

*St. George  
District Athletic Club Inc.*



*92<sup>nd</sup> Annual Report  
2012 – 2013*

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

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

## **92ND ANNUAL GENERAL MEETING SYD FROST HALL, HAWTHORNE ST, RAMSGATE**

*SATURDAY 15<sup>TH</sup> OF JUNE 2013.*

*2.30PM*

### **MEETING AGENDA**

1. Welcome to members and guests.
2. Apologies.
3. Minutes of the 91<sup>st</sup> AGM.
4. Presentation of the 92<sup>nd</sup> Annual General Report & Financial Statement.
5. Election of Officers of Executive Committee and appointment of Auditor.
6. Presentation of 2012 – 2013 Annual Awards.
7. Guest Speaker(s)
8. General Business.
9. Raffle Draw.
10. Afternoon Tea.

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

## *Minutes of the 91<sup>st</sup> Annual General Meeting*

**HELD JUNE 16<sup>th</sup> 2012 SYD FROST HALL – HAWTHORNE ST RAMSGATE**

### ***Opening***

Meeting opened at 2.40pm with Club President Albie Thomas welcoming all members and guests. There were approximately 50 attendees.

### ***Special Guests***

Ms Betty Moore and Mr Michael O'Mara, ANSW Directors.

### ***Apologies***

Nil

### ***Adoption of 90<sup>th</sup> Annual General Meetings Minutes***

The previous AGM minutes were accepted by Kim Delaney and seconded by Colin Wilson.

### ***Presentation of 91<sup>st</sup> Annual Report and Financial Statement***

Albie Thomas presented this years report along with the reading of the President's report. Special mentions were given to the work carried out by club treasurer, Denis Jolliffe, and throwers coach Ray Russell. Albie also praised our senior athletes Ben St Lawrence and Belinda Martin along with our champion juniors, Grace Robinson and Pita Toamotu. Treasurer Denis Jolliffe presented the clubs Financial Report and also gave a short history of his membership with the club, covering joining the club in April 1951, his time before and after his election as treasurer and the many changes that occurred over the years. Denis then went to state that this year will be his last as club treasurer as he will be retiring from this club position. Denis then put the club Financial Statement to be accepted which was seconded by Kim Delaney.

### ***Election of Club Executive Committee Positions***

Club Patron, Mr Ron Gribble acting as club election officer declared all Club Executive Committee Official positions vacant and then presided over the nominations and elections of all Club Officials.

The Executive Committee election results were as follows: Club President Albie Thomas, Club Treasurer Denis Jolliffe, Club minutes Secretary Dave Burns (after consideration), Distance Secretary Jim Owens, Track and Field Secretaries Km Delaney and Jim Gallagher, Club Registrar Rory McRae Remaining Exe Committee members John Irvine, Alan Staples, Ray Russell, Colin Wilson and David Beck and Club Auditor (Hon) Mr M. Hanrahan. All other club official positions to be conducted at next meeting of the Executive on the 16<sup>th</sup> of July 2012. Ron Gribble then gave a short speech in reference to the elite athletes of the club and the future direction the club should take with particular reference to our low numbers in the Seniors ranks, as it is in need of attention.

### ***Presentation of 2011-2012 Club Awards***

Awards presented as per the listing in the report by the Special Guests and club members.

### ***Guest Speaker***

Ms Betty Moore ANSW Director and Olympian apologised for being late but congratulated the club on its history, the work of Albie and Denis over the years. Special mention was made for the young athletes who won awards stating that she was a recipient of such an award and for athletes so young it is just the beginning for them in a great sport.

### ***General Business***

The club gave the Knights of St George \$4019.00 as a donation to the cardiac surgery ward at St George Hospital.

**Raffle Draw** Meat -tray was won by Ms Lisa Minutolo

**Meeting closure** At 3.38pm.

**Gen Min Sec** -David Burns

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# ST GEORGE DISTRICT ATHLETIC CLUB

## OFFICE BEARERS 2012 - 2013

### PATRON

Ron Gribble

### PRESIDENT

Albie Thomas

### VICE PRESIDENTS

Ron Gribble, D.Jolliffe and Alan Staples.

