years ago, but an equally sad time to Joyce as well. Joyce had moved to Warners Bay to be closer to her family. We offer our deepest sympathy to Joyce's daughters Robin, Narelle and Allison and their families.

CATHERINE "CATHY" HAMER

23 February 1963 - 04 November 2006

A very active sportsperson and a very technical and talented sprinter with her club. The loving wife of David and mother of Louise & Luke. She joined these two sections of her life to encourage her children to participate and enjoy sport.

Cathy was enjoying her employment when she "had a calling" and then trained as a pre-school teacher to work with young children. As a pre-school teacher she taught children with additional needs at Minooka pre-school Mortdale. As well she helped the children of Our Lady of Fatima Parish.

Cathy's involvement in Little A's included organising and training the relay teams in the weeks leading up to the State Relay Championships. She would show them the correct method for passing the baton and how to make the baton change work efficiently. Cathy conducted the Skills Program each week during the season for the under 6's and 7's teaching them the basic skills needed for running and throwing, using fun activities to get the message through to the kids. At the beginning of the nights events she would also organise for the under 15's to help go through a series of warm up exercises to show the younger athletes prior to competing in the evenings events.

Cathy always worked to help young athletes achieve their best through positive encouragement and reinforcing the enjoyment of participation in athletics.

Even after being diagnosed with her illness, Cathy kept up her normal activities including joining our club Executive. Still trained and ran with the young athletes to encourage them. She never complained even as she attended work. The staff at Calvary Kogarah were wonderful to her and the family.

Sadly missed, but never forgotten by anyone that came into contact and shared time with her.

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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