

*St. George  
District Athletic Club, Inc.*



*87<sup>th</sup> Annual Report  
2007 - 2008*

# *St. George District Athletic Club, Inc.*

Incorporated 1992. Successor to St. George District Amateur Athletic Club Founded 1921.

## **87th ANNUAL GENERAL MEETING**

**Syd Frost Hall, Hawthorne Street, Ramsgate**

Saturday 14 June, 2008

3.00pm

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1. Welcome to members and guests
2. Apologies
3. Minutes of 86th Annual General Meeting
4. Presentation of 87th Annual Report & Financial Statement
5. Election of Officers, Executive Committee and Appointment of Auditor
6. Presentation of 2007/2008 Annual Awards
7. General Business
8. Raffle Draw
9. Afternoon Tea

# *St George District Athletic Club Inc*

## *Minutes of 86th Annual General Meeting*

HELD 16th JUNE 2007  
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 64 members and guests in attendance (as per attendance book).

- 1. Special Guests** Kevin Greene MP – Member for Georges River  
Vince Badalati – Mayor for Hurstville  
Michael Kitmiridi – Mayor of Kogarah
- 2. Apologies:** Greg Doyle – CEO Athletics NSW  
Robert McClelland – MP  
Frank Sartor – MP  
Denis Wilson – Life Member  
Peter Tuziak  
Angela Koutoulas

- 3. Adoption of Minutes:** The Minutes of the 85<sup>th</sup> Annual General Meeting were confirmed -  
J.Owens/R.Gribble  
**CARRIED**

There were no matters arising from the minutes.

- 4. Presentation of the 86th Annual Report** – The President presented the 86th Annual Report & Financial Statement of the Club and read his report to the meeting. He commented on -
- **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. Huge thank you to Danielle for all her hard work, noted that Danielle deserves a gold star. Special thanks to Gary young and all that help at our various fundraising 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.
  - **Website:** Paid tribute to webmaster, Giang Nguyen, on his excellent work with the club website.

**5. Treasurer's Report:** As the treasurer was away Ron Gribble spoke kindly of Dennis Jolliffe and noted that Dennis was appointed treasurer in 1964- half the life of the club membership is up to 190 highest membership in a few years. Please note that finances have double in the past six years.

Full report can be found in annual report.

**Moved that the 86th Annual Report be received – J Irvine/R Russell**  
**CARRIED**

**6 . 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 2007/08 were elected as follows:-

<b>President:</b>	A Thomas
<b>General Secretary:</b>	D.Ferraro
<b>Treasurer:</b>	D Jolliffe
<b>Track Secretary:</b>	J. Gallagher
<b>Distance Secretary:</b>	C Wilson
<b>Minute Secretary:</b>	K.Mulholland
<b>Auditor:</b>	M Hanrahan

**Executive Committee:**

A Thomas, K Mulholland, D Jolliffe, C Wilson, J Gallagher, D.Ferraro, A Staples, R Russell, J Irvine, R Gribble, C Hamer, J Owens.

**7. Albie's Awards:** Albie presented three trophies to club athletes with a disability.

**8. Presentation of Annual Awards:** 19 awards were presented to athletes, full list can be seen in annual report.

**9. Summer Cross Country:** David Edwards presented awards for the season.

**10. Distance Report:** Colin Wilson encouraged everyone to run and enjoy our club.

**Tom Richards (*St George DAC Life Member*)** - Thanked the tea ladies.

**11. Raffle Draw:** Was conducted by the President.

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

## *Office Bearers*

### **Patron**

R Gribble

### **President**

A Thomas

### **Vice Presidents**

R Gribble, D Jolliffe, A Staples

### **General Secretary**

D Ferraro

### **Treasurer**

D Jolliffe

### **Track Secretary**

J Gallagher

### **Distance Secretary**

C Wilson

### **Minute Secretary**

K Mulholland

### **Honorary Auditor**

M Hanrahan

### **Executive**

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

### **Delegates to Athletics NSW Meetings**

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

### **Social Committee**

N Thomas, M Cadogan, E Beck

### **Selectors**

D Jolliffe, R Russell, C Wilson, D Apostolidis,  
S Delaney, 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, 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,  
M Douglas

### **First Aid**

S Moseley, D Ferraro

**Web Site:** [www.sgdac.org](http://www.sgdac.org)

**Webmaster:** Michael Gentle

## *Annual Awards for 2007/2008 Season*

<b>A.A.Gainsford Trophy</b> (Outstanding Senior Athlete)	<b><i>B St Lawrence</i></b>
<b>Robert Nash Trophy</b> (Most improved Senior Athlete)	<b><i>S Delaney</i></b>
<b>The L.L.Bosman Award</b> (Performance & Sportsmanship) (Outstanding Under 20 years)	<b><i>B Delaney</i></b>
<b>SGDAC Trophy</b> (Outstanding Under 18)	<b><i>R Ewe</i></b>
<b>D Jolliffe Trophy</b> (Most Improved Under 18 years)	<b><i>R Ewe</i></b>
<b>SGDAC</b> (Outstanding Under 16)	<b><i>M Rumiz</i></b>
<b>G.Page Trophy</b> (Outstanding Under 16 years Cross Country)	<b><i>A Kennedy</i></b>
<b>SGDAC Trophy</b> (Most Improved Under 12 years Cross Country)	<b><i>A McCauley</i></b>
<b>Mulholland Family</b> (Outstanding Under 14)	<b><i>Z Schubert</i></b>
<b>SGDAC Outstanding Hurdler</b>	<b><i>C Barakat</i></b>
<b>J.J.Walsh Trophy</b> (Outstanding Marathon Runner)	<b><i>D Harris</i></b>
<b>St.George Trophy</b> (Best Field Athlete)	<b><i>S Kelly</i></b>
<b>Ron Gribble Trophy</b> (Open grades Track & Field aggregate point score winner)	<b><i>C Barakat</i></b>
<b>Albert Thomas Award</b> (Track & Field Encouragement Award for Athletes Under 16 years)	<b><i>D Elias-Arciuli</i></b>
<b>B Dickinson</b> (Outstanding Jump Performance)	<b><i>C Douglas</i></b>
<b>P Tuziak</b> (Under 12 Encouragement)	<b><i>J Winters</i></b> <b><i>M Simpson</i></b>
<b>Athlete's Foot</b> (T&F Encouragement)	<b><i>A Douglas</i></b>
<b>R Russell</b> (Thrower's Trophy)	<b><i>A Kennedy</i></b>

## *President's Report*

### *Albert Thomas*



Our club has had another successful year and my role as President is made easier by the hard work done by the Executive. They give us freely, many hours of their time and expertise.

Without a large group of willing volunteers to conduct club events, our events would not run so efficiently. We also rely on them and former members, as well as athletes to conduct fund raising events. Yes, it is cold very early in the morning doing volunteer duties. The main events are the NSW Novice, Sydney Half Marathon, City to Surf and the Rockdale City Community Fun Run. We do earn donations from these events, as well as social dinners twice yearly and the Christmas mile.

Most of the funds raised go towards subsidising registration fees to make them lower and therefore assist young athletes and those showing promise. We also assist athletes with travel subsidies. Everyone has some talent and it is different for every person, so develop and improve what you have and get joy from your improvement, be a “grinner and a winner”.

Kim Delaney who supplies most of the equipment, and his super construction crew are very special as they “set up” our courses and finish areas on our main days. They do it with efficiency and no fuss, so thank you to all of the helpers. David Beck & Kylie Mulholland have introduced more efficient entry and recording procedures for our main races when we have big entry lists.

Our major sponsor is The Athletes Foot at Hurstville, who supply prize vouchers for the NSW Novice and Rockdale Fun Run. They also give our club members a generous discount when purchasing shoes from their store. So we give Jo and Brian Moro a special thank you.