### GENERAL MINUTES SECRETARY

David Burns

### TREASURER

Denis Jolloffe

### TRACK and FIELD SECRETARIES

Kim Delaney and Jim Gallagher

### DISTANCE SECRETARY

Jim Owens

### CLUB REGISTRAR

Rory McRae

### EXECUTIVE COMMITTEE

Albie Thomas (Chair), Denis Jolliffe, David Burns, Kim Delaney, Jim Gallagher, Rory McRae, Ray Russell, Jim Owens, John Irvine,

Alan Staples, Colin Wilson, Dave Beck.

### DELEGATES TO ANSW MEETINGS

Dave Burns, John Irvine, Colin Wilson, Alan Staples,

Dave Beck and Ray Russell (Alt).

### DELEGATES to WINTER CROSS – COUNTRY (HARRIERS)

John Irvine, Alan Staples, Colin Wilson and Jim Owens.

### TRACK CAPTAINS

M.Werner – Women's, B.Nairn- Men's.

### DISTANCE CAPTAINS - MENS

C. Elashkar and G.Breen (vice capt).

### DISTANCE CAPTAINS – WOMENS

B. Martin and S.Harrington (vice capt).

### PUBLICITY OFFICERS

Albie Thomas and Dave Burns.

### REGISTRARS

Rory McRae and C.Ferraro (Ass)

### RECORDS OFFICER

M. Gentle (archivist) and V. Gravitis.

### SOCIAL COMMITTEE

N. Thomas, J. Page and H. Millett.

### SELECTORS

K. Delaney, R. Russell, C. Wilson, J.Owens,

M. Gentle, B. Martin, M. Douglas, M. Werner,

B.Nairn and C.Elashkar.

### HANDICAPPERS

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

### TIMEKEEPERS

K. Delaney, D. Beck, M. Gentle, C.Wilson, J.Irvine, D. Jolliffe, C. Mullen, T. Simpson, G. Breen, N. Breen.

### UNIFORM and TROPHY STEWARDS

Lyn Delaney, J. Owens and A. Thomas.

### STARTERS

K. Delaney, D. Burns, D. Edwards, C. Wilson, R. Gribble

and M. Gentle.

### COACHES

M. Douglas, R. Russell, J. Owens, L. Stergio, D. Chisholm, A. Thomas, G. Breen and A. Severino.

### FIRST AIDERS

P. McCauley and L. McCauley.

SUMMER CROSS COUNTRY D. Edwards and K. Delaney.WEBMASTER Gentle – website – [www.sgdac.org](http://www.sgdac.org)

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## *Presidents Report – Ron Gribble for Albert Thomas.*

*Presented to members at the 92<sup>nd</sup> AGM HELD AT Syd Frost Memorial Hall, Hawthorne St Ramsgate on Saturday 15<sup>th</sup> of June 2013.*

*Ladies and Gentlemen,*

*With Albie not experiencing the best of health at present I am pleased to deputise for him and highlight our clubs achievements during the past year.*

*With some brilliant running during the year Ben St Lawrence won selection in the Australian Olympic team for the 2012 London Games and competed in the 10k track event. Ben didn't make it past the heats but gained much experience. He has now won the Australian 10k track title for the past three years and during this time he set a new Australian track record of 27m24.95s on May 1<sup>st</sup> 2011. Ben is right back to form again and just a few weeks ago ran 27m35.55s to win an Open 10k International Invitational in the USA. This gives Ben an 'A' qualifier and probable selection for the 2013 World Championships. In addition he finished 3<sup>rd</sup> in a 5k event at a similar meet in 13m 18.81s which is a 'B' qualifier for the 5k. Both events were contested by the worlds best distance runners including the Olympic Champion. Great Work Ben.*

