

*St. George
District Athletic Club Inc.*



*91st Annual Report
2011 – 2012*

St. George District Athletic Club, Inc.

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

91st ANNUAL GENERAL MEETING SYD FROST HALL, HAWTHORNE ST, RAMSGATE

SATURDAY 16TH OF JUNE 2012.

2.30PM

MEETING AGENDA

1. Welcome to members and guests.
2. Apologies.
3. Minutes of the 90th AGM.
4. Presentation of the 91st Annual General Report & Financial Statement.
5. Election of Officers, Executive Committee and appointment of Auditor.
6. Presentation of 2011 – 2012 Annual Awards.
7. General Business.
8. Raffle Draw.
9. Afternoon Tea.

St. George District Athletic Club, Inc.
Minutes of the 90th Annual General Meeting
HELD JUNE 18TH 2011 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. 85 people in attendance and all those present were asked to sign the attendance book.

Special Guests:

Ms Betty Moore – NSW Director

Mr Michael O'Mara – NSW Director

Apologies:

Apologies accepted for Rory McRea, Rt Hon Mark Couve MLA, Shane O'Brien, Michelle Douglas and Denis Jolliffe.

Adoption of 89th General Meeting Minutes:

The minutes of the 89th AGM were confirmed by:

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

There were no matters arising from the minutes.

Presentation of the 90th 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.

Treasurers Report presented with Annual Report.

Motion: That the President's Report be put.

Moved: Kim Delaney / Seconded: Ron Gribble – Carried

Guest Speaker from NSW - Michael O'Mara gave a congratulatory speech to StGeorge District Athletics praising the traditions of the club. Particularly mentioning the Novice Day held every year at Scarborough Park.

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 48 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 2011 – 2012 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: Jim Owens. 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 on the excellent work carried out by club treasurer Dennis Jolliffe. Congratulated the Executive Committee on the excellent work in the past year. He went on to say how the club had top athletes in the Senior ranks and could do with a little more depth in the junior ranks. Also it was good to see members wearing the RED and WHITES at meets as it stood out from all the other clubs colours.

Tom Richards spoke of the work that the Committee members had done over the year, the effort carried out by the members on Novice Day and thanked the ladies who provided the afternoon tea every Saturday afternoon after the club meeting.

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.

Gen Min Sec
David Burns

ST GEORGE DISTRICT ATHLETIC CLUB

OFFICE BEARERS 2011 - 2012

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
J. OWENS

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
A. SEVERINO

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

WOMEN'S DIST CAPT
B. MARTIN

WOMEN'S DIST V-CAPT
S. BECK

PUBLICITY OFFICER
D. BURNS / A. THOMAS

REGISTRAR
R. McRAE

ASS. REGISTRAR
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

SUMMER CROSS COUNTRY
D. EDWARDS, K. DELANEY

WEBSITE: www.sgdac.org
WEBMASTER :M. GENTLE

Presidents Report - Albert Thomas

Our club has had another great year in 2011/2012. Club membership continues to be strong with many families and young athletes competing. Our members who volunteer and carry out numerous tasks such as timing, recording, handicapping and course officials.

Kim "Bob the Builder" Delaney, who stores and erects all the equipment at our major events, along with assistant Chris "The Irishman" Mullen. Our major day is the NSW Novice and this is extremely well organised by Manager David Beck.

Treasurer Dennis Jolliffe still has our finances in an excellent shape. Funds are used to assist young athletes attend interstate competition and overseas trips.

Throws coach Ray Russell has excelled with his young throwers setting many new records. He always attends their competitions to monitor technique. Grace Robinson and Pita Taomotu have excelled with their performances. Congratulations to Ray and his throwers squad. We also thank the other club coaches who spend many hours assisting their athletes.

Our Elite athletes, Belinda Martin, Bridey Delaney and Ben St Lawrence continue to be role models for our young athletes, with Chadi taking on the longer distances.

Our Annual Awards winning athletes are setting a great example and a challenge for others to make that list.

The Athletes Foot Hurstville has continued to be very generous with prizes for our events. Plus they offer a discount to all club members. Gordon Bucton's butchery donates sausages for the Novice day BBQ.



Our club President winning one of his many titles, here it is the Men's 1 Mile event at the Australian Track and Field Championships at North Hobart Oval, Hobart, Tasmania 25TH of February 1965.

Placings: Albert Thomas(NSW) 1st 4.05.9 – Trevor Vincent(VIC) 2nd 4.06.2 – John Denholm(TAS) 3rd 4.06.8

2011-Distance Report - Colin Wilson

NSW Cross Country Championships 2011 Highlights

(Full results look at www.sgdac.org)

