

*St. George  
District Athletic Club Inc.*



*90<sup>TH</sup> Annual Report  
2010 – 2011*

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

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

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

*SATURDAY 18<sup>TH</sup> OF JUNE 2011.*

*3.00PM*

### MEETING AGENDA

1. Welcome to members and guests.
2. Apologies.
3. Minutes of the 89<sup>th</sup> AGM.
4. Presentation of the 90<sup>th</sup> Annual General Report & Financial Statement.
5. Election of Officers, Executive Committee and appointment of Auditor.
6. Presentation of 2010 – 2011 Annual Awards.
7. General Business.
8. Raffle Draw.
9. Afternoon Tea.

*St. George District Athletic Club, Inc.*  
*Minutes of the 89<sup>TH</sup> Annual General Meeting*

**HELD JUNE 12<sup>TH</sup> 2010 SYD FROST HALL – HAWTHORNE ST RAMSGATE**

The meeting commenced at 15.00 with the president Albie Thomas welcoming all of those who attended, including distinguished guests, life members and members. There were approx. 90 people in attendance and all those present were asked to sign the attendance book.

**Special Guests:**

Councillor Mr James MacDonald – Representing Rockdale City Council.

Ms Betty Moore – ANSW Representative.

**Apologies:**

Apologies accepted for, Michael Gentle, David Beck, Michelle Douglas and Denis Jolliffe.

**Adoption of 88<sup>th</sup> General Meeting Minutes:**

The minutes of the 88th AGM were confirmed by:

Mover: Kim Delaney / Seconder: Jim Owens - Carried.

There were no matters arising from the minutes.

**Presentation of the 89<sup>th</sup> Annual Report**

The Club President Albie Thomas read out the Presidents Report for the preceding year and gave special mention to Denis Jolliffe, Club Treasurer and Kim Delaney for their excellent work for the club.

Colin Wilson delivered the Distance Report.

Jim Gallagher presented the Track and Field Report.

Treasurers Report presented with Annual Report.

**Motion:** That the President's Report be put.

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

**Election of Officers:**

Ron Gribble acted as the Electoral Returning Officer, he thanked the outgoing members for the work they had done in the past year and in particular congratulated Denis Jolliffe for his 47 years as Club treasurer. Ron declared all Committee positions vacant and received nominations for all positions. The elections were carried out and Officers for the 2010 – 2011 Executive Committee Office bearers were elected as follows:

President: Albie Thomas. General Secretary: David Burns. Treasurer: Dennis Jolliffe Track Secretary: Kim Delaney and Jim Gallagher, Distance Secretary: Colin Wilson. Hon Auditor: Michael Hanrahan. Executive Committee members: John Irvine, Alan Staples, David Beck, Jim Owens, Ray Russell and Ron Gribble.

**Executive Committee:**

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

**General Business:**

Ron Gribble spoke how the club would like to see more representation at State Level, all should be encouraged to compete in State titles particularly in the Cross Country titles at Nowra. No change to club uniform which is Red and White striped running top / singlet and red shorts, this uniform has remained unchanged over the years. We all should congratulate our top athletes on their achievements e.g.: Ben St Lawrence and Bridey Delaney.

**ANSW Betty Moore:**

Thanked the club for the invitation and commented on the wonderful Annual Report. Has found around the meets that a lot of people just want to run and compete. The sport needs a strong grass-roots competition like is provided by this club. In August ANSW will be asking the clubs what they want and will be seeking their input in.

**Mr James Mac Donald, Rockdale City Councillor:**

Athletics is sport that has been around since the dawn of time, Ancient Greeks held contests in the sport later to develop into the Olympic Games. It's a sport of pure discipline where SGDAC has a rich history producing its own Olympic champions. Rockdale City Council thanks the club for its community involvement and sport dedication.

**Presentation of Annual Awards:** All the Annual Awards were presented by the guests and Executive Committee members and the full listing can be seen in the centrefold of the Annual Report.

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

\*\*\*\*\*

*ST GEORGE DISTRICT ATHLETIC CLUB*  
*OFFICE BEARERS 2010 - 2011*

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 and JIM GALLAGHER

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.McRAE.

DELEGATES TO ANSW MEETINGS  
D.BURNS, J.IRVINE, C.WILSON, A.STAPLES,  
R.RUSSELL(alt).

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

TRACK CAPTAIN      TRACK V/CAPTAIN  
C.BARAKAT            A.SEVERINO

MENS DIST CAPTAIN      MENS DIST V-CAPT  
J.OWENS                    T.DELANEY

WOMEN'S DIST CAPT      WOMEN'S DIST V-CAPT  
B.MARTIN                    S.BECK

PUBLICITY OFFICER  
D.BURNS / A.THOMAS

REGISTRAR                    ASS. REGISTRAR  
R. McRAE                    C.FERRARO

RECORDS OFFICER  
M.GENTLE(archivist), V.GRAVITIS

SOCIAL COMMITTEE  
N.THOMAS, J.PAGE, H.MILLETT

SELECTORS  
A.SEVERINO, R.RUSSELL, C.WILSON, J.OWENS  
K.DELANEY, M.CADOGAN, C.BARAKAT, M.GENTLE  
B.MARTIN, M.DOUGLAS.

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

TIMEKEEPERS etc  
K.DELANEY, D.BECK, M.GENTLE, C.WILSON,  
J.IRVINE, D.JOLLIFFE, G.YOUNG, C.MULLEN,  
T.SIMPSON.

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

STARTERS  
K.DELANEY, D.BURNS, D.EDWARDS, J.BECK  
C.WILSON, R.GRIBBLE.

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

FIRST AIDER  
P.MCAULEY, L.MCAULEY

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

\*\*\*\*\*

## *Presidents Report - Albert Thomas*

The 2010 / 2011 season has been another great year for our club and one with another growth in membership. That only happens when a club has a very active Executive and good volunteers to help. It is very pleasing to see so many families competing in events, as sport is a healthy activity. We rely on members volunteering, especially during the cross-country season. They perform the timing, judging, recording, handicapping and act as course officials. We are fortunate to have Kim “Bob the Builder” Delaney as a member as he stores, transports and erects all of the equipment for our major events. He is assisted by Chris “The Irishman” Mullen with transport, plus other members. Our Novice Day Manager, David Beck, has our volunteer team fully organised to conduct a very efficient NSW Championship.

Our finances are in excellent shape due to the expertise of our Treasurer, Dennis Jolliffe. Our finances allow us to support our activities and assist young athletes. This year we had a slight reduction in total funds.

Jim Gallagher and Kim Delaney manage our track and field competition. They attend all of the meetings. Ray Russell is always in attendance to supervise his excellent group of young throwers. Our athletes have continued to produce some superb results and records, personal bests and improvements. In the elite competition we had Ben St. Lawrence, Belinda Martin and Bridey Delaney showing the way in distance running. Chadi Elashkar has also shown improvement over the longer distances. The young throwers are doing super, especially Matilda Werner who has made the under 17 years Australian squad. So we have lots of good role models in our club.

Our Annual Awards list shows a very good list of achievers. To make the list takes time and dedicated training. That is an incentive for others to make that list, so just set out to do it.

I thank the Athlete Foot Hurstville for their generous prizes for our events and the discount they offer to all club members.. Gordon Bucton’s butchery also donates sausages for the Novice Day BBQ.

