

*St. George  
District Athletic Club, Inc.*



*88<sup>th</sup> Annual Report  
2008 - 2009*

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

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

## **88th ANNUAL GENERAL MEETING**

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

Saturday 13th June, 2009

3.00pm

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### **A G E N D A**



1. Welcome to members and guests
2. Apologies
3. Minutes of 87th Annual General Meeting
4. Presentation of 88th Annual Report & Financial Statement
5. Election of Officers, Executive Committee and Appointment of Auditor
6. Presentation of 2008/2009 Annual Awards
7. General Business
8. Raffle Draw
9. Afternoon Tea

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# *St George District Athletic Club Inc*

## *Minutes of 87th Annual General Meeting*

**HELD 14th JUNE 2008**  
**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  
Betty Moore - ANSW

**2. Apologies** Various members of SGDAC

**3. Adoption of Minutes:** The Minutes of the 86<sup>th</sup> Annual General Meeting were confirmed -  
K.Delaney/J.Owens

**CARRIED**

There were no matters arising from the minutes.

**4. Presentation of the 87th Annual Report** – The President presented the 87th 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 many athletes this year.
- **Executive:** Thanked members of the Executive Committee for their contribution to the club with special mention to Kim Delaney and David Beck for all their 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 –Nathan Johnston will be in a disabled team kindly sponsored by Jim Owens. St George DAC will be entering 3 teams in this event.
- **Website:** Paid tribute to webmaster, Michael Gentle, on his excellent work with the club website.
- **Coaches:** Michelle Douglas and Ray Russell both now level 4 and we are very lucky to have them.

**Betty Moore- ANSW** Thanked all the volunteers, thanked Dennis for the financial success in keeping the books afloat.

There is a meeting tomorrow to discuss the pros and cons of split rounds.

Betty spoke practically of split venue re timing and noted that at this stage it will stay.

**Kevin Greene MP-** offered congratulations to the club –thanked everyone involved in the presentation of the annual report.

Congratulations offered to Albie on the 50<sup>th</sup> anniversary of his world record.

**Dennis Jolliffe**- Congratulations to Albie of the anniversary of the world record and thanked Albie for all that he puts back into the sport of athletics.

**5. Treasurer's Report:** Dennis gave an outline of the financial report. Dennis is happy to remain treasurer however is looking for someone to take over registration and handicapper. Thank you to Albie and Coral for their help and support.

Full report can be found in annual report.

**Moved that the 87th 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 2008/09 were elected as follows:-

<b>President:</b>	A Thomas
<b>General Secretary:</b>	K. Mulholland
<b>Treasurer:</b>	D Jolliffe
<b>Track Secretary:</b>	J. Gallagher/K. Delaney
<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, K. Delaney, A. Staples, R Russell, J Irvine, R Gribble, J Owens, D. Beck

**7. Tom Richards (St George DAC Life member)**- thanked everyone for Novice and the tea ladies.

**8. Presentation of Annual Awards:**

**Kevin Greene MP**

**Betty Moore ANSW**

18 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.  
Presented flowers to Jenny Beck

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

**12. General Business:** There was no general business. The President closed the meeting at 3.55pm.



## *Office Bearers*

### **Patron**

R Gribble

### **President**

A Thomas

### **Vice Presidents**

R Gribble, D Jolliffe, A Staples

### **General /Minute Secretary**

K.Mulholland

### **Treasurer**

D Jolliffe

### **Track Secretary**

J Gallagher/K.Delaney

### **Distance Secretary**

C Wilson

### **Honorary Auditor**

M Hanrahan

### **Executive**

A Thomas (Chairman), K.Delaney  
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**

J Irvine, A.Staples, C Wilson,  
J Gallagher, R Russell (alt)

### **Delegates to Winter Committee**

A Staples, J Irvine, C Wilson

### **Track Captain**

C.Barakat

### **Track Vice Captain**

D Apostolidis

### **Mens Distance Captain**

J.Owens

### **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,  
K& L Delaney, M Cadogan, C.Barakat, J.Owens

### **Handicappers**

M.Gentle, D Edwards, C Wilson, K Delaney

### **Timekeepers, Judges, Recorders and**

#### **Gear Stewards**

R Russell, J Gallagher, K.Delaney, D Jolliffe,  
J Irvine, J & D Beck, G.Young, C.Mullen

### **Uniform & Trophy Steward**

L Delaney, J Owens, A.Thomas

### **Starters**

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

### **Coaches**

R Russell, A  
Thomas, G.Breen, J.Owens, L.Stergio  
M Douglas

### **First Aid**

P&L McCauley

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

**Webmaster:** Michael Gentle

## *Annual Awards for 2008/2009 Season*

<b>A.A.Gainsford Trophy</b> (Outstanding Senior Athlete)	<b>Ben St Lawrence</b>
<b>Robert Nash Trophy</b> (Most improved Senior Athlete)	<b>Bridey Delaney</b>
<b>The L.L.Bosman Award</b> (Outstanding Under 20 Performance & Sportsmanship)	<b>Luke Hamer</b>
<b>SGDAC Trophy</b> (Outstanding Under 18)	<b>Alix Kennedy</b>
<b>D Jolliffe Trophy</b> (Most Improved Under 18 years)	<b>Alice Severino</b>
<b>SGDAC</b> (Most improved Under 16)	<b>Riley Delaney</b>
<b>G.Page Trophy</b> (Outstanding Under 16 years )	<b>Connor Mulholland</b>
<b>SGDAC Trophy</b> (Most Improved Under 12 years)	<b>Angus Mulholland &amp; Nicole Harrington</b>
<b>Mulholland Family</b> (Outstanding Under 14)	<b>Annaliese McCauley</b>
<b>SGDAC Outstanding Hurdler</b>	<b>Chris Barakat</b>
<b>J.J.Walsh Trophy</b> (Outstanding Marathon Runner)	<b>Michael Arndell</b>
<b>St.George Trophy</b> (Best Field Athlete)	<b>Sonya Kelly</b>
<b>Ron Gribble Trophy</b> (Open grades Track & Field aggregate point score winner)	<b>Chris Barakat</b>
<b>Albert Thomas Award</b> (Track & Field Encouragement Award for Athletes Under 16 years)	<b>Matt Ferencak &amp; Rebecca Riggs</b>
<b>B Dickinson</b> (Outstanding Jump Performance)	<b>Christie Douglas</b>
<b>P Tuziak</b> (Under 12 Encouragement)	<b>Jordan Ramos</b>
<b>Athlete's Foot</b> (T&F Encouragement)	<b>Paul Windridge</b>
<b>R Russell</b> (Thrower's Trophy)	<b>Sarah Riggs</b>

## *President's Report* *Albert Thomas*



2008/2009 has been another successful year for our club. Thank you to everyone for your hard work, especially the Club Executive. We are fortunate to have a large group of willing volunteers to help conduct events, especially at cross country events, with our timing, placing judges, recorders and handicappers. Similarly, we have an excellent team led by Jim Gallagher and assisted by Kim Delaney and coaches at track and field events.