*Belinda Martin achieved something that has never been done before in athletics at her age. Belinda is now well into Veteran class, won the State 3k, 5k, and 10K Open women's Track Championships this year which climaxed a very successful year of running for Belinda. It was Belinda's third successive win in the State Championships. In the City to Surf she finished 5<sup>th</sup> and recorded her fastest time ever of 50m 45s which is the second fastest time run by a female member of our club in this event. Congratulations Belinda. While highlighting Belinda's achievements I must mention her daughter Imogen. Just a few weeks ago Imogene ran a 1500m event in 5m25s. Phenomenal running as she is only 7yrs old.*

*Following her win in the Open 4k Run, on Novice Day last year, Bridey Delaney suffered illness and injury for the remainder of the year but is now on the comeback trail, so watch this space.*

*Shannon Delaney is back in action and ran a 1m53s for 800m during the track season. Shannon has much ability for middle distance events and I'm sure he is on the way to bigger things.*

*Ray Russell is our well qualified throws coach and has the most talented group of youngsters in the State covering Shot, Discus and Javelin. Ray has 8 of these athletes qualify for the Aust Jun Championships held in Perth. They brought home 3 GOLD, and 2 SILVER medals against tough competition. Grace Robinson is being touted as a likely Olympic Champion in years to come. Although only 14 yrs old Grace has progressed at a great rate with the shot and discus and continues to increase her own State and Australian records under Ray's guidance. Other young throwers in this group showing talent and winning medals include Mathew Rees, with the Javelin, Pita Toamotu, Michell Pepper and Matilda Werner.*

*We also have a number of well credentialed veteran athletes in the club who are at the top of their events at Aust Champ level, including Robyn Basman who is virtually unbeatable in her age group. Frank Scorzelli, evergreen Frank Who never seems to get any slower with age, in fact Frank finished second in the National Vets 5k Champs. Good going to all Vets.*

*Summer Cross Country well organised by Dave Edwards and Kim Delaney had another good year. Running shorter distances and this competition held between October and March each year has always been successful.*

*Interclub track and field competition is what I call a shambles, far cry from what was an exciting club vs. club competition of yester year. That was when all athletes competed at the same venue, got to know each other and had a competitive interest in scoring points for the club and winning premierships. Thanks to those athletes who did compete for our club in the so called summer interclub competition in particular Bob Simpson who scored the most points. Congratulations Bob.*

*Our Winter Cross Country headquarters at Scarborough Park, what a great place to run competitively and to train. Runners from other clubs always enjoy running at our venue in competition. The first State Cross Country Championships begin each year with Novice day. These are restricted events but the competition is excellent with fast time also recorded. Last year Belinda Martin won the women's open 10k in 36m.25s and the Men's Novice team finished second in the team's section. Novice Day at Scarborough Park has record of being one of the best organised State Championships during the Winter Season. Dave Beck as manager and Kim Delaney as equipment manage and with over 30 club members ensure that these Championships are run most efficiently, ANSW agrees. I must thank Rockdale City Council for maintaining the parklands and keeping our cross country courses free of overgrown lantana etc. Rockdale City Council provide trophies for all placegetters in events on Novice Day, and The Athletes Foot Store at Hurstville continue to provide open orders for all winners of events as well. In fact we are the only club in the stateto give such awards at any ANSW Championships. Thanks to Rockdale City Council and The Athletes Foot at Hurstville for their sponsorship. We thank again Nola Thomas for her attention to afternoon tea each Saturday during the winter season at Scarborough Park. Nola also looks after the raffle each week, proceeds from which assist to pay for the cost of Council charges for use of the hall. Our clubs duty to charity comes when we attend to the organization of the running of the Rockdale City Council Fun Runat Dolls Point each year. Council provides the prizes for the event and the money raised goes to the Knights of St George Heart Association for the St George Hospital Cardiac Surgery Unit. Thanks to all members who compete and officiate at this event. Club membership at 226 shows a slight increase from the previous year but the increase from 2007-2008 is 56. The main additions to membership during that period comes in*