\*\*\*\*\*



***Now running in the International Circuit Australian Champion Ben St Lawrence with Club Patron Ron Gribble and Club President Albie Thomas***

## *2010-Distance Report - Colin Wilson*

### **2009 Club Champions**

#### **Female**

Open 5 km 1 Belinda Martin, 2  
Suzanne Harrington, 3.Danielle  
Ferraro.  
Under 20 5 km . 1.Lucy Stewart.  
Under 18 3 km None  
Under 16 3 km 1.Carolina Kostas 2.  
Ana Eftimova 3.Louise Kelly.  
Under 14 3 km 1.Jae Withers 2.  
Jocelyn Peters 3.Emily Wilson.  
Under 12 2 km 1.Kelly Wilson 2.  
Nicole Harrington 3.Keeley Flynn.  
Over 35 5 km None  
Over 40 5 km 1.Lynette Delaney  
2.Leslie Flynn  
Over 45 5 km 1.Helen Myles 2.Julie  
Conroy 3.Patricia Simpson.  
Over 50 5 km None  
Over 55 5 km Kerry Edwards  
Over 60 5 km None  
Over 65 5 km None

#### **Males**

Open 8 km 1.C.Elashkar 2.James  
Bradley 2.Paul Windridge  
Under 20 5 km None  
Under 18 3 km 1.Riley Delaney  
Under 16 3 km None  
Under 14 3 km 1.Nathan Breen 2.  
Angus Mulholland 3.Keegan Mason  
Under 12 2 km 1. Leo Kostas  
2.Christopher Breen 3. Timothy Ison  
Over 35 8 km 1.Michael Gentle  
Over 40 8 km 1.John Peter 2. Louis  
Stergio  
Over 45 8 km 1.Tony O'Connor  
2.Anthony Bailon 3.Sean Hogan 3  
Over 50 8 km 1.Jose Carvalho  
2.Michael Kavanagh  
Over 55 8 km 1.David Burns  
Over 60 8 km 1.Alan Staples  
Over 65 8 km 1. John Irvine  
2.Chris Maver

### **2010 Winter Point Scores**

#### Division 1

1<sup>st</sup> Robert Simpson  
2<sup>nd</sup> Jose Carvalho  
3<sup>rd</sup> Alan Staples  
Fastest Male Sergio Carvalho  
Fastest Female Belinda Martin

#### Division 2

1<sup>st</sup> Robert Simpson  
2<sup>nd</sup> Michael Fernandes  
3<sup>rd</sup> Peter Fitzpatrick  
Fastest Male Chadi Elashkar  
Fastest Female Lucy Stewart

#### Super Series 1

1<sup>st</sup> Brett Hardy  
2<sup>nd</sup> Thomas Delaney  
3<sup>rd</sup> Richard Hoff

#### Division 3

1<sup>st</sup> John Smith  
2<sup>nd</sup> Julie Conroy  
3<sup>rd</sup> Daniel Ison  
Fastest Male Nathan Breen  
Fastest Female Jae Withers

#### Division 4

1<sup>st</sup> Christopher Breen  
2<sup>nd</sup> Leo Kostas  
3<sup>rd</sup> Mathew Simpson  
Fastest Male Christopher Breen  
Fastest Female Nicole Harrington

#### Super Series 2

1<sup>st</sup> George Kostas  
2<sup>nd</sup> Nicole Gentle  
3<sup>rd</sup> Ruth Hoff

## 2010-Distance Report-cont

### Trophy Days

#### Bob Molloy Trophy

Division 2 - 4 km Aaron Gentle

#### Terry O'Connor's Day

Division 1- 8 km Annaliese McCauley

Division 2 - 5 km Michael Gentle

Division 3 - 3 km Stephanie Beck

Division 4 - 1.5 km Jack Harrington

#### Ken Jenkins's Day

Division 1 - 10 km Alan Mansfield

#### Greg Page Trophy

Division 1 - 11 km Arthur Peek

#### Jack Coppock Trophy U14

Division 3 - 3 km Jae Withers

#### G Freeman Trophy

Division 1 - 4 km Sean Hogan

#### Ron Gribble Trophies

Division 1 - 4 km Nathan Breen

Division 2 - 2 km Paul Windridge

☆☆

## **NSW CROSS COUNTRY CHAMPIONSHIPS 2010** **HIGHLIGHTS**

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

### Premierships

2<sup>nd</sup> U/14 Male

2<sup>nd</sup> 45+ Male

2<sup>nd</sup> 65+ Male

### Female Distance Runner of the Year

4<sup>th</sup> Belinda Martin

### Road Championships Homebush 1st May 2010

#### Teams

1<sup>st</sup> U/14 Male 2.5km

8<sup>th</sup> Open Male 10km

5<sup>th</sup> 45+ Male 10km

#### 50-54 Male

3<sup>rd</sup> Jose Carvalho

#### 70-74 Male

3<sup>rd</sup> Christopher Maver

### Relay Championships Miranda Park 29 May 2010

#### Under 12 Female

Team A 10th

#### Under 12 Male

Team A 11nd

#### Under 14 Male

Team A 4th

Team B 9th

#### Under 16 Female

Team A 9th

#### Under 20 Male

Team A 4th

#### Open Female

Team A 8th

Team B 15<sup>th</sup>

Team C 16th

#### Open Male

Team A 10th

Team B 30th

#### 35+ Male

Team A 7th

Team B 17th

#### 45+ Male

Team A 1<sup>st</sup>

#### 55+ Male

Team A 9th

#### 65+ Male

Team A 1st

### Championships Nowra 19th June 2010

#### Teams

1<sup>st</sup> 45+ Male

5th Under 14 Male

5th Under 12 Male

1<sup>st</sup> Bellinda Martin Open Female

1<sup>st</sup> Bellinda Martin 35+ Female

1<sup>st</sup> Jose Carvalho 50+ Male

### Road Relay Championships Wollongong 10th July 2010

#### Under 12 Female

Team A 3rd

#### Under 12 Male

Team A 6<sup>th</sup>

Team B 7th

#### Under 14 Male

Team A 3rd

#### Under 16 Female

Team A 8<sup>th</sup>

#### Under 20 Male

Team A 6th

#### Open Female

Team A 10th

#### Open Male

Team A 25<sup>th</sup>

#### 35+ Female

Team A 9<sup>th</sup>

#### 35+ Male

Team A 11th

#### 45+ Male

Team A 6th

Team B 15th

65+ Male  
 Team A 2nd  
Short Course Championships Upjohn Park 17th July 2010  
Teams  
 1<sup>st</sup> 45+ Male  
 1<sup>st</sup> 65+ Male  
 3rd U/14 Male  
 6th U/12 Male  
 7<sup>th</sup> 55+ Male  
35+ Female  
 1<sup>st</sup> Belinda Martin

Half Marathon Bankstown 22nd August 2010  
 1<sup>st</sup> Jose Carvalho 45+ Male  
 2<sup>nd</sup> Kim Delaney 55+ Male  
 Teams  
 2<sup>nd</sup> 45+ Male  
City to Surf 8<sup>th</sup> August 2009  
 1<sup>st</sup> Ben St Lawrence OPEN  
 2<sup>nd</sup> Belinda Martin 2nd F35-39  
Marathon Sydney 19th September 2009  
 9<sup>th</sup> James Bradley OPEN  
 2<sup>nd</sup> Kim Delaney 45+  
 3<sup>rd</sup> Chris Mullen 45+  
 Teams: 4<sup>th</sup> Open Male

## *2010 /2011 Track and Field Report*

### *Kim Delaney*

What a magnificent year with SGDAC members standing out proudly while competing in all stages of Track and Field available, with a good number going on to achieve State and National titles. Some of our elite athletes ventured successfully onto the International stage with our very best rising to the top, being selected to represent their country. I would like to thank all SGDAC club members and their families, who have again played a key role in contributing to our club achievements. The main accolades go to our Club President Albie Thomas and all of our coaches, with applause and thanks going to Ray Russell, Michelle Douglas & Jim Owens.