A big thank you to all sectional secretaries who have compiled reports to be included.

Dennis Jolliffe has again displayed his expertise in controlling the club finances and investment. At 31<sup>March</sup> 2001 we had \$26,541 and at 31<sup>March</sup> 2009 we had \$56,093, which is a substantial gain. At the same time we did assist members with travel expenses and we assisted numerous athletes with subsidized registration fees. A prudent approach has been used rather than spending funds unnecessarily.

Colin Wilson has kept all the cross-country results for the club, State and National events enabling a good report being available.

The track and field is managed by Jim Gallagher and assisted by Kim Delaney. Much of the ANSW competition is split over 2 grounds on the same day, giving Jim and Kim many problems. It is a disaster method of competition. We did have many good results with Bridey Delaney, Belinda Martin, Laura Flynn, Christie Douglas, Alix Kennedy, Alison Severino, Sonya Kelly, Ben St Lawrence, Tim Rowe, Luke Hammer and Connor Mulholland all performing well.

I would like to give special mention to our Webmaster Michael Gentle who has all results on the web the same night as competition. He has created a superb site, which is a joy to look at.

During the year we have many events where we have to volunteer. Fortunately we do have many club members who will assist in these events. From all of the events we do gain club funds through donations and our own events. We have events such as the Sydney half marathon, City to Surf, Rockdale City Fun Run and our premier event the NSW Novice Championships at Scarborough. At that event, our manager David Beck has organization in superb control. Kim "Bob the builder" Delaney, and his crew supervise the setting up. The catering team of Jim Gallagher and Nola make sure we get refreshments and earn money. Our course officials who mark and flag the course are super.

The Athletes Foot Hurstville donates many prizes and gives discounts to all club members. Gordon Bucton donates half the sausages for the BBQ.

I recommend that you read all of the various reports.

Albie Thomas,  
3 Mile World Record  
13 min 10.8 sec  
9 July 1958, Santry  
Stadium, Dublin, Eire



Albie Thomas  
50<sup>th</sup> Anniversary World  
Record  
Santry, Dublin 2008



## *2008 Distance Report*

### *Jim Owens*

It has been great to see a lot of our younger male and female athletes have continued to improve with some very fine and deserved results.

A full list of results follow this report and I would also encourage you to check out the results page on our website where you will find lots more from local fun runs, interstate events and overseas runs from Mt Burelli to Boston and everywhere in between, the red and white of St George has been well represented.

I would like to point out that our club won medals in every ANSW winter competition held, either as individuals or in teams, from road championships, cross country long and short courses, relays, road and cross country, half marathon and marathon as well as mountain running championships, in various age groups both male and female.

Quite fantastic.

Our top male and female athletes went a step further at the Australian Cross Country Championships held in Geelong, Victoria.

We had 9 club athletes compete with Ben St Lawrence 3<sup>rd</sup> open male, Bridey Delaney 3<sup>rd</sup> U20 female and Veronica Wallington 1<sup>st</sup> 18-19 female.

Another athlete representing the club and NSW was Chadi Elashkar in the Australian Half Marathon Championships in Melbourne finishing well in 17<sup>th</sup> position to top off a fine season.

To represent your country is indeed a great honour and achievement, in 2008 Ben St Lawrence, Bridey Delaney, Veronica Wallington and Tim Rowe did themselves their club and country proud and join a group of elite athletes from our club who have competed with distinction on the international scene.

2008 also marked the anniversary of our president Albie Thomas 3 mile record in July 1958 in Ireland. Albie and Nola were special guests of honour at Sentry Stadium in Dublin to celebrate this marvellous occasion.

It has to be mentioned the work Albie does behind the scenes for the club is nothing short of amazing, from fundraising, marking tree roots, obstacles and trimming branches on the track at Scarborough Park to hassling politicians and ANSW officials and coaching our young ones is very inspiring.

Our weekly winter competition at Scarborough Park continues to enjoy good competition, fun, raffles and a race distance to suit all abilities, followed by the best afternoon tea anywhere!

ANSW commended St George on hosting the Novice Cross Country Championships; this accolade is well deserved and could not be possible without the tireless work from the army of volunteers. As well as the Novice the club continues to enjoy success in staging the Rockdale City Council Community Fun Run. This event continues to grow and promotes our club in the local community and running circles with proceeds donated to the Knights of St George Heart Association.

To all athletes, members, officials, family, friends and sponsors-Congratulations on being part of the success of "2008".



## 2008 Club Champions

### Female

	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Open 5 km	Suzanne Harrington	Michelle Delaney	
Under 20 5 km	None		
Under 18 3 km	Lucy Stewart	Stephanie Beck	
Under 16 3 km	None		
Under 14 3 km	Emily West	Ana Eftimova	Megan Heap
Under 12 2 km	Jae Withers	Nicole Harrington	Kaitlyn Harrington
Over 35 5 km	None		
Over 40 5 km	Lynette Delaney		
Over 45 5 km	Helen Myles		
Over 50 5 km	None		
Over 55 5 km	Kerry Edwards		
Over 60 5 km	None		
Over 65 5 km	Maureen Cadogan		

### Males

	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Open 8 km	Sergio Carvalho	Chadi Elashkar	Paul Windridge
Under 20 5 km	Michael Murphy	Thomas Delaney	
Under 18 3 km	None		
Under 16 3 km	Connor Mulholland	Stephen McLoughlin	Riley Delaney
Under 14 3 km	Mark McLoughlin		
Under 12 2 km	Nathan Breen	Daniel Ison	Mark Simpson
Over 35 8 km	Louis Stergio	Jason Vella	Michael Gentle
Over 40 8 km	None		
Over 45 8 km	Chris Mullen	Tony O'Connor	Brett Hardy
Over 50 8 km	Kim Delaney	Jim Owens	Jonathon Charles
Over 55 8 km	Alan Staples	Peter Nash	David Burns
Over 60 8 km	Frank Scorzelli	John Irvine	
Over 65 8 km	Chris Maver		



*Miranda Relays 2008*

## 2008 Winter Point Scores

### Division 1

- 1<sup>st</sup> Jason Vella
- 2<sup>nd</sup> John Irvine
- 3<sup>rd</sup> Brett Hardy

**Fastest Male** Michael Murphy  
**Fastest Female** Lynette Delaney

### Division 2

- 1<sup>st</sup> Maureen Cadogan
- 2<sup>nd</sup> Michael Fernandes
- 3<sup>rd</sup> Kerry Edwards

**Fastest Male** Connor Mulholland  
**Fastest Female** Cassie Dege

### Division 3

- 1<sup>st</sup> Catherine Heap
- 2<sup>nd</sup> John Smith
- 3<sup>rd</sup> Nathan Breen

**Fastest Male** Damon Ramos  
**Fastest Female** Bridey Delaney

### Division 4

- 1<sup>st</sup> Mark Simpson
- 2<sup>nd</sup> Nicole Harrington
- 3<sup>rd</sup> Mathew Simpson