## *Presidents Report*

*the under 12's and veterans divisions Where are the 15 to 35 age division athletes. Our end of season celebration evening at St George Leagues club on 22/9/2012 was an enjoyable social evening with special guests Albie Thomas and Dennis Jolliffe and their wives presented with mementos to mark the occasion. It was a pity the event put a black hole in the club finances to the tune of \$2,639.00. I am please to announce several awards be presented to club members at this meeting. Our club executive committee recommended to members at a Special General Meeting on 28<sup>th</sup> of July 2012, that life membership be bestowed upon Nola Thomas and Kim Delaney for long and outstanding service to the club over many years and Service Merit Awards be presented to Dave Burns, Jim Owens, Colin Wilson and Ray Russell for ongoing meritorious service to our club. Also during the year our Executive Committee considered and agreed that members with over 20yrs continual membership be awarded a Club Loyalty Award. Members to receive this award are Kerry Edwards and Danielle Ferraro. Both these members are well known in our club and have shown their loyalty at all times. Our club finances over the past 6 years have gone in the wrong direction and this is of concern. We continue to assist athletes with travel and accommodation expenses up by \$1000.00, lower interest rates don't help and our celebration evening was a bill of \$2639.00.*

*Our club Executive Committee continues to carry out the duties of club administration in the best interest of our membership. Three office bearers officially retire today including Albie Thomas (President), Dennis Jolliffe (Treasurer 49 consecutive years) and Jim Gallagher (Track Secretary). These three officials have done a great job but I feel sure our incoming officials will adequately carry out their official roles in the best interests of our club.*

*Club coaches continue to assist and encourage athletes not for remuneration but simple gratification when improvements are achieved and these athletes stay in the sport and reach for higher, faster and longer goals.*

*Congratulations and thanks to the many coaches including Ray Russell, Michelle Douglas, Jim Owen, Greg Breen and David Chisholm.*

*The three long service members Life Members of our club who retire today will always be remembered for the outstanding contribution they have given to our club. Initially as competitors and then gradually accepting executive positions as office bearers on our clubs administration.*

*Hereunder I give a brief history of their service and contribution-*

### **ALBIE THOMAS**

*Joined our club in the late fifties when his school mate Denis Wilson (past life member and club secretary) introduced him to athletics at Hurstville Oval. I consider Albie to be the most outstanding and most decorated athlete our club has produced. His successful career in Athletics started at the bottom, I mean 'E' Grade at interclub early 1952. To cover his competitive career would cover many pages but I feel its necessary for history's sake to place his outstanding achievements and honours in our clubs achieves.*

### **ALBIE THOMAS - HONOURS:**

*Australian Sports Medal 2000 for service to the Community.*

*Australian Centenary Medal 2000 for service to the Community*

*NSW Government Hall of Champions 1979.*

*Path of Champions at Betty Cuthbert Stadium, Homebush.*

*ANSW Merit award.*

*SGDAC Merit award 1975.*

*SGDAC Life Member 1983.*

*The Leader Tynan Sports Star Hall of Fame 1999.*

*Hurstville City Council Heritage Walk*

*Richard Coombes Memorial Medal outstanding Track and Field athlete, 1957-58.*

*1958/59, 1962/63, and 1963/64 seasons.*

*ANSW Life Member 2006.*

### **INTERNATIONAL COMPETITION**

*1956 Olympic Games, Melbourne –*

*1<sup>st</sup> heat 3 of 5K*

*5<sup>th</sup> in the 5k Final.*

*1958 Commonwealth Games, Cardiff –*

*3<sup>rd</sup> in heat 3 of the 1 mile.*

*3<sup>rd</sup> in Final of 1 Mile*

*2<sup>nd</sup> in Final of 3 Mile.*

*1960 Olympic Games, Rome*

*3<sup>rd</sup> in the heat of the 5k.*

*11<sup>th</sup> in the Final of the 5k.*



## Presidents Report

- 5<sup>th</sup> in heat 3 of the 1500m  
1962 Commonwealth Games, Perth  
1<sup>st</sup> in the heat 1 of the 1 mile.  
5<sup>th</sup> in the Final of the 1 mile.  
9<sup>th</sup> in the Final of the 3 mile.  
1964 Olympic Games, Tokyo.  
9<sup>th</sup> in the heat 1 of 1500m  
11<sup>th</sup> in the heat 2 of 5k.  
1956 British Empire vs USA, Sydney  
1<sup>st</sup> in the 3mile.  
1958 Britain vs Commonwealth, White City, Sydney.  
1<sup>st</sup> in the 3mile.  
1960 Commonwealth vs USA, White City 4<sup>th</sup> in the 3 mile.