Rockdale City Council sponsors the trophies for the NSW Novice day races, and their Community fun run. Gordon Bucton's Butchery donates sausages for the Novice day BBQ.

Our “bed racers” competed again in the Kogarah Bed Race and recorded a second place, a super effort. The entry fee is paid by Michael Roberts and he may sponsor two teams in this year's race. The race raises funds for our local hospital.

Similarly, money raised at the Rockdale City fun run is donated to The Knights of St George Heart Association to purchase equipment for the cardiac surgery unit at St. George Hospital.

Let us congratulate all of our athletes who competed during the 2007/2008 year. I recommend that you read each of the section reports that itemise performances and look at our website. There were many outstanding results, records, medals, and personal bests, team trips and determined running. These performances are assisted, by the help of our coaches, parents and families. Michelle Douglas and Ray Russell have both been awarded their level 4 coaching certification.

As well as serious competitors, we also have a large group of members and families who compete for health and happiness. The club caters for all levels of fitness and ages. It is also rewarding to see our two athletes with a visual disability compete and the help given by members.

During the cross-country season, we rely on our distance secretaries and handicappers to organise the races. Most importantly we have an excellent timekeeper in Jenny Beck. Assistance is given by Stephanie, and David Beck, as well as the race recorders. Our summer cross-country is organised by David and Kerry Edwards, and Kim Delaney. This is a popular series of races on Wednesday nights.

Our dedicated Track Secretary, Jim Gallagher has again managed our track and field season. Our athletes produced some great performances and records. It is great to see the “red and white” in action. One major handicap is the Club Premiership series, which operates on 2 different venues on each competition day. It means split resources and fewer athletes attending, plus a headache for Jim. Competition on each Saturday should be conducted at one venue.

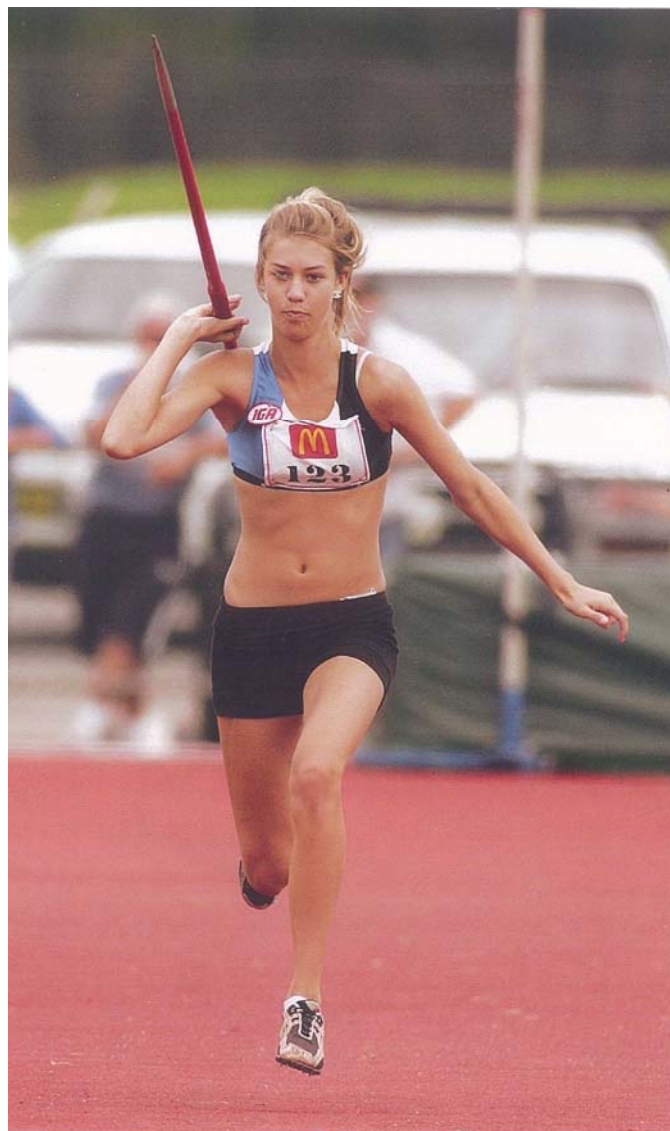
Jim was hospitalised with heart problems and required bypass surgery, and is now a member of the “Zipper Club”. It is great to see his smile again after his recovery.

Dennis Jolliffe has again managed our funds so they are in tiptop shape. As well, he is our Registrar and a cross-country handicapper. A very dedicated club official.

Our website had been well managed by Caogiang, who has handed it over to Michael Gentle. Colin Wilson gives the support via his system, so we are in good hands. So we are lucky to have people to operate the website, which is an important facility.

I would like to congratulate every club member who compete in races or help us with volunteer duties. We had some superb results with Australian and State winners and placegetters. But there are much better performances coming in the near future. Our Annual Award winners were selected based on consistent and improved performances.

### **SONYA KELLY**





## *2007 Distance Report*

### *Colin Wilson*

St George District Athletic Club enjoyed a good winter season with good attendance most weekends and some pleasing results. The club came 5th in the club championship a slight improvement on last year. We were able to win the Under 20 Female winter premiership this year but and came 2nd in Under 12 Male and Over 45 Male. A very good result for a club of our size.

We had some good results with Veronica Wallington coming second in the Novice Championship. Ben St Lawrence came second and Damon Harris came 10th in the NSW Distance Runner of the year. Ben St Lawrence 2nd, James Nipperess 6th, Bridey Delaney 3rd, Katherine Conder 4th, Jennifer Conder 5th and Veronica Wallington 5th at the Cross Country National Championships for their individual categories. Frank Scorzelli continued to show his great ability winning medals in the over 55 male category of the Australian Masters. We have some very good runners and they are well supported by every one in the club. We need to ensure we have new members joining to ensure we keep this great mix.

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.

#### **2007 Club Champions**

##### Female

	1 <sup>st</sup>	2 <sup>nd</sup>	3rd
Open 5 km	Leonie Simpson		
Under 20 5 km	Katherine Conder	Jennifer Conder	Emma Millet
Under 18 3 km	None		
Under 16 3 km	Cristin Murphy		
Under 14 3 km	Ana Eftimova	Louise Kelly	Jae Withers
Under 12 2 km	Carolena Kostas	Annaliese McCauley	Megan Heap
Over 35 5 km	None		
Over 40 5 km	None		
Over 45 5 km	None		
Over 50 5 km	None		
Over 55 5 km	None		
Over 60 5 km	None		
Over 65 5 km	None		

## Males

Open 8 km	Chadi Elashkar	Sergio Carvalho	James Matthews
Under 20 5 km	James Nipperess	Michael Murphy	Timothy Hogan
Under 18 3 km	Thomas Delaney		
Under 16 3 km	None		
Under 14 3 km	Connor Mulholland	Vincent Donnadieu	Christian Ramos
Under 12 2 km	Jordan Ramos	Mark Simpson	Adam McCauley
Over 35 8 km	None		
Over 40 8 km	Warwick Hayes		
Over 45 8 km	James Owens	Jose Carvalho	Tony O'Connor
Over 50 8 km	Kim Delaney	Peter Nash	
Over 55 8 km	None		
Over 60 8 km	None		
Over 65 8 km	Brian Hodgson		

## **2007 Winter Point Scores**

### Division 1

1<sup>st</sup> Tony O'Connor  
2<sup>nd</sup> Nam Currie- Nguyen  
3<sup>rd</sup> Katherine Conder

Fastest Male James Nipperess  
Fastest Female Katherine Conder /Bridey Delaney

### Division 2

1<sup>st</sup> John Irvine  
2<sup>nd</sup> Ray Millet  
3<sup>rd</sup> Leonie Simpson

Fastest Male Michael Murphy  
Fastest Female Bridey Delaney

### Division 3

1<sup>st</sup> George Kostas  
2<sup>nd</sup> Christian Ramos  
3<sup>rd</sup> Damon Ramos

