

*St. George  
District Athletic Club Inc.*



*89<sup>TH</sup> Annual Report  
2009 – 2010*

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

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

## **88<sup>th</sup> ANNUAL GENERAL MEETING SYD FROST HALL, HAWTHORNE ST, RAMSGATE**

*SATURDAY 12<sup>TH</sup> OF JUNE 2010.*

*3.00PM*

### MEETING AGENDA

1. Welcome to members and guests.
2. Apologies.
3. Minutes of the 88<sup>th</sup> AGM.
4. Presentation of the 88<sup>th</sup> Annual General Report & Financial Statement.
5. Election of Officers, Executive Committee and appointment of Auditor.
6. Presentation of 2009 – 2010 Annual Awards.
7. General Business.
8. Raffle Draw.
9. Afternoon Tea.

*St. George District Athletic Club, Inc.*  
*Minutes of the 88<sup>TH</sup> Annual General Meeting*

**HELD JUNE 13<sup>TH</sup> 2009 SYD FROST HALL – HAWTHORNE ST RAMSGATE**

The meeting commenced at 15.03 with the president Albie Thomas welcoming all of those who attended, including distinguished guests, life members and members. There were approx. 62 people in attendance and all those present were asked to sign the attendance book.

**Special Guests:**

Right Hon Kevin Greene MP MLA Local member for Kogarah

Ms Betty Moore – ANSW Representative.

**Apologies:**

Apologies for absent members were put forward by various members.

**Adoption of 87<sup>th</sup> General Meeting Minutes:**

The minutes of the 87th AGM were confirmed by:

Mover: Chris Mullen / Seconder: Kim Delaney - Carried.

There were no matters arising from the minutes.

**Presentation of the 88<sup>TH</sup> Annual Report**

The president Albie Thomas presented his report as printed in 87<sup>TH</sup> Annual Report.

Colin Wilson delivered the delegates report.

Jim Gallagher presented the Distance Report.

Treasurers Report: Absent but is printed in 88<sup>th</sup> Annual Report.

**Motion:** That the 87<sup>TH</sup> President's Report be put.

Moved: Kim Delaney / Seconded: Ron Gribble – Carried.

**Election of Officers:**

Ron Gribble acted as the Electoral Returning Officer for the election of the new Executive Committee. Nominations were received for all positions.

Officers for the 2009 – 2010 Executive Committee were elected as follows:

President: Albie Thomas. General Secretary: David Burns. Treasurer: Dennis Joliffe Track Secretary: Kim Delaney

Distance Secretary: Colin Wilson.

**Executive Committee:**

Albie Thomas, David Burns, Denis Jolliffe, Kim Delaney, Jimmy Owens, Alan Staples, Ray Russell, John Irvine, Ron Gribble, David Beck and Jim Gallagher.

Tom Richards (SGDAC Life Member) thanked everyone who had helped throughout the year with all the events, functions and presentations. Tom paid particular attention to the clubs running of the Novice event, run each year at Scarborough Park and recommended to all clubs to if they want to know how to run an event then they should come and see the St George Novice day. Also thanks to the Tea Ladies and Jenny Beck (timekeeper- Winter and Summer) was presented with a spray of flowers.

**Response to Annual Report:**

Ron Gribble spoke in response to the Annual Report.

**Summer Cross Country Report – David Edwards**

Members can read the full report in this year's annual report but he did comment that-

Summer cross country was well supported throughout the previous summer and there was an increase in numbers running each Wednesday. Thanked those who helped and looking forward to the Summer of 2009\_2010.

**General Business:**

Ron Gribble mentioned that the club needs a new tent, members were informed by Kevin Greene that the funds were forthcoming and club needed three quotes. Kim Delaney volunteered to do the shopping and report back at the next Exe Meeting.

**ANSW Betty Moore:**

Apologised for being late and again congratulated the running club on its past years success and thanked Kylie Mullholland on receiving the clubs 87<sup>TH</sup> Annual Report.. SGDAC has a good collection of distance runners and throwers band competitive in other events. Focus on quality these days not necessary numbers

**Presentation of Annual Awards:** All the Annual awards were presented and the full listing can be seen in the centrefold.

**Raffle Draw:** Conducted by the President and meeting closed at 4.00pm.

*ST GEORGE DISTRICT ATHLETIC CLUB*  
*OFFICE BEARERS 2009 - 2010*

PATRON  
R. GRIBBLE

PRESIDENT  
A.THOMAS

VICE PRESIDENTS  
R.GRIBBLE, D. JOLLIFFE, A. STAPLES

GENERAL SECRETARY  
D. BURNS

TREASURER  
D. JOLLIFFE

TRACK SECRETARY  
K. DELANEY

DISTANCE SECRETARY  
C. WILSON

HONORARY AUDITOR  
M. HANRAHAN

EXECUTIVE COMMITTEE  
A.THOMAS (CHAIRMAN), K.DELANEY,  
D.JOLLIFFE, R.RUSSELL, J.GALLAGHER  
A.STAPLES, D.BURNS, J.IRVINE, C.WILSON,  
J.OWENS, D.BECK, R.GRIBBLE.