Premierships

3rd 35+ Female

3rd 35+ Male

2nd 45+ Male

2nd 65+ Male

Male Distance Runner of Year

3rd Chadi Elashkar

Novice Championships Scarborough

Park 30th April 2011

Male

3rd Cale Bowd

Teams

3rd Male team

Road Championships Homebush

4th June 2011

U12 Male 2.5km

2nd Christopher Breen

Open Male

2nd Tim Rowe

35-39 Female

1st Belinda Martin

45-49 Female

2nd Lynette Delaney

60-64 Male

1st Frank Scorzelli

Relay Championships Miranda

Park 28 May 2011

Under 12 Female

Team A 13th

Under 12 Male

Team A 6th

Team B 9th

Under 14 Male

Team A 8th

Under 16 Male

Team A 8th

Under 20 Male

Team A 2nd

Open Female

Team A 8th

Team B 13th

Open Male

Team A 4th

Team B 12th

Championships Nowra

25th June 2011

Teams

1st 35+ Male Paul Arthur, John Peter,

Fintan Diviney, Henry Elliott

1st 45+ Male Jose Carvalho, Kim Delaney,

Chris Mullen, Jim Owens

Under 12 Male

2nd Christopher Breen

Open Female

3rd Belinda Martin

35+ Female

1st Belinda Martin

2011-Distance Report - con't

40+ Male

2nd Paul Arthur

45+ Male

3rd Henry Elliott

50+ Male

3rd Jose Carvalho

Half Marathon Bankstown

4th September 2011

Teams

1st 45+ Men

45+ Male

3rd Chris Mullen

50+ Male

2nd Kim Delaney

3rd Frank Scorzelli

Marathon Sydney

18th September 2011

Open Male 2nd Chadi Elashkar

35+ Male 3rd Fintan Diviney

45+ Male 2nd Henry Elliott

55+ Male 1st Kim Delaney

35+ Female 3rd Jenelle Grinter

Teams 1st Open Male

Road Relay Championships

Wollongong 9th July 2011

Under 12 Female

Team A 8th

Under 16 Male

Team A 7th

Team B 5th

Open Female

Team A 11th

Team B 13th

Open Male

Team A 7th

Team B 13th

35+ Female

Team A 1st

35+ Male

Team A 4th

45+ Male

Team A 2nd

Team B 6th

55+ Male

Team A 7th

65+ Male

Team A 3rd

Short Course Championships

Upjohn Park 30th July 2011

Teams

3rd Open Male

2nd 45+ Men

3rd 55+ Men

2nd 65+ Men

45+ Female

3rd Karen Stanley

50+ Male

1st Jose Carvalho

2011-Distance Report - con't

60+ Male

2nd Frank Scorzelli

65+ Male

2nd John Irvine

70+ Male

2nd Chris Maver

2011 Distance Report

2011 Club Champions

Female

	1 st	2 nd	3 rd
Open 5 km	Belinda Martin	Suzanne Harrington	Karen Stanley
Under 20 5 km	None		
Under 18 3 km	None		
Under 16 3 km	None		
Under 14 3 km	Jae Withers		
Under 12 2 km	Lauren Carey	Sidney Mulholland	Keeley Flynn
Over 35 5 km	Belinda Martin	Suzanne Harrington	Vasa Reid
Over 40 5 km	Jennelle Grinter	Lynda Van Dyke	
Over 45 5 km	Karen Stanley	Lesley Flynn	Julie Conroy
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	Thomas Delaney	Brad Pendergast	John Peter
Under 20 5 km	Todd Peters		
Under 18 3 km	None		
Under 16 3 km	Nathan Breen	Mark Simpson	Aaron Gentle
Under 14 3 km	Daniel Ison	Mathew Simpson	
Under 12 2 km	Christopher Breen	Aaron Nissiros	Luke Goschnik
Over 35 8 km	Brad Pendergast	Nikolay Nikolaev	
Over 40 8 km	John Peter	David Kistle	
Over 45 8 km	Henry Elliot	Tony O'Connor	Sean Hogan
Over 50 8 km	Kim Delaney	Chris Mullen	James Owen
Over 55 8 km	None		
Over 60 8 km	Frank Scorzelli	Alan Staples	Peter Fitzpatrick
Over 65 8 km	John Irvine	Christopher Maver	

2011 Winter Point Scores

Division

1st John Irvine

2nd Frank Scorzelli

3rd Andrew Peek

Fastest Male Thomas Delaney

Fastest Female Belinda Martin

Division 2

1st Suzanne Harrington

2nd Andrew Hoff

3rd Robert Simpson

Fastest Male Nathan Breen

Fastest Female Suzanne Harrington

Division 3

1st Mathew Simpso

2011-Distance Report - con't

2nd Robert Simpson
3rd Christopher Breen
Fastest Male Christopher Breen

Division 4

1st Isabella Conroy
2nd Laura Conroy
3rd Timothy Ison
Fastest Male Christopher Breen
Fastest Female Lauren Carey

Super Series 2 - 2km

1st Eloise Carey
2nd John Smith
3rd Corey Gentle
Fastest Female Ruth Hoff

Super Series 1 - 4km

1st Ray Millett
2nd Michael Fernandes
3rd John Irvine

Trophy Days

Terry O'Connor's Day

Division 1 - 8 km David Kistle
Division 2 - 5 km Jennelle Grinter
Division 3 - 3 km Louise Kelly
Division 4 - 1.5 km Vivika Lynch

Ken Jenkins's Day

Division 1 - 10 km Jose Carval

Greg Page Trophy

Division 1 - 11 km Alan Staples

Jack Coppock Trophy U14

Division 3 - 3 km Timothy Ison

G Freeman Trophy

Division 1 - 4 km Andrew Peek

Ron Gribble Trophies

Division 1 - 4 km Ellyse Muir
Division 2 - 2 km Eloise Carey

St George District Athletic in the Annual St George Hospital Bed Race



2011 /2012 Track and Field Report

Kjm Delaney

It has been another outstanding year for our SGDAC track and field competitors.

Ben St Lawrence has now been selected for the Australian Olympic Track & Field team for the 2012 London Olympics. Ben was the 1st Australian in the men's Zatopek 10k last December, which gave Ben his second 10,000m title in a row, and this being an Olympic trial event, it placed him well for later inclusion into team. He is now set to become our seventh club member to represent his country.

Previous SGDAC Olympians include Ernest Austen 1924, Basil Dickinson 1936, and Claude Smeal 1952. Albie Thomas competed in three successive Olympics in 1956, 1960, and 1964. Graeme Rootham competed in 1972, Anne Manning in 1996, and Daniel Batman in the Sydney 2000 Olympics.

Others members who were close to this highest accolade after placing at the National titles this year, were Belinda Martin who placed third in the 5000m, and Bridey Delaney who placed second in the 1500m at nationals, and placed third in the 1500m at the Olympic trials. Nicole Harris performed tremendously, placing herself in third position for the Women's Shot Put Ambulant TF20, where she set herself well in contention for a position in the 2012 Australian Paralympics team.

Our juniors this year have once again added more glory to our clubs wonderful history of achievements. Grace Robinson won three National titles this season, in the U15 discus & shot put at the Junior Championships and the U14 Australian All schools Shot put title. While Pita Toamotu claimed the U14 junior discus title, and placed second in the U14 shot-put.

Furthermore, Matthew Rees claimed the U16 javelin junior title.

Shining a bright light from within our vets we had more success. Robyn Basman claimed 5 national titles at the Australian Masters Championships, setting two new state veterans records in the 1500m and 5000m, and one new Australian veteran record in the 3000m. Belinda Martin's time of 9:18.51 set a new Australian Masters 35+ 3000m record. Additionally, our women's 160+ 1500m relay team members Suzanne Harrington, Robyn Basman, Karen Stanley and Belinda Martin, set a new meet record at the state relays.

A quick summary of results during the 2011/2012 T&F season include: State Relays - 3 gold medal teams and 5 silver medal teams. Over the whole season our members picked up 73 medals in total. Eleven new club records were made, one new relay team meet record, five state age veteran records, with two of these also new Australian master's records.

With such tremendous club spirit in place, which has already been well grounded by the efforts of our past members, champions, coaches and executives, the future of our club looks in very good stead. This SGDAC proud tradition will keep marching on via our current member's efforts, and the wonderful support of our friends and families. We can look confidently ahead to know that we will be applauding and cheering many more successes to come.

Big thanks to you all.



NSW State Relays Championships Report

November 2011 St George Results

The ANSW State Relays in mid November 2011 again provided competitors with sultry warm conditions on both days of competition.

Our young guns in the field, once again started out in great fashion on the first day of competition.

In winning form the Women's U18 javelin claimed the title.

-Team members: M Werner, S Farmakidis, T Minutolo and E Wilson.

Same winning result for our U14 Men's Shot Put State Champs'.

-Team members: P Toamotu, M Pepper, G Farmakidis and, L Thompson.

A strong display from our U18 men's javelin team placed them one step off the top position, with a silver medal performance

-Team members: H Sele 46.28m, M Rees 45.52m, N Clarke 42.41m, M Follent 40.80m.

On the first morning of competition on the track, our men's open 400m team, made up by two U20 SGDAC members, were successful in making it through the preliminaries to gain a place in the final race. Coming in 6th place in the wrap up, each member performed valiantly.

-Team members: P Windridge, I Ali, R Delaney, and T Hogan.

In the Saturday afternoon sun, SGDAC were out in good numbers, with four of our teams competing in the 800m relay races. Our women's 800m team put in a gutsy effort finishing in 6th position.