**Fastest Male** Nathan Breen  
**Fastest Female** Jae Withers

### Super Series 1

- 1<sup>st</sup> John Smith
- 2<sup>nd</sup> Maureen Cadogan
- 3<sup>rd</sup> Robert Simpson

### Super Series 2

- 1<sup>st</sup> Mark McLoughlin
- 2<sup>nd</sup> Daniel Ison
- 3<sup>rd</sup> Adam McCauley

## Trophy Days

### Ron Gribble Trophies

Division 1 - 4 km Paul Windridge

Division 2 - 2 km Nicole Harrington

### Bob Molloy Trophy

Division 2 - 4 km Greg Breen

### Terry O'Connor's Day

Division 1 - 8 km Ally Nash

Division 2 - 5 km Kerry Edwards

Division 3 - 3 km Christopher Breen

Division 4 - 1.5 km Nicole Harrington

### Ken Jenkins's Day

Division 1 - 10 km Michael Gentle

### Greg Page Trophy

Division 1 - 11 km Suzanne Harrington

### Jack Coppock Trophy U14

Division 3 - 3 km Aaron Gentle

### Dean Degan Trophies

Division 1 - 4 km Carolena Kostas

Division 2 - 2 km Jon Heap

### George Freeman Trophy

Division 1 - 4 km Lucy Stewart



## **NSW Cross Country Championships 2008**

### **Highlights**

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

### **Premierships**

#### **Novice Championships Scarborough Park**

**26<sup>th</sup> April 2008**

Male 6<sup>th</sup> Michael Murphy

Female 43<sup>rd</sup> Di Hayter

#### **Road Championships Sydney Olympic Park**

**3<sup>rd</sup> May 2008**

Mens 60-64 10klm

1<sup>st</sup> Frank Scorzelli

Womens 40-44yrs 10klm

2<sup>nd</sup> Lynette Delaney

Womens U20 5klm

2<sup>nd</sup> Bridey Delaney

Under 12 Male 2.5klm

3<sup>rd</sup> Nathan Breen

Teams

Mens 35+

2<sup>nd</sup>

Mens U16

2<sup>nd</sup>

#### **Relay Championships Miranda Park 2008**

##### **Under 14 Female**

Team A 8<sup>th</sup>

Team B 11<sup>th</sup>

##### **Under 12 Male**

Team A 4<sup>th</sup>

Team B 8<sup>th</sup>

Team C 11<sup>th</sup>

##### **Under 16 Male**

Team A 2<sup>nd</sup>

##### **Under 18 Female**

Team A 8<sup>th</sup>

##### **Under 20 Male**

Team A 4<sup>th</sup>

##### **Under 20 Female**

Team A 1<sup>st</sup>

##### **Open Female**

Team A 10<sup>th</sup>

##### **Open Male**

Team A 4<sup>th</sup>

Team B 9<sup>th</sup>

Team C 28<sup>th</sup>

##### **35+ Male**

Team A 13<sup>th</sup>

##### **45+ Male**

Team A 5<sup>th</sup>

Team B 16<sup>th</sup>

##### **55+ Male**

Team A 5<sup>th</sup>

##### **65+ Male**

Team A 2<sup>nd</sup>

#### **Road Relay Championships Wollongong 2nd**

**August 2008**

##### **Under 12 Male**

Team A 3<sup>rd</sup>

Team B 6<sup>th</sup>

##### **Under 14 Female**

Team A 4<sup>th</sup>

##### **Under 20 Female**

Team A 3<sup>rd</sup>

##### **Under 20 Male**

Team A 3<sup>rd</sup>

##### **Open Male**

Team A 2<sup>nd</sup>

Team B 18<sup>th</sup>

##### **35+ Male**

Team A 12<sup>th</sup>

##### **45+ Male**



**Team A 11<sup>th</sup>**

55+ Male

Team A 7th

65+ Male

Team A 2nd

**Short Course Championships Abbotsbury 19th July 2008**

Teams

3rd Under 12 Male

1<sup>st</sup> Under 20 Female

3rd 45+Male

Under 12 Female

10<sup>th</sup> Jae Withers

Under 14 Female

14<sup>th</sup> Carolena Kostas

39<sup>th</sup> Nicole Gentle

41<sup>st</sup> Megan Heap

Under 16 3000m Female

30<sup>th</sup> Sabrina Momi

Under 18 3000m Female

17<sup>th</sup> Lucy Stewart

Under 20 5000m Female

1<sup>st</sup> Bridey Delaney

2<sup>nd</sup> Veronica Wallington

7<sup>th</sup> Katherine Conder

9th Alexandra Nash

40-44 Years 5000m Female

3<sup>rd</sup> Di Hayter

65-69years Womens

2<sup>nd</sup> Maureen Cadogan

Under 12 Male

13<sup>th</sup> Angus Mulholland

18<sup>th</sup> Zack Heap

19<sup>th</sup> Leo Kostas

22<sup>nd</sup> Aaron Gentle

Under 14 Male

28<sup>th</sup> Knox Hayter

U16 Male

12<sup>th</sup> Riley Delaney

14<sup>th</sup> Connor Mulholland

U20 Male

10<sup>th</sup> Thomas Delaney

12<sup>th</sup> Dominic Perry

U35-39 Male

11<sup>th</sup> Loius Stergio

45+ Male

6<sup>th</sup> Kim Delaney

8<sup>th</sup> Chris Mullens

20<sup>th</sup> Jim Owens

26<sup>th</sup> Jonathon Charles

55-59 Male

13<sup>th</sup> David Burns

60-64 Male

3<sup>rd</sup> Frank Scorzelli

12<sup>th</sup> Peter Fitzpatrick

65+ Male

7<sup>th</sup> Chris Maver

12<sup>th</sup> Vilis Gravitis

**Championships Nowra 21<sup>st</sup> June 2008**

Teams

3<sup>rd</sup> U12 Male

5<sup>th</sup> U16 Male

Under 12 Female

16<sup>th</sup> Jae Withers

Under 14 Female

16<sup>th</sup> Carolena Kostas

Under 20 Female

1<sup>st</sup> Veronica Wallington

5<sup>th</sup> Katherine Conder

Open Womens

19<sup>th</sup> Michelle Delaney

Under 12 Male

5th Nathan Breen

18<sup>th</sup> Leo Kostas

23<sup>rd</sup> Aaron Gentle

Under 16 Male

12<sup>th</sup> Connor Mulholland  
16<sup>th</sup> Daniel Seipen  
27<sup>th</sup> Riley Delaney  
31<sup>st</sup> Nathan Breen

Under 20 Male

10<sup>th</sup> Dominic Perry

Open Male

15<sup>th</sup> Chadi Elashkar  
47<sup>th</sup> Chris Mullen  
51<sup>st</sup> Kim Delaney  
72 Jim Owens  
125 David Burns

Half Marathon Sydney 17th May 2008

Teams

3<sup>rd</sup> Open Men  
5<sup>th</sup> 35+ Male

Individual

7<sup>th</sup> Chadi Elashkar  
19<sup>th</sup> Michael Durante  
24<sup>th</sup> Michael Arndell  
56<sup>th</sup> Chris Mullen  
65<sup>th</sup> Kim Delaney  
84<sup>th</sup> Lynette Delaney  
104<sup>th</sup> Peter Franklin  
124<sup>th</sup> Brian Hodgson  
138<sup>th</sup> Chris Maver  
146<sup>th</sup> John Smith  
161<sup>st</sup> Michael Roberts

Marathon Sydney 23rd September 2008

Teams

2<sup>nd</sup> Open Men

Open Men

5<sup>th</sup> Michael Arndell  
14<sup>th</sup> Kim Delaney  
17<sup>th</sup> Tony OConnor



*Ben St Lawrence*



*Bridey Delaney*

## *2008/2009 Track and Field Report*

### *Jim Gallagher*

The highlight results of a successful track and field season are given below. There were many more good performances in non championship events that are not recorded here. I believe that all who competed in red and white always gave their best, showed good sportsmanship and conducted themselves in a way that brought credit to the club.