Fastest Male Connor Mulholland  
Fastest Female Carolena Kostas

### Division 4

1<sup>st</sup> Mark Simpson  
2<sup>nd</sup> Jordan Ramos  
3<sup>rd</sup> Mathew Simpson

Fastest Male Jordan Ramos  
Fastest Female Jae Withers

### Super Series 1

1<sup>st</sup> Mark Simpson  
2<sup>nd</sup> Michael Gentle  
3<sup>rd</sup> Ally Nash

### Super Series 2

1<sup>st</sup> Mathew Simpson  
2<sup>nd</sup> Louise Kelly  
3<sup>rd</sup> Lillee Forrester

### **Trophy Days**

### **Ron Gribble Trophies**

Division 1 - 4 km Aaron Gentle

Division 2 - 2 km Lillee Forrester

### **Bob Molloy Trophy**

Division 2 - 4 km Phillipe Donnadieu

### **Terry O'Connor's Day**

Division 1 - 8 km Ally Nash

Division 2 - 5 km Aaron Gentle

Division 3 - 3 km Peter Franklin

Division 4 - 1.5 km Nicole Gentle

### **Ken Jenkins's Day**

Division 1 - 10 km Alan Staples

**Greg Page Trophy**

Division 1 - 11 km      Jonathon Charles

**Jack Coppock Trophy U14**

Division 3 - 3 km      Mathew Simpson

**Dean Degan Trophies**

Division 1 - 4 km      Nathan Breen

Division 2 - 2 km      Peter Franklin

**G Freeman Trophy**

Division 1 - 4 km      Michael Gentle

***CHRIS BARAKAT***



***JAMES NIPPERESS***

***MARC CURRIE-NGUYEN***

***BRIDEY DELANEY***



## **NSW Cross Country Championships 2007**

### **Highlights**

(Full results look at [www.sgdac.org](http://www.sgdac.org))

### **Premierships**

4th Open male  
3rd Under 12 Female  
1st Under 20 Female  
2nd Under 12 male  
5th Under 14 Male  
4th Under 16 Male  
5th Under 20 Male  
2nd 45+ Male

### **Novice Championships Scarborough Park 28<sup>th</sup> April 2007**

#### **Male**

4th James Nipperess 33:00

8th Team

#### **Female**

2nd Veronica Wallington 13:55

8th Team

### **Road Championships Holsworthy 5<sup>th</sup> May 2007**

#### **Teams**

1st Under 20 Female  
4th Open Female  
1st Under 12 Male  
6th Under 12 Male  
2nd 45+Male

#### **Under 12 Female**

3rd Carolena Kostas

#### **Under 20 Female**

3rd Bridey Delaney  
5th Jennifer Conder  
6th Katherine Conder  
8th Stephanie Beck

#### **Under 12 Male**

5th Nathan Breen  
6th Christian Ramos

8th Damon Ramos

#### **Under 14 Male**

2nd Connor Mulholland  
4th Riley Delaney

#### **Under 20 Male**

10th Michael Murphy

#### **Open Male**

2nd Ben St Lawrence

### **Relay Championships Miranda Park 2nd June 2007**

#### **Under 12 Female**

Team A 7th  
Team B 12th

#### **Under 12 Male**

Team A 3rd  
Team B 9th

#### **Under 16 Male**

Team A 4th

#### **Under 18 Female**

Team A 8th

#### **Under 20 Male**

Team A 4th

#### **Under 20 Male**

Team A 1st

#### **Open Female**

Team A 14th

#### **Open Male**

Team A 4th  
Team B 17th

### 35+ Male

Team A 13th

### 45+ Male

Team A 2nd

Team B 15th

### 55+ Male

Team A 7th

Team B 11th

### **Road Relay Championships Wollongong 4th August 2007**

#### Under 12 Female

Team A 2nd

Team B

#### Under 12 Male

Team A 2nd

Team B 7th

#### Under 14 Male

Team A 4th

#### Under 20 Female

Team A 2nd

#### Open Male

Team A 3rd

Team B 10th

### 45+ Male

Team A 1st

Team B 18th

### 55+ Male

Team A 8th

### **Short Course Championships Abbotsbury 14th July 2007**

### Teams

1st Under 12 Male

5th Under 12 Male

1st Under 12 Female

1st Under 20 Female

2nd Open Male

1st 45+Male

#### Under 12 Female

2nd Carolena Kostas

3rd Annaliese McCauley

#### Under 18 Female

2nd Veronica Wallington

#### Under 20 Female

3rd Bridey Delaney

4th Jennifer Conder

5th Katherine Conder

8th Stephanie Beck

#### 35+ Female

10th Lynette Delaney

#### Under 12 Male

4th Damon Ramos

5th Christian Ramos

6th Nathan Breen

#### Under 14 Male

9th Vincent Donnadieu

10th Connor Mulholland

#### Under 20 Male

9th Nam Currie-Nguyen

#### Open Male

2nd Ben St Lawrence

5th Damon Harris

#### 45+ Male

5th Jose Carvalho

8th Kim Delaney

10th Chris Mullen 33:24

### **Championships Nowra 23rd June 2007**

#### **Teams**

1st Under 20 Female  
3rd 45+Male

#### **Under 12 Female**

1st Carolena Kostas

#### **Under 18 Female**

2nd Veronica Wallington

#### **Under 20 Female**

2nd Jennifer Conder  
3rd Katherine Conder  
4th Bridey Delaney  
7th Stephanie Beck

#### **Under 12 Male**

8th Nathan Breen

#### **Under 14 Male**

9th Riley Delaney

#### **Under 18 Male**

1st James Nipperess

#### **45+ Male**

6th Jose Carvalho  
10th Chris Mullen

#### **50+ Male**

3rd Kim Delaney

### **Half Marathon Sydney 20th May 2007**

#### **Teams**

8th Open Men

#### **+35 Females**

3rd Lynette Delaney

### **Marathon Sydney 23rd September 2007**

#### **Teams**

1st Open Men  
3rd Open Men  
1st +45 Men

#### **Open Men**

1st Damon Harris  
5<sup>th</sup> Michael Arndell  
7<sup>th</sup> Chadi Elaskar

#### **+45 Men**

2nd Tony O'Connor  
3rd James Owen

### ***ASHLEIGH & CHRISTIE DOUGLAS***



**NATHAN JOHNSTON**

**ALLY NASH**





# *2007/2008 Track and Field Report*

## *Jim Gallagher*

Around 40 St. George athletes participated in the ANSW track and field season of 2007-8. In addition, several St. George athletes participated in NSW and Australian All Schools Championships. The results listed below cover all ANSW events and some others, including Club Premierships, All Comers, State and National Championships, State and National All Schools Championships.

As indicated below, our club athletes produced many good performances and results in various State and National Championships. In addition, a number of club records were bettered. Very few participated in senior ranks, either men or women. However we were very strong in women's lower age groups. This was particularly so in throwing events, under 18 and under 16. Two of our athletes, Ben St. Lawrence and Bridey Delaney gained selection in national teams.

The dedicated efforts of our club coaches, particularly, Ray Russell, Albie Thomas and Michelle Douglas helped develop the young talent in our club. Michelle stepped in to coach our sprinters, more than adequately filling the vacancy left by the retirement of Peter Tuziak. Behind the scenes, Vilis Gravitis again kept a very detailed and accurate record of performances of St. George athletes during the track season.