Ben St Lawrence has proven to be the leading distance runner in the country for the 2010/2011 season. He was an Australian team member at the New Delhi Commonwealth Games and placed 7th in 5,000m and, 10,000m finals. During the season Ben claimed the 5,000m and 10,000m national titles and won the prestigious Zatopek 10k last December. In March at IAAF Melbourne Track Classic, he clocked the 2nd fastest ever Australian time for 5,000m; 13:10.08. Most recently Ben ran a superb race on May 1st 2011 in the USA at the Payton Jordan Invitational, Stanford University Palo Alto. Ben finished 3rd, setting a new Australian 10,000m record time of 27:24.95.

Belinda Martin has shown the determination to succeed and, for some, is an unstoppable force. She won National 5,000m, NSW State 10,000 and 3,000m championships, while setting several new Australian Female 35+ Veterans records along the way. She broke her own SGDAC club 5,000m record, set back in 2002. At the SMH Half marathon on May 15th 2011, Belinda placed second, finishing in 1:17:04 and breaking her club record, adding another Australian Vet .record to her outstanding T & F resume.

At the IAAF Melbourne & Sydney Track Classic Women's 1500m, Bridey Delaney placed 3<sup>rd</sup> in both races with close fought tussles against Georgie Clarke. The times were 4.11.01 & 4:10.32 respectively, both setting new club records. Bridey is now 2<sup>nd</sup> on the NSW all time ranking list for this event. She has also gained nomination for the Australian World University team that will travel to Shenzhen, China in August.

Our junior ranks' performances indicate our club's potential to have continued success into the future. Special mention goes to Grace Robinson, who is the National Junior title winner for the U14 girls' discus throw and 2nd place in the U14 shot-put. She won two state titles for the same events with a 2<sup>nd</sup> place in the U14 Javelin. Grace also set new club records for the U14 discus and shot-put. Pita Toamotu, in the U14 boys' discus and U14 shot-put finished with two 3rd places at the National Junior Championships and two 2nd places at NSW Junior & Youth Championships. Alison Severino placed 3rd at NSW State Open women's Javelin. At the National Junior Championships Alison placed 3rd. She also won two State titles at NSW Junior & Youth championships, U20 and NSW Secondary All Schools in the U19 Javelin. Matilda Werner placed 3rd in the U17 Javelin at National Junior Championships and came 2nd in the U18 Javelin NSW Junior Youth & NSW Secondary All Schools State Championships. With a 3rd place in the triple jump at All Schools, she was a worthy selection for the 2011 Australian U17 National Development Squad.

Our outstanding results during the 2010/2011 T&F season include: State Relays; 3 Gold medal teams, 2 silver medal teams and 3 bronze medal teams. Over the whole season our members picked up 77 medals in total. Ten new Club records, one new relay team club record, five Australian age veteran records were set and a new Australian 10,000m record achieved by the 'The Saint'.

That's it, what a memorable track and field season!

☆☆



# *NSW State Relays Championships Report*

## *November 20-21 – 2010 - St George Results*

Another very successful State Relays Championship result was achieved by our SGDAC athletes who competed at SOPAC on the weekend of Sat 20<sup>th</sup> and Sun 21<sup>st</sup> November.

Firstly I would like to personally thank all members, their family and friends who also attended this great event in support of our club athletes. Special mention goes out to all our Club Coaches for the long hours put in Year in Year out - Ray Russell, Michelle Douglas, Albie Thomas and Jim Owens and others behind the scenes including assisting parents and friends. Alison Severino SGDAC women's track Captain, a member of our Gold medal women's open Javelin team also provided help with team entries along with some coaching and mentoring duties. With all these coaches expertise, it helps to guide and to form the path and direction for our athlete's success. We must also not forget Jim Gallagher for his most valued assistance over both days.

Overall with seventeen teams competing as representatives of SGDAC our Club Field athletes once again achieved the majority of the Club medal winning performances.

In total our Club claimed three gold, two silver and three bronze team medal positions.

- \* Women's Javelin Throw Open Relay. **Gold** (Sally Page, Matilda Werner, Alison Severino, & Sarah Riggs)
- \* Women's Discus Throw Relay U14. **Gold** (Grace Robinson, Amelia Schubert, Tania Minutolo & Jordan Campbell)
- \* Men's 4 x 1500 metre 200+ Relay Open. **Gold** (Kim Delaney, Dale Jones, Jim Owens & Paul Arthur)
- \* Women's Javelin Throw Relay U18. **Silver** (Matilda Werner, Zoe Schubert, Rebecca Riggs & Catherine Smith)
- \* Men's Javelin Throw Relay U18. **Silver** (Matt Ferencak, Mitchell Follent, Hame Sele & Mitchell Lucas)
- \* Women's High Jump Relay U18. **Bronze** (Zoe Schubert, Matilda Werner, Catherine Smith & Stephanie Farmakidis)
- \* Women's Shot Put Relay U14. **Bronze**. (Grace Robinson, Tania Minutolo, Emily Wilson, Amelia Schubert)
- \* Women's Javelin Throw Relay U18. **Bronze** (Stephanie Farmakidis, Jordan Campbell, Tania Minutolo & Amelia Schubert)

Saturdays track competition commenced with a SGDAC open women's relay team competing against some very strong open teams. Lucy Stewart, Cassie Dege, Stephanie Beck and Emma Millett all ran strongly looking great in the club red and white colours coming in 7<sup>th</sup> place. To follow up on the track we had two U20 SGDAC women's teams formed to compete in the 400 metre & 100 metre relays. Here Annaliese McCauley our front runner in both teams supported by Catherine Smith, Matilda Werner and Lucy Stewart backing up not long after the 800m race. Lucy's position in the race was a late inclusion and a diplomatic scissors paper rock competition ensured her position from her U20 800m team mate Stephanie Beck. The team managed a gallant 5<sup>th</sup> place position. The same result was produced in the 100M relay only this time new club member Jasmine Michael team up with Annaliese, Catherine and Matilda all racing flat out in this speed event. There were three other SGDAC men's track teams competing on the day all in the 800 metre relay races. Two open men's teams, with competitors Todd Peters, Nam Currie-Nguyen, Dean Hacio and Cale Bowd in the A team finishing in 6<sup>th</sup> place. While Isaq Ali, Paul Windridge, Tim Hogan and Brad Hartley formed the B team which finished in 9<sup>th</sup> place. Anchor runner in our A team Cale Bowd managed to clock the fastest run in this event with a 2.01.

We also had a 200+ team who finished just out of the placing coming in 4<sup>th</sup>. Team members were Bob Simpson, Sean Hogan, Kim Delaney and Jim Owens.

Our Saturday field competitors started out with success when our U18 women's high jump team claimed third place with team members Zoe Schubert, Matilda Werner, Catherine Smith and Stephanie Farmakidis. Our U14 women's shot put team continues the success of the day coming in 3<sup>rd</sup> place with team members Grace Robinson, Tania Minutolo, Emily Wilson and Amelia Schubert. In the process Grace Robinson equaled the club record for this event with 12.13m throw originally set by Alice Iosefo on Oct 14<sup>th</sup> 2006. Also on this Saturday our U20 women's Javelin team still managed a second place even after some miss communication resulted with two of our team members missing out on their final throw, they were given an all clear to go and they were subsequently not allowed to return after competing in the 100m track relay race.