-Team members: R Basman, S Beck, L Stewart, and E Millett.

With two men's 800m teams in the 200+, the A team came in 5th place while our B team came in 7th place.

-Team members

A team: F Diviney, P Fitzpatrick, D Jones and C Mullen

B team: K Delaney, M Kavanagh, S Hogan, and D Burns.

Finally our open men's team on the day finished in 8th place in a highly competitive race, with a combined time of 8:34.39.

-Team members: S Delaney, P Windridge, T Peters, I Ali.

Our Men's 800m 240+ team was out early Sunday morning to challenge for the title position, coming in second place against a very strong Hills Western District team on the day.

-Team members: S Hogan, C Maver, V Gravitis, R Simpson.

Sunday our field teams once again put in some mighty team efforts. Two of our field teams achieved silver positions - Open women's javelin team

Team members: S Page 34.32m, M Werner 33.18m, A Severino 32.52m, S Farmakidis 27.90m

- Also the Men's U14 Discus team.

-Team members: P Toamotu 41.77m, M Pepper 37.01m, G Farmakidis 30.65m, L Thompson 25.44m.

While a number of our younger members also moved up an age group to help form teams one in the U18 Women's Discus, where they placed just outside a podium finish in 4th place.

-Team members G Robinson 33.58m, T Minutolo 27.70m, S Farmakidis 25.18m, E Wilson 21.56m.

And a 5th place position in the Women's Shot Put team.

-Team members: G Robinson 12.71m, T Minutolo 10.70m, E Wilson 7.51m, I Minutolo 7.17m coming in 5th place.

Sunday afternoon on the track SGDAC members really stood out in the red & whites with six of our teams competing in the 1500m relay events.

Another highly contested event was the Men's open 1500m. SGDAC had two teams competing. With our best place team who had been quickly thrown together following late withdrawals. They competed gamely to place just outside a podium place in 4th place.

-Team members - C Bowd, R Neill, T Peters, T Delaney.

Our B team finished in 11th after some later shuffling to form the

-Team members: P Windridge, I Ali, P Arthur, B Nairn

The Men's open 1500m 200+ gave plenty of exposure of our club members with three teams in this event. All teams again putting in gutsy efforts. With the A team placing second, our B team placing 5th and our C team placing 8th.

-Team members

A team: P Arthur, F Diviney, F Scorzelli, H Elliott.

B team: D Jones, C Mullen, R Simpson, M Kavanagh.

C team: J Grinter, D Beck, R Millett, D Burns.

Final event on the track on Sunday afternoon saw our Women's 1500m 160+ team out on display. This was a super even to see unfold with a record breaking winning result to finish, in a time of 20:14.91.

-Team members: S Harrington, R Basman, K Stanly, B Martin.

All our club members and friends who cheered on watched upon this event enjoying a wonderful conclusion to the State Relay Championships.

2011-2012 Track and Field Results

INTERNATIONAL EVENTS

Zatopek 10 – Lakeside Stadium Albert Park Victoria – 10th of December 2011

Bridey Delaney – Womens OPEN 1500m – 1st – 4.15.76

Belinda Martin – Womens OPEN 10,000m – 5th – 35.00.03

Ben St Lawrence – Mens OPEN 10,000m – 4th – 28.01.68 – Australian Champion

NATIONALS and TRACK CLASSICS

Australian Athletics Championships – SOPAC – 13TH of April to 15TH of April

Belinda Martin

Womens 5km OPEN – 3RD – 16.50min

Bridey Delaney

Womens 1.5km OPEN – 2nd – 4.18.26min

Nicole Harris

Womens Shot Put Amb TF20 – 3rd – 9.83m

ANSW Open Championships – SOPAC – 30th of March to 1st of April

Belinda Martin

Womens 10k OPEN – 1st 35.18.37

Womens 1.5km OPEN – 3rd – 4.29.38min

Bridey Delaney

Womens 1.5km OPEN – 1st – 4.19.38

Womens 800m OPEN – 2nd – 2.06.80

Aust Junior Championships – SOPAC – 14th of March to 18th of March

Pita Toamotu

Mens Disc Throw U14 – 1st – 44.84m

Mens Shot Put U14 – 2nd – 15.46m Club Record

Grace Robinson

Women Discus Throw U15 – 2nd – 39.17m- Australian Champion

Women Shot Put U15- 1st – 14.11m – Australian Champion

Matthew Rees

Men Javelin Throw U16 – 1st – 14.11m – Australian Champion – Club Record

Melbourne Track Classic Lakeside Stadium 3rd of March 2012.

Bridey Delaney

Womens 1500m OPEN – 3rd – Olympic Trials – 4.15.74

Ben St Lawrence

Men 5000 Meter OPEN – 9th – Olympic Trials – 13.48.79

NSW Masters Championships – SOPAC – 23rd of February to 24th of February

Robert Simpson

Mens Triple Jump 50+ - 2nd – 9.71m

Dale Jones

Men 800m 55+ - 1st – 2.24.78

Mens 1500m 55+ - 2nd – 5.03.49

Frank Scorzelli

Mens 5000m 65+ - 2nd – 15.15

Sydney Track Classic 18th of February

Bridey Delaney

Womens 1500m OPEN – 2nd – National Champion – 4.12.92

NSW Junior Championships SOPAC – 10th of February to 12th of February

Grace Robertson

Womens Shot Put U16 – 1st – 14.26 – State Champion, State Record and Club Record

Womens Discus Throw – 1st – 38.39m – State Champion

Matilda Werner

Womens Javelin Throw – U18 – 3rd – 40.68m

Mathew Rees

2011-2012 Track and Field Results-con't

Mens Javelin U16 – 1st – 49.71m – Club Record

Pita Toamotu

Mens Shot Put – U14 – 1st – 15.29m – Club Record

Mens Discus Throw – U14 – 1st – 44.48m – State Champion

Briggs Athletic Classic – Domain Track – Hobart – 4th of February

Ben St Lawrence

Mens 5000m – OPEN – 2nd – 5.25.46

NSW Mile Championship – Bankstown Track – 10th of December

Brandon Nairn – Boys1 Mile Run – 2nd – 5.25.46

Jenelle Grinter – Womens Mile Run – 40-44 – 2nd – 6.15.99

Sean Hogan – Mens Mile Run – 50-54 – 3rd – 6.02.13

Australian All Schools U of QLD – St Lucia – 3rd of December to 4th of December

Grace Robinson – Womens Shot Put – U14 – 1st – 13.63m – Club Record

ANSW State Relays – SOPAC – 19 of November to 20th of November 2012

Womens Javelin Throw – U18 – 1st – 117.79m

Matilda Werner- 37.47m – Stephanie Farmakidis – 29.69m – Tania Minutolo – 25.44m – Emily Wilson – 25.19m.

Women Javelin Throw Relay – Open – 2nd – 127.92m – State Champions

Sally Page – 34.32m – Matilda Werner – 33.18m – Alison Severino – 32.52m – Stephanie Farmakidis – 27.90m.

Mens Shot Put – U14 – 1st – 46.29m – State Champions

Pita Toamotu – 14.32m – Mitchell Pepper – 13.44m – George Farmakidis – 9.32m – Lewis Thomson – 9.21m

Mens Discus Throw – U14 – 2nd – 134.87m – State Champions

Pita Toamotu – 44.71m – Mitchell Pepper – 37.01m – George Farmakidis – 30.65m – Lewis Thomson – 25.44m

Mens Javelin Throw – U18 – 2nd – 175.01m

Hame Sele – 46.28- Mathew Rees – 45.52- Nathan Clarke – 42.41m – Mitchell Follent – 40.80m

Womens 4x1500m Relay OPEN – 1st – 20.14

Suzanne Harrington, Robyn Basman, Karen Stanley, Belinda Martin.

Mens 4x1500m 200+ Relay – 2nd – 19.52.21

Fintan Diviney, Frank Scorzelli, Henry Elliot, Paul Arthur.

Mens 4X800m – 240+ – 2nd – 13.21.04

Sean Hogan, Chris Maver, Vilis Gravitis, Robert Simpson.

ANSW State 3000m Championships

Belinda Martin

Womens 3000m OPEN – 3rd – 9.18.51 State Champion – Australian Record for Female 35+ Veteran.

Skins NSW All Schools Track and Field Championships

Grace Robinson

Womens Shot Put – 3kg – U13 – 1st – 12.96m

Womens Discus Throw – U13 – 1st – 35.58m

Tanisa Minutolo

Womens Javelin – 500g – U14 – 2nd – 29.41m

Mathew Rees

Mens Javelin Throw 700g – U14 – 44.39m

Brandon Nairn

Mens 2000m Steeplechase – 2nd – 7.29.77

Mens 5000m – U19 – 3rd – 19.10

Pita Toamotu

Mens Discus – 1kg – U13 – 2nd – 33.90

2011-2012 Track and Field Results-con't

Skins NSW All Schools Track and Field Championships

Mitchell Pepper

Mens Discus Throw 1kg – 3rd – 40.22m

Australian Masters Championships 2011 – Santos Stadium – South Australia

Robyn Basman

Womens 50 – 1500m – 1st – 5.01.51

Womens 50 – 5000m – 1st – 18.30.00

Womens 50 – 8000m – 1st – 32.35

Womens 50 – 1600m – 1st – 5.27

Womens 50 – Half Marathon – 1.27.44



Annual SGDAC Awards 2011 / 2012 Season

A.A.Gainsford Trophy (Outstanding Senior Athlete) - Ben St Lawrence.

After becoming the fastest ever 10,000m runner in this country, outdoing his standout performances in the last 12 months would really take some effort. Ben did this, and went on to represent Australia in September last year, competing in the 5000m at 13th IAAF World Championships in Daegu where he ran 13:51.64. Ben followed on to become the Australian 10,000m title holder for his second year in a row, after placing 1st in the men's Zatopek 10k last December. This being an Olympic trial event also placed him well for later inclusion into the team. Ben St Lawrence has now been selected for the Australian Olympic Track & Field team for the 2012 London Olympics. In the great history of our club, Ben St Lawrence will now become our seventh member to represent his country. What a magnificent effort, congratulations Ben!



Robert Nash Trophy (Most Improved Senior Athlete) – Suzanne Harrington.

Suzanne has proven that through will, consistency, and hard work, great results will follow. Running in her first ½ marathon recently in Sydney she placed in the top 10 women's places. In late November 2011, Suzanne was also a member of the SGDAC Women's State Relays 1500m 160+ team, who broke this meet record. Over the last 12 months Suzanne has shown a tremendous improvement in her speed, endurance and times recorded. Her end results are very clear example of her dedication. I'm sure her best results are still to come, keep it going. Congratulations Suzanne!



The L.L.Bosman Award (Outstanding under 20 Performance & Sportsmanship) Nicole Harris.

It is difficult to provide a worthy enough description as to how much of an outstanding sports person Nicole Harris really is. Not only has she achieved tremendous results within the area of clubs athletics, but also outside of the club, where she has attained many fantastic results. These include CC, swimming, basketball and more. Not to mention skiing, where Nicole has won one a number of medals already representing her country, including gold and silver this year at 2012 INAS World Championships in Erzurum Turkey, where she was eventually crowned World Champion in the super combined. Nicole was more than successful in the previous season with SGDAC mainly performing in the middle distance events winning gold & silver at the State Championships. Already known for her great sporting friendship with her rivals, Nicole this year also showed her versatility venturing into field events, specifically the shot put. From her early results in the season Nicole managed to set her season best results at the biggest event of the year, the Australian Athletic Championships, placing third Australian at the titles in the Women's Shot Put Ambulant TF20. This has placed herself well in contention for a position in the 2012 Australian Paralympics team.



J. J. Walsh Trophy (Outstanding Marathon Performance) Chadi Elashkar We saw another champion marathon performance by Chadi, running under very warm conditions on the day at the Blackmore's Sydney Running Festival, on the 18th September 2011. Here, Chadi placed 10th outright in a time of 2:38.37. This placing resulted in Chadi being awarded the ANSW silver medal position, a magnificent result.



Annual SGDAC Awards 2011 / 2012 Season

SGDAC Trophy (Outstanding Under 18 Athlete) - Matilda Werner

Once again Matilda is the recipient of this award for the season. A member of two medal winning teams at the ANSW state relays, the gold medal U18s javelin team, and the silver medal open women's javelin team. Matilda performed at her best at the NSW Junior Championships, throwing her season best of 40.68m to claim the bronze medal. A great effort finishing fourth just outside a podium result at Australian Junior Championships.



G.Page Trophy (Outstanding Under 16 Athlete)-Mathew Rees

Mathew is one of our newest club members this season. Under the professional eye of Ray Russell, Mathew has consistently improved. To get to training, Mathew travels approximately 2 hours, from Weston to Sylvania. This shows a high level of commitment to train, and improve his performance, in his chosen field of javelin. In November 2011, early days in the new season, he showed potential at the NSW All Schools Track & Field competition, where he claimed a podium finish, winning a silver medal. In the same month at the state relays, with a season PB, he was a key team member in the men's javelin throw relay U18 team, who finished second. In February 2012, at the NSW Junior Championship, setting a new club record of 49.71m, Matthew claimed the U16 javelin title. In March 2012, in the Australian National titles, Mathew again set a new Club record of 56.21m, and he claimed the U16 national gold medal javelin title.



SGDAC (Most Improved Under 16 Athlete) - Mitchell Pepper Mitchell had success early in the season at the NSW All Schools T & F U13 discus, where he claimed a bronze medal. Competing in the state relays he was a team member in the gold medal winning U14 Shot put team, also a member of silver medal Discus Throw Relay U18 team who finished second. In February 2012, at the NSW Junior Championship, Mitchell placed 6th in the U16 javelin & 7th in the U16 discus. Continually improving, in March 2012, at the Australian National titles, Mitchell placed 5th in the U15 javelin, & 6th in the U15 discus. In both events he performed personal, and season best performances. Congratulations Mitchell, a job well done.