Thanks to the dedicated efforts of Kim Delaney and webmaster Michael Gentle all results were accurately available promptly on our website.

Outstanding achievements were registered by 2 senior athletes, Bridey Delaney and Ben St Lawrence. Both gained selection in Australian representative teams and within the top 3 in National open championships. Bridey broke club records in 3 events, and placed 5<sup>th</sup> in the World Juniors 1500m.

Apart from outstanding performances by these 2 athletes, strong Open performances were registered by Steve Thurston, Tim Rowe and Belinda Martin. Luke Hamer, one of our few sprinters, performed well in the under 20's 400m, as did Connor Mulholland in the Under 16's.

Our strongest single group was in our under 18 and under 16 women's throws and jumps. Laura Flynn, Chrisitie Douglas, Alix Kennedy all set club records which carried through from under 18 to Open. Chrisitie's was actually from under 16 to Open.

All performed well in championship events, as did Allison Severino, javelin, and Sonya Kelly, high jump. Details of these and others will be evident from the results below. These girls together with their colleagues, as shown below, set club records in all 5 relay throws and jumps events, gaining state placings in all but one.

A highlight of the season is usually the NSW relays, the only T&F event that brings the whole club together.

As usual most members willingly participated as required to produce a good club performance. The commitment was typified by Paul Windridge gamely hanging on in a very scratch team in open 1500m, to gain an unexpected 3<sup>rd</sup> place against strong competition.

All championship results as well as seasons best performances and club premiership point scores below. All new records are shown in the following section on club records. Records for current season are those between Sept 2008 and April 2009.

There could be some omissions or errors in this report, for which I apologise. Thanks are due again to Vilis Gravitis for keeping detailed records of St George performances, in addition to the recording by Kim Delaney and Michael Gentle.

**Please note all records are listed on our website [www.sgdac.org](http://www.sgdac.org)**

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





**NSW Track and Field Championships**

Open and Under 18 13-15/2/2009

Under 16/20/23, 7-8/2/2009

Masters 28-29/03/09

5k Open 22/1/09

**All held at SOAC Homebush****Open Men**

Long Jump	C.Barakat	5 <sup>th</sup> 6.90m
400m	L.Hamer	6 <sup>th</sup> 48.37s
110mH	C.Barakat	6 <sup>th</sup> 15.05s
3000m	S.Thurston	15 <sup>th</sup> 8m 23.05s
	C.Elashkar	32 <sup>nd</sup> 8m 47.36s
	D.Perry	44 <sup>th</sup> 8m 57.54s
	D.Seipen	56 <sup>th</sup> 9m.07.56s
	C.Mulholland	86 <sup>th</sup> 9m50.30s
5000m	T.Rowe	3 <sup>rd</sup> 14m09.62s
	S.Thurston	6 <sup>th</sup> 14.20.83s
	J.Owens	56 <sup>th</sup> 35m33.65s
10000m	D.Perry	9 <sup>th</sup> 32m44.13s
	J.Owens	14 <sup>th</sup> 35m13.24s

**Under 20 Men**

400m	L.Hamer	1 <sup>st</sup> 47.74s
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**Under 18 Men**

800m	C.Mulholland	10 <sup>th</sup> 2m06.29s
	T. Peters	11 <sup>th</sup> 2m14.69s

**Under 16 Men**

1500m	C.Mulholland	3 <sup>rd</sup> 4m23.15s
	R.Delaney	7 <sup>th</sup> 4m36.59s
2km Steeple	C.Mulholland	1 <sup>st</sup> 6m40.93s
3000m	C.Mulholland	2 <sup>nd</sup> 9m48.97s
Javelin	M.Ferencak	2 <sup>nd</sup> 47.56m

**Open Women**

800m	E.Millett	4 <sup>th</sup> 2m44.04s
1500m	B.Delaney	1 <sup>st</sup> 4m.24.93s
	B.Martin	6 <sup>th</sup> 4m37.46s
10000m	B.Martin	3 <sup>rd</sup> 36m09.83s

**Under 23 Women**

Pole Vault	L.Flynn	5 <sup>th</sup> 2.60m
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**Under 20 Women**

High Jump	S.Kelly	2 <sup>nd</sup> 1.65m
Discus	A.Kennedy	3 <sup>rd</sup> 42.50m
Javelin	S.Kelly	5 <sup>th</sup> 36.31m
	A.Soverino	4 <sup>th</sup> 38.01m

**Under 18 Women**

Discus	A.Kennedy	1 <sup>st</sup> 42.53m ***
Javelin	A.Severino	1 <sup>st</sup> 41.14m
	S.Kelly	3 <sup>rd</sup> 37.45m
	E.Vassilacos	7 <sup>th</sup> 28.90m
	R.Riggs	8 <sup>th</sup> 28.08m
	S.Riggs	9 <sup>th</sup> 26.11m
Pole Vault	L.Flynn	1 <sup>st</sup> 2.70m
Equal Club record U18,20 and Open		
Triple Jump	C.Douglas	2 <sup>nd</sup> 11.58m

**Under 16 Women**

200m	A.McCauley	4 <sup>th</sup> heat 27.33s
400m	A.McCauley	3 <sup>rd</sup> Heat 61.80s
Javelin	R.Riggs	3 <sup>rd</sup> 29.57s