Sunday proved to be our most successful day of competition with three teams winning their event and one other placing second. The day kicked off with our U18 men's javelin team consisting of Matt Ferencak, Mitchell Follent, Hame Sele and Mitchell Lucas achieving a silver medal winning team performance. The U14 women's discus team were triumphant in winning this event consisting of team members Grace Robinson, Tania Minutolo, Amelia Schubert and Jordan Campbell. Once again during the action Grace Robinson achieved another SGDAC club record with a throw of 35.72 m, breaking the previous record for 1kg discus which was held by Zoe Schubert's performance on Oct 14<sup>th</sup> 2006 with a 34.84m throw. Another outstanding Gold medal winning team this year was by open women's Javelin team members - Sally Page, Matilda Werner, Alison Severino and Sarah Riggs one of two teams entered this year by St George they dominated this event and managed to break the SGDAC club relay record again this Year. The new club record 138.78 m breaks the previous record - 134.70m made by the Open women's Javelin Relay team in 2009 State Relay by our U18 team at the time. - A Severino, S Kelly Werner and C Smith (Note this is still the State Record for the U18 relay team). Our second open team members - Catherine Smith, Jordan Campbell, Stephanie Farmakidis and Tania Minutolo also performed well on the day finishing in 6<sup>th</sup> place.

# NSW State Relays Championships Report - cont

Finally on the track three SGDAC men's teams competed. In the 1500M relay race on the Sunday afternoon we had two open men's teams with competitors Cale Bowd, , Dean Hacio , Isaq Ali and Brad Hartley in the A team finished in 7th place. While Todd Peters, Tim Hogan, Paul Windridge and John Peter formed the B team finished in 8th place. There was some gutsy running by all members. Our fastest on the day was Cale Bowd with a 4.06 for this event. Our best success on the track was the winning relay team in the 200+ 1500m race, consisting of team members Dale Jones, Kim Delaney, Jim Owens and Paul Arthur. Paul Arthur masterfully anchored our team home coming from fourth place to take out this event in the final leg.

Great weekend thanks again to all who made this memorable.

☆☆



# SUMMER CROSS COUNTRY REPORT

## David Edwards

This year's summer cross country was again 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.

We had good attendances in the early weeks however numbers did drop off, especially after Christmas when, with people away on holiday in January, coupled with some quite hot and/or windy Wednesdays we never got back to the early season numbers.

In the 2Km Division Mark Simpson was the eventual winner after a season long battle with Chris Mullen. Mathew Simpson was never far behind these two, but held on for third as Riley Delaney gained ground late in the season. The longer races are held over either 3km or 4km. Trish Simpson was a clear handicap winner in the end but Chris Mullen was always close –until the final two weeks.

In the Fastest Times category for the 2km Females, Emma Millett again won by a wide margin and completed a hat-trick of wins. Likewise in the division 1 Male Fastest Times Kim Delaney repeated last year's success.

It was a closely fought battle in the 2Km Fastest Times with Riley Delaney just prevailing over Chris Mullen, Nikolay Nikolaev, and Thomas Delaney.

The female trophy in the longer races, was only decided on the last day, with Stephanie Beck finishing just 3 points in front of Lucy Stewart.

Athlete's Foot Hurstville kindly donated four \$50.00 vouchers for our races, and the two handicap winners each received one, whilst the names of the remainder of those with the best attendance went into a draw after the final race. Our President Albie Thomas drew the names of Emma Millett and Chris Maver as winners of the other two vouchers.

It is worth mentioning that 5 runners attended all 17 Wednesdays during the season

- Trish Simpson, Mark Simpson, Mathew Simpson, Chris Maver, and Chris Mullen and it is no surprise to see them among the winners.

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 each week.

## The TOP TEN

### 2km Handicap Points

1 Mark Simpson	224
2 Chris Mullen	210
3 Mathew Simpson	203
4 Riley Delaney	198
5 Sean Hogan	185
6 Nikolay Nikolaev	182
7 John Irvine	177
8 Bob Simpson	173
9 Trish Simpson	171
10 Emma Millett	168

### 3-4km Handicap Points

1 Trish Simpson	209
2 Chris Mullen	192
3 Chris Maver	186
4 Sean Hogan	176
5 Mendo Stojkovski	169
6 Kerry Edwards	162
7 Kim Delaney	155
8 Ray Millett	146
9 Stephanie Beck	145
10 Lucy Stewart	138

### 2km - Female

1 Emma Millett	<b>72 points</b>
2 Trish Simpson	<b>34</b>
3 V. Delaney/N.Harrington	<b>24</b>

### Male

1 Riley Delaney	<b>44 points</b>
2 Chris Mullen	<b>39</b>
3 N. Nikolaev / T. Delaney	<b>36</b>

### 3-4km -Female

1 Stephanie Beck	<b>57 points</b>
2 Lucy Stewart	<b>54</b>
3 Kerry Edwards	<b>42</b>

### -Male

1 Kim Delaney	<b>71 points</b>
2 Chris Mullen	<b>50</b>
3 Nikolay Nikolaev	<b>42</b>

\*\*\*\*\*

## 2010-2011 Track and Field Results

### INTERNATIONAL.:

#### **Ben St Lawrence**

5/01/2011 – Payton Jordan Cardinal Inv Stanford Un Calif -3<sup>rd</sup> 10k – 27.24.95 CLUB RECORD

3/03/2011 – 2011 IAAF Melb Track Classic – 2<sup>nd</sup> 5K – 13.10.08 CLUB RECORD

10/06/2010 – New Delhi Comm. Games – 7<sup>th</sup> 5k – 13.46.90

11/06/2010 – New Delhi Comm Games – 7<sup>th</sup> 10k – 28.49.47

#### **Bridey Delaney**

5/12/2011 – IAAF World Challenge Meet Daegu, Korea – 9<sup>th</sup> 1.5k 4.29.79

### NATIONALS and TRACK CLASSICS

#### **Bridey Delaney**

03/03/2011 – 2011 IAAF Melb Track Classic – 3<sup>rd</sup> 1.5k – 4.11.01 CLUB RECORD

19/03/2011 – 2011 IAAF Sydney Track Classic – 3<sup>rd</sup> 1.5k – 4.10.32 CLUB RECORD