St.George Trophy (Best Field Athlete) and Mulholland Family (Outstanding Under 14 Athlete) – Grace Robinson

No surprises here, two years in a row Grace has been awarded as the best field athlete, and Outstanding U14 Athlete. She has attained another three national titles this season, U15 discus & U15 shot put in the Australian Junior Championships, and U14 Australian All Schools shot put title. Grace also won four state titles in the U16 shot put, the U16 discus at the ANSW Junior titles, the NSW All Schools T & F U13 shot put, and the U13 discus titles. Grace also reset the club shot put records five times during the season. Furthermore she gained two new state records to her name, amongst these also two LAA National titles and one LAA Australian U13 new record. "The sky's the limit" congratulations on another outstanding year. Well done Grace!



Annual SGDAC Awards 2011 / 2012 Season

SGDAC (Most Improved Under 12 Athlete) Nicole Harrington -

Nicole has shown good promise over the last season from the last winter CC season and summer CC results. She is a worthy recipient for this encouragement award and we are sure she will continue to make the most of this potential. All in good time these improvements will reveal a very capable athlete. Be prepared for Nicole to shine with success well into the future. Congratulations Nicole!

Ron Gribble Trophy (Open grades Track & Field Female Athlete aggregate point score winner) Alison Severino Alison was our clubs most consistent female open athlete in Track & Field competition this season. Competing mainly in the Open & U20 Javelin events, and in two shot put U20 events, she claimed in total, five first places, one second place, and three third place positions. Not once this season did Alison place outside a top three in any events she entered. In the premierships events she scored the most points for a female in our club. Furthermore, she was a key member in our clubs silver medal open women's javelin team, at the NSW State Relays. Congratulations Alison, a most well deserved recipient of this trophy!

Ray Russell Throwers Trophy. Ray Russell (Thrower's Trophy) - Emily Wilson. Emily is a keen competitor mainly contesting in shot put and javelin events. Amongst her results for these events this season, were four 4th place positions, and two 5th place positions, just outside the winning circle. For showing promise and always enjoying the competition she has been given recognition for her fine efforts in these events. Emily also competed in the NSW Junior championships, and was as a member of U18 gold medal champion relay team at the NSW State Relays. Well done Emily Congratulations!

Albert Thomas Award(Track & Field Encouragement Award for Athletes Under 16 Years) - Tanya Minutolo Tanya had a good start to a new season with silver medal performance in the U14 javelin at the NSW All Schools Track & Field Championships, in November 2011. In the same month at the state relays, Tanya was a member of the gold medal U18 State relay team. She also achieved several other top three placings in competitions throughout the season. Tanya competed valiantly in NSW Junior Championships, coming in 5th in the U16 javelin and 8th in the U16 shot put. She also did well in coming 6th place in the U16 javelin, at the Australian Junior Championships. Congratulations Tanya well done!

Peter Tuziak (Under 12 Athlete Encouragement) Sidney Mulholland -

Sidney is a most worthy recipient for this encouragement award, with consistent efforts throughout the winter and summer cross country's seasons, where she achieved some fantastic results. Always giving her best made her a key member in U12 team at ANSW State Championships relay events. Sidney is seen as a very enthusiastic and cheerful athlete, who is always out to improve on her best performances. With this great attitude, her future for many more great achievements to come looks bright. A splendid effort, keep it up Sidney!



Annual SGDAC Awards 2011 / 2012 Season

Athlete's Foot (Track & Field Encouragement) Pita Toamotu

Pita really is such an impressive athlete, and so close to being our best field athlete in our club as well. He is most definitely a worthy recipient for this encouragement award, with an absolutely outstanding effort this year. Pita's achievements this season were one national title in the U14 discus, and one silver medal performance in the U14 shot put, at the Australian Junior Championships. Furthermore, he achieved two state titles, one in the U14 shot put, and another in U14 discus, at the ANSW Junior titles. He also achieved a 2nd place silver medal result in U13 discus at the NSW All Schools T & F titles. Additionally, Pita also reset the club U14 shot put records twice during the season. Lastly, he also won a LAA National title in the U13 shot put, and a silver medal in the U13 discus. Magnificent achievements Pita!



Ron Gribble Trophy Open grades Track & Field Male Athlete aggregate point score winner Robert Simpson Robert was well and truly our clubs most consistent open athlete in track & field competition this season. Having a real go is certainly a passion Robert embraces, as he competed in every racing event, from the 60m, to the 1500m (60m, 100m, 200m, 400m, 800m & 1500m). In the field he competed in triple jump, long jump, and even had a go at the javelin. Already known as a speedster, he claimed 5 first place positions, 6 second place positions, 2 third places, and another 8 fourth place positions. There were numerous other great results including a silver medal in the 200+ 800m State relay team. At the State Masters he contested in five events, four he placed just outside a podium finish, but in the triple jump he was triumphantly proud in taking home an individual 2nd place silver medal. Congratulations Robert, a great role model and what a tremendous effort. You are a most deserved recipient of this trophy!



SEASONS BEST PERFORMANCES

	Seasons Best Achieved By	Result	Date	
Open Men				
100m	Daniel Batman	10.86	7/01/2012	
200m	Paul Windridge	25.13	6/01/2012	
400m	Todd Peters	53.95	10/03/2012	
800m	Nam Currie-Nguyen	2:02.13	14/01/2012	
1500m	Stephen Thurston	3:52.92	5/11/2011	
3000m	Cale Bowd	8:41.47	12/11/2011	
5000m	Ben St Lawrence	13:24.30	4/02/2012	
10km	Ben St Lawrence	28:01.68	10/12/2011	
3km Steeple	Stephen Thurston	9:11.01	23/02/2012	
1/2 Marathon	Ben St Lawrence	1:02.51	18/03/2012	
Marathon	Chadi Elkashar	2:38.37	18/09/2011	
Open Women				
800m	Bridey Delaney	2:06.80	1/04/2012	
1500m	Bridey Delaney	4:12.92	18/02/2012	
Mile	Bridey Delaney	4:34.14	20/04/2012	Club Record
3000m	Belinda Martin	9:18.51	12/11/2011	
5000m	Belinda Martin	16:50.55	13/04/2012	
10km	Belinda Martin	35:00.03	10/12/2011	
Javelin 600g	Sally Page	34.32 M	20/11/2011	
Shot Put 4kg	Nicole Harris	8.97 M	10/03/2012	
1/2 Marathon	Belinda Martin	1:15.21	3/07/2011	Club Record
Under 20 Men				
1500m	Brandon Nairn	4:47.04	22/10/2011	
Mile	Brandon Nairn	5:25.46	10/12/2011	
3000m				
5000m	Connor Mulholland	17:07.89	3/03/2012	
10km				
2km Steeple	Brandon Nairn	7:29.77	13/10/2011	
3km Steeple	Connor Mulholland	10:39.92	6/01/2012	
Under 20 Women				
Javelin 600g	Alison Severino	37.40 M	14/01/2012	
Shot Put 4kg	Alison Severino	8.60 M	5/11/2011	
Under 18 Men				
Javelin 700g	Nathan Clarke	41.72 M	12/02/2012	
Under 18 Women				
200m	Matilda Werner	27.76	17/12/2011	