**STATE RELAYS RESULTS FOR ST. GEORGE,  
At Homebush, 15-16 November 2008****Men Open**

4 x 1500m	3 <sup>rd</sup> 17m03.12s
S.Thurston,D.Perry,C.Elashkar,P.Windridge	

**Men Under 18**

4x1500m	3 <sup>rd</sup> 18m43.30s
C.Mulholland,D.Seipen,T.Hogan,R.Delaney	

**4x800m 5<sup>th</sup> 8m51.16s**

C. Mulholland, T.Peters, R. Delaney,D.Seipen

**Men 200+**

4x800m	3 <sup>rd</sup> 10m.10.99s
K. Delaney, P.Fitzpatrick, C. Mullen, J. Owens	

**4x1500m 4<sup>th</sup> 20m.03.64s**

K. Delaney, J. Owens, C. Mullen, F.Scorzerelli

**Women Under 18**

4 x Long Jump	6 <sup>th</sup> 18.16m
C.Douglas,S.Kelly,A.Severino,S.Riggs***	

**4 x High Jump 2<sup>nd</sup> 6.04m**

S.Kelly,C.Douglas,Z.Schubert,S.Riggs\*\*\*

**4 x Discus Throw 1<sup>st</sup> 142.46m**

A.Kennedy,R.Ewe,A.Iosefo,N.Iosefo\*\*\*

**4 x Shotput 3<sup>rd</sup> 39.43m**

N.Iosefo,R.Ewe,A.Kennedy,A.Iosefo\*\*\*

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

110mH	C.Barakat	5th heat	14.88s
5000m	B.St.Lawrence	2 <sup>nd</sup>	13m37.24s
	T.Rowe	9 <sup>th</sup>	14m.07.99s
	S.Thurston	11 <sup>th</sup>	14m12.09s

**Under 20 Men**

400m	L.Hamer	5 <sup>th</sup>	48.81s
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**Open Women**

1500m	B.Delaney	3 <sup>rd</sup>	4m 16.58s
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**Under 18 Women**

Pole vault	L.Flynn	3 <sup>rd</sup>	2.80m
Discus Throw	A.Kennedy	3 <sup>rd</sup>	42.27m

**Australian All Schools Championships****Pacific School Games****Under 18 WOMEN**

Pole Vault	L.Flynn	5 <sup>th</sup> 16 years	2.50m
Discus throw	A.Kennedy	2 <sup>nd</sup> 16years	44.14m ***

	R.Ewe	3 <sup>rd</sup> 17 years	41.36m
Javelin	A.Severino	2 <sup>nd</sup> 16 years	40.61m

**Under 16 Women**

High Jump	S.Kelly	12 <sup>th</sup> 16 years	1.50m
Triple Jump	C.Douglas	5 <sup>th</sup> 15 years	11.73m
Javelin	S.Kelly	4 <sup>th</sup> 16 years	38.45m

**Under 14 Women**

400m	A.McCauley	3 <sup>rd</sup> Semi 13years	59.29s
		5 <sup>th</sup> Final 13 years	60.70s
800m	C.Kostas	3 <sup>rd</sup> heat 12years	2m27.09s

**Under 16 Men**

2klm Steeple	C.Mulholland	12 <sup>th</sup> 14year	6m57.91s
3000m	D.Siepen	10 <sup>th</sup> 15 years	9m28.65s

**NSW Masters Championships Bankstown 28-29/3/09**

800m	D.Jones	3 <sup>rd</sup> 50-54 yrs	2m26.63s
	M.Stojkovski	7 <sup>th</sup>	2m47.59s
	V.Gravitis	5 <sup>th</sup> 65-69 yrs	3m.37.17s

1500m	D.Jones	3 <sup>rd</sup> 50-54 years	4m.58.26s
	M.Stojkovski	6 <sup>th</sup> 5m50.57s	

5000m	B.Martin	1 <sup>st</sup> 35-39 yrs Women	17m.50.07s
	F.Scorzelli	2 <sup>nd</sup> 60-64 yrs Men	19m.41.15s

**SEASON'S BEST PERFORMANCES****Men Open**

100m	C.Barakat	11.47s
200m	C.Barakat	23.52s
100m H	C.Barakat	14.82s
400m	J.Matthews	52.97s
800m	P.Windridge	2.m05.08s
1500m	J.Matthews	3m.54.17s
3000m	S.Thurston	8m.23.05s
5000m	B.St.Lawrence	13m.37.24s
10Km	D.Perry	32m.44.13ss
Long Jump	C.Barakat	6.90m
Shot Put	P.Byrnes	10.45m
Discus	P.Byrnes	20.58m

**Women Open**

100m	C.Dege	17.21s
400m	D.Hayter	71.71s
800m	B.Delaney	2m05.49s *
1500m	B.Delaney	4m14.83s *
3000m	B.Martin	9m56.43s
5000m	B.Martin	17m22.08s
2klm SC	C.Dege	8m20.56s
3klmSC	M.Delaney	14m42.77s

**Under 20 Men**

100m	J.Jones	12.55s
200m	L.Hamer	22.22s
400m	L.Hamer	47.74s

**Under 20 Women**

1500m	B.Delaney	4m 17.66s
3000m	B.Delaney	9m 16.60s **

**Under 18 Men**

400m	T.Peters	56.19s
800m	T.Peters	2m10.03s
1500m	D.Seipen	4m22.80s
3000m	D.Seipen	9m 14.50s
5000m	T.Hogan	19m42.24s

**Under 18 Women**

800m	L.Stewart	2m36.19s
1500m	L.Stewart	5m29.37s
Long Jump	S.Riggs	4.17m
High Jump	S.Riggs	1.41m
Shot Put	N.Iosefo	11.00m
Discus	A.Kennedy	44.14m ***
Javelin	A.Severino	41.86m
Pole Vault	L.Flynn	2.80m ***
Triple Jump	C.Douglas	11.58m

**Under 16 Men**

100m	S.Manns	12.84s
200m	S.Manns	27.03s

100mH	S.Manns	15.95s
800m	C.Mulholland	2m.06.29s
1500m	D.Seipen	4m.21.78s
3000m	D.Siepen	9m.07.98s
2000m Steeple	C.Mulholland	6m40.93s

Javelin	M.Ferencak	47.56m
Hammer	L.Byrnes	10.45m
Shot Put	L.Byrnes	8.24s

#### Under 16 Women

High Jump	S.Kelly	1.66m
Long Jump	C.Douglas	5.13m
Triple Jump	C.Douglas	11.73m****
Shot Put	A.Iosefo	9.03m
Discus	Z.Schubert	30.30m
Javelin	S.Kelly	38.45m

#### Under 14 Men

200m	A.Mulholland	30.67s
800m.	A.Mulholland	2m.51s

#### Under 14 Women

200m	A.McCauley	27.33s
400m	A.McCauley	59.29s
800m	C.Kostas	2m 23.45s
High Jump	M.Heap	1.30m
Long Jump	M.Heap	4.07m
Javelin	R.Riggs	25.24s

#### CLUB PREMIERSHIP POINTS

##### OPEN

C.Barakat	181
S.Thurston	62
B.Delaney	50
B.Martin	38
C.Dege	17
M.Durante	14
J.Matthews	13
D.Perry	9
C.Elashkar	8

#### 35 years +

K.Delaney	157
J.Owens	67
C.Mullen	55
D.Hayter	20
D.Jones	12

#### Under 20

L.Stewart	47
A.Douglas	38
L.Hamer	30

#### Under 17

A.Severino	126
S.Kelly	98.5
C.Douglas	94
S.Riggs	79
A.McCauley	54
L.Flynn	45
C.Kostas	43
Z.Schubert	39
R.Riggs	38
R.Delaney	34
T.Peters	31
A.Kennedy	30
C.Mulholland	20
R.Ewe	18
L.Kostas	13



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

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



## *Summer Cross Country Report*

### *2008-/2009*

#### *David Edwards*

Another successful season of summer cross country was held over 17 weeks on Wednesday evenings from late October through to end of February with the venue alternating between Scarborough park and Gannons Park as in previous years.

The number of people competing again showed an increase on the previous year as shown.

	06/07	07/08	08/09
2klm	46	61	79
3-4klm	34	34	39

It was particularly pleasing to welcome the many of them will be continuing with St George DAC through the winter season.

The 2klm Division Handicap points score was a very closely contested with the positions of the final place getters rotating right up to the last day. In the end Jason Vella took first prize from his nephew Luke Vella by a mere 2 points with third place taken by Erin Camenzuli who showed consistent improvement and a lot of dedication throughout the season. It is pleasing to see young runners like Luke and Erin among the trophies and as well Jason and Luke are thanked, along with all our other regulars for supporting Summer cross country over the past 5 or 6 years.

In longer races held over either 3klm or 4klm Chris Maver overcame an injury setback before Christmas to produce a good second half of the season and become a deserving winner, while second and third places were again only decided in the last race with Wayne Camenzuli taking second by the slightest margin ahead of last years winner Chris Mullen.

On the fastest times categories for the 2klm females Emma Millett and Stephanie Beck staged a close battle and in the end they finished equal on points, so they are both trophy winners. It was the third successive year that Emma has taken this trophy.

Paul Windridge held off a late challenge from Connor Mulholland to win the male 2klm fastest times trophy. Paul narrowly missed out on this trophy last year. In the longer races Kim Delaney retained his title in the male category, whilst Lucy Stewart in her first season with us at summer cross country led for the whole season in the female division and won by a wide margin.

Congratulations to the trophy winners and many thanks to all runners who took part and made the season a success.

Particular thanks to all those who helped with the organization, by giving out place cards, recording names, putting out flags and cones etc, in particular special thanks to Kim Delaney, Chris Mullen, Trish and Bob Simpson, Kerry Edwards and Sean Hogan for their help in this respect.

Also thanks to Michael Gentle for getting the results onto the website so promptly after I'd sent them to him each week.



## The TOP TEN

### 2km

1 Jason Vella	299 points
2 Luke Vella	297
3 Erin Camenzuli	288
4 Sean Hogan	252
5 Matthew Simpson	249
6 Wayne Camenzuli	248
7 Bob Simpson	237
8 Ruby O'Connor	234
9 Connor Mulholland	233
10 Chris Mullens	225

### 3-4km

1 Chris Maver	221pts
2 Wayne Camenzuli	196
3 Chris Mullen	195
4 Kim Delaney	192
5 Jason Vella	187
6 Sean Hogan	170
7 Angus Mulholland	165
8 Bob Simpson	163
9 Tony O'Connor	162
10 Lucy Stewart	151

## FASTEST TIMES - TOP THREE

### 2km

#### Female

1 Emma Millett	57 points
1 Stephanie Beck	57
3 Belinda Martin	36

#### Male

1 Paul Windridge	44 points
2 Connor Mulholland	40
2 Sean Hogan	28

### 3-4 Km

#### Female

1 Lucy Stewart	62 points
2 Helen Myles	28
3 Belinda Martin	24

#### Male

1 Kim Delaney	70 points
2 Chris Mullen	55
3 Chadi Elashkar	24









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



**Statement of Income and Expenditure  
for the year ended 31 March 2009**

**2**

	2009	2008
	\$	\$
<b>Income</b>		
Bank Interest	911.38	909.10
Annual Subscriptions	7,564.50	6,935.00
Cross Country Total (Note 1)	15,567.10	12,873.00
Track & Field Total	404.00	313.00
Sale of Uniforms	688.50	712.00
General Total (Note 2)	5,085.90	1,756.00
Teams Fund Total (Note 3)	<u>2,374.00</u>	<u>3,698.00</u>
Total Receipts	32,595.38	27,196.17
less		
<b>Payments</b>		
Bank charges	30.60	15.30
Regns, etc. to Athletics NSW	10,749.82	9,905.00
Cross Country Total (Note 4)	11,662.21	9,046.95
Track and Field Total	185.50	155.00
General Total (Note 5)	3,762.47	5,427.76
Teams Fund Total (Note 6)	<u>3,510.00</u>	<u>4,535.00</u>
Total Payments	<u>29,900.60</u>	<u>29,085.01</u>
Excess Income over Expenditure	<u>2,694.78</u>	<u>1,888.84</u>
Cash at beginning of Year	18,930.33	20,819.17
Excess of Income over Expenditure	<u>2,694.78</u>	<u>1,888.84</u>
Cash at end of year	<u>21,625.11</u>	<u>18,930.33</u>
This is represented by:		
Bank Cheque Account	5,740.04	3,956.12
Bank Direct Saver	<u>15,885.07</u>	<u>14,974.21</u>
	<u>21,625.11</u>	<u>18,930.33</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 2009.

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 2009.

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

# Statement of Financial Position

	As at 31 March	
	2009	2008
	\$	\$
<b>Current Assets</b>		
Stock on Hand	3,745.00	4,654.50
Cash at Bank and on Hand	21,625.11	18,930.33
Bank Term Deposits	<u>25,350.32</u>	<u>23,685.42</u>
	50,720.43	47,270.75
<b>Non-current Assets</b>		
Equipment, Valued at cost		
less depreciation (Note 7)	<u>5,885.00</u>	<u>7,333.00</u>
	56,605.43	54,603.25
<i>less</i>		
<b>Non-current Liabilities</b>		
Reserve for Perpetual Trophy	295.10	295.10
Reserve for CC Trophies	<u>216.97</u>	<u>216.97</u>
	<u>56093.36</u>	<u>54,091.18</u>
<i>equals</i>		
<b>Club Funds -</b>		
General Fund	48,988.66	45,850.48
Teams Fund	<u>7,104.70</u>	<u>8,240.70</u>
	<u>56,093.36</u>	<u>54,091.18</u>

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

## Equipment as at 31 March 2009

- 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

<b>Note 1</b>	<b>2009</b>	<b>2008</b>
	<b>\$</b>	<b>\$</b>
<b>Cross Country Receipts</b>		
Cross Country Race Fees	3,256.00	2,624.00
Net Raffle Proceeds	424.00	506.00
Novice Day Entries & other income	6,760.00	5,597.00
Trophies Donated	390.00	280.00
Rockdale City Council Fun Run	4,660.00	3,866.00
Sale of Refreshments	<u>76.50</u>	<u>0.00</u>
	<u>15,567.10</u>	<u>12,873.00</u>

<b>Note 2</b>		
<b>General Receipts</b>		
Donations	315.00	30.00
Term Deposit Interest	1,664.90	1,366.07
Fund raising for registration assistance by Christmas Mile and		
Other Donations	1,895.00	0.00
Social Dinner Proceeds	1,211.00	0.00
Refund Coaching Course Exps (ANSW)	0.00	200.00
Other income	<u>0.00</u>	<u>160.00</u>
	<u>5,085.00</u>	<u>1,756.07</u>

<b>Note 3</b>		
<b>Teams Fund Receipts</b>		
Club Functions - net proceeds	0.00	1,189.00
Bed Race	0.00	400.00
Supply of Officials; Athletic Events	<u>2,374.00</u>	<u>2,109.00</u>
	<u>2,374.00</u>	<u>3,698.00</u>

<b>Note 4</b>		
<b>Cross Country Payments-</b>		
Cross Country Cycle Prizes	905.00	970.00
Cross Country Hire of Hall	532.00	378.00
Cross Country Trophies and		
Other Expenses	1,699.75	1,470.25
Novice Day Expenses	4,343.36	2,877.30
Rockdale City Council Fun Run	<u>4,182.10</u>	<u>3,351.40</u>
	<u>11,662.21</u>	<u>9,046.95</u>

<b>Note 5</b>		
<b>General Payments</b>		
Printing, Postage, Stationery, etc	541.32	113.32
Trophies	507.35	339.50
Increase in Term Deposits	1,664.90	1,366.07
Equipment maintenance	135.00	0.00
Internet Web Page	150.00	385.00
Donations and Presentations	50.00	100.00
Purchase of equipment	69.00	2,516.00
Grants for Coaching Courses	600.00	500.00
Other	<u>45.00</u>	<u>107.00</u>
	<u>3,762.57</u>	<u>5,427.76</u>

<b>Note 6</b>		
<b>Teams Fund Payments</b>		
Assistance to Individuals -		
M Arndell	0.00	65.00
K Conder	0.00	200.00
J Conder	0.00	200.00
N Currie-Nguyen	0.00	200.00
C Dege	100.00	200.00
B Delaney	500.00	700.00



C. Douglas	200.00	0.00
C Elashkar	100.00	65.00
R Ewe	100.00	0.00
L Flynn	100.00	0.00
D Harris	0.00	65.00
S Kelly	100.00	0.00
A Kennedy	200.00	0.00
C Kostas	0.00	200.00
A Nash	0.00	200.00
J Nipperess	0.00	200.00
T O'Connor	0.00	65.00
J Owens	0.00	65.00
T Rowe	200.00	0.00
A Severino	100.00	0.00
B St. Lawrence	200.00	200.00
A Staples	0.00	120.00
V Wallington	0.00	200.00
	<u>2,100.00</u>	<u>3,275.00</u>
Relay Entries	<u>1,410.00</u>	<u>1,260.00</u>
	<u>3,510.00</u>	<u>4,535.00</u>

**Note 7**

**Equipment**

Equipment, Valued at cost	9,671.00	9,902.00
less Accumulated Depreciation	<u>3,786.00</u>	<u>2,569.00</u>
	<u>5,885.00</u>	<u>7,333.00</u>

**Canberra Marathon April 2009**



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
2004	\$31,243.35	
		\$11,690.87
<b>2003</b>	\$42,934.22	
		\$6,207.36
2006	\$49,135.08	
		\$4,194.37
2007	\$54,129.45	
		-\$38.27
2008	\$54,091.18	
		\$2,002.18
2009	\$56,093.36	

In 2008-2009 Club funds rose by \$2002.18 an improvement over 2007-08, but well below increases in earlier years. Cross Country receipts were well up across the board, and Christmas mile proceeds for two years were received in 2008-09. Over the past twelve months the club has assisted many young athletes by subsidizing registrations and funds raised from the the Christmas mile and social functions have made a valuable contribution towards this assistance.

Teams funds revenue consisted of fund raising activities by the 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 was a former Club member but has now renewed his membership has been extremely diligent in his duties and his contribution is appreciated very much.





### Club Membership

	2004-05	2005-06	2006-07	2007-08	2008-09
Over 65	15	15	13	13	17
60 to 64		12	13	11	7
4					
55 to 59		8	8	6	7
7					
50 to 54		15	15	17	12
12					
45 to 49		10	9	13	14
9					
35 to 44		13	17	17	15
20					
25 to 34		17	14	12	12
10					
20 to 24		3	5	8	16
16					
Under 20	4	10	11	8	11
Under 18	10	14	23	13	19
Under 16	25	19	11	15	11
Under 14	13	9	14	16	19
Under 12	17	25	34	20	20
Total	162	173	190	170	175

Changes to the fee structure to register members with Athletics NSW have resulted in inappropriate comparisons over time and the best basis for comparisons between years is to be made by age groupings.

In 2008-09 club member numbers increased by five.

During 2008-09 the Club received 41 new members and had renewals compared to 41 new and 129 renewals for the previous year. Details of 2008-09 new and renewal members are shown below, indicating a higher retention rate across teenagers and older members.

Age Group	New Members				Renewals Number
	No.	%	No.	%	
Under 12	8	40	12	60	20
12 to 19	14	23	46	77	60
20 to 34	8	31	18	69	26
35 and over	<u>11</u>	16	<u>58</u>	84	<u>69</u>
Total	<u>41</u>		<u>129</u>		<u>175</u>

In terms of length of time with our club, 41 members joined in 2008-09, 89 have been members for 1 to 5 years, 22 have been members 6-10 years and 23 have been members for 11 or more years.



*Life Members**Year**Merit Awards**Year*

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

A Thomas	1975
F Thornton	1975
D Edwards	1991
P Phillips	1991
T Richards	1991
B Scott	1991
A Argall	1995
J Irvine	1995
B Molino	1995
J McClean	1998
C Stratford	2001
N Thomas	2001
C Ferraro	2004

*Honour Roll (Deceased)*

<b>Life Members</b>	<b>Year</b>	<b>Merit Award Members</b>	<b>Year</b>
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		







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

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

### Award Recipients 2008-2009

#### A.A Gainsford Trophy (Outstanding senior athlete)



##### Ben St Lawrence

Ben is one of Australia's most up and coming athletic talents and his results have shown this. With a silver at the Australian Championships over 5000m and a world championship B Qualifier when he ran a superb 13:25.88 at Mt Sac, America - Ben has also represented Australia at the World Cross Country Championships and the Chiba Ekiden Relay.

#### Robert Nash Trophy (Most improved Senior athlete)



##### Bridey Delaney

Highlights of Bridey's year would include 5<sup>th</sup> place in the World Junior Championships 1500m in Poland, and 1<sup>st</sup> place in the Australian U20 1500m. Bridey also achieved 1<sup>st</sup> NSW XC short Course and 3<sup>rd</sup> Australian XC Championships U20. Bridey has been selected again for the World University Games to be held in Serbia later this year. All St George members wish Bridey goodluck at this event. Some of Bridey's highlights of the season include the Sydney Track Classic 800m - 3<sup>rd</sup> PB and 1<sup>st</sup> NSW state open 1500m.

#### The LL Bosman Award (Outstanding U20 performance and Sportsmanship)



##### Luke Hamer

Luke this year performed extremely well winning the NSW state U20 400m in a outstanding time of 47.74s. This performance was SGDAC best under 20 performance of the season. Luke is a highly respected member of the St George athletic family and we wish him well as he moves to the higher senior ranks.

#### SGDAC Trophy (Outstanding U18)



##### Alix Kennedy

After another successful year in school athletics Alix competed at the Pacific School Games gaining 2<sup>nd</sup> place in the discus 44.40m a World youth qualifier. Alix placed 1<sup>st</sup> in the NSWU18 and 3<sup>rd</sup> in the U20. Alix competed at the Australian Olympic Youth festival gaining 3<sup>rd</sup>.

Alix has been selected in the Australian team for the World Youth games and is ranked 2<sup>nd</sup> in Australia for U18 discus.





### D Jolliffe Trophy (Most improved U18)

#### Alice Severino

After placing 1<sup>st</sup> U16 Allschools Javelin 41.74m Alice competed at the Pacific School games placing 2<sup>nd</sup>. Alice competed at the Australian Olympic Youth festival placing 3<sup>rd</sup>, then went on to win the U18 Javelin and 3<sup>rd</sup> in the U20 Javelin and is currently ranked 3<sup>rd</sup> in U18 Javelin.



### SGDAC Trophy (Most improved U16)

#### Riley Delaney

Riley has been a member of the St George family for many years. Riley has been noted as young member always keen to show team spirit and eager to participate in all club events and is a definite member to look out for as his times steadily drop each year.



### G. Page Trophy ( Outstanding U16)

#### Connor Mulholland

Connor started the track season very strongly qualifying for the Pacific School Games in the 2000m Steeplechase, in which he finished 12<sup>th</sup>. Connor then went on to win the U16 State Steeplechase in a PB 6.40.93secs and finish 2<sup>nd</sup> U16 State 3000m and 3<sup>rd</sup> U16 State 1500m. Connor has now qualified for the Australian Track and Field Championships to be held Hobart in December this year.



### SGDAC Trophy ( Most improved U12)-Male

#### Angus Mulholland

Angus is a keen young member of SGDAC and showed great potential in the summer XC season this year. Angus always keen to run the hard yards in the 3klm at Gannons Park showed great improvement reducing his times over the season. Angus has been noted by many club members as an upcoming young athlete- one to be watched.



### SGDAC Trophy ( Most improved U12)-Female

#### Nicole Harrington

2008 saw Nicole begin cross country, and quickly she became enthusiastic about running on Saturdays at Scarborough Park. Nicole took a few minutes off her time over the course of the season, as she became used to running the 2klm course making sure she didn't start out too fast. Nicole looks forward to cross country each week and thoroughly enjoys being part of St George.



### Mulholland Family Trophy (Outstanding U14)

#### Annaleise McCauley

Annaleise qualified for the Pacific school Games in 2008 for the 400m her aim was to reach the final (13 years) and break 60secs. Annaleise achieved both with a time of 59.29sec in the semi final and finished 5<sup>th</sup> in the final.

Annaleise was the youngest competitor at only 12 years to compete up an age group. NSW all schools cross country Annaleise also had a great result of 11<sup>th</sup> place.



### SGDAC Outstanding Hurdler and The Ron Gribble Trophy (Open grades T&F aggregate point score winner)

#### Chris Barakat

Chris scored the most St George Club premierships points over the 6 rounds of club premierships, by a substantial margin.

Chris is by far one of our most loyal members who competes regularly at interclub. Chris this season has recorded our best club performance in 4 open events 100m, 200m, 100Mtt, and long jump.

Chris has competed at NSW and Australian championships in sprint hurdles and long jump.

### JJ Walsh Trophy (Outstanding Marathon Runner)

#### Michael Arndell

The marathon is the most popular independent athletic event in the world. It takes a fair bit of determination and courage to pursue a challenge that's needs endless hours of training to successfully accomplish. Still the universal appeal of this ultimate individual challenge nearly always results in an overwhelming rush of emotion and satisfaction at crossing the finish line.

This awaits those who willingly push themselves to achieve their personal best. Michael Arndell is this year's most worthy recipient of the Marathon award coming in 9<sup>th</sup> position overall in the 2008 Sydney Blackmores Marathon in a time 2.43.42. This result was a major factor in the club winning the 2008 State Championship silver medal for the open teams in this event.

### St George Trophy (Best field athlete)

#### Sonya Kelly

Sonya started the year with a win in the NSW Allschools U16 high jump and 3<sup>rd</sup> in the U16 javelin. Sonya was then selected for Pacific School Games in both high jump and javelin whereby she placed 4<sup>th</sup>. Sonya placed 5<sup>th</sup> High Jump U18 and 3<sup>rd</sup> U18 javelin. U20 High Jump 1<sup>st</sup> and U20 javelin 4<sup>th</sup>.



### Albert Thomas Award (T&F encouragement Award for athletes U16) - Male

#### Matt Ferencak

Matt placed 2<sup>nd</sup> in the U16 javelin throw with a PB of 47.56m.

Matt toured the US and Canada following successful performances at the NSW combined HS T&F Championships. Over 4 days of competition Matt produced 2 gold medals in javelin, 1 gold medal in 4 x 100m relay, 1 silver medal in shot put and Discus.

### Albert Thomas Award (T&F encouragement Award for athletes U16)

#### Rebecca Riggs

Despite her young age as Rebecca is only an U14 athlete, Rebecca has shown remarkable talent competing in both NSW U18 javelin gaining 5<sup>th</sup> place 29.18m and NSW U16 javelin 3<sup>rd</sup> 29.86m.



### B Dickinson (Outstanding Jump Performance)

#### Christie Douglas

Christie started the year with 2<sup>nd</sup> place all schools with a jump of 11.58m, this success followed by 5<sup>th</sup> place at National All Schools and 2<sup>nd</sup> U18 NSW Championships. Christie is a member of the NSWIS Emerging talent squad and is currently ranked 6<sup>th</sup> in the NSW open rankings.



### P Tuziak (Under 12 Encouragement)

#### Jordan Ramos

Jordan has been a keen member since 2004 when he joined at ripe old age of 5, he has participated in countless relays over the years. Jordan has had many successes at various levels of zone/regional and state and all this has been made possible with his passion for running and the support given by SGDAC.



### Athlete's Foot (T&F Encouragement)

#### Paul Windridge

Paul is a keen and dedicated member of SGDAC and always shows sheer determination in his athletics. Paul ran several tenacious open 800m races, performing our season best open 800m, his most memorable performance was in the last leg of the NSW open 4 x 1500m where he ran strongly to secure an unexpected bronze medal for a depleted St George team. Paul is known to show club spirit and dedication to his fellow team members, Paul is also the winner of the 2008 Christmas Mile.

### R Russell (Thrower's trophy)

#### Sarah Riggs

Sarah is always a keen and enthusiastic member of the throws team of SGDAC without a doubt Sarah shows great potential and all her hard work has paid off with great results. Yet again this season Sarah has demonstrated fantastic team spirit and is always willing and able to give it her best, we are proud to have her as a member of St George Athletic club.