9/12/2010 – Zatopek 10 – 2<sup>nd</sup> 1.5k – 4.19.61

#### **Belinda Martin**

April 2011 – Melbourne Olympic Park- Aust National Championships

Womens 1500m OPEN — 4.21.03 (9<sup>th</sup>) Aust Female 35+ Record

### OTHER MEETS

#### 2/04/2011 – Waratah Series- SOPAC

Womens Javelin Throw OPEN – Sonja Kelly – 1<sup>st</sup> 36.88m

#### 3/05/2011 – Victorian Open and AWD Championship

Womens 5k – Belinda Martin – 1<sup>st</sup> 16.12.12m

#### NSW Track and Field Championships – 25/03/2011 – 27/03/2011

Belinda Martin – 1<sup>st</sup> Womens 10K Open – 35.29.85

Belinda Martin – 5<sup>th</sup> Womens 1.5k – 4.26.15

Alison Severino – 4<sup>th</sup> Womens Javelin Throw OPEN – 40.10m

Matilda Werner – 5<sup>th</sup> Womens Javelin Throw OPEN – 36.45m

Sonja Kelly – 6<sup>th</sup> Womens Javelin Throw OPEN – 34.88m

Nicole Harris – 2<sup>nd</sup> – Womens 800m AWD-amb- 2.51.22

Nicole Harris – 11<sup>th</sup> Womens 1.5k OPEN – 6.10.22

Nam Currie-Nguyen – 15<sup>TH</sup> Mens 1.5k OPEN – 4.12.67

Cale Bowd – 4<sup>th</sup> Mens 10k OPEN – 31.10.47

#### ANSW State Relays Championships – Blacktown – 20\_ 21/11/2011

Mens 200+ 1.5k – 1<sup>st</sup> – 19.53.45

Mens OPEN 1.5k – 7<sup>th</sup> 17.50.88

Mens OPEN 4x800m – 6<sup>th</sup> 8.18.59

Mens 4x800m 200+- 4<sup>th</sup> 10.13.12

Mens U/18 Javelin Throw – 2<sup>nd</sup> 150.12m

Womens OPEN Javelin Throw – 1<sup>st</sup> 138.78m – CLUB RECORD

Womens U/14 Discus Throw – 1<sup>st</sup> 110.01m

Womens U/18 High Jump – 3<sup>rd</sup> 5.80m

Womens U/14 Shot Put- 3<sup>rd</sup> 30.34m

Womens U/18 Javelin Throw 2<sup>nd</sup> 128.31m

Womens OPEN 4x800m 7<sup>th</sup> 11.31.21

Womens U/20 4x400m 5<sup>th</sup> 4.26.40

Womens U/20 4x100m 5<sup>th</sup> 52.96

## 2010-2011 Track and Field Results-con't

Australian Junior Championships – SOP2 – Campbelltown Nov, Dec- 2010, Apl- 2011.

Female:

Grace Robinson – U/14 Discus Throw – 1<sup>ST</sup> – 34.22m

Shot Put - 2<sup>ND</sup> -12.92m

Javelin Throw- 5<sup>th</sup> 31.81m

Alison Severino – U/20 Javelin Throw – 3<sup>rd</sup> 40.09m

Matilda Werner – U/17 Javelin Throw – 3<sup>rd</sup> 38.70m

Annaliese McCauley – U16 800m 6<sup>th</sup> - 2.19.98

Jordan Campbell – U/15 Javelin Throw – 4<sup>th</sup> 32.83m

Tania Minutlol – U/15 Javelin Throw – 7<sup>th</sup> 24.57m.

Male:

Pita Toamotu – U/14 Shot Put – 3<sup>rd</sup> 12.11m

Mitchell Pepper – U/14 Discus Throw – 4<sup>th</sup> 34.45m

Connor Mulholland – U/18- 2k Steeplechase – 11<sup>th</sup> 6.44.76

\*\*\*\*\*



## *Annual SGDAC Awards 2010 / 2011 Season*

**A.A.Gainsford Trophy (Outstanding Senior Athlete) - Ben St Lawrence.** Ben St Lawrence has proven to be the leading distance runner in the country for the 2010/2011 season. He was an Australian team member at the New Delhi Commonwealth Games and placed 7th in 5,000m and, 10,000m finals. During the season Ben claimed the 5,000m and 10,000m national titles and won the prestigious Zatopek 10k last December. In March at IAAF Melbourne Track Classic, he clocked the 2nd fastest ever Australian time for 5,000m; 13:10.08. Most recently Ben ran a superb race on May 1st 2011 in the USA at the Payton Jordan Invitational, Stanford University Palo Alto. Ben finished 3rd, setting a new Australian 10,000m record time of 27:24.95. Congratulations Ben!



**Robert Nash Trophy (Most Improved Senior Athlete) - Belinda Martin** has shown the determination to succeed and, for some, is an unstoppable force. She won National 5,000m, NSW State 10,000 and 3,000m championships, while setting several new Australian Female 35+ Veterans records along the way. She broke her own SGDAC club 5,000m record, set back in 2002. At the SMH Half marathon on May 15th 2011, Belinda placed second, finishing in 1:17:04 and breaking her club record, adding another Australian Vet .record to her outstanding T & F resume. Congratulations Belinda!



**The L.L.Bosman Award (Outstanding under 20 Performance & Sportsmanship) Alison Severino.** Alison is our club Track Captain and she has notched up another successful season on the field with two State Championships titles. She achieved a state title in October 2010 at the NSW Secondary All Schools 19 yrs javelin, and another state title in December 2010, in the NSW Junior & Youth championships U20s javelin. She was the bronze medal winner at the NSW Track & Field Championships for the open women's javelin, and at the National Junior Championships Alison was the bronze medalist in the U20s javelin. She was also a member of the open women's javelin team at the NSW State Relay Championships which took out the gold medal.



**St.George Trophy (Best Field Athlete) & Basil Dickinson (Outstanding Jump Performance) Daniel Ison.** Daniel successfully competed at NSW Combined Events Championships in the U14 Men's Outdoor Pentathlon placing 3<sup>rd</sup> to win a bronze medal. He performed well again at the NSW Junior & Youth Championships with another bronze medal in the U14 Men's triple jump. Congratulations on your success Daniel!



**J.J.Walsh Trophy (Outstanding Marathon Performance) Chadi Elashkar** As a NSW representative at the Melbourne Marathon on 10 October 2010, Chadi placed 21<sup>st</sup> finishing with a great PB, in a time of 2:32:19. This placing resulted in the NSW team's silver medal position at this national event, a fantastic achievement. Congratulations Chadi!



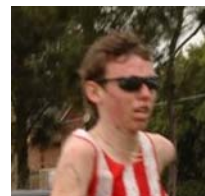
**SGDAC Trophy (Outstanding Under 18 Athlete) Matilda Werner.** Matilda has been another great season for Matilda. In October 2010 at NSW Secondary All Schools Track and Field Championships she achieved two 3<sup>rd</sup> place positions in U15 javelin and the U15 triple jump. She gained the Silver medal in the U18s javelin at the NSW Junior Youth Championships, and at the Australian junior U17s javelin she gained a bronze medal. Matilda was also a member of the gold medal open women's javelin team at NSW State Relays, a silver medal winner in the U18s javelin team, and a bronze medal winner in the high jump relay teams. Matilda has been rewarded with selection into the 2011 Australian U17s National Development Squad. This provides a pathway to success as a future star of athletics in Australia. With Selections based on competition results and potential displayed. Congratulations Matilda!



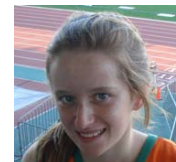
## *Annual SGDAC Awards 2010 / 2011 Season*

### **D. Jolliffe Trophy (Most Improved Under 18 years) Connor Mulholland**

Connor has continued his progression in his chosen field of athletics with another solid season of results. Early in the Track & Field season he successfully achieved two Australian Youth qualifying times for the U16 2000m steeplechase. He then continued this success in March 2011 by winning the Waratah Series # 2 Open Men's steeplechase held at SOPAC. Congratulations Connor!



**G. Page Trophy (Outstanding Under 16 Athlete) Jordan Cambell** Jordan competed successfully in the NSW Secondary All Schools Championships claiming a silver medal in the 13yrs girl's javelin. She was a key member of the U14s gold medal discus team and silver medal shot-put team at NSW State Relays. Jordan also achieved 4th at the NSW Junior & Youth Championships in the U16s javelin. Furthermore she had another great achievement placing 4<sup>th</sup> in the U15 women's javelin at the Australian Junior Championships. Congratulations once again on your success Jordan!



### **SGDAC (Most Improved Under 16 Athlete) and Ray Russell Throwers**

**Trophy. Tania Minutolo** Tania is one of our most consistent competing members, with the determination to succeed. These are both great contributing factors that will ensure more success into the future. She achieved a top eight placing in the U16s discus, javelin and shot-put at the NSW Junior & Youth Championships, and also placed 7<sup>th</sup> at the Australian Junior Championships U15s javelin. At the NSW State Relays Tania was a member of the U14s gold medal discus team, U14s shot-put bronze medal team and U18s bronze medal javelin team. Congratulations Tania a most worthy winner of both these awards!



**Mulholland Family (Outstanding Under 14 Athlete) – Grace Robinson.** This season Grace became a National Junior Championship title winner in the U14 girls' discus and placed 2nd in the U14 shot-put. She won two state titles at the NSW Junior & Youth Championships for the same events as well as a 2<sup>nd</sup> place in the U14s javelin. Grace was a pivotal member in the U14s gold medal discus team, and also the silver medal shot-put team at NSW State Relays, setting a new club U14s discus record during the event and equaling the club U14 shot-put record. Grace also re-set the U14 club shot-put records three times during the season. Grace is a most worthy winner of both these awards!



### **SGDAC (Most Improved Under 12 Athlete) – Christopher Breen.**

Christopher is young member who has proven over the last 12 months to be a very driven athlete. His cross country results from last season were impressive. He was our most formidable U12 male with the quickest times recorded by any of our members in this division. This includes all the CC State Championships events he contested, including the NSW CC State relay's at Miranda, State road relays in Wollongong, CC Championships in Nowra and the Short Course CC at Rydalmere. He still continues to improve in each event he enters just look at his latest winter CC results. Congratulations Christopher!



**Ron Gribble Trophy (Open grades Track & Field Athlete aggregate point score winner) Sally Page.** Sally was one of our clubs most consistent open athletes in Track & Field competition this season. Competing in the open shot-put and javelin she attained four first places, three second places and one third place position. Only once this season did Sally place outside the top three finishing with a fourth place. In the premiership open events she also scored the most points in the club. Furthermore she was a member of the club record breaking gold medal open women's javelin team at the NSW State Relays. Congratulations Sally .

## *Annual SGDAC Awards 2010 / 2011 Season*

**Albert Thomas Award (Track & Field Encouragement Award for Athletes Under 16 Years) Mitchell Follent** Mitchell is one of our new club members who attained great results in a number of events. These include Athletics NSW Secondary All Schools Track & Field, Club Premiership and one Allcomers event. Improving his personal best throws along the way, under the guidance of our super throws coach Ray Russell. He was a team member in the men's U18 javelin at the NSW State Relays which achieved a Silver medal. Furthermore at the NSW Junior & Youth Championships in the U16s javelin he placed a very admirable 4<sup>th</sup> place. Congratulations Mitchell well done!



**Peter Tuziak (Under 12 Athlete Encouragement) Pita Toamotu** Pita is a most worthy recipient for this encouragement award with consistent effort he has achieved great results throughout season. His best results taking place in the major competitions at the end of the season. He attained two 2<sup>nd</sup> place silver medals at the NSW Junior Youth Championships, U14s discus and U14s shot-put. In addition he attained two more bronze medals at the Australian Junior Championships, in the U14s discus throw and U14s shot-put. Already Pita is showing great potential that will ensure that he attains further success in the future. Congratulations on your success Pita!



**Athlete's Foot (Track & Field Encouragement) Mitchell Pepper.** Mitchell has achieved good results this season including a 3<sup>rd</sup> place at the NSW Junior & Youth Championships U14s discus and an 8<sup>th</sup> place in the U14s javelin. With another great success with a 4<sup>th</sup> place in the U14s discus at the Australian Junior Championships. Congratulations Mitchell, we hope to see you continue further success in the future!



## SEASONS BEST PERFORMANCES

	Seasons Best Achieved By	Result	Date	
<b>Open Men</b>				
400m	Isaq Ali	58.09	15/01/2011	
800m	Nam Currie-Nguyen	2:01.65	21/01/2011	
1500m	Cale Bowd	4:04.80	23/10/2010	
3000m	Tim Rowe	8:17.14	13/11/2010	
5000m	Ben St Lawrence	13:10.08	3/03/2011	Club Record
10km	Ben St Lawrence	28:05.25	9/12/2010	Club Record
Javelin 800g	Isaq Ali	42.50 m	16/10/2010	
Marathon	Chadi Elashkar	2:32:19	10/10/2010	
<b>Open Women</b>				
100m	Cassie Dege	16.86	27/11/2010	
200m	Cassie Dege	34.37	27/11/2010	
800m	Bridey Delaney	2:07.18	2/10/2011	
1500m	Bridey Delaney	4:10.32	19/3/2011	Club Record
3000m	Bridey Delaney	9:16.65	29/01/2011	
5000m	Belinda Martin	16:12.1	3/05/2011	Club Record
10km	Belinda Martin	35:29.85	27-03-11	
Javelin 600g	Sally Page	40.33 m	16/10/2010	
Shot Put 4kg	Sally Page	9.50 m	16/10/2010	
Marathon	Lynda Van Dyk	4:10:39	4/10/2011	
<b>Under 20 Men</b>				
800m	Todd Peters	2:02.06	13/2/2011	
1500m	Todd Peters	4:19.77	19/2/2011	
5000m	Thomas Delaney	17:10.03	2/10/2011	
<b>Under 20 Women</b>				
60m	Alison Severino	9.71	30/10/2010	
Javelin 600g	Alison Severino	42.02m	10/10/2010	
Pole Vault	Laura Flynn	2.70 M	10/10/2010	
Shot Put 4kg	Alison Severino	8.27 M	30/10/2010	
<b>Under 18 Men</b>				
3000m	Connor Mulholland	9:53.39	2/11/2011	
2km Steeple	Connor Mulholland	6:43.00	24/09/2010	
<b>Under 18 Women</b>				
100m H	Catherine Smith	15.90	10/10/2010	
High Jump	Zoe Schubert	1.50m	20/11/2010	
Javelin 600g	Matilda Werner	38.70m	3/12/2011	
<b>Under 16 Men</b>				
200m	James Follent	25.18	21/01/2011	
100m H	Scott Manns	14.00	10/08/2010	
3000m	Nathan Breen	10:15.13	2/11/2011	
Javelin 600g	Matt Ferencak	49.70 M	30/10/2010	
Shot Put 4kg	Matt Ferencak	11.32 M	30/10/2010	

## SEASONS BEST PERFORMANCES

<b>Under 16 Women</b>				
60m	<b>Matilda Werner</b>	8.26	30/10/2010	
100m	<b>Annaliese McCauley</b>	13.33	24/09/2010	
400m	<b>Carolena Kostas</b>	59.66	10/10/2010	
800m	<b>Annaliese McCauley</b>	2:17.43	13/3/2011	
Discus 1kg	<b>Tania Minutolo</b>	27.85m	2/12/2011	
High Jump	<b>Matilda Werner</b>	1.50m	20/11/2010	
Javelin 600g	<b>Matilda Werner</b>	40.29 M	30/10/2010	
Triple Jump	<b>Matilda Werner</b>	10.92m	10/10/2010	
<b>Under 14 Men</b>				
400m	<b>Daniel Ison</b>	66.61	13/2/2011	
3000m	<b>Angus Mulholland</b>	10:59.82	10/10/2010	
Discus 1kg	<b>Pita Toamotu</b>	37.68m	3/11/2011	
Javelin 600g	<b>Pita Toamotu</b>	29.23m	13/2/2011	
Shot Put 4kg	<b>Pita Toamotu</b>	12.37m	13/2/2011	
Triple Jump	<b>Daniel Ison</b>	7.93 m	13/2/2011	
<b>Under 14 Women</b>				
60m	<b>Grace Robinson</b>	9.32	30/10/2010	
Discus 1kg	<b>Grace Robinson</b>	35.72m	21/11/2010	<b>Club Record</b>
Javelin 400g	<b>Jordan Campbell</b>	33.87m	10/10/2010	
Shot Put 1kg	<b>Grace Robinson</b>	12.92m	13/3/2011	<b>Club Record</b>
<b>35+ Men</b>				
60m	<b>Robert Simpson</b>	8.63	30/10/2010	
100m	<b>Robert Simpson</b>	13.47	10/01/2010	
200m	<b>Robert Simpson</b>	26.84	11/12/2010	
1500m	<b>Paul Arthur</b>	4:34.96	15/01/2011	
3000m	<b>Paul Arthur</b>	9:54.24	13/11/2010	
5000m	<b>Henry Elliot</b>	18:40.81	4/10/2011	
<b>35+ Women</b>				
800m	<b>Di Hayter</b>	2:48.44	16/10/2010	
1500m	<b>Belinda Martin</b>	4:21.03	17/04/2011	<b>Australian Female 35+ Veterans record</b>
3000m	<b>Belinda Martin</b>	9:35.03	29/01/2011	
5000m	<b>Belinda Martin</b>	16:12.1	3/05/2011	<b>Club Record</b>
10km	<b>Belinda Martin</b>	35:29.85	27/03/2011	
<b>50+ Men</b>				
60m	<b>Dale Jones</b>	9.79	16/10/2010	
200m	<b>Dale Jones</b>	30.43	11/12/2010	
400m	<b>Dale Jones</b>	1:04.61	15/01/2011	
800m	<b>Kim Delaney</b>	2:20.41	30/10/2010	
1500m	<b>Kim Delaney</b>	4:49.17	4/12/2010	
5000m	<b>Frank Scorcelli</b>	20:18.54	4/10/2011	

## SEASONS BEST PERFORMANCES

<b>50+ Women</b>				
5000m	<b>Karen Stanley</b>	18:40.81	4/10/2011	
<b>AWD Ambulant</b>				
100m AWD-amb ( T/F 20 )				
200m AWD-amb ( T/F 20 )				
800m AWD-amb ( T/F 20 )	<b>Nicole Harris</b>	2:51.22	25-03-11	
1500m AWD-amb ( T/F 20 )	<b>Nicole Harris</b>	6:10.22	26-03-11	
<b>Note ; One Club Relay Record Broken 2011</b>			<b>Date</b>	<b>Club Record</b>
<b>Sally Page</b>	<b>Women Javelin Throw Relay Open</b>	<b>Club Record 138.78 m</b>	<b>21/11/2010</b>	
<b>Matilda Werner</b>				
<b>Alison Severino</b>				
<b>Sarah Riggs</b>				

<b>Club Premiership Points Score</b>		
<b>Name</b>	<b>Points</b>	<b>Grade</b>
Sally Page	148	Open
Cale Bowd	53	Open
Todd Peters	33	Open
Isaq Ali	30	Open
Cassie Dege	22	Open
Alison Severino	82	U20
Laura Flynn	20	U20
Tim Hogan	20	U20
Grace Robinson	97	U17
Matilda Werner	65	U17
Pita Toamotu	65	U17
Catherine Smith	56	U17
Matt Ferencak	48	U17
Jordan Cambell	44	U17
Annaliese McCauley	36	U17
Tania Minutolo	32	U17
Emily Wilson	29	U17
Mitchell Follent	20	U17
Mitchell Lucas	17	U17
Robert Simpson	139	35+
Paul Arthur	66	35+
Sean Hogan	38	35+
Di Hayter	20	35+
Kim Delaney	167	50+
Dale Jones	94	50+
James Owens	34	50+

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

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

	2011 \$	2010 \$
<b>Income</b>		
Bank Interest	792.75	569.66
Annual Subscriptions	8,297.25	11,785.17
Cross Country Total (Note 1)	15,328.00	15,541.05
Track & Field Total	0.00	0.00
Sale of Uniforms	250.00	863.00
General Total (Note 2)	5,293.22	8,937.52
Teams Fund Total	<u>0.00</u>	<u>900.00</u>
Total Receipts	29,961.22	38,596.40
<i>less</i>		
<b>Payments</b>		
Bank charges	7.65	27.45
Regs, etc. to Athletics NSW	10,730.76	13,780.86
Cross Country Total (Note 3)	11,743.25	11,804.40
Track and Field Total	0.00	148.00
Purchase of Uniforms	309.53	1,667.05
General Total (Note 4)	4,677.69	7,568.36
Teams Fund Total (Note 5)	<u>4,485.00</u>	<u>3,862.00</u>
Total Payments	<u>31,953.88</u>	<u>38,858.12</u>
Excess Income over Expenditure	<u>-1,992.66</u>	<u>-261.72</u>
Cash at beginning of year	21,363.39	21,625.11
Excess of Income over Expenditure	<u>-1,992.66</u>	<u>-261.72</u>
Cash at end of year	<u>19,370.73</u>	<u>21,363.39</u>
This is represented by:		
Bank Cheque Account	2,131.15	4,909.24
Bank Direct Saver	<u>17,239.58</u>	<u>16,454.15</u>
	<u>19,370.73</u>	<u>21,363.39</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 2011.

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 2011.

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

## *Treasurer's Report – con't*

### Statement of Financial Position

	<b>As at 31 March</b>	
	<b>2011</b>	<b>2010</b>
	<b>\$</b>	<b>\$</b>
<b>Current Assets</b>		
Stock on Hand	4,398.50	4,289.50
Cash at Bank and on Hand	19,370.73	21,363.39
Bank Term Deposits	<u>28,453.96</u>	<u>27,124.84</u>
	52,223.19	52,777.73
<b>Non-current Assets</b>		
Equipment, Valued at cost		
less depreciation (Note 6)	<u>5,916.00</u>	<u>8,285.00</u>
	58,139.19	61,062.73
<i>less</i>		
<b>Current Liabilities</b>		
Sundry Creditors	<u>402.45</u>	<u>0.00</u>
	<u>57,736.74</u>	<u>61,062.73</u>
<i>equals</i>		
<b>Club Funds -</b>		
General Fund	57,736.74	56,920.03
Teams Fund	<u>0.00</u>	<u>4,142.70</u>
	<u>57,736.74</u>	<u>61,062.73</u>
<b>Dennis Jolliffe</b>		
<b>Honorary Treasurer</b>		
<b>Note 1</b>	<b>2011</b>	<b>2010</b>
	<b>\$</b>	<b>\$</b>
<b>Cross Country Receipts</b>		
Cross Country Race Fees	3,278.00	3,372.00
Net Raffle Proceeds	363.00	725.00
Novice Day Entries & other income	7,178.00	6,567.00
Trophies Donated	210.00	478.00
Rockdale City Council Fun Run	4,255.00	4,300.00
Sale of Refreshments	<u>44.00</u>	<u>98.45</u>
	<u>15,328.00</u>	<u>15,541.05</u>
<b>Note 2</b>		
<b>General Receipts</b>		
Donations	395.00	75.00
Term Deposit Interest	1,329.12	1,774.52
Fund raising for registration assistance		
by Christmas Mile, Supply of Officials,		
and Other Donations	3,037.00	2,618.00
Social Dinner Proceeds	532.10	970.00
Grant for Purchase of Tent		<u>3,500.00</u>
	<u>5,293.22</u>	<u>8,937.52</u>
<b>Note 3</b>		
<b>Cross Country Payments-</b>		
Cross Country Season Prizes	2,251.95	2,155.00
Cross Country Hire of Hall	538.20	552.00
Cross Country Trophies and		
Other Expenses	245.00	0.00
Novice Day Expenses	4,889.10	4,610.00
Rockdale City Council Fun Run	<u>3,819.00</u>	<u>3,868.00</u>
	<u>11,743.25</u>	<u>11,804.00</u>
<b>Note 4</b>		
<b>General Payments</b>		
Printing, Postage, Stationery, etc	871.57	711.84
Trophies	1,086.90	569.00
Increase in Term Deposits	1,329.12	1,774.52

## *Treasurer's Report – con't*

Equipment maintenance	234.85	90.80
Internet Web Page	99.75	0.00
Purchase of Banners	0.00	662.20
Prizes – Design of Banners	0.00	350.00
Purchase of equipment	415.50	3,410.00
Grants for Coaching Courses	392.00	0.00
Other	<u>248.00</u>	<u>0.00</u>
	<u>4,677.69</u>	<u>7,568.36</u>

### **Note 5**

#### **Teams Fund Payments**

Assistance to Individuals –		
J Campbell	180.00	50.00
B Delaney	0.00	480.00
C Elashkar	200.00	0.00
M Ferencak	200.00	0.00
L Flynn	0.00	450.00
J Follent	200.00	0.00
M Follent	200.00	0.00
A Iosefo	0.00	50.00
D Ison	0.00	50.00
S Kelly	200.00	150.00
A Kennedy	0.00	50.00
C Kostas	0.00	230.00
S Manns	0.00	150.00
B Martin	0.00	30.00
A McCauley	80.00	150.00
T Minutolo	80.00	50.00
C Mulholland	80.00	0.00
M Pepper	80.00	0.00
T Peters	150.00	0.00
S Riggs	200.00	0.00
G Robinson	270.00	0.00
Z Schubert	0.00	50.00
A Severino	280.00	200.00
P Toamotu	250.00	0.00
M Werner	<u>280.00</u>	<u>0.00</u>
	2,930.00	2,390.00
Relay Entries	<u>1,555.00</u>	<u>1,472.00</u>
	<u>4,485.00</u>	<u>3,862.00</u>

### **Note 6**

#### **Equipment**

Equipment, Valued at cost	13,348.00	12,933.00
less Accumulated Depreciation	<u>7,432.00</u>	<u>4,648.00</u>
	<u>5,916.00</u>	<u>8,285.00</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
2006	\$49,135.08	
2007	\$54,129.45	\$4,194.37
2008	\$54,091.18	-\$38.27
2009	\$56,093.36	\$2,002.18
2010	\$61,062.73	\$4,969.37
2011	\$57,736.74	-\$3,325.99

## *Treasurer's Report – con't*

In 2010-11 Club Funds fell by \$3,325.99, a considerable fall over the past couple of years. Registration receipts for 2009-10 covered a period of 18 months, as Athletics NSW moved from a registration 12 month period commencing 1 April to a period commencing 1 October. Also in 2009-10 the Club received a government grant of \$3,500 for the purchase of a tent. On the payments side, over the past twelve months the Club has increased assistance to younger members by subsidising registrations, and there has also been an increase in assistance to Club Athletes incurring costs in competing in various Championships. There has also been a realistic assessment in the value of Club equipment held as assets, contributing to the fall in Club Funds.

Many of these costs have been offset by Fund Raising activities involving many Club Members. Without the efforts of these Club members who have provided assistance and willingly helping 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, Rory McRae as Registrar, 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**

	2005-06	2006-07	2007-08	2008-09	2009-10
Over 65	15	13	13	17	19
60 to 64	13	11	7	4	6
55 to 59	8	6	7	7	10
50 to 54	15	17	12	12	11
45 to 49	9	13	14	9	21
35 to 44	17	17	15	20	26
25 to 34	14	12	12	10	8
20 to 24	5	8	16	16	12
Under 20	10	11	8	11	17
Under 18	14	23	13	19	16
Under 16	19	11	15	11	16
Under 14	9	14	16	19	18
Under 12	25	34	20	20	32
<b>Total</b>	<b>173</b>	<b>190</b>	<b>170</b>	<b>175</b>	<b>212</b>

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 2010 the registration dates set by Athletics NSW changed to a twelve monthly period ending on 30<sup>th</sup> September. For 2008-09 and earlier years, figures in this report are for the twelve months ending 31<sup>st</sup> March. From 2009-10, figures are shown for the 12 months ending 30<sup>th</sup> September.

In 2009-10 Club member numbers increased by a significant 37. During 2009-10, the Club received 68 new members and had 144 renewals, compared to 41 new members and 134 renewals for the previous year. Details of 2009-10 new and renewal members are shown below, indicating a higher retention rate across teenagers and older members –

Age Group	New Members No.	Renewals No.	Total Number
Under 12	14	18	32
12 to 19	32	35	67
20 to 34	3	17	20
35 and over	<u>19</u>	<u>74</u>	<u>93</u>
<b>Total</b>	<b><u>68</u></b>	<b><u>144</u></b>	<b><u>212</u></b>

In terms of length of time with our Club, 68 members joined in 2009-10, 90 have been members for 1 to 5 years, 32 have been members for 6 to 10 years, and 22 have been members for 11 or more years.

# *Treasurer's Report – con't*

Equipment as at 31 March 2011

- 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 Javelin
- 1 Laptop Computer and Software
- 1 MF Printer
- 1 Measuring Wheel

*END OF FINANCIAL REPORT*

\*\*\*\*\*





## CLUB RECORDS (new records in bold type)

### Senior Men's

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
<b>5000m</b>	<b>B St Lawrence</b>	<b>13m 10.08s</b>	<b>03/03/2011</b>
<b>10000m</b>	<b>B St Lawrence</b>	<b>28m.05.25s</b>	<b>09/12/2010</b>
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	3m 13.78s	29/11/97

	K Gallagher C Burgess A Franklin		
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
<b>1500m</b>	<b>B Delaney</b>	<b>4m.10.32s</b>	<b>19/03/2011</b>
3000m	B Delaney	9m 13.89s	14/11/09
<b>5000m</b>	<b>B Martin</b>	<b>16.21.10s</b>	<b>03/05/2011</b>
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 A Severino S Riggs	18.16m	15/11/08
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*

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

## *MERIT AWARDS*

A. THOMAS	1975
F. THORNTON	1975
D. EDWARDS	1991
P. PHILLIPS	1991
T. RICHARDS	1991
B. SCOTT	1991
A. ARGALL	1995
J. IRVINE	1995
B. MOLINO	1995
J. 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>
<i>A.A. GAINSFORD</i>	<i>1923</i>	<i>F. EGGELTON</i>	<i>1975</i>
<i>W. H. HASLE</i>	<i>1932</i>	<i>G. PAGE</i>	<i>1975</i>
<i>B. BUTTON OAM</i>	<i>1937</i>	<i>M. MORONEY</i>	<i>1975</i>
<i>W. AHERN</i>	<i>1955</i>	<i>L. WILLIAMS</i>	<i>1975</i>
<i>A. GOULD</i>	<i>1963</i>	<i>K. JENKINS</i>	<i>1995</i>
<i>G. CARRUTHERS MBE</i>	<i>1983</i>	<i>A. HENDERSON</i>	<i>1991</i>
<i>F. EGGLETON</i>	<i>1975</i>	<i>E. WALSH</i>	<i>2002</i>
<i>S. DONNELLY</i>	<i>1991</i>	<i>R. SQUIRES</i>	<i>2009</i>
<i>R. MOLLOY</i>	<i>1997</i>	<i>N. MARKHAM</i>	<i>2009</i>

## *VALE*

*PETER TUSIAK - d2011.*

*Peter was one of our respected Coaches of St George and was in particular a coach of Hurdlers and later on the coach of one of our talented athletes in Zoe Pelbart a javelin thrower who later on went to the USA.*



***Starters basking in the warm Saturday afternoon sun as they get ready for the Seniors Event at Scarborough Park, Ramsgate.***

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

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