### WORLD RECORDS

- 9<sup>th</sup> of July 1958, Dublin, Erie. - 3mile in 3min 10.8s.  
7<sup>th</sup> of August 1958 Dublin, Erie - 2mile 8min 32sec.  
22<sup>nd</sup> March 1959 Melbourne, -4 x 1 mile relay in 16min 25.6s.  
24<sup>th</sup> of January, 1964, Toronto, Canada - 3mile indoors in 13min 26.4s.

### COMMONWEALTH RECORDS

- 4<sup>th</sup> of December 1963, Chatswood Oval, - 2mile in 8min 33s.

### AUSTRALIAN CHAMPIONSHIPS

- 1Mile - 1st in 1962, 1963, 1964, 1965, a 2<sup>nd</sup> in 1960, and a third in 1959.  
3 Mile- 1<sup>st</sup> in 1957, 1958, 1959 1960 and second placings in 1961, 1962, 1963 and 1965.  
10k Cross Country - 2<sup>nd</sup> in 1959, 1961 and 1963.

### NSW CHAMPIONSHIPS

- 1 Mile - 1<sup>st</sup> place from 1959 to 1965 inclusive.  
3 Mile - 1<sup>st</sup> Place 1958, 1959, 1960, 1961, 1963, 1964 and 1965.  
6 Mile - 1<sup>st</sup> Place 1957 and 1965.  
10k Cross Country - 1<sup>st</sup> place 1959 and 1964.  
Marathon - 1<sup>st</sup> Place 1963.

### ALBIE THOMAS - Other achievements:

Albie ran the first sub 4 minute mile in NSW on the Sydney Sports Ground grass track on 6<sup>th</sup> January 1960.  
Was the first athlete to win the Australian 1Mile Championship, 4 years in succession.  
In 1965 he won the NSW Championship for 1 mile, 3 mile and 6 mile at the same Championships. A treble that has eluded NSW athletes.  
In February 1963 he ran a sub 4 minute mile, and then in June won the NSW Marathon.  
In the first World Masters Championships in 1975 in Toronto, Canada, he won the 1500m in 3min 59.5s and the 3k in 8min 26.7s.  
Was the Torchbearer in the 2000 Sydney Olympics torch relay, his section run at Hurstville on 12<sup>th</sup> of September 2000.  
At various times Albie has held many club, NSW and Australian records, many of which have since been broken.  
To watch Albie run in competition was really something. For an athlete of such small stature his length of stride, relaxed upright stance, smooth arm movement and always in a position to give himself every chance of winning races was something all runners would wish they could replicate.  
In my book the best of these achievements would be firstly represent Australia in 3 successive Olympics and 2 successive Commonwealth Games from 1956 to 1964. Albie's 4 successive Australian 1 mile titles 1962 - 65 at a time when the Australian Middle distance running fraternity was at its strongest. There were his world records, great efforts but as we all know records of any description are there to be broken. Since all of the above Albie has mainly run cross country at our clubs winter headquarters at Scarborough Park and become a member of the club executive committee and finally becoming President in 1996, a position he has held until today when he retires. He has accomplished plenty in the position of President of our club for which members must be grateful. All I can say is what a record of achievement.  
Thank you Albie for the joy you gave all members of our club who followed your remarkable career in athletics particularly as a world class athlete and then your duty to the position of Club President.

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## Presidents Report

### DENNIS JOLLIFFE

Joined our club on 13<sup>th</sup> of April 1951 as a 13 yr old schoolboy and competed in cross country running events at Scarborough Park. As a 16yr old Dennis turned to track and field and was immediately added to 'A' Grade Interclub team in the High, Long and Triple Jumps. In 1959 Dennis won the State Open Men's triple jump championships. He went on to represent the State in National Championships in Melbourne, Brisbane and Hobart. His best triple jump was 14.59m. His best other efforts in the field included a 1.76m high jump and 6.67m long jump.