Javelin 700g	Matilda Werner	40.68m	12/02/2012	
Shot Put 4kg	Matilda Werner	8.56 M	5/11/2011	
Triple Jump	Matilda Werner	10.35 M	5/11/2011	
Under 16 Men				
Mile	Nathan Breen	5:04.48	10/12/2011	
3000m	Nathan Breen	9.36.67	12/02/2012	
Discus 1kg	Mitchell Pepper	44.53m	14/03/2012	
Javelin 700g	Matthew Rees	56.21m	16/03/2012	Club Record
Under 16 Women				
200m	Carolena Kostas	27.76	17/12/2011	
400m	Carolena Kostas	59.93	14/10/2011	
800m	Carolena Kostas	2:23.41	17/12/2011	
Discus 1kg	Tania Minutolo	27.25 M	17/12/2011	
Javelin 500g	Jeffs Mikeelie	29.62m	16/10/2011	
Shot Put 4kg	Tania Minutolo	10.70m	16/10/2011	
Under 14 Men				
400m	Daniel Ison	1:03.76	19/01/2012	
800m	Daniel Ison	2:28.91	30/12/2011	
1500m	Daniel Ison	5:11.44	6/01/2012	
Discus 1kg	Pita Toamotu	44.84m	14/03/2012	
Javelin 600g	Mitchell Pepper	35.05 M	17/12/2011	
Shot Put 4kg	Pita Toamotu	15.46m	18/03/2012	Club Record
Under 14 Women				
Discus 1kg	Grace Robinson	39.17m	18/03/2012	
Shot Put 1kg	Grace Robinson	14.95	24/03/2012	Club Record
35+ Men				
800m	Henry Elliot	2:31.31	17/12/2011	
1500m	Henry Elliot	4:54.92	26/11/2011	
5000m	Fintan Diviney	17:42.95	14/01/2012	
Javelin 800g	Glen Ison	18.60 M	6/01/2012	
35+ Women				
800m	Jennelle Grinter	2:51.32	17/12/2011	
1500m	Belinda Martin	4:25.63	21/01/2012	
Mile	Jennelle Grinter	6:15.99	10/12/2011	
3000m	Belinda Martin	9.18.51	12/11/2011	
5000m	Belinda Martin	16.50.55	13/04/2012	
10km	Belinda Martin	35:00.03	10/12/2011	
1/2 Marathon	Belinda Martin	1.15.21	3/07/2011	
50+ Men				

60m	Robert Simpson	8.29	3/12/2011
100m	Robert Simpson	12.91	26/11/2011
200m	Robert Simpson	27.12	3/12/2011
400m	Robert Simpson	1:00.18	23/02/2012
800m	Dale Jones	2:24.78	24/02/2012
1500m	Dale Jones	5:03.49	23/02/2012
Mile	Sean Hogan	6:02.13	10/12/2011
Long Jump	Robert Simpson	4.61M	14/01/2012
Triple Jump	Robert Simpson	10.18m	26/11/2011

50+ Women

800m	Robyn Basman	2:28.80	29/10/2011
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**NSW
Female 50+
Veterans
record**

1500m	Robyn Basman	5:01.45	22/10/2011
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**Australian
Female 50+
Veterans
record**

3000m	Robyn Basman	10.30.27	12/11/2011
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**NSW
Female 50+
Veterans
record**

5000m	Robyn Basman	18:30.00	8/10/2011
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AWD Ambulant

Shot Put 4kg	Nicole Harris	9.83 M	15/04/2012
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Note ; One ANSW Meet Relay Record Broken 2012

Date

Suzanne Harrington

Robyn Basman

Karen Stanley

Belinda Martin

**Women 4x 1500
Meter 160+ Relay
Open**

**New Meet
Record
20:14.91**

20/11/2011



Club Premiership Points Score 2011-2012

Club Premiership Points Score		
Name	Points	Grade
Brandon Nairn	71	Open
Bridey Delaney	60	Open
Robbie Neil	44	Open
Cale Bowd	30	Open
Paul Windridge	30	Open
Stephen Thurston	20	Open
Chadi Elashkar	20	Open
Nam Currie-Nguyen	19	Open
Ben Toomey	16	Open
Isaq Ali	8	Open
Todd Peters	8	Open
Alison Severino	188	U20
Connor Mulholland	60	U20
Nicole Harris	16	U20
Matilda Werner	80	U18
Emily Wilson	78	U18
Carolena Kostas	25	U18
Tania Minutolo	121	U16
Mitchell Pepper	100	U14
Irene Minutolo	90	U14
Grace Robinson	80	U14
Pita Toamotu	80	U14
Timothy Ison	17	U14
Daniel Ison	10	U14
Henry Elliot	44	35+
Jenelle Grinter	136	35+
Robert Simpson	474	50+
Robyn Basman	90	50+
Sean Hogan	58	50+
Vilis Gravitis	19	50+

End of Track and Field Report



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 mid February, with the venue alternating between Scarborough Park and Gannons Park. We had good attendances throughout the season despite Wednesday evenings seeming to attract more than a fair share of wet weather this summer. The main idea of the series is to promote running and to get people interested, -in a low-key and friendly environment, so it was pleasing to see many younger runners and also families taking part. There is also a bit of a competitive edge, and this was no more apparent than in the later weeks of the season in the 3/4Km Division with Mark Simpson and Ben Harrington battling for points, Ben was the eventual winner but only by 2 points and the rivalry led to both improving their times. The ever consistent Chris Maver took third. In the 2Km category young cousins Imogen Stewart and Casey Stanley showed continual improvement through the season, however Andrew Peek was also improving week by week and held off the challenges from the young girls to take the winner's trophy with Imogen and Casey getting second and third respectively. In the Fastest Times category for the 2km Females, Emma Millett again retained her title, but the other three fastest times winners Daniel Ison, Nikolay Nikolaev and Karen Stanley each picked up their first Summer CC trophies.

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 Simpson, Bob Simpson, Emma Millett, Helen Millett & Kerry Edwards. Also thanks to Michael Gentle for getting the results onto our web-site each week.

THE TOP TEN

2km Handicap Points

1 Andrew Peek	285 points
2 Imogen Stewart	281
3 Casey Stanley	262
4 Emma Millett	232
5 Sean Hogan	185
6 Bob Simpson	193
7 Mathew Simpson	190
8 Chris Mullen	182
9 Daniel Ison	172
10 Kylie Mulholland	164

3-4km Handicap Points

1 Ben Harrington	227 points
2 Mark Simpson	225
3 Chris Maver	203
4 Karen Stanley	180
5 Kerry Edwards	173
6 Bob Simpson	171
7 Stephanie Beck	169
8 Sean Hogan	159
9 David Beck	155
10 Andrew Peek	155

FASTEST TIMES - TOP THREE

2km

Female

1 Emma Millett	70 points
2 Jennelle Grinter	60
3 Casey Stanley	40

Male

1 Daniel Ison	70 points
2 Paul Windridge	44
3 Andrew Peek	34

3-4 Km

Female

1 Karen Stanley	63 points
2 Suzanne Harrington	49
3 Stephanie Beck	43

Male

1 Nikolay Nikolaev	50 points
2 Mark Simpson	38
3 Chris Mullen	29

St George District Athletic Club Inc.

Treasurers Report – Denis Jolliffe

Statement of Income and Expenditure for the year ended 31 March

	2012 \$	2011 \$
Income		
Bank Interest	803.53	792.75
Annual Subscriptions	9561.49	8,297.25
Cross Country Total (Note 1)	11,235.35	15,328.00
Sale of Uniforms	540.00	250.00
General Total (Note 2)	<u>10,721.24</u>	<u>5,293.22</u>
Total Receipts	32,861.61	29,961.22
<i>less</i>		
Payments		
Bank charges	12.35	7.65
Regns, etc. to Athletics NSW	13,919.00	10,730.76
Cross Country Total (Note 3)	8,752.20	11,743.25
Track and Field Total	247.50	0.00
Purchase of Uniforms	824.00	309.53
General Total (Note 4)	8,026.92	4,677.69
Competition Expenses (Note 5)	<u>4,495.00</u>	<u>4,485.00</u>
Total Payments	<u>36,556.97</u>	<u>31,953.88</u>
Excess Income over Expenditure	<u>-3,695.36</u>	<u>-1,992.66</u>
Cash at beginning of year	19,370.73	21,363.39
Excess of Income over Expenditure	<u>-3,695.36</u>	<u>-1,992.66</u>
Cash at end of year	<u>15,675.37</u>	<u>19,370.73</u>
This is represented by:		
Bank Cheque Account	2,977.69	2,131.15
Bank Direct Saver	<u>12,697.68</u>	<u>17,239.58</u>
	<u>15,675.37</u>	<u>19,370.73</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 2012.

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 2012.

Michael Hanrahan and Associates
Honorary Auditor

Treasurer's Report – con't

Statement of Financial Position

	As at 31 March	
	2012	2011
	\$	\$
Current Assets		
Stock on Hand	3,944.50	4,398.50
Cash at Bank and on Hand	15,675.37	19,370.73
Bank Term Deposits	<u>30,161.20</u>	<u>28,453.96</u>
	49,781.07	52,223.19
Non-current Assets		
Equipment, Valued at cost		
less depreciation (Note 6)	<u>4,927.00</u>	<u>5,917.00</u>
	54,708.07	58,140.19
<i>less</i>		
Current Liabilities		
Sundry Creditors	<u>0.00</u>	<u>402.45</u>
	<u>54,708.07</u>	<u>57,737.74</u>
<i>equals</i>		
Club Funds -	<u>54,708.07</u>	<u>57,737.74</u>

Dennis Jolliffe
Honorary Treasurer

Note 1	2012	2011
	\$	\$
Cross Country Receipts		
Cross Country Race Fees	3,006.00	3,278.00
Net Raffle Proceeds	354.00	363.00
Novice Day Entries & other income	3,290.35	7,178.00
Trophies Donated	150.00	210.00
Rockdale City Council Fun Run	4,385.00	4,255.00
Sale of Refreshments	<u>50.00</u>	<u>44.00</u>
	<u>11,235.35</u>	<u>15,328.00</u>

Note 2	2012	2011
	\$	\$
General Receipts		
Donations	600.00	395.00
Term Deposit Interest	1,707.24	1,329.12
Fund raising for registration assistance		
by Christmas Mile, Supply of Officials,		
and Other Donations	2,943.00	3,037.00
Social Dinner Proceeds	5,471.00	532.10
Grant for Purchase of Tent	<u>0.00</u>	<u>3,500.00</u>
	<u>10,721.24</u>	<u>5,293.22</u>

Note 3	2012	2011
	\$	\$
Cross Country Payments-		
Cross Country Season Prizes	2,646.30	2,251.95
Cross Country Hire of Hall	588.05	538.20
Cross Country Trophies and		
Other Expenses	63.35	245.00
Novice Day Expenses	1,501.50	4,889.10
Rockdale City Council Fun Run	<u>3,953.00</u>	<u>3,819.00</u>
	<u>11,235.35</u>	<u>11,743.25</u>

Treasurer's Report – con't

Note 4	2012	2011
	\$	\$
General Payments		
Printing, Postage, Stationery, etc	705.00	871.57
Trophies	603.25	1,086.90
Increase in Term Deposits	1,707.24	1,329.12
Equipment maintenance	0.00	234.85
Internet Web Page	60.00	99.75
Purchase of equipment	379.43	415.50
Reimbursements for Coaching Courses	215.00	392.00
90 th Annual Dinner	4,495.00	0.00
Other	<u>142.00</u>	<u>248.00</u>
	<u>8,026.92</u>	<u>4,677.69</u>

Note 5	2012	2011
	\$	\$
Competition Expenses		
Assistance to Individuals –		
J Campbell	0.00	180.00
N Clarke	80.00	0.00
C Elashkar	0.00	200.00
M Ferencak	0.00	200.00
J Follent	0.00	200.00
M Follent	0.00	200.00
M Jeffs	80.00	0.00
S Kelly	0.00	200.00
A McCauley	0.00	80.00
T Minutolo	280.00	80.00
C Mulholland	0.00	80.00
M Pepper	100.00	80.00
T Peters	0.00	150.00
M Rees	80.00	0.00
S Riggs	0.00	200.00
G Robinson	300.00	270.00
A Severino	200.00	280.00
B St Lawrence	1,000.00	0.00
P Toamotu	300.00	250.00
M Werner	<u>280.00</u>	<u>280.00</u>
	2,700.00	2,930.00
Relay Entries	<u>1,795.00</u>	<u>1,555.00</u>
	<u>4,495.00</u>	<u>4,485.00</u>

Note 6	2012	2011
	\$	\$
Equipment		
Equipment, Valued at cost	13,727.00	13,348.00
less Accumulated Depreciation	<u>8,800.00</u>	<u>7,432.00</u>
	<u>4,927.00</u>	<u>5,916.00</u>

Treasurer's Report – con't

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
2007	\$54,129.45	
		-\$38.27
2008	\$54,091.18	
		\$2,002.18
2009	\$56,093.36	
		\$4,969.37
2010	\$61,062.73	
		-\$3,324.99
2011	\$57,737.74	
		-\$3,029.67
2012	\$54,708.07	

In the two years 2010-11 and 2011-12, Club Funds fell by \$6,354.66. This is the most significant drop in Club Funds over two successive years since I have been Treasurer.

Although the Club is protected from financial difficulties with our Term Deposit holdings that have an attractive rate of interest, we should look carefully at the reasons for this fall in funds. Registration fees collected have fallen short of payments to Athletics NSW for registrations and affiliation fees in 2011-12 by \$4,357. The Club subsidises elite and promising young athletes as well as athletes 14 years and under. These subsidies account for most of this shortfall.

To assist in making these registration subsidies and helping members compete in Australian Championships and other significant events, our Club is reliant on various Fund Raising activities such as supplying officials for the City to Surf and half marathon, organizing the Christmas Mile event, organizing the State Novice day on behalf of Athletics NSW, and participating in the Bed Racing competition. Our Club President Albie Thomas has been actively involved with all of these events, and his support is gratefully acknowledged.

Administrative expenses have also increased. For example, a few years ago our annual report was printed free of charge. Now, the Club has to pay to have the reports printed, resulting in a bill of \$585; this is a significant part of \$705 for expenditure on printing, postage and stationery. Costs associated with one of our main fund raising activities State Novice Day, have also increased.

It is obvious that fund raising activities have not been able to fully support our expenditures. The Club has some choices -- to raise registration fees to be more in line with other Clubs; increase our fund raising activities with the support of all members; to continue to run down our reserves; or undertake a mixture of all three of these options.

Treasurer's Report – con't

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

	2006-07	2007-08	2008-09	2009-10	2010-11
Over 65	13	13	17	19	19
60 to 64	11	7	4	6	5
55 to 59	6	7	7	10	12
50 to 54	17	12	12	11	15
45 to 49	13	14	9	21	22
35 to 44	17	15	20	26	21
25 to 34	12	12	10	8	11
20 to 24	8	16	16	12	14
Under 20	11	8	11	17	7
Under 18	23	13	19	16	14
Under 16	11	15	11	16	13
Under 14	14	16	19	18	15
Under 12	34	20	20	32	55
Total	190	170	175	212	223

Changes from time to time 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.

For 2008-09 and earlier years, figures in this report are for the twelve months ending 31st March. From 2009-10 onwards, figures are shown for the 12 months ending 30th September.

In 2010-11 Club member numbers increased by 12, and by 53 over the past three years. This increase reflects the policy of our Club in subsidising registrations for athletes 14 years and under, where numbers of members in these age groups have increased by 40. During 2010-11, the Club received 70 new members and had 153 renewals, compared to 68 new members and 144 renewals for the previous year. Details of 2010-11 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 14	35	35	70
14 to 19	7	27	34
20 to 34	9	16	25
35 and over	19	75	94
Total	70	153	223

Treasurer's Report – con't

In terms of length of time with our Club, 70 members joined in 2010-11, 98 have been members for 1 to 5 years, 30 have been members for 6 to 10 years, and 25 have been members for 11 or more years.

Equipment as at 31 March 2012

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 Treasurers Financial Report



CLUB RECORDS (new records in italic 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
5000m	B St Lawrence	13m 10.08s	03/03/2011
10000m	B St Lawrence	28m.05.25s	09/12/2010
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	41.50s	11/3/78
	V Plant		
	J Van Stappen		
	S Longden-Gee		
4 x 200m Relay	P Cotter	1m 26.82s	30/11/97
	D Batman		
	A Franklin		
	K Gallagher		

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.10.32s	19/03/2011
3000m	B Delaney	9m 13.89s	14/11/09
5000m	B Martin	16.21.10s	03/05/2011
10000m	B Martin	34m 41.00s	3/09/02
Half Marathon	B Martin	1h 15m 21s	03/07/2011
Marathon	S Rose	2h 39m 0.29s	12/07/98
1 Mile	B Delaney	4m 34.14s	20/04/2012
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

CITY TO SURF - FASTEST TIMES RECORDED BY ST GEORGE ATHLETES

MENS UNDER 43 MINUTES

RANK	ATHLETE	TIME	YEAR	PLACE
1	BEN ST LAWRENCE	40.59	2010	1 st
2	DAVID EVANS	41.06	1996	4 TH
3	JOHN ANDREWS	41.26	1988	6 TH
4	BLAIR MARTIN	41.41	2004	5 TH
5	TIM ROWE	42.35	2008	6 th

Notes:

Ben St Larence has three times below 43 minutes, ranging from 40.59 to 42.00 with placings of 2nd, 4th and 1st.

David Evans had five times below 43 minutes, ranging from 41.06 to 42.24 with placings of 4th, 2nd, 3rd, 7th and 3rd.

John Andrews had eight times below 43, ranging from 41.26 to 42.49 with placings of 6th, 3rd, 4th, 2nd, 7th, and 14th.

WOMENS UNDER 52 MINUTES

RANK	ATHLETE	TIME	YEAR	PLACE
1	MANDY DOVEY	49.57	1989	3 rd
2	SYLVIA ROSE	51.01	1997	6 th
3	BELINDA MARTIN	51.04	2010	7 th
4	BARBARA MRAKOVIC	51.55	1988	12 th

Notes:

Mnady Dovey had two times below 52.00min, 49.57 and 50.39 with placings of 3rd and 6th.

Sylvia Rose had two times below 52min, 51.01 and 51.15 with placings of 6th and 8th.

Belinda Martin has two times below 52min, 51.04 and 51.10, with placings of 7th and 7th.

Compiled by R.Gribble

19th of July 2011.

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>
A.A. GAINSFORD	1923	F. EGGETON	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. EGGETON	1975	E. WALSH	2002
S. DONNELLY	1991	R. SQUIRES	2009
R. MOLLOY	1997	N. MARKHAM	2009

OBITUARIES

TOM RICHARDS 1928 - 2011.

The sad passing of Tom Richards on December 10th 2011 will be felt by all members of our club. Tom was a very popular, highly respected, long serving and a big part of our club for 38 years after joining in 1973. Tom began as a distance runner and would agree he was there to score points but as a race walker he always scored points in 'B' grade inter-club competition. You could always count on Tom in that event. Tom had the distinction of having completed all City to Surf events along with just 20 others until a few years back when he called a halt to that activity. When asked how long it took he to cover the 14km, Tom said about 3hours but he enjoyed taking a seat at every bus stop to listen to the various bands playing at those stops along the course. Just another way to enjoy the City to Surf. Tom was also a very active member of the Club's administration and gained life membership in 2002 after receiving a merit award in 1991 for service to the club. He was a gear steward for 20years, member of the Club Executive for 3 years, Vice – President for 10 years and costume custodian and trophy steward for 15 years. In later years, Tom would always be waiting along the cross-country tracks at Scarborough Park keeping an eye on the runners for which our club was most appreciative. To Tom's wife Bette, his daughters Megan, Angela and Kathleen and their families goes our deepest sympathy.

MICHAEL ROBERTS 1938 – 2011

Ours club's distance runners were sadden to lose a good friend and club mate when Mike Roberts passed away on September 23rd 2011 after suffering the effects of Cancer for a number of years. He joined our club in 1992 so was in veteran events where he had such success competing in his age group in distance running and steeple-chase events in State and Australian Veterans Championships. In later years Mike took on the triathlon where he had success. Always a tough competitor, Mike gave his best in any teams event and was a popular clubman who always respected the efforts of his teammates. Mike conducted his own business in strata management in the St George area for much of his life. For a number of years he sponsored our club teams in the annual Kogarah Bed Race where our club had much success. To Mike's wife Dianne, his daughters Tracey, Jodie, Dayna and Kelly and their families goes our deepest sympathy.



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

The ATHLETES FOOT STORE at HURSTVILLE