### ***Jim Gallagher*** ***Track Secretary***

#### **NSW Track and Field Championships**

Open and Under 18 at Homebush, 8/2/2008  
Under 23, Under 20 and Under 16 at Homebush, 23/2/08  
Masters at Homebush, 7/03/08  
5k Open at Homebush, 2/2/08

#### **Under 18 Men**

800m	P.Donnadieu	3rd final	1m 58.21s
1500m	V.Donnadieu	7th final	4m 50.99s
	P.Donnadieu	8th final	4m 51.18s
	T.Peters	6th final	4m 43.67s

#### **Open Men**

110mH	C.Barakat	9 <sup>th</sup> heat	15.49s
		9 <sup>th</sup> final	16.20s
800m	S.Delaney	10 <sup>th</sup> heat	1m 52.02s
1500m	S.Delaney	9 <sup>th</sup> heat	3m 52.81s
		6 <sup>th</sup> final	3m 49.13s
	J.Nipperess	7 <sup>th</sup> heat	3m 52.00s
	J.Nipperess	7 <sup>th</sup> final	3m 52.02s
	J.Matthews	8 <sup>th</sup> heat	3m 52.55s
	J.Matthews	8 <sup>th</sup> final	3m 52.36s
10km	C.Elashkar	9 <sup>th</sup> final	32m 40.10s

#### **Under 16 Men**

100m	M.Rumiz	2nd final	11.97s
	D.Elias Aciuli	5th final	12.38s
200m	M.Rumiz	3rd final	23.57s
	D.Elias Aciuli	5th final	24.65s
400m	M.Rumiz	1st final	53.79s
800m	V.Donnadieu	4th final	2m 13.05s
1500m	V.Donnadieu	6th final	4m 54.32s
3Km	C.Mulholland	3rd final	10m 50.76s

#### **Under 23 Men**

100m	A.Szomor	11 <sup>th</sup> final	12.39s
800m	J.Matthews	1 <sup>st</sup> final	1m 56.67s

#### **Over 60 Men**

800m	V.Gravitis	5th final (65-69)	3m 27.4
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#### **Under 20 Men**

1500m	J.Nipperess	1 <sup>st</sup> final	3m 56.87s
1500m	N.Currie-Nguyen	10 <sup>th</sup> final	4m 08.39s

#### **Open Women**

1500m	B Delaney	3rd final	4m 22.21s
3000m	SC K. Conder	dq	
5Km	B.Delaney	3rd final	17m 12.77s

**Under 20 Women**

800m	E.Millett	9th final	2m 46.09s
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**Under 18 Women**

High Jump	S.Kelly	6 <sup>th</sup> final	1.60m
Shot put	N.Iosefo	1 <sup>st</sup> final	10.78m
Discus	A.Kennedy	1 <sup>st</sup> final	40.26m
Javelin	S.Kelly	1 <sup>st</sup> final	34.40m
	A.Soverino	6 <sup>th</sup> final	31.45m
	A.Douglas	7 <sup>th</sup> final	30.02m
	S.Riggs	8 <sup>th</sup> final	28.43m

**Under 16 Women**

90mH	C.Douglas	5th final	14.90s
Long Jump	C.Douglas	5th final	4.98m
Triple Jump	C.Douglas	2nd final	10.73m
Shot Put	A.Iosefo	2nd final	10.53m
Discus	A.Iosefo	2nd final	28.57m
Javelin	Z.Schubert	2nd final	30.38m

**STATE RELAYS RESULTS FOR ST. GEORGE,  
At Homebush, 17-18 November 2007**
**Men Open**

4x100m. Heat Team disqualified for lateness  
(half minute) in providing rego. number of first runner

4x 200m	Heat	3 <sup>rd</sup>	1m31.70s
	Final	5 <sup>th</sup>	1m 31.28s

C.Barakat, P.Gregoriou, I.Kamara, J. Jones

4x long jump.	Final	5 <sup>th</sup>	23.21m
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C. Barakat, D. Apostolidis, C. Hua, I. Kamara

Medley	Final	6 <sup>th</sup>	3m44.42s
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P. Donnadiou, J. Jones, C. Barakat, I. Kamara

**Men Under 20**

4x200m	Final	8 <sup>th</sup>	1m 35.78s
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D. Apostolidis, P. Donnadiou, J. Jones, M. Ashton

**Men Under 16**

4x800m	Final	6 <sup>th</sup>	9m28.22s
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C. Mulholland, V. Donnadiou, R. Delaney, L. McLoughlin.

4x1500m	Final	3 <sup>rd</sup>	19m31.11s
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C. Mulholland, V. Donnadiou, L. McLoughlin, D. Siepen

**Men 200+**

4x800m	Final	3 <sup>rd</sup>	10m.00.80s
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K. Delaney, F. Scorzelli, C. Mullen, J. Charles

4x1500m	Final	2nd	20m.18.96s
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K. Delaney, J. Owens, C. Mullen, J. Charles

**Women Under 20**

4x800m	Final	1 <sup>st</sup>	10m.12.15s
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K. Conder, E. Millett, V. Wallington, J. Conder

4x1500m	Final	1 <sup>st</sup>	20m. 53.9s
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K. Conder, E. Millett, V. Wallington, J. Conder

**Women Under 18**

4x high jump	Final	5 <sup>th</sup>	5.90m
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C.Douglas, Z. Schubert, S. Kelly, S. Riggs

4xLong Jump	Final	9 <sup>th</sup>	17.24m
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C. Douglas, A. Douglas, S. Kelly, S. Riggs

4x Shot Put	Final	2 <sup>nd</sup>	38.89m
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A. Kennedy, N. Iosefo, A. Iosefo, R. Ewe

4x Discus	Final	2 <sup>nd</sup>	136.56m
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A. Kennedy, N. Iosefo, A. Iosefo, R. Ewe

**Australian Championships****Open Men**

110mH	C.Barakat	6 <sup>th</sup> heat	15.07s
1500m	S.Delaney	8 <sup>th</sup> heat	3m 53.56s

**Under 20 Men**

1500m	J.Nipperess	2nd heat	4m 00.00s
	J.Nipperess	5th final	3m 57.46s

**Open Women**

1500m	B.Delaney	7th final	4m 23.54s
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**Under 20 Womem**

1500m	B.Delaney	1st final	4m 21.57s
3 Km. SC	K.Conder	5th final	11m 33.04s
5km	V.Wallington	2nd final	18m 01.92s

**Australian All Schools Championships****Under 18 Men**

400m	J.Jones	4th heat	49.58s
		6th final	49.82s



**Under 17 Men**

800m	P.Donnadieu	5 <sup>th</sup> heat	2m 00.18s
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**Under 18 Women**

3000m	V.Wallington	6 <sup>th</sup> final	10m16.11s
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**Under 17 Women**

Discus	R.Ewe	3 <sup>rd</sup> final	41.82m
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**Under 16 Women**

H/Jump	S.Kelly	10 <sup>th</sup>	1.59m
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S/Put	N.Iosefo	7 <sup>th</sup> final	11.58m
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Discus	A.Kennedy	3 <sup>rd</sup> final	39.86m
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Javelin	S.Kelly	7 <sup>th</sup> final	35.33m
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Hammer	N.Iosefo	11 <sup>th</sup> final	26.06m
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**Under 15 Women**

T/Jump	C.Douglas	7 <sup>th</sup> final	11.06m
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**SEASON'S BEST PERFORMANCES****Men Open**

100m	C.Barakat	11.77s
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800m	S.Delaney	1m.52.02s
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1500m	S.Delaney	3m.45.32s
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3000m	B.St.Lawrence	7m.55.39s
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5000m	B.St.Lawrence	13m.56.36s
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10Km	C.Elashkar	32m.40.10s
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110mH	C.Barakat	14.98s
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Long Jump	C.Barakat	6.72m
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**Women Open**

200m	C.Dege	34.5s
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**Under 20 Men**

200m	J.Jones	23.10s
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400m	J.Jones	49.58s
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800m	J.Nipperess	1m 53.17s
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1500m	J.Nipperess	3m 52.00s
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**Under 20 Women**

800m	B.Delaney	2m 11.82s
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1500m	B.Delaney	4m 21.55s
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3000m	B.Delaney	9m 41.16s
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5000m	B.Delaney	17m 12.77s
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2000mSC	K.Conder	7m.14.55s
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3000mSC.	K.Conder	11m 33.04s
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**Under 18 Men**

100m	M.Ashton	12.15s
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200m	L.Hamer	22.88s
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400m	L.Hamer	49.44s
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800m	P.Donnadieu	1m 58.21s
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1500m	T.Peters	4m 43.67s
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3000m	T.Delaney	9m 33.93s
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**Under 18 Women**

1500m	S.Beck	5m.50.71s
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3000m	V.Wallington	10m 12.05s
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Long Jump	A.Douglas	4.40m
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High Jump	S.Kelly	1.60m
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Shot Put	N.Iosefo	10.78m
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Discus	R.Ewe	41.82m
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Javelin	A.Douglas	33.92m
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**Under 16 Men**

100m	M.Rumiz	11.97s
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200m	M.Rumiz	23.57s
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400m	M.Rumiz	53.79s
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800m	V.Donnadieu	2m.13.05s
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1500m	R.Delaney	4m.50.79s
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3000m	D.Siepen	9m.44.34s
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2000m Steeple	C.Mulholland	7m 39.94s
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Long Jump	M.Rumiz	5m
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**Under 16 Women**

90mH	C.Douglas	14.90s
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200mH	S.Riggs	37.09s
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High Jump	S.Kelly	1.62m
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Long Jump	C.Douglas	4.98m
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Triple Jump	C.Douglas	11.06m
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Shot Put	A.Iosefo	12.24m
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Discus	A.Kennedy	39.86m
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Javelin	S.Kelly	36.98m
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Hammer Throw	N.Iosefo	29.66m
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**Under 14 Men**

400m	K.Hayter	1m 117.1s
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800m.	C.Mulholland	2m.17.16s
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1500m.	C.Mulholland	4m.44.38s
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3000m.	C.Mulholland	10m.39.52s
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Long Jump	K.Hayter	3.09m
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Discus	M.Ferencak	37.64m
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Javelin	M.Ferencak	37.04m
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**Under 14 Women**

200m	A.McCauley	28.47s
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400m	A.McCauley	65.12s
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800m	A.McCauley	2m 33.34s
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High Jump	Z.Schubert	1.45m
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## CLUB PREMIERSHIP POINTS

### Under 17

#### Men

M.Rumiz	58
D.Elias-Arcuili	51
P.Donnadieu	47
K.Hayter	40
C.Mulholland	20
M.Ferencak	18
V.Donnadieu	8

#### Women

A.Iosefo	55
S.Kelly	47
R.Ewe	30
A.Kennedy	20
S.Riggs	18
C.Kostas	16
N.Iosefo	15

### Under 20

#### Men

L.Hamer	30
T.Delaney	20

#### Women

E.Millett	47
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### Open

#### Men

C.Barakat	116
S.Delaney	113
B.St.Lawrence	50
J.Jones	40
J.Matthews	34
C.Elashkar	30
P.Windridge	11

#### Women

V.Wallington	46
B.Delaney	34
C.Dege	18

### 35+

#### Men

K.Delaney	76
C.Mullen	15
J.Owens	15



**THE CHRISTMAS MILE RUNNERS - 2007**



Special thanks to the Athlete's Foot - Hurstville  
Generous sponsors of:

- NSW Novice Championships &
- Rockdale City Community Fun Run & Walk

# *Summer Cross Country Report*

## *2007/2008*

### *David Edwards*

Another successful season of summer cross country was held over 17 weeks on Wednesday evenings from the start of daylight saving in October 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.

After having consistent numbers attending over the previous 5 years this season was notable for a large increase in the number of participants in the 2Km race, with often close to 40 runners competing. The longer races held over either 3Km or 4Km averaged similar to previous years with about 16 runners.

On occasions the weather was unfavourable, and at least twice we ran in torrential downpours- but that all adds to the fun!

The 2Km Division Handicap points score was very closely contested, in fact it was so close that it ended in a tie! Par Johansson and Megan O'Connor each scored 366 points. This was a particularly rewarding result as Par has been a long-time supporter of Summer Cross Country, whilst for Megan it was her first year of running with us. So for opposite reasons it is good to celebrate their success.

Michael Gentle and Angus Mulholland both ran consistently through the season, improving as they went and took the runners-up positions only a few points behind the winners.

In the longer races held over either 3km or 4km Chris Mullen was a decisive and deserving winner, while only 7 points covered the next five competitors.

In the Fastest Times categories Emma Millett was well ahead in winning the female 2K trophy for the second successive year, and Kim Delaney also retained his title in the longer races.

Newcomer Helen Torode, who is not a member of St George, won the Female trophy in the longer races, with her daughter Ruby second, and we hope Helen and Ruby will run with us during summer again next year.

Thomas Delaney scored a rush of points late in the season to overhaul previous front-runners Paul Windridge and Tim Hogan in the male 2Km division.

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, Chris Mullen, Trish & Bob Simpson, and Sean Hogan for their help in this respect.

Thanks to all runners who supported the events.

#### **The TOP TEN**

##### **2km**

<b>1 Par Johansson and Megan O'Connor</b>	<b>366 points</b>
<b>2 Michael Gentle</b>	<b>356</b>
<b>3 Angus Mulholland</b>	<b>338</b>
<b>4 Rachel Camenzuli</b>	<b>325</b>
<b>5 Chris Mullen</b>	<b>317</b>
<b>6 Arthur Peek</b>	<b>311</b>
<b>7 Sean Hogan</b>	<b>290</b>
<b>8 Mathew Simpson</b>	<b>263</b>
<b>9 Kylie Mulholland</b>	<b>257</b>
<b>10 Bob Simpson</b>	<b>251</b>

##### **3-4km**

<b>1 Chris Mullen</b>	<b>191 points</b>
<b>2 Kim Delaney</b>	<b>156</b>
<b>3 Wayne Camenzuli</b>	<b>155</b>
<b>4 Tony O'Connor</b>	<b>153</b>
<b>5 Connor Mulholland</b>	<b>151</b>
<b>6 Jason Vella</b>	<b>149</b>
<b>7 Arthur Peek</b>	<b>139</b>
<b>8 Mark Simpson</b>	<b>135</b>
<b>9 Helen Torode</b>	<b>134</b>
<b>10 Bob Simpson</b>	<b>125</b>

## FASTEST TIMES - TOP THREE

### 2km Female

1 Emma Millett	58 points
2 Stephanie Beck	43
3 Megan O'Connor	36

### Male

1 Thomas Delaney	60 points
2 Tim Hogan	53
2 Paul Windridge	53

### 3-4 Km Female

1 Helen Torode	47 points
2 Ruby Torode	22
3 Emma Stergio	16
3 Ana Eftimova	16

### Male

1 Kim Delaney	71 points
2 Connor Mulholland	53
3 Tony O'Connor	31

### CONNOR MULHOLLAND



### SHANNON DELANEY



## *Club Records as at May 2008*

### Senior Women's Club Records

100m	C Williams	12.30s	4/01/91
200m	A di Rosa	25.23s	18/02/96
400m	P Gunning	56.22s	25/03/01
800m	P Gunning	2m 09.50s	6/12/97
1500m	B Mrakovcic	4m 21.45s	20/02/88
3000m	B Mrakovcic	9m 33.26s	28/02/87
5000m	B Martin	16m 31.15s	1/02/02
10000m	B Martin	34m 41.00s	3/09/02
Half Marathon	B Martin	1h 18m 36s	26/08/01
Marathon	S Rose	2h 39m 0.29s	12/07/98
1 Mile	B Mrakovcic	4m 46.70s	10/01/88
100m H (0.840m)	S Liku	14.39s	11/02/95
400m H	U Rodway	60.04s	27/02/00
3000m Steeple	K Conder	10m 58.15s	1/07/07
3000m Walk	A Manning	12m 29.20s	5/02/94
5000m Walk	A Manning	21m 23.07s	17/02/96
10000m Walk	A Manning	44m 27s	21/01/96
High Jump	C Bartlett	1.73m	12/12/98
Long Jump	S Liku	6.23m	11/02/95
Triple Jump	S Liku	11.66m	12/02/95
Pole Vault	K Butler	2.70m	17/02/01
Shot 4kg	A Iosefo	12.24m	20/10/07
Discus 1kg	R.Ewe	41.82m	6/12/07
Javelin 600g	Z Pelbart	53.32m	14/01/06
Hammer 4kg	N.Iosefo	29.66m	13/10/07
Heptathlon	U Rodway	4476pts	1/10/98
4 x 100m Relay	S El Gawley L Bartlett J Brooks C Bartlett	51.73s	3/11/01
4 x 200m Relay	B Otto D Ferraro U Rodway G Templeman	1m 46.38s	12/11/92

4 x 400m Relay	U Rodway K Hall H Moore C Williams	3m 58.68s	18/12/93
4 x 800m Relay	M Buckley R Carne C Williams L Zammarrelli	9m 13.02s	12/11/92
4 x 1500m Relay	C Batman L Bennett M Dovey B Mrakovcic	18m 53.95s	27/11/88
4 x Medley Relay 200m, 200m, 400m, 800m	A Bray L Bartlett C Bartlett E Stratford	4m 28.7s	24/ 11/01

#### Under 20 Women's Club Records

100m	P Gunning	12.60s	3/03/01
200m	A di Rosa	25.23s	18/02/96
400m	P Gunning	56.22s	25/03/01
800m	P Gunning	2m 09.50s	6/12/97
1500m	B Delaney	4m 21.55s	21/02/08
3000m	B.Delaney	9m 41.16s	13/12/07
5000m	B Delaney	17m 12.77s	2/02/08
10000m	N McKean	38m 27.00s	12/11/86
100m H (0.840m)	A di Rosa	14.85s	18/01/97
400m H	U Rodway	60.24s	28/02/98
2000m Steeple	K.Conder	7m 14.55s	9/09/07
3000m Steeple	K Conder	10m 58.15s	2/07/07
3000m Walk	C Stratford	14m 36.41s	11/02/90
5000m Walk	C Stratford	25m 33.00s	17/02/90
High Jump	C Bartlett	1.73m	12/12/98
Long Jump	B Otto	5.67m	24/02/93
Triple Jump	C Douglas	11.38m	7/12/06
Pole Vault	K Butler	2.70m	17/02/01
Shot 4kg	A Iosefo	12.24m	20/10/07
Discus 1kg	R.Ewe	41.82m	6/12/07
Javelin 600g	Z Pelbart	53.32m	14//01/06

Hammer	N Iosefo	29.66m	13/10/07
Heptathlon	J Brotherton	4491pts	24/03/01
4 x 100m Relay	S El Gawley L Bartlett J Brooks C Bartlett	51.73s	3/11/01
4 x 200m Relay	B Otto D Ferraro U Rodway G Templeman	1m 46.38s	12/11/92
4 x 400m Relay	A di Rosa E Stratford C Bartlett P Gunning	4m 05.42s	15/12/96
4 x 800m Relay	E Stratford B Lenne M Buckley P Gunning	9m 38.20s	30/11/97
4 x 1500m Relay	M Buckley L Hopkins L Horrocks L Zammarrelli	20m 16.96s	24/11/90
4 x Medley Relay 200m, 200m, 400m, 800m	A Bray L Bartlett C Bartlett E Stratford	4m 28.7s	24/11/01

#### Under 18 Women's Club Records

100m	K Green	12.67s	12/12/99
200m	A di Rosa	25.23s	18/02/96
400m	P Gunning	56.59s	23/03/97
800m	P Gunning	2m 09.50s	6/12/97
1500m	M Dillon	4m 27.76s	22/02/91
3000m	M Dillon	9m 41.44s	7/10/90
100m H (0.762m)	K Green	14.58s	9/12/01
100m H (0.840m)	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

Long Jump	B Otto	5.67m	24/02/93
Triple Jump	C Douglas	11.38m	7/12/06
Pole Vault	K Butler	2.70m	17/02/01
Shot 4kg	A.Iosefo	12.24m	20/10/07
Discus 1kg	R.Ewe	41.82m	6/12/07
Javelin 600g	Z Pelbart	49.87m	21/05/04
Hammer	N Iosefo	29.66m	13/10/07
Heptathlon	J Brotherton	4575pts	25/02/01
4 x 100m Relay	Z Pelbart L Hamer L Kronenberg C Virgona	51.96s	15/12/02
4 x 200m Relay	B Otto D Ferraro U Rodway G Templeman	1m 46.38s	12/11/92
4 x 400m Relay	A di Rosa E Stratford C Bartlett P Gunning	4m 05.42s	15/12/96
4 x 800m Relay	E Stratford B Lenne M Buckley P Gunning	9m 38.20s	30/11/97
4 x 1500m Relay	B Delaney V Wallington J Conder K Conder	19m 38.65s	18/11/06
4 x Shot Put Relay	A Kennedy N Iosefo A Iosefo R Ewe	38.89m	17/11/07
4 x Discus Relay	A Kennedy N Iosefo A Iosefo R Ewe	136.56m	18/11/07
4 x Long Jump Relay	C Douglas A Douglas S Kelly S Riggs	17.24m	17/11/07



4 x High Jump Relay	C Douglas Z Schubert S Kelly S Riggs	5.90m	18/11/07
4 x Javelin Relay	A Douglas Z Schubert S Kelly S Riggs	123.17m	18/11/07

#### Under 16 Women's Club Records

100m	K Green	12.67s	12/12/99
200m	A di Rosa	25.23s	18/02/96
400m	P Gunning	56.59s	23/03/97
800m	P Gunning	2m 09.50s	6/12/97
1500m	M Dillon	4m 32.97s	12/12/88
3000m	M Dillon	10m 01.01s	18/02/89
90m H (0.762m)	L Bartlett	13.36s	9/12/01
200m H (0.762m)	L Bartlett	30.83s	24/11/01
300m H	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	18/02/89
High Jump	C Bartlett	1.73m	12/12/98
Long Jump	J Brotherton	5.28m	27/03/99
Triple Jump	C Douglas	11.38m	7/12/06
Pole Vault	K Butler	2.50m	9/12/00
Shot 4kg	A Iosefo	12.24m	20/10/07
Discus 1kg	Z Giampetro	40.27m	8/12/01
Javelin 600g	Z Pelbart	45.50m	30/05/02
Hammer	N Iosefo	29.66m	13/10/07
Heptathlon	U Rodway	4446pts	30/01/94
4 x 100m Relay	Z Pelbart L Hamer C Virgona J Doyle	52.37s	15/12/02
4 x 200m Relay	Z Pelbart L Hamer C Virgona J Doyle	1m 51.32s	15/12/02

4 x 400m Relay	Z Pelbart L Hamer C Virgona J Doyle	4m 11.99s	15/12/02
4 x 800m Relay	M Buckley L Horrocks U Rodway L Zammarrelli	9m 44.64s	26/11/89
4 x 1500m Relay	M Buckley N Hoyle L Horrocks L Zammarrelli	20m 16.96s	24/11/90

#### Under 14 Women's Club Records

100m	K Green	12.67s	12/12/99
200m	K Green	25.48s	12/12/99
400m	D Ferraro J Doyle	58.58s 58.5s	12/10/91 22/03/02
800m	L Zammarrelli	2m 18.86s	7/10/88
1500m	L Zammarrelli	4m 43.09s	7/12/88
3000m	E Stratford	10m 34.99s	8/12/95
80m H	Z Schubert	15.10s	14/10/06
200m H (0.762m)	A Daleris	34.85s	24/02/01
1500m Walk	E Stratford	6m 53.59s	31/03/96
High Jump	C Bartlett	1.66m	6/12/97
Long Jump	K Pemberton J Doyle	4.98m 4.98m	5/03/00 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	Z. Schubert	31.70m	17/11/07
Heptathlon	U Rodway	4446pts	30/01/94
4 x 200m Relay	C Buckley D Ferraro U Rodway J Nelson	1m 54.60s	16/11/91
4 x 400m Relay	M Buckley D Ferraro U Rodway J Nelson	4m 17.8s	17/11/91

4 x 800m Relay	E Millett L Hamer A Nash B Delaney	10m 15.74s	15/12/02
4 x 1500m Relay	E Millett C Doyle A Nash B Delaney	21m 32.64s	15/12/02

#### Senior Men's Club Records

100m	R Henderson	10.30s	16/3/85
200m	D Batman	20.98s	24/2/01
400m	D Batman	45.02s	22/2/03
400m (Indoor)	D Batman	45.93s	2/3/03
800m	G Rootham	1m 46.60s	26/3/72
1500m	A Thomas	3m 42.60s	1964
3000m	B Martin	7m 53.29s	16/2/01
5000m	J Andrews	13m 27.31s	23/11/89
10000m	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 58.30s	21/3/64
110m H (1.067m)	V Plant	13.70s	17/12/77
400m H (0.914m)	G Cox	51.20s	17/3/77
	A Franklin	51.20s	25/2/98
3000m Steeple	B St Lawrence	9m 04.60s	27/1/07
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 26.70s	12/1/91
20km Walk	C Stratford	1h 37m 38s	15/8/92
30k Walk	C Stratford	2h 36m 38s	18/7/92
50km 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 Bodirosa	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	41.50s	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 34.70s	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

#### Under 20 Men's Club Records

100m	R Henderson	10.63s	18/3/83
200m	D Batman	21.11s	22/1/00
400m	D Batman	45.66s	15/1/00
800m	T Auciello	1m 51.89s	21/11/92
1500m	J.Nipperess	3m 52.00s	8/02/08
3000m	L Whitty	8m 12.7s	1977

5000m	L Whitty	14m 20.5s	18/2/78
10000m	L Whitty	29m 30.4s	1/3/77
1 Mile	J Hancock	4m 13.8s	1965
110m H (0.991m)	C Barakat	15.78s	2/2/02
110m H (1.067m)	W Bird	14.20s	21/12/76
400m H (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 5.449kg	J Neale	14.40m	12/9/82
Shot 6kg	-		
Discus 1.5kg	J Neale	52.22m	17/10/81
Discus 1.75kg	-		
Javelin 800g	G Glynn	65.10m	1963
Hammer 5.449kg	A Scott	39.92m	3/3/79
Hammer 6kg	-		
Decathlon	S Culkin	5393pts	4/1/98
Pentathlon	M Dorrity	2888pts	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 53.32s	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

#### Under 18 Men's Club Records

100m	D Batman	10.74s	24/7/98
200m	D Batman	21.37s	17/7/98
400m	D Batman	46.57s	17/7/98
800m	T Auciello	1m 51.89s	21/11/92
1500m	M Vassallo	3m 53.00s	15/2/86
3000m	L Whitty	8m 25.2s	16/12/77
5000m	L Whitty	14m 36.0s	1976
10000m	L Whitty	30m 01.0s	1977
110m H (0.914m)	C Barakat	14.30s	24/3/02
400m H (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 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	30/9/06
Decathlon	D Davison	5954pts	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

#### Under 16 Men's Club Records

100m	K Bezzina	11.03s	12/12/98
200m	L Hamer	21.68s	30/09/06
400m	D Batman	48.36s	23/02/97
800m	T Auciello	1m 57.35s	26/10/91
1500m	T Auciello	3m 57.49s	17/11/91
3000m	T Auciello	8m 52.76s	13/10/91
100m H (0.840m)	C Barakat	14.05s	12/12/99
100m H (0.914m)	C Burgess	16.07s	30/01/94
200m H (0.762m)	W Bird	27.00s	1973
400m H (0.914m)	D Davison	1m 01.91s	10/11/84
2000m Steeple	T Clarsen	6m 29.1s	23/11/85
1500m Walk	D Latham	7m 45.0s	30/11/76
High Jump	H Pavlidis	1.90m	16/9/81
Long Jump	R Fong	6.12m	21/9/80
Triple Jump	G Nixon	13.56m	1975
Pole Vault	S Jansen	2.45m	3/12/83
Shot 4kg	N Kipriotis	17.37m	30/11/02
Shot 4.535kg	H Pavlidis	13.25m	3/10/82
Discus 1kg	D Kipriotis	54.37m	24/11/01
Discus 1.5kg	N Kipriotis	43.11m	3/03/02
Javelin 700g	I Ali	48.13m	7/1/01
Hammer 4kg	C Ayoub	40.78m	8/12/05
Hammer 4.535kg	A Noisier	19.40m	8/12/84
Multi Event	J Jones	3959pts	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

***ALBERT "ALBIE" THOMAS***





**Under 14 Men's Club Records**

100m	C Pelham	11.63s	12/10/91
200m	C Pelham	23.24s	8/02/92
400m	L Hamer	52.61s	12/12/04
800m	L Hamer	2m 05.54s	11/12/04
1500m	N Nixon	4m 19.88s	26/2/83
High Jump	S Mungovan	1.65m	6/11/82
Long Jump	A Noisier	5.52m	1/01/84
Triple Jump	A Noisier	11.54m	8/11/83
Shot 3.623kg	A Noisier	14.16m	6/01/84
Discus 1kg	N Kipriotis	43.24m	9/12/00
Javelin 600g	A Noisier	43.00m	27/01/84
4 x 100m Relay	N Nixon M Tonge S Jansen A Irwin	4m 01.23s	28/11/82
4 x 800m Relay	D Davison D Whealy A Irwin N Nixon	9m 17.55s	12/12/82
4 x 1500m Relay	D Whealy A Irwin T Dietz N Nixon	19m 40.94s	28/11/82

***2008 ROCKDALE CITY COMMUNITY FUN RUN & WALK***

***Treasurer's Report***  
***St George District Athletic Club Inc.***  
***Dennis Jolliffe***



**Statement of Income and Expenditure  
for the year ended 31 March 2008**

	<b>2008</b>	<b>2007</b>
	<b>\$</b>	<b>\$</b>
<b>Income</b>		
Bank Interest	909.10	625.03
Annual Subscriptions	6,935.00	8,205.00
Cross Country Total (Note 1)	12,873.00	12,693.35
Track & Field Total	313.00	295.60
Sale of Uniforms	712.00	1697.50
General Total (Note 2)	1,756.00	3,438.44
Teams Fund Total (Note 3)	<u>3,698.00</u>	<u>6,402.55</u>
Total Receipts	27,196.17	33,357.47
<i>less</i>		
<b>Payments</b>		
Bank charges	15.50	22.95
Regns, etc. to Athletics NSW	9,905.00	10,850.00
Cross Country Total (Note 4)	9,046.95	9,477.83
Track and Field Total	155.00	0.00
Purchase of Uniforms	0	1,844.00
General Total (Note 5)	5,427.76	4,417.98
Teams Fund Total (Note 6)	<u>4,535.00</u>	<u>4,145.08</u>
Total Payments	29,085.01	30,757.84
 Excess Income over Expenditure	 <u>-1,888.84</u>	 <u>2,599.63</u>
 Cash at beginning of Year	 20,819.17	 18,219.54
Excess of Income over Expenditure	<u>-1,888.84</u>	<u>2,599.63</u>
Cash at end of year	<u>18,930.33</u>	<u>20,819.17</u>
 This is represented by:		
Cash on Hand	0.00	720.00
Bank Cheque Account	3,956.12	6,033.48
Bank Direct Saver	<u>14,974.21</u>	<u>14,065.69</u>
	<u>18,930.33</u>	<u>20,819.17</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 2008.

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 2008.

**Michael Hanrahan and Associates**  
**Honorary Auditor**

## *Statement of Financial Position*

	<b>As at 31 March</b>	
	<b>2008</b>	<b>2007</b>
	<b>\$</b>	<b>\$</b>
Current Assets		
Stock on Hand	4,654.50	5,482.00
Cash at Bank and on Hand	18,930.33	21,539.17
Bank Term Deposits	<u>23,685.42</u>	<u>22,319.35</u>
	47,270.75	49,340.52
Non-current Assets		
Equipment, Valued at cost		
less depreciation (Note 7)	<u>7,333.00</u>	<u>5,301.00</u>
	54,603.25	54,641.52
<i>less</i>		
Non-current Liabilities		
Reserve for Perpetual Trophy	295.10	295.10
Reserve for CC Trophies	<u>216.97</u>	<u>216.97</u>
	<u>54,091.18</u>	<u>54,129.45</u>
<i>equals</i>		
Club Funds -		
General Fund	45,850.48	44,251.75
Teams Fund	<u>8,240.70</u>	<u>9,077.70</u>
	<u>54,091.18</u>	<u>54,129.45</u>

***Dennis Jolliffe***  
***Honorary Treasurer***

## *Equipment as at 31 March 2008*

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

<b>Note 1</b>	<b>2008</b>	<b>2007</b>
	<b>\$</b>	<b>\$</b>
<b>Cross Country Receipts</b>		
Cross Country Race Fees	2,624.00	2,900.00
Net Raffle Proceeds	506.00	495.00
Novice Day Entries & other income	5,597.00	4,833.35
Trophies Donated	280.00	270.00
Rockdale City Council Fun Run	<u>3,866.00</u>	<u>4,045.00</u>
	<u>12,873.00</u>	<u>12,693.35</u>
<b>Note 2</b>		
<b>General Receipts</b>		
Donations	30.00	735.20
Term Deposit Interest	1,366.07	1,103.24
Fund raising for registration assistance by Christmas Mile and Other Donations	0.00	980.00
Grant to Assist Competition	0.00	500.00
Refund Coaching Course Exps (ANSW)	200.00	0.00
Other income	<u>160.00</u>	<u>120.00</u>
	<u>1,756.07</u>	<u>3,438.44</u>
<b>Note 3</b>		
<b>Teams Fund Receipts</b>		
Donations	0.00	800.00
Chocolate and other Fund Raising	0.00	1,778.00
Club Functions - net proceeds	1,189.00	1,154.55
Bed Race	400.00	0.00
Supply of Officials; Athletic Events	<u>2,109.00</u>	<u>2,170.00</u>
	<u>3,698.00</u>	<u>6,402.55</u>
<b>Note 4</b>		
<b>Cross Country Payments-</b>		
Cross Country Cycle Prizes	970.00	865.00
Cross Country Hire of Hall	378.00	816.03
Cross Country Trophies and Other Expenses	1,470.25	1,221.00
Novice Day Expenses	2,877.30	2,912.80
Rockdale City Council Fun Run	<u>3,351.40</u>	<u>3,595.00</u>
	<u>9,046.95</u>	<u>9,477.83</u>
<b>Note 5</b>		
<b>General Payments</b>		
Printing, Postage, Stationery, etc	113.32	276.94
Trophies	339.50	433.45
Increase in Term Deposits	1,366.07	1,103.24
Equipment maintenance	0.00	44.00
Internet Web Page	385.00	449.75
Donations and Presentations	100.00	224.95
Athletics Awards Dinner		1,040.00
Transfer from Fun Run Reserve		400.00
Purchase of equipment	2,516.00	0.00
Grants for Coaching Courses	500.00	0.00
Other	<u>107.00</u>	<u>445.65</u>
	<u>5,427.76</u>	<u>4,417.98</u>
<b>Note 6</b>		
<b>Teams Fund Payments</b>		
Assistance to Individuals –		
M Arndell	65.00	0.00
K Conder	200.00	0.00
J Conder	200.00	0.00
N Currie-Nguyen	200.00	0.00
C Dege	200.00	0.00
B Delaney	700.00	150.00
S Delaney	0.00	0.00
C Elashkar	65.00	0.00
D Harris	65.00	0.00
C Kostas	200.00	150.00
S Milton	0.00	150.00
A Nash	200.00	150.00
J Nipperess	200.00	150.00
T O'Connor	65.00	0.00
J Owens	65.00	0.00
Z Pelbart		1,000.00
B St. Lawrence	200.00	0.00
A Staples	120.00	0.00
V Wallington	<u>200.00</u>	<u>0.00</u>
	<u>3,275.00</u>	<u>1,750.00</u>
Relay Entries	1,260.00	1,435.00
Purchase of Chocolates for Fund Raising	<u>0.00</u>	<u>960.08</u>
	<u>4,535.00</u>	<u>4,145.08</u>
<b>Note 7</b>		
<b>Equipment</b>		
Equipment, Valued at cost	9,902.00	7,385.00
less Accumulated Depreciation	<u>2,569.00</u>	<u>2,084.00</u>
	<u>7,333.00</u>	<u>5,301.00</u>

## *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
<b>2001</b>	\$26,541.98	
<b>2002</b>	\$24,871.71	\$1,670.27
<b>2003</b>	\$28,555.93	\$3,684.22
<b>2004</b>	\$31,243.35	\$2,687.42
<b>2005</b>	\$42,934.22	\$11,690.87
<b>2006</b>	\$49,135.08	\$6,207.36
<b>2007</b>	\$54,129.45	\$4,194.37
<b>2008</b>	\$54,091.18	-\$38.27

In 2007-08 Club Funds fell by 38.27, compared to the significant increases in recent years. This fall is due mainly to assistance provided to athletes that rose from \$1,750 in 2006-07 to \$3,275 in 2007-08, as well as a large outlay of \$2,516 for purchase of equipment. Over the past twelve months the Club has assisted many young athletes by subsidising registrations.

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 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 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 Lyn Delaney who has handled Club Uniform purchases and sales, have been of great help.

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

## *Club Membership*

**2003-04 2004-05 2005-06 2006-07 2007-08**

<b>Over 65</b>	9	15	15	13	13
<b>60 to 64</b>	11	12	13	11	7
<b>55 to 59</b>	6	8	8	6	7
<b>50 to 54</b>	9	15	15	17	12
<b>45 to 49</b>	15	10	9	13	14
<b>35 to 44</b>	12	13	17	17	15
<b>25 to 34</b>	16	17	14	12	12
<b>20 to 24</b>	5	3	5	8	16
<b>Under 20</b>	2	4	10	11	8
<b>Under 18</b>	15	10	14	23	13
<b>Under 16</b>	21	25	19	11	15
<b>Under 14</b>	22	13	9	14	16
<b>Under 12</b>	21	17	25	34	20
<b>Total</b>	<b>182</b>	<b>162</b>	<b>173</b>	<b>190</b>	<b>170</b>

Recent changes to the fee structure to register members with Athletics NSW have resulted in inappropriate comparisons over time.

In 2007-08 Club member numbers fell by 20 back from the large increase experienced in 2006-07. During 2007-08, the Club received 41 new members and had 129 renewals, compared to 71 new members and 119 renewals for the previous year.

Details of 2007-08 new and renewal members are shown below, indicating a high retention rate across all age groups –

<b>Age Group</b>	<b>New Members</b>		<b>Renewals</b>		<b>Total Number</b>
	<b>No.</b>	<b>%</b>	<b>No.</b>	<b>%</b>	
Under 12	5	23	17	77	22
12 to 19	17	32	36	68	53
20 to 34	8	30	19	70	27
35 and over	<u>11</u>	40	<u>57</u>	60	<u>68</u>
<b>Total</b>	<u>41</u>		<u>129</u>		<u>170</u>

## *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

## *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		