After studying part time Dennis completed his Bachelor of Economics Degree and graduated as a qualified Accountant in 1963. In 1964 Dennis became Treasurer of our club and has remained in this position until today, after completing 49 consecutive years, a fabulous record of duty to very important executive position in our club.. His attention to this role was unblemished and he was presented with life membership in 1971.

Due to serious injury at Interclub in 1970 when he snapped the Achilles tendon on his right leg when competing in an 'A' Grade 100m Hurdle event when leading, Dennis gave Track and Field away. I will always remember that most unfortunate accident.

Since those years Dennis has continued to run cross country during the winter months and held the position of handicapper until recently. During the 1990's and into the 2000's he gradually moved our clubs financial, registration and handicapping records from paper systems to computer records. Our club was awarded a \$2000.00 Telstra Development Grant for planning in 2004-05, in recognition of this work.

Following long and outstanding service to the sport and to Athletics NSW, Dennis was awarded Life Membership of Athletics NSW in 2006.

Dennis has retired from all Executive positions but still will compete in cross country events.

Thank you Dennis from all members of our club for a wonderful career in athletics both on and off the field covering 62 years and particularly for the remarkable attention you gave to the position of Club Treasurer for 49 consecutive years.

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### JIM GALLAGHER

Jim joined our club in 1989 along with daughter Cath and soon after by son Kieran. His initial interest was running cross country at Scarborough Park but soon became interested in the administration of our club and joined our clubs Executive Committee.

Jim then took on official duties and was appointed Track Secretary in 1996. In addition to that Jim filled positions such as Records Officer, Delegate to ANSW and Interclub meetings, club coaching, Timekeeping and was Club Captain in 1998 and 1999.

Thank you Jim for your attention to the position of Track Secretary and other duties for those many years. Track and Field athletes were always appreciative of the coaching and assistance you ably gave whenever required.

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## *2013-Distance Report - Jim Owens and Kim Delaney*

Another successful year was enjoyed by all competing in the Red and White of St George in ANSW competitions, club days, major events and the growing number of fun runs now on the annual calendar. We have a steady growth in active membership with many young athletes discovering the fun of running and competition. This can only be good for the future of St. George and with the right guidance and encouragement the future is looking good!

Our Club continues to pick up medals in every NSW championship with the only exception being the NSW Mountain Championships. Chadi Elashkar once again finished in the top 10 NSW Distance Runner of the Year and Belinda Martin place 3rd in the Female Distance Runner of the Year. Both of these athletes are perfect role models and give so much support to their training groups and club. Another noticeable result was 1st place for the 45+ male team in the ANSW Winter Premiership.

On the home front at Scarborough Park, our weekly competition continues to see many taking part with a race distance to suit everyone. The social aspect of these days is highlighted with raffles, afternoon tea and many a good story to be told while the younger kids play happily on the play ground. Scarborough Park is also the spiritual home of The ANSW Novice Championships. This is one of the biggest competitions on the winter calendar and the success is due to some fantastic volunteers not only on the day but the weeks leading up to race day. Very similar is the Rockdale City Fun Run, which is very much one of the last of the original community fun runs and also depends on many volunteers and showcases our club to the wider community with proceeds donated to The Knights of St. George Heart Association.

To all Athletes, members, officials, family, friends and sponsors - Congratulations and thank you for being an important part of the success 2012

### **2012 Club Champions - Trophy Days**

#### ***2012 Winter Point Scores***

##### *Division 1*

*1st Alan Staples*

*2nd Robert Simpson*

*3rd Joy Allen*

*Fastest Male Nathan Breen*

*Fastest Female Belinda Martin*

##### *Division 2*

*1st Robert Simpson*

*2nd Mark Simpson*

*3rd Frank Scorzelli*

*Fastest Male Richard Hoff*

*Fastest Female Suzanne Harrington*

##### *Super Series 1*

*1st John Smith*

*2nd Alan Staples*

*3rd Danielle Ferraro*

##### *Division 3*

*1st Nola Thomas*

*2nd Lucy Koh*

*3rd Rene Goschnik*

*Fastest Male Christopher Breen*

*Fastest Female Lucy Koh*

##### *Division 4*

*1st Emma Blanch*

*2nd Patricia Simpson*

*3rd Grace Puckett*

*Fastest Male Andrew Goschnik*

*Fastest Female Lauren Carey*

##### *Super Series*

*1st Mark Simpson*

*2nd John Irvine*

*3rd Lauren Carey*

# *Distance Report*

## **NSW CROSS COUNTRY CHAMPIONSHIPS 2012**

### **HIGHLIGHTS**

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

#### **2012 ANSW Winter Premierships -**

#### **SGDAC Teams results**

Open Male - 4<sup>th</sup>

Male 45+ - 1st

Under 16 - 3<sup>rd</sup>

Female 35+ - 5<sup>th</sup>

#### **Female Distance Runner of the Year**

3rd Belinda Martin

#### **Male Distance Runner of the Year**

8th Chadi Elashkar

#### **Novice Cross Country Championships Ramgate 28th April 2012**

##### **Teams - SGDAC**

Open Male

Team A 2nd

Team B 6th

Team C 12th

#### **Road Championships Homebush 6th May 2012**

##### **Teams - SGDAC**

Open Male

- Team A 3rd

- Team B 13th

45+ Male

Team A 2nd

Under 18 Male

Team A 4<sup>th</sup>

##### **Individual**

35-44 Female 1st Belinda Martin

45-49 Female 1st Lynette Delaney

70+ Female 1st Dorothy Tanner

35-39 Male 2nd Chadi Elashkar

55-59 Male 3rd Kim Delaney

60-65 Male 1st Frank Scorzelli

#### **Relay Championships Miranda Park 2<sup>nd</sup> June 2012**

##### **Teams - SGDAC**

Under 12 Female

Team A 7th

Team B 11th

Team C 12th

Under 12 Male

Team A 9th

Team B 11th

Under 16 Male

Team A 3rd



## Distance Report

*Under 16 Female  
Team A 8th*

*Open Female  
Team A 11th*

*Open Male  
Team A 4th  
Team B 14th*

*35+ Male  
Team A 6th*

*35+ Female  
Team A 2nd*

*45+ Male  
Team A 1st  
Team B 7th  
Team C 18<sup>th</sup>*

*45+ Female  
Team A 7th  
55+ Male  
Team A 12th  
65+ Male  
Team A 3rd*

### **Championships Nowra 22th June 2012**

*Teams - SGDAC  
Male 45-54 1st*

*35-39 Male 1<sup>st</sup> Chadi Elashkar  
45-49 Male 1<sup>st</sup> David Sullivan  
50-54 Male 1<sup>st</sup> Jose Carvalho  
55-59 Male 3<sup>rd</sup> Kim Delaney  
35-39 Female 3<sup>rd</sup> Suzanne Harrington  
45-49 Female 3<sup>rd</sup> Karen Stanley*

### **Road Relay Championships Newcastle, Ourimbah 7th July 2012**

*Teams - SGDAC  
Male Open - 6th  
Male 45-54 - 1st  
Male U16 - 3rd*

### **Short Course Championships Upjohn Park 14th July 2012**

*Teams - SGDAC  
Female Open 3rd  
Male Open 6th  
Male 45-54 1st  
Male 65+ 3rd*

*35-39 Female 3<sup>rd</sup> Suzanne Harrington  
45-49 Female 3<sup>rd</sup> Karen Stanley  
35-39 Male 1<sup>st</sup> Chadi Elashkar  
45-49 Male 3<sup>rd</sup> David Sullivan*