DELEGATES TO ANSW MEETINGS  
D.BURNS, J.IRVINE, C.WILSON, A.STAPLES

DELEGATES TO WINTER COMMITTEE  
A.STAPLES, J.IRVINE, C.WILSON

TRACK CAPTAIN      TRACK V/CAPTAIN  
C.BARAKAT              J.OWENS

MENS DIST CAPTAIN      MENS DIST V-CAPT  
J.OWENS                      J.IRVINE

WOMEN'S DIST CAPT      WOMEN'S DIST V-CAPT  
L.DELANEY                      M.CADOGEN

PUBLICITY OFFICER  
R.GRIBBLE / A.THOMAS

REGISTRAR(S)  
A.FERRARO (resigned) M.GENTLE

RECORDS OFFICER  
J.GALLAGHER, V.GRAVITIS

SOCIAL COMMITTEE  
N.THOMAS, M.CADOGEN, E.BECK

SELECTORS  
D.JOLLIFFE, R.RUSSELL, C.WILSON, J.OWENS  
K.DELANEY, M.CADOGEN, C.BARAKAT

HANDICAPPERS  
M.GENTLE, D.EDWARDS, C.WILSON, K.DELANEY

TIMEKEEPERS etc  
R.RUSSELL, J.GALLAGHER, K.DELANEY, J.BECK  
J.IRVINE, D.JOLLIFFE, G.YOUNG, C.MULLEN,

UNIFORM and TROPHY STEWARDS  
L.DELANEY, J.OWENS, A.THOMAS

STARTERS  
K.DELANEY, D.JOLLIFFE, D.EDWARDS, J.BECK  
C.WILSON

COACHES  
R.RUSSELL, A.THOMAS, D.CHISHOLM,  
M.DOUGLAS J.OWENS, G.BREEN, L.STERGIO

FIRST AIDER  
P.MCAULEY, L.MCAULEY

WEBSITE: [www.sgdac.org](http://www.sgdac.org)  
WEBMASTER :M.GENTLE



## *Presidents Report - Albert Thomas*

The 2009 / 2010 season has been another successful year and one of growth in member numbers. It is very pleasing to see many families as members and all competing. We also have a very active Executive, who works hard for all of our members. It is also fortunate that we have some very active volunteers to help conduct all of our events. This is especially so during the cross-country season. They perform the timing, judging, recording, handicapping and act as oncourse officials. Kim "Bob the Builder" Delaney is our very special member, as he stores, transports and erects all of the equipment for our major events. Our finances are in excellent shape due to the expertise of our Treasurer, Dennis Jolliffe. Every sporting body needs a good financial base to support all activities and assist our young athletes. Jim Gallagher and Kim Delaney manage our track and field season competition. The competition season by ANSW is dysfunctional with competition spread over different locations on the one Saturday. It is extremely difficult for competitors and their coach. Yet our athletes produced some superb results with records, personal bests, good improvements and the incentive to improve. In the elite competition we had Ben St Lawrence continuing to improve, setting world competition qualifiers. Bridey Delaney competed in many top competitions with great wins and times. Belinda Martin shows real leadership in women's competition. Additionally we have a top rate group of young field event athletes. We had many other young athletes, who have had success in Junior, Youth and ANSW competitions. Our Annual Awards list shows a very good list of achievers. It is an incentive for others to make that list, so go for it. I thank the Athletes Foot Hurstville for their generous prizes and discounts to our members. Gordon Becton's butchery also donates sausages for our Novice BBQ.

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### **2010 - NSW STATE CROSS COUNTRY RELAYS - MIRANDA**



## 2009 Distance Report - Jim Owens

Distance running in 2009 continues to see record fields in lots of fun runs and state championship events. As a club we are also enjoying an increase in membership. On the opening day of our winter cross country season on 28<sup>th</sup> March we had 102 runners enjoying good competition with all the trimmings we have come to enjoy at Scarborough Park – on days like these you just know it is going to be a good year!

A few weeks after the season started we had Tim Rowe, one of our top athletes, making his marathon debut in Canberra finishing in 2<sup>nd</sup> spot with a time of 2.27.01. Tim was also raising funds for the National Breast Cancer Foundation and raised the sum of \$6,300. Tim went on to have a super year being part of our open male NSW CC relay team with Ben St Lawrence, Chadi Elashkar and Stephen Thurston – taking out 1<sup>st</sup> place.

In NSW State championship our club continues its fine tradition of picking up medals. Frank Scorzelli leads the way joined by Jose Carvalho, Veronica Wallington, Belinda Martin, Lyn Delaney also joined by our under 12 males, 45+ males and 65+ males' teams.

Teams are one of the hardest jobs to manage for a club, our team selectors do a fine job of this and enjoyed success for their efforts. As mentioned before the NSW CC relays will be remembered for a long time not just for the terrible conditions but for the way our open male team dominated from start to finish in winning gold for the first time in seven years.

A full list of these results and many more can be seen on the following pages and also covered on the club website.

The biggest fun run of the year (if we can call it that) attracted a record field of 76,254 people with our clubs' outstanding senior athlete Ben St Lawrence taking 2<sup>nd</sup> position and was joined by 24 clubs members a little further back in the field. Ben also managed a successful international campaign, as did Tim Rowe and Bridey Delaney.

Looking back on the year 2009, it was encouraging to see that we are attracting and keeping younger members who are happy with the good competition on offer at Scarborough Park. We continue to see the NSW Novice championships to be the biggest and best organized event on ANSW calendar and our own Rockdale City Council fun run continues to promote our club to the local community. We continue to support our athletes and look forward to the future with excitement and confidence.

To all athletes, members, officials, family friends and sponsors – congratulations on being part of the success of “2009”.

### 2009 Club Champions

#### Female

Open 5 km 1 Belinda Martin, 2  
Suzanne Harrington  
Under 20 5 km . 1.Stephanie Beck  
2.Lucy Stewart 3. Ana Eftimova  
Under 18 3 km None  
Under 16 3 km 1.Emily West  
Under 14 3 km 1.Carolena Kostas  
2.Nicole Gentle  
Under 12 2 km 1.Jae Withers 2.Iva  
Nikolaev  
3.Kelly Wilson  
Over 35 5 km None  
Over 40 5 km 1.Lynette Delaney  
2.Julie Conroy  
Over 45 5 km 1.Helen Myles  
Over 50 5 km None  
Over 55 5 km None  
Over 60 5 km None  
Over 65 5 km Maureen Cadogan

#### Males

Open 8 km 1.Sergio Carvalho 2.Paul  
Windridge  
Under 20 5 km None  
Under 18 3 km 1.Stephen McLoughlin  
2.Todd Peters  
Under 16 3 km 1.Connor Mulholland  
Under 14 3 km 1.Mark Simpson  
Under 12 2 km 1.Daniel Ison 2.Iavor  
Nikolaev 3.Christopher Breen  
Over 35 8 km 1.David Sheehan  
2.Michael Gentle  
Over 40 8 km 1.John Peter 2.David  
Page  
Over 45 8 km 1.Tony O'Connor  
2.Sean Hogan 3.Robert Simpson  
Over 50 8 km 1.Jose Carvalho 2.Peter  
Mannile  
Over 55 8 km 1.Alan Staples  
Over 60 8 km Frank Scorzelli  
Over 65 8 km Chris Maver John Irvine

## ***2008 Winter Point Scores***

### Division 1

1<sup>st</sup> Suzanne Harrington

2<sup>nd</sup> Frank Scorzelli

3<sup>rd</sup> Chris Maver

Fastest Male Sergio Carvalho

Fastest Female Belinda Martin

### Division 2

1<sup>st</sup> John Smith

2<sup>nd</sup> Maureen Cadogan

3<sup>rd</sup> David Beck

Fastest Male Vincent Donnadieu

Fastest Female Stephanie Beck

### Division 3

1<sup>st</sup> Patricia Simpson

2<sup>nd</sup> Par Johannson

3<sup>rd</sup> George Kostas

Fastest Male Nikolay Nikolaev

Fastest Female Jae Withers

### Division 4

1<sup>st</sup> Kylie Mulholland

2<sup>nd</sup> Isabella Conroy

3<sup>rd</sup> Nicole Harrington

Fastest Male Daniel Ison

Fastest Female Nicole Harrington

### Super Series 1

1<sup>st</sup> Greg Breen

2<sup>nd</sup> Jose Carvalho

3<sup>rd</sup> Robert Simpson

### Super Series 2

1<sup>st</sup> David Edwards

2<sup>nd</sup> John Smith

3<sup>rd</sup> George Kostas

### Trophy Days

#### Bob Molloy Trophy

Division 2 - 4 km Keegan Mason

#### Terry O'Connor's Day

Division 1 - 8 km Peter Mannile

Division 2 - 5 km David Munro

Division 3 - 3 km Keegan Mason

Division 4 - 1.5 km Martin Wilson

#### Ken Jenkins's Day

Division 1 - 10 km Jason Vella

#### Greg Page Trophy

Division 1 - 11 km Robert Simpson

#### Jack Coppock Trophy U14

Division 3 - 3 km Aaron Gentle

#### G Freeman Trophy

Division 1 - 4 km Glenn Ison

#### Dean Degan Trophies

Division 1 - 4 km John Irvine

Division 2 - 2 km Alexandria Fogg

#### Ron Gribble Trophies

Division 1 - 4 km Greg Breen

Division 2 - 2 km Sidney Mulholland

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# **NSW CROSS COUNTRY CHAMPIONSHIPS 2009**

## **HIGHLIGHTS**

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

### **Premierships**

5th Female B  
3rd Under 12 male  
4th 45+ Male  
5th 55+ Male  
2nd 65+ Male

### **Road Championships Homebush 2nd May 2009**

#### Teams

5th U14 Male  
4th 45+Male  
Under 20 Female  
2nd Veronica Wallington  
Under 16 Male  
2nd Vincent Donnadiou

#### 60+ Male

1st Frank Scorzelli

### **Novice Championships Scarborough Park 9th May 2009**

#### Male

6th Anthony Murrell  
7th Team

### **Relay Championships Miranda Park 30 May 2009**

#### Under 12 Female

Team A 9th

#### Under 12 Male

Team A 2nd

#### Under 14 Male

Team A 5th

Team B 9th

Team C 12th

#### Under 16 Male

Team A 8th

#### Under 18 Male

Team A 5th

#### Open Female

Team A 6th

Team B 13th

#### 35+ Female

Team A 12<sup>th</sup>

#### Open Male

Team A 1st

Team B 10th

#### 35+ Male

Team A 12th

Team B 19th

#### 45+ Male

Team A 5th

Team B 9<sup>th</sup>

#### 65+ Male

Team A 2<sup>nd</sup>

### **Championships Nowra 20th June 2009**

#### Teams

8th Under 14 Male

#### Under 20 Female

4th Veronica Wallington

#### 40+ Female

3rd Lyn Delaney

### **Road Relay Championships Wollongong 11th July 2009**

#### Under 12 Female

Team A 6th

#### Under 12 Male

Team A 3rd

#### Under 14 Male

Team A 5th

#### Under 16 Male

Team A 5th

Team B 7th

#### Under 18 Male

Team A 4th

#### Open Female

Team A 5th

#### Open Male

Team A 9th

Team B 20th

#### 45+ Male

Team A 3rd

Team B 12th

Team B 19th

#### 65+ Male

Team A 2nd

### **Short Course Championships Upjohn Park 18th July 2009**

#### Teams

3rd Under 12 Male

4th Under 14 Male

2nd 45+Male

2nd 55+Male

#### 40+ Female

4th Lynette Delaney

#### 50+ Male

2nd Jose Carvalho

#### 60+ Male

1st Jose Carvalho

#### 65+ Male

4th John Irvine

### **Half Marathon Sydney 15th August 2009**

Chadi Elashker 6th M18-34

Jose Carvalho 1st M45+

Belinda Martin 2nd F35+ 1:21:04

John Peter 7th M35+

Kim Delaney 7th M45+

Frank Scorzelli 1st M55+

Chris Mullen 12th M45+

Lyn Delaney 4th F35+

Michael Gentle 39th M35+ 2:10:14

#### Teams

1st 45+ Men

### **Marathon Sydney 20th September 2009**

#### 35+ Men

4th John Peter



# *2009 /2010 Track and Field Report*

*Kim Delaney*

Full highlights of another successful track and field season for SGDAC are given below.

Firstly I like to thank all SGDAC club members for helping make it a great T & F season again. From my view I firmly believe any of our athletes who entered into any event this Year wearing our Club Colours help formed the one team, competing for one of the finest Athletic clubs in this country. The Heritage, traditions and sprit of this Club run deep thru all those who continue to compete, help or barrack for our club in any shape or formed. To be a winner in our club you don't have to win any event at all, any competitor or supporter of our club make them a winner anyway.

Still our club does most certainly have our share of outstanding achievers from Club level, state, National and even a few competing with worthy results at the International level.

Once again this Year Ben St Lawrence in winning a national title and Bridey Delaney achieving a second place at national both have achieved success at the top level. With Ben already gaining automatic selection into the 2010 Commonwealth Games, to be held in New Delhi in October later this Year. While Bridey still with a chance to make this team is still continuing her quest to gain the required qualifying time needed is heading to compete on the European circuit.

Another state title won by to Belinda Martin in the 5000m event and also Bridey winning the state 3000m and 1500m titles. A rundown of all our National & State titles including age division's medals won by our club competitors goes like this – at National level 1 gold medal and 3 Silver medals attained. At State 16 Gold medals attained, 10 silver medals attained & 14 bronze medals.

At the state ANSW Relays our club results gave us 4 Gold medal teams, 1 silver medal & 3 bronze medals were attained multiply this by four competitors in each team. (See separate report below)

End result all together our club competitors picked up 72 medals in the track & Field season. Also during this season we have to date 10 individual Club records broken & 1 relay team record. All these record-breaking results in fact all our Track & Field results are listed below. I hope you get to see and enjoy all these as they show the actual valued effort full results of all our club competitors.

Please also review the individual reports on all our special 2009 / 2010 award winners.

Sixty-one competitors in total this year competed in the red and white colours in a variety of events.

Sadly only 18 of our competitors competed in the 4 Club premierships events. The point's scores can also be seen below. Our strongest group again this year were mostly under 20 or in younger age groups. It would be great to have more open competitors and all other age competitors competing. It really it's all good fun.

On a Sad note our condolences go out to the Auciello family with the sudden passing away of Tony Auciello last year, Tony still hold 5 of our Club distance records in the Male U16, U18 &U20

Special praised and thanks goes out to all dedicated Club coaches, Albie Thomas, Ray Russell, Michelle Douglas & Jim Owens. Their dedication is the true source for a much of the Club success.

Also special thanks to Jim Gallagher, Villis Gravitis for their assistance and our magnificent web master Michael Gentle for all the tremendous work he does non stop all year round.

## **NSW State Relays Report 2009 - 21-22/11/09 - NSW Relay Championships**

### **St George Results**

A deserved well done and special thanks to all SGDAC competitors who turned up to compete and represent our Club at State Relays held last weekend Sat 21st and 22nd November at Blacktown Olympic Park. Additional thanks also to all the supporters who turned up to cheer on family and friends in this competition, and also Jim Gallagher who gave valuable assistance over the weekend. Extremely hot conditions were the order of the day for both days of competition. When the temperature hit the mid 40 degrees on the second day of competition ANSW had to wisely make a safety call and cancel all the 1500M relay races and also 1600 Sprint Medley (8,4,2,2) open finals. A fair bit of disappointment for some of the keener competitors at first, but on reflection it was widely accepted that the right decision had been made by ANSW.

Our Club members achieved some outstanding results on the two days - the temperature was running hot and so were our women's field teams. They managed to claim 3 gold and 4 bronze medal positions.

\* Women's Javelin Throw Relay U18. **Gold** (Alison Severino, Sonya Kelly, Matilda Werner &

Catherine Smith)

\* Women's Discus Throw Relay U18. **Gold** (Alix Kennedy, Alice Iosefo, Natasha Iosefo & Zoe Schubert)

\* Women's Javelin Throw Relay Open. **Gold** (Alison Severino, Sonya Kelly, Zoe Schubert & Matilda Werner)

\* Women's High Jump Relay U18. **Bronze** (Sonya Kelly, Matilda Werner, Zoe Schubert & Catherine Smith)

\* Women's Javelin Throw Relay U18. **Bronze** (Sonya Kelly, Matilda Werner, Zoe Schubert & Catherine Smith)

\* Women's Discus Throw Relay Open. **Bronze** (Alix Kennedy, Alice Iosefo, Ruby Ewe & Natasha Iosefo)

\* Women's Shot Put Relay U18. **Bronze**. (Natasha Iosefo, Alice Iosefo, Alix Kennedy, Zoe Schubert)

Alix Kennedy broke her own U18 and Open Women's Discus Club Records with a tremendous throw resulting in a New Club Record of **46.32m**. This beat her previous records of 44.83m (All Schools, 5-8 Nov 09) and the record attained last season of 44.14m (30/11/08). This throw was only 62cm off the Qualifying Distance required to meet the initial selection requirement for the **World Junior Championships** to be held in **Moncton, Canada in July 2010**.

Our U18 Women's Javelin Throw Relay Gold medal winning team with a total of **134.70m** were only **30cm** off breaking the State Record.

There were also some good results achieved by our relay teams on the track, especially when you considered some late formations were required to help field some of these teams. I would like to acknowledge our Club Track Captain Chris Barakat and his fellow track athletes - Stephen Smith, Scott Manns, Kerry Cree and Paul Windridge - who not only performed well on the track in the Open Men's 100m and 200m heats as well as coming 6th in the Open men's long jump, but also assisted in setting up our base on both days.

As mentioned earlier, the withdrawal of the 1500m relay races was a disappointment for a number of our competitors although a few of the late recruits might have been a little relieved. Take the sporting gestures of our webmaster Michael Gentle, a late call to help form one of the 1500m relay teams, who had already ran a half marathon in the morning and his son Aaron who had completed a 10 K was also on standby as reserve for the U20 1500m team. Not forgetting Trish Simpson who had volunteered to make up the position in one of the 200+ male 1500m teams after a very late request even with a couple of painful blisters on one foot.

Our U20 800m Relay team came in 6th place with some young runners mixed in to formed this team - Tim Hogan, Thomas Delaney, Riley Delaney and 12 year old Mark Simpson who ran the final leg giving it his all on the day for his team. Our two 200+ 800m relay teams really put plenty of red and whites on the track, with all putting in their best efforts resulting in a 4th and 12th position in this event. Sean Hogan, Dale Jones, Jose Carvalho, Kim Delaney, John Irvine, David Burns, Peter Fitzpatrick and Bob Simpson made up these teams. While on Sunday afternoon Frank Scorcelli in 1500m 200+ team and Daniel Siepen 1500m U20 team were both set to race when the extreme temperature at the time meant the race had to be cancelled.

Finally the biggest thanks must go to all the St George Coaches whose time and dedication is the main reason our Club performed so successfully over the weekend - with special mention to the brilliance of Ray Russell and Michelle Douglas whose athletes performed so marvelously on both days.

# SUMMER CROSS COUNTRY REPORT

*David Edwards*

With the weather on the whole being kind to us, 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 Gannon's Park, as in previous years.

The change in registration requirements didn't have a major noticeable effect on numbers competing and we were only slightly down on the previous year as shown below.

-Number of runners scoring points-

	<u>2006/7</u>	<u>2007/8</u>	<u>2008/09</u>	<u>2009/10.</u>
2Km	46	61	79	<b>70</b>
3-4Km	34	34	39	<b>36</b>

In the 2Km Division Emma Millett built a clear lead in the handicap points competition, however the margin reduced in the later weeks of the season, as Trish Simpson closed to within 5 points, with new member Jamie Bryant coming through to take third.

In the longer races held over either 3km or 4km Sean Hogan, who continues to improve, was a clear winner, while David Beck and last year's winner, Chris Maver, took the other trophies.

In the Fastest Times category for the 2km Females, last year's joint winner, Emma Millett, won again -this time by a wide margin. Likewise in the division 1 Male fastest times Kim Delaney repeated last year's success, again scoring well ahead of the rest.

Thomas Delaney missed many of the races after Christmas due to an injury but returned late in the season to snatch the Male 2Km Fastest Times trophy from Sean Hogan and Nikolay Nikolaev.

In the longer races the female trophy was only decided on the last day, with front runners Lucy Stewart and Ana Eftimova missing some runs late in the season while Kerry Edwards ran every week and was rewarded by taking first place -but by only 3 points.

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 organisation, by giving out place cards, recording names, putting out flags and cones etc, in particular special thanks to Kim Delaney, Chris Mullen, Sean Hogan Trish & Bob Simpson, Emma Millett & Kerry Edwards. Also thanks to Michael Gentle for getting the results onto our website so promptly after I'd sent them to him each week.

## The TOP TEN

### 2km Handicap Points

1 Emma Millett	317
2 Trish Simpson	312
3 Jamie Bryant	303
4 Par Johannson	284
4 Mark Simpson	284
6 Sean Hogan	282
7 Mathew Simpson	279
8 Bob Simpson	277
9 Veneita Delaney	267
10 David Beck	263

### 2km - Female

1 Emma Millett	<b>79 points</b>
2 Stephanie Beck	<b>54</b>
3 Iva Nikolaev	<b>33</b>

### Male

1 Thomas Delaney	<b>48 points</b>
2 Sean Hogan	<b>39</b>
3 Nikolay Nikolaev	<b>38</b>

### 3-4km Handicap Points

1 Sean Hogan	195
2 David Beck	179
3 Chris Maver	174
4 Kerry Edwards	166
5 Ray Millett	156
6 Kim Delaney	148
7 Tony O'Connor	127
8 Nikolay Nikolaev	125
9 Ana Eftimova	124
10 Colin Wilson	

### 3-4km -Female

1 Kerry Edwards	<b>52 points</b>
2 Ana Eftimova	<b>49</b>
3 Lucy Stewart	<b>44</b>

### -Male

1 Kim Delaney	<b>77 points</b>
2 Nikolay Nikolaev	<b>36</b>
3 John Peter	<b>31</b>

# 2009-2010 Track and Field Results

## INTERNATIONAL.:

### **Ben St Lawrence**

18/03/2010 – Christchurch NZ International Track Meet – Mens 5K – 13.48.28(1<sup>st</sup>).  
28/05/2010 - Golden Spike IAAF Meet – Ostrava, Czech Rep. Mens 3K - 7.49.28 (10<sup>th</sup>) \*\*

### **Bridey Delaney**

18/03/2010 – Christchurch NZ International Track Meet – Womens 1500 – 4.16.73(1<sup>st</sup>)  
19/05/2010 — 2010 Colourful Daegu Pre-Championships Meeting – Daegu, Korea  
Womens 1500m – 4.17.70 (6<sup>th</sup>).

## NATIONAL TITLES:

17/04/2010 – W.A.A..Stadium

Mens 5K OPEN – Ben St Lawrence – 13.40.50(1<sup>st</sup>)- Nat 5K Champ.

Womens 1500m OPEN – Bridey Delaney – 4.18.33(2<sup>nd</sup>)

Women's Javelin Throw – OPEN – 39.89m(10<sup>th</sup>)

## TRACK CLASSICS:

10/12/2009 – Zatopec

Men's 1K OPEN – Ben St Lawrence- 28.05.73(1<sup>st</sup>)\*\*

Womens 1500m OPEN – Bridey Delaney - 4.22.67(1<sup>st</sup>)

28/01/2010 – Waratah Series- SOPAC

Womens 800m OPEN – Bridey Delaney – 2.07.82(1<sup>st</sup>)

06/02/2010 – Hunter Track Classic.

Men's 3K – OPEN Ben St Lawrence – 7.55.91(1<sup>st</sup>)

06/02/2010 – 2010 Brisbane Athletics Classic.

Womens Javelin Throw OPEN Alison Severino- 38.35(7<sup>th</sup>)

Womens 800m OPEN – Bridey Delaney – 2.05.51(3<sup>rd</sup>)

12/02/2010 – Briggs Athletics Classic- Hobart

Men's 5K OPEN – Ben St Lawrence – 13.38.73(2<sup>nd</sup>)

27/02/2010 – 2010 Sydney Athletics Classic.

Womens 1500m OPEN – Bridey Delaney – 4.21.33(4<sup>th</sup>)

04/03/2010 – 2010 Melbourne Athletics Classic

Men's 5K OPEN – Ben St Lawrence – 13.26.91(4<sup>th</sup>)- Comm Games A Qlf.

Women's 1500m OPEN – Bridey Delaney – 4.14.52(1<sup>st</sup>)

## STATE CHAMPIONSHIP - SOPAC

14/11/2009 – Women's 3K OPEN – Bridey Delaney – 9.13.89(1<sup>st</sup>) – 3K State Champion

Men's 3K OPEN – Issac Ali 7<sup>th</sup>, Connor Mullholland 17<sup>th</sup>, Todd Peters 21<sup>st</sup>.

28/01/2010 – Women's 5000m OPEN – Belinda Martin 17.25.42(2<sup>nd</sup>) 5K State Champion

30/01/2010 – Mens 3k S'chase U20 – Todd Peters 11.45.12(4<sup>th</sup>)

Men's 2k S'chase U18- Connor Mullholland 7.0226(6<sup>th</sup>)

26/27/28/ 03/2010 – Womens Heptathlon U18 – Zoe Schubert - 3649pts(3<sup>rd</sup>), Catherine Smith – 3599pts(4<sup>th</sup>).

Womens Heptathlon U16 – Matlida Werner – 3479pts(1<sup>st</sup>) – State Champion.

Women's 18+ 200m AWD-amb (T/F20)-33.03(3<sup>RD</sup>)

Women's 18+ Javelin Throw AWD-amb(T/F20)-18.00(1<sup>ST</sup>) – State Champion

Women's 18+800m AWD-amb(T/F20)-2.59.63(2<sup>nd</sup>)

Women's 18+ Shot Put AWD-amb(T/F20)-5.86m(2<sup>nd</sup>)

Women's 18+100m AWD-amb(T/F20)- 16.49(3<sup>rd</sup>)

Women's 18+ Long Jump AWD-amb(T/F20)-3.25m(2<sup>nd</sup>)

Women's 18+1500m AWD-amb(T/F20)-6.26.22(1<sup>st</sup>) – State Champion

Women's Javelin Throw OPEN – Sonja Kelly - 37.75m(5<sup>th</sup>), Alison Severino – 35.96m(6<sup>th</sup>)

*Womens Pole Vault OPEN – Laura Flynn – 2.7m(3<sup>rd</sup>).*  
*Women's 1500m OPEN – Bridey Delaney – 4.19.55(1<sup>st</sup>) – 1500m- State Champion*

***UTAS AUST ALL SCHOOLS TRACK and FIELD – 4/12/2010 – 7/12/2010 – HOBART***

*Boys 100mtrsH – U15 – Scott Manns – 13.94(4<sup>th</sup>) – Club Record*  
*Boys 2K S'chase – U16 – Connor Mulholland – 6.43.95(17<sup>th</sup>)*  
*Girls 200m – U14 – Annaliese McCauley – Heats – 28.35(7<sup>th</sup>)*  
*Girls 400m – U14 – Annaliese McCauley – Heats – 1.03.58(6<sup>th</sup>)*  
*Girls 400m – U14 – Carolena Kostas – Heats – 1.01.55(3<sup>rd</sup>)*  
*Girls 400m – U14 – Carolena Kostas – Semi Final – 1.01.44(6<sup>th</sup>)*  
*Girls 800m – U14 – Carolena Kostas – Heats – 2.21.01(4<sup>th</sup>)*  
*Girls Pole Vault – U18 – Laura Flynn – 2.60(6<sup>th</sup>)*  
*Girls Javelin Throw – U18 – Alison Severino – 42.51(2<sup>nd</sup>), Sonja Kelly – 38.09(6<sup>th</sup>).*

***NSW RELAYS CHAMPIONSHIPS – BLACKTOWN OLYMPIC PARK***

*Women's High Jump - U18 – Sonja Kelly, Matilda Werner, Zoe Schubert, Catherine Smith – 6.10m(3<sup>rd</sup>)*  
*Women's Javelin Throw – U18 – Alison Severino, Sonja Kelly, Matilda Werner, Catherine Smith – 134.70m(1<sup>st</sup>)*  
*Women's Javelin Throw – U18 – Zoe Schubert, Sarah Riggs, Rebecca Riggs, Lena O'Donohue – 112.89m(3<sup>rd</sup>)*  
*Womens Discus Throw – OPEN – Alix Kennedy, Alice Iosefo, Ruby Ewe, Natasha Iosefo – 146.08m(3<sup>rd</sup>).*  
*Womens Shot Put – U18 – Natasha Iosefo, Alice Iosefo, Alix Kennedy, Zoe Schubert – 39.38m(3<sup>rd</sup>)*  
*Women's Discus Throw – U18 - Natasha Iosefo, Alice Iosefo, Alix Kennedy, Zoe Schubert – 141.71(1<sup>ST</sup>)- Alix Throwing a Club Record of 46.32.*  
*Womens Javelin Throw – OPEN – Alison Severino, Sonja Kelly, Zoe Schubert, Matilda Werner – 143.64(1<sup>st</sup>).*  
*Men's 4x800m – U20- Thomas Delaney, Tim Hogan, Riley Delaney, Mark Simpson-9.56.85(6<sup>th</sup>)*  
*Men's 4x100m – OPEN – Chris Barakat, Stephen Smith, Kerry Cree, Scott Manns- Heats(7<sup>th</sup>)*  
*Men's 4x200m – OPEN – Chris Barakat, Stephen Smith, Paul Windridge, Scott Manns- Heats(6<sup>th</sup>)*  
*Mens 4x800m-200+- Kim Delaney, Sean Hogan, Dale Jones, Jose Carvalho – 9.51.77(4<sup>th</sup>)*

*Mens 4x800m – 200+ - John Irvine, David Burns, Peter Fitzpatrick, Bob Simpson – 12.22.33(12<sup>th</sup>)*  
*Men's 4xLong Jump OPEN – Chris Barakat, Stephen Smith, Paul Windridge, Scott Manns- 22.37m(6<sup>th</sup>).*

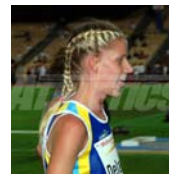


## *Annual SGDAC Awards 2009 / 2010 Season*

A.A.Gainsford Trophy (Outstanding Senior Athlete) - **Ben St Lawrence**. Ben had a spectacular season results included 2<sup>nd</sup> in the Sydney City to Surf and setting a new Club record with a 7.49.28 for a 1500m event in Ostrava, Czech Republic on 28<sup>th</sup> of May this year.



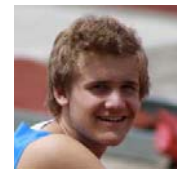
Robert Nash Trophy (Most Improved Senior Athlete) - **Bridey Delaney**. Bridey continued her good form through out the year running an excellent 9.13, setting a new club record and taking the State Championship 3K title as well.



The L.L.Bosman Award (Outstanding under 20 Performance & Sportsmanship)& Ray Russell (Thrower's Trophy)- **Alison Severino**. Alison is our State Champion Javelin Thrower taking the title with a club record throw of 134.7m.



SGDAC Trophy (Outstanding Hurdler) **Scott Manns**  
Scott set a club Under 15 record of 13.94 at the Aust All Schools in Hobart last December.



St.George Trophy (Best Field Athlete) & Basil Dickinson (Outstanding Jump Performance) **Sonya Kelly**. Sonja picked up 2 Golds and 2 Silvers in the NSW Secondary All Schools Championships at SOPAC in October 2009.



J.J.Walsh Trophy (Outstanding Marathon Performance) **Tim Rowe**. Tim came back from injury to run very determined 2009 Canberra Marathon in the time of 2.27.01 (2<sup>nd</sup>)



SGDAC Trophy (Outstanding Under 18 Athlete) **Zoe Schubert**. Zoe in the NSW Junior and Youth Championships won Gold for her throw of 37.40m in the U18 Javelin event.



D. Jolliffe Trophy (Most Improved Under 18 years) **Laura Flynn & Alice Iosefo**. Both Laura and Alice both claimed a State Championship at the NSW Secondary All- Schools Track and Field Titles in October 2009.



## *Annual SGDAC Awards 2009 / 2010 Season*

G.Page Trophy (Outstanding Under 16 Athlete)

**Matilda Werner.** Matilda won a Gold medal in the Women's U16 Heptathlon at the NSW State Championships.



SGDAC (Most Improved Under 16 Athlete)

**Connor Mulholland.** Connor set a Club record of 6.25.47 and collected a Silver Medal as well at the NSW All-Schools Track and Field Championships in 2009.



Mulholland Family (Outstanding Under 14 Athlete) **Jordan Cambell**  
Jordan with a throw of 28.18 won a Gold Medal at the NSW Junior and Youth Championships in February this year.



SGDAC (Most Improved Under 12 Athlete) –

**Daniel Ison.** Daniel took home Bronze medals in the U14 1500m Race Walk and also Bronze in the U14 Triple Jump in the NSW Junior and Youth Championships 2010.



Ron Gribble Trophy

(Open grades Track & Field Athlete aggregate point score winner) –

**Todd Peters.** Todd has been an improving middle distance runner winning at the Club Premiership meets.



Albert Thomas Award

(Track & Field Encouragement Award for Athletes Under 16 Years)

**Tania Minutolo.** Tania threw a 25.26m to take Bronze at the recent NSW Junior and Youth Championships

Peter Tuziak (Under 12 Athlete Encouragement) –

**Christopher Breen & Jae Withers.** Christopher has been running well in distance races while Jae has been competing well in her age groups.



Athlete's Foot (Track & Field Encouragement –

**Hame Sele.** Hame set three Club Records in Discus and Javelin at the ANSW Permit meets and got a Bronze Medal in the U16 events at Junior Youth Championships in February 2010.

## SEASONS BEST PERFORMANCES

			Open Men		Result	Under 20
100m	Paul Windridge	12.33	100m H	Zoe Schubert	17:26	
200m	Paul Windridge	25.17	800m	Lucy Stewart	2:29.92	
110m H	Chris Barakat	15.48	1500m	Lucy Stewart	5:33.30	
400m	Issac Ali	56.34	Discus 1kg	Alix Kennedy	44.68m	
800m	Paul Windridge	2:06.58	High Jump	Sonya Kelly	1.63m	
1500m	James Matthews	4:06.77	Javelin 600g	Sonya Kelly	42.55m	
<b>3000m CLUB REC</b>	Ben St Lawrence	7:49.28	Pole Vault	Laura Flynn	2.80m	
5000m	Ben St Lawrence	13:26.91	<b>Under 18 Men</b>			
<b>10km CLUB REC</b>	Ben St Lawrence	28:05.73	100m H	Kerry Cree	15.09	
Long Jump	Chris Barakat	6.68m	400m	Todd Peters	55.82	
Marathon	Tim Rowe	2:27:01	800m	Todd Peters Connor	2:09.58	
<b>Open Women</b>			1500m	Mulholland	4:28.31	
800m	Bridey Delaney	2:05.51	3000m	Daniel Siepen Connor	9:28.02	
1500m	Bridey Delaney	4:14.52	2km Steeple	Mulholland	6:54.37	
<b>3000m CLUB REC</b>	Bridey Delaney	9:13.89	Javelin 700g	Alex Ridges	44.94m	
5000m	Belinda Martin	17:25.42	<b>Under 18 Women</b>			
Discus 1kg	Alice Iosefo	36.54m	200m	Catherine Smith	28:21	
Shot Put 4kg	Alice Iosefo	11.38m	100m H	Zoe Schubert	17:26	
Marathon	Lyn Delaney	3:42:20	800m	Catherine Smith	2:43.06	
<b>Under 20 Men</b>			<b>Discus 1kg CLUB REC</b>	Alix Kennedy	44.83	
100m	Luke Hammer	11.38	High Jump	Sonya Kelly	1.65m	
400m	Todd Peters	55.82	Javelin 600g	Sonya Kelly	42.55m	
800m	Todd Peters	2:02.42	Pole Vault	Laura Flynn	2.70m	
1500m	Todd Peters	4:30.64	Shot Put 4kg	Alice Iosefo	11.38m	
3km Steeple	Todd Peters	11:45.12	Heptathlon	Zoe Schubert	3649 pts	
<b>Under 16 Men</b>			<b>Under 14 Women</b>			
100m	Scott Manns	12.48	100m	Anna Shilson- Josling	14.16	
<b>100mH CLUB REC</b>	Scott Manns	13.94	200m	Annaliese McCauley	26.72	
1500m	Connor Mulholland	4:34.2	400m	Carolena Kostas	1:00.50	
3000m	Connor Mulholland	9:45.14	800m	Carolena Kostas	2:21.01	
<b>2km Steeple CLUB REC</b>	Connor Mulholland	6:25.47	Discus 1kg	Jordan Campbell	19.78m	
<b>Discus 1kg CLUB REC</b>	Hame Sele	45.91	Long Jump	Megan Heap	3.98m	
Long Jump	Scott Manns	4.51m	High Jump	Megan Heap	1.45m	
<b>Javelin 600g CLUB REC</b>	Hame Sele	45.66 m	Javelin 400g	Jordan Campbell	29.28m	
Shot Put 4kg	Hame Sele	12.74m	Shot Put 1kg	Tania Minutolo	9.44m	
<b>Under 16 Women</b>			Walk			
200m	Matilda Werner	27:93	<b>35+ Men</b>			
90m H	Catherine Smith	14.39	60m	Robert Simpson	8.76	
400m	Carolena Kostas	59.79	200m	Robert Simpson	27.51	
Discus 1kg	Zoe Schubert	31.05m	400m	Dale Jones	1:03.74	
Long Jump	Matilda Werner	4.91m	800m	Kim Delaney	2:20.76	
High Jump	Matilda Werner	1.40m	1500m	Kim Delaney	4:48.75	
Javelin 600g	Matilda Werner	38.26m	3000m	Sean Hogan	12:20.22	
Shot Put 4kg	Alice Iosefo	11.38m	5000m	Henry Elliot	19:28	
Triple Jump	Matilda Werner	10.68m	<b>AWD Ambulant</b>			
Heptathlon	Matilda Werner	3479 pts	100m AWD-amb ( T/F 20 )	Nicole Harris	16:49	
<b>Under 14 Men</b>			200m AWD-amb ( T/F 20 )	Nicole Harris	33:03	
400m	Daniel Ison	69.58	800m AWD-amb ( T/F 20 )	Nicole Harris	2:59.63	
800m	Angus Mulholland	2:30.25	1500m AWD-amb ( T/F 20 )	Nicole Harris	6:26.22	
1500m	Angus	4:58.00	Javelin AWD-amb ( T/F 20 )	Nicole Harris	18.00m	



	Mulholland	)			
3000m	Angus Mulholland	11:05.45	Shot Put AWD-amb ( T/F 20 )	Nicole Harris	5.86m
Triple Jump	Daniel Ison	7.48m	Long Jump AWD-amb ( T/F 20 )	Nicole Harris	3.25m
Walk	Daniel Ison	11:01.95	<b>Note ; One Club Relay Record Broken 2010</b>		
				<b>Womens Javelin Throw Relay U18</b>	<b>Club Record 134.70 m</b>
			Alison Severino		
			Sonya Kelly		
			Matilda Werner		
			Catherine Smith		

## ***NSW MEN'S OPEN CROSS COUNTRY RELAY CHAMPIONS – 2009***



*Tim Rowe, Chardi Elaskar, Ben St Lawrence, Stephen Thurston.*

*St George District Athletic Club Inc.*  
*Treasurers Report – Denis Jollieffe*

**Statement of Income and Expenditure  
for the year ended 31 March 2010**

	2010	2009
	\$	\$
<b>Income</b>		
Bank Interest	569.66	911.38
Annual Subscriptions	11,785.17	7,564.50
Cross Country Total (Note 1)	15,541.05	15,567.10
Track & Field Total	0.00	404.00
Sale of Uniforms	863.00	688.50
General Total (Note 2)	8,937.52	5,085.90
Teams Fund Total (Note 3)	900.00	2,374.00
Total Receipts	38,596.40	32,595.38
less		
<b>Payments</b>		
Bank charges	27.45	30.60
Regns, etc. to Athletics NSW	13,780.86	10,749.82
Cross Country Total (Note 4)	11,804.40	11,662.21
Track and Field Total	148.00	185.50
Purchase of Uniforms	1,667.05	0.00
General Total (Note 5)	7,568.36	3,762.47
Teams Fund Total (Note 6)	3,862.00	3,510.00
Total Payments	38,858.12	29,900.60
Excess Income over Expenditure -	261.72	2,694.78
Cash at beginning of year	21,625.11	18,930.33
Excess of Income over Expenditure -	-261.72	2,694.78
Cash at end of year	21,363.39	21,625.11
This is represented by:		
Bank Cheque Account	4,909.24	5,740.04
Bank Direct Saver	<u>16,454.15</u>	<u>15,885.07</u>
	<u>21,363.39</u>	<u>21,625.11</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 2010.

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 2010.

**Michael Hanrahan and Associates**

**Honorary Auditor**

**Statement of Financial Position**

**As at 31 March**

	2010	2009
	\$	\$
<b>Current Assets</b>		
Stock on Hand	4,289.50	3,745.00
Cash at Bank and on Hand	21,363.39	21,625.11
Bank Term Deposits	27,124.84	25,350.32
	52,777.73	50,720.43
<b>Non-current Assets</b>		

<i>Equipment, Valued at cost less depreciation (Note 7)</i>	8,285.00	5,885.00
	61,062.73	56,605.43
<i>less</i>		
<i>Non-current Liabilities</i>		
<i>Reserve for Perpetual Trophy</i>	0.00	295.10
<i>Reserve for CC Trophies</i>	0.00	216.97
	61,062.73	56,093.36
<i>equals</i>		
<i>Club Funds -</i>		
<i>General Fund</i>	56,920.03	48,988.66
<i>Teams Fund</i>	4,142.70	7,104.70
	61,062.73	56,093.36
<i>Dennis Jolliffe Honorary Treasurer</i>		
<b>Note 1</b>	<b>2010</b>	<b>2009</b>
	<b>\$</b>	<b>\$</b>
<b>Cross Country Receipts</b>		
<i>Cross Country Race Fees</i>	3,372.00	3,256.00
<i>Net Raffle Proceeds</i>	725.00	424.00
<i>Novice Day Entries &amp; other income</i>	6,567.00	6,760.00
<i>Trophies Donated</i>	478.00	390.00
<i>Rockdale City Council Fun Run4,</i>	300.00	4,660.00
<i>Sale of Refreshments</i>	98.45	76.50
	15,541.05	15,567.10
<b>Note 2</b>		
<b>General Receipts</b>		
<i>Donations</i>	75.00	315.00
<i>Term Deposit Interest</i>	1,774.52	1,664.90
<i>Fund raising for registration assistance by Christmas Mile, Supply of Officials, and Other Donations</i>	2,618.00	1,895.00
<i>Social Dinner Proceeds</i>	970.00	1,211.00
<i>Refund Coaching Course Exps (ANSW)</i>	0.00	0.00
<i>Grant for Purchase of Tent</i>	3,500.00	0.00
	8,937.52	5,085.00
<b>Note 3</b>		
<b>Teams Fund Receipts</b>		
<i>Donations</i>	900.00	0.00
<i>Supply of Officials; Athletic Events</i>	0.00	2,374.00
	900.00	2,374.00
<b>Note 4</b>		
<b>Cross Country Payments-</b>		
<i>Cross Country Season Prizes</i>	2,155.00	905.00
<i>Cross Country Hire of Hall</i>	552.00	532.00
<i>Cross Country Trophies and Other Expenses</i>	0.00	1,699.75
<i>Novice Day Expenses</i>	4,610.00	4,343.36
<i>Rockdale City Council Fun Run</i>	3,868.00	4,182.10
	11,804.00	11,662.21
<b>Note 5</b>		
<b>General Payments</b>		
<i>Printing, Postage, Stationery, etc</i>	711.84	541.32
<i>Trophies</i>	569.00	507.35
<i>Increase in Term Deposits</i>	1,774.52	1,664.90

Equipment maintenance	90.80	135.00
Internet Web Page	0.00	150.00
Donations and Presentations	0.00	50.00
Purchase of Banners	662.20	0.00
Prizes – Design of Banners	350.00	
Purchase of equipment	3,410.00	69.00
Grants for Coaching Courses	0.00	600.00
Other	0.00	45.00
	<u>7,568.36</u>	<u>3,762.57</u>

**Note 6**

**Teams Fund Payments**

*Assistance to Individuals –*

J Campbell	50.00	0.00
C Dege	0.00	100.00
B Delaney	480.00	500.00
C. Douglas	0.00	200.00
C Elashkar	0.00	100.00
R Ewe	0.00	100.00
L Flynn	450.00	100.00
A Iosefo	50.00	0.00
D Ison	50.00	0.00
S Kelly	150.00	100.00
A Kennedy	50.00	200.00
C Kostas	230.00	0.00
S Manns	150.00	0.00
B Martin	30.00	0.00
A McCauley	150.00	0.00
T Minuetolo	50.00	0.00
T Rowe	0.00	200.00
Z Schubert	50.00	0.00
A Severino	200.00	100.00
B St. Lawrence	<u>0.00</u>	<u>200.00</u>
	2,390.00	2,100.00
Relay Entries	<u>1,472.00</u>	<u>1,410.00</u>
	<u>3,862.00</u>	<u>3,510.00</u>

**Note 7**

**Equipment**

Equipment, Valued at cost	12,933.00	9,671.00
less Accumulated Depreciation	<u>4,648.00</u>	<u>3,786.00</u>
	<u>8,285.00</u>	<u>5,885.00</u>

**Comments on Annual Financial Statements  
by Dennis Jolliffe**

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

As at 31 March	Total Club Funds	Movement
2005	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	
		\$,4,969.37
2010	\$61,062.73	

In 2009-10 Club Funds rose by \$4,969.37 , an improvement over the past couple of years. Registration receipts were well up on previous years, as Athletics NSW moved from a registration 12 month period commencing 1 April to a period commencing 1 October. Over the past twelve months the Club has assisted many young athletes by subsidising registrations, and funds raised from the Christmas Mile and Social Functions have made a valuable contribution towards this assistance.

Teams fund 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, Narelle Hocking as Registrar, Coral and Albert Ferraro as Assistant 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

<i>Under 16</i>	<i>25</i>	<i>19</i>	<i>11</i>	<i>15</i>	<i>11</i>
<i>Under 14</i>	<i>13</i>	<i>9</i>	<i>14</i>	<i>16</i>	<i>19</i>
<i>Under 12</i>	<i>17</i>	<i>25</i>	<i>34</i>	<i>20</i>	<i>20</i>

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<i>Total</i>	<i>162</i>	<i>173</i>	<i>190</i>	<i>170</i>	<i>175</i>
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*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 2009 the registration dates set by Athletics NSW changed to a twelve monthly period ending on 30<sup>th</sup> September. The next reporting period ends on 30<sup>th</sup> September 2010, so the figures in this report remain the same as those published in the report for the previous year.*

*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 members 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 –*

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

*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 for 6 to 10 years, and 23 have been members for 11 or more years.*

#### **Equipment as at 31 March 2010**

- 1 700 g Javelin*
- 2 800 g Javelin*
- 2 Printer-Stop Watch*
- 2 Tents*
- 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 MF Printer

END OF FINANCIAL REPORT

### Menior Men's Club Records

100m	R Henderson	10.30s	16/3/85
200m	D Batman	20.78s	24/2/01
400m	D Batman	45.02s	22/2/03
800m	G Rootham	1m 46.60s	26/3/72
1500m	A Thomas	3m 42.60s	1964
3000m	B St Lawrence	7m 49.28s	27/5/10
5000m	B St Lawrence	13m 25.88s	17/4/09
10000m	B St Lawrence	28m 05.73s	10/12/09
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	51.28s	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	21/03/71
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

### 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	B Delaney	2m 05.22s	28/2/09
1500m	B Delaney	4m 14.20s	18/7/09
3000m	B Delaney	9m 13.89s	14/11/09
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	C Douglas	11.73m	30/11/08
Pole Vault	L Flynn	2.80m	20/03/09
Shot 4kg	A Iosefo	12.24m	20/10/07
Discus 1kg	A Kennedy	46.32m	22/11/09
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
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
4 x Shot Put Relay	N Iosefo R Ewe A Kennedy A Iosefo	39.34m	16/11/08
4 x Discus Throw Relay	A Kennedy R Ewe A Iosefo N Iosefo	142.46m	16/11/08
4 x Long Jump Relay	C Douglas S Kelly	18.16m	15/11/08

	A Severino S Riggs		
4 x High Jump Relay	S Kelly C Douglas Z Schubert S Riggs	6.04m	15/11/08
4 x Javelin Throw Relay	A Severino S Kelly M Werner C Smith	134.70m	21/11/09

### *LIFE MEMBERS*

### *MERIT AWARDS*

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. MCLEAN	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. MCLEAN	1998
C. STRATFORD	2001
N. THOMAS	2001
C. FERRARO	2004

### *HONOUR ROLL (DECEASED)*

<i>LIFE MEMBERS</i>	<i>YEAR</i>	<i>MERIT AWARDS MEMBERS</i>	<i>YEAR</i>
A.A. GAINSFORD	1923	F. EGGELTON	1975
W. H. HASLE	1932	G. PAGE	1975
B. BUTTON OAM	1937	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	E. WALSH	2002
S. DONNELLY	1991	R. SQUIRES	2009
R. MOLLOY	1997	N. MARKHAM	2009

## *VALE*

### *BOB SQUIRES*

*1942 – 2010.*

When Bob Squires passed way on February 10<sup>th</sup> 2010 many older members of our club lost a good friend and pal. For 6 years prior to his passing, Bob fought hard to overcome illness, brain tumour and many club members were saddened and will miss him. Bob was a long time club member through the 1960's to 1990's and well known for his great performances in State and Australian Open and Veterans distance running championships and fun runs. His success in long distance running ranged from 5km to marathon. Among many of Bob's successes was his run in the Hamilton, New Zealand International Marathon in 1975, where he set a new club record time of 2hrs 23mins 39secs. He was awarded the clubs J.J. Walsh trophy for this outstanding performance. Bob was also busy on the administrative side of our club being a member of the club's Executive Committee and Distance Secretary in the 1970's. These few lines conclude with deepest sympathy to his wife Pat ad sons Robert and Paul.

### *NEVILLE MARKHAM*

*1932 – 2009.*

Neville Markham was already in veteran class when he began as a distance runner with our club in 1971 and was soon joined by Lawrie his eldest son. Neville made his mark in Veterans Championships from the start running over distances ranging from 800m to the marathon and remained at the top of his age group until he suffered a heart attack and stroke whilst on a training run. He was a consistent cross-country / winter athlete but did run 800m / 1500m events during summer all with considerable success. Neville did not recover from his set back and those of us who ran with him over the many years will always remember his love of running. He was always joined by his very faithful pooch Jessie, whenever he trained and raced t Scarborough Park, they were inseparable. Upon retirement in 1996 Neville moved house to live at Vincentia on the South Coast and as a result he joined the Nowra Club. Our deepest sympathy goes to his wife Rosemarie, his son Lawrie and family.

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***St George District Athletics Club members would like to thank the support given to the club by***

***The ATHLETES FOOT STORE at HURSTVILLE***