# Distance Report

## **City to Surf 12th August 2012**

*Belinda Martin Fifth outright female 2nd F30-39 (50:45)*

*Chadi Elaskhar 22nd outright male (46:04)*

## **Half Marathon Bankstown 2nd Sept 2012**

*Teams - SGDAC*

*Women 1st 35-44*

*Men 1st 45-54*

### **Individual**

*Belinda Martin - 1st Open Female outright & ninth overall(1:20:00)*

*Jose Carvalho - 3rd 50 - 59 Male (1:22:33)*

*John Peter - 3rd 40 - 49 Male (1:23:43)*

*Chris Mullen - (1:30:28)*

*Robyn Basman - 1st Female 50-59 (1:30:38)*

*Craig Bulmer - (1:35:42)*

*Jennelle Grinter - 1:43:07)*

*Sean Hogan - (1:45:59)*

## **Half Marathon Bankstown 2nd Sept 2012**

*Vasa Reid - (1:47:23)*

*Dorothy Tanner 1st Female 70+ (1:56:28)*

## **NSW Marathon Championships Sydney 16th September 2012**

*David Sullivan 2nd Overall outright ANSW Male*

*1st 45- 54 Male David Sullivan*

*3rd 45- 54 Female*

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*Ray Russell's Championship winning squad*



## 2012 /2013 Track and Field Report

### Kim Delaney

As a young Australian child many of us dream about how good it would be to one day represent your country. The perfect dream for those who love athletics was to become an Olympian.

On the 4<sup>th</sup> August 2012 in London, England Ben St Lawrence raced in the 10,000m. Ben the current Australian 10,000m record holder fulfilled one of his childhood ambitions; he also became our clubs newest Olympian competitor.

Alongside our President Albie Thomas, Ben now joins this prestigious squad. Recent performances are once again showing off his talent, coming 2<sup>nd</sup> in the Australian 5,000m title race. He was victorious at Payton Jordan Cardinal Invitational 10,000m, in a World Champs A- Qualifying time of 27:35.55. Then three weeks later competing at the USATF High Performance Distance Classic at Occidental College Los Angeles, Ben raced a superb and tactical 5,000m race resulting in a world championships B-qualifying time of 13:18.81.

On a Sad note, last year we lost Daniel Batman the current club record holder for 200m (20.78s) and 400m (45.02s). Daniel Batman passed away after a single-vehicle accident southeast of Darwin in the early hours of Tuesday 26th June. Daniel rose to prominence as a 100m, 200m and 400m sprinter, and he competed at the 2000 Sydney Olympic Games and the 2006 Melbourne Commonwealth Games. Daniel is fondly remembered as a dedicated athlete with a heart of gold who always wore his 'red & white' with great pride. Our deepest sympathy and condolences go out to all the Batman family. I read recently that it looked like it could be another golden era coming for the St George Athletic Club. No questions of doubt here. It has been slowly building stronger each year and for a good few years now.

Nicole Harris competed at the Australian titles in the Womens 20+ Shot Put AWD-amb, a fantastic effort by Nicole with a silver medal position. Ever shining star for SGDAC Belinda Martin claimed all three State distance women championships on the track 3,000m, 5000m & 10,000m. It was the third year in a row that Belinda has won this State 3000m title. While our masters also kept a bright torch glowing with Robyn Basman claiming another three master's national's titles 1500m, 5000m & 8000m CC. In company with Frank Scorzelli who claimed the silver medal in the 5000m.

Our numbers competing at State Relays are growing each year along with our successes; refer to the State relay report page for full details of this year's action.

Another year of magnificent glory all round for our junior field athletes with a good number of them really on the top doorstep knocking loudly now to be selected to represent Australia in junior's international competition. One possibility is the Summer Youth Olympic Games in China August 2014. Stand out athletes include are Grace Robinson, Matthew Rees, and Pita Toamotu and many more fantastic club competitors.

Please check out all of the award recipient's scripts for more details in conjunction with our clubs most informative website. This was recently upgraded again by our hard working webmaster guru Michael Gentle. Our member's results can now be very easily found and reviewed showing good detail of every event they competed in.

A brief summary of results during the 2012/2013T&F season include: State Relays - 3 gold, 4 silver & 5 bronze medal teams. Over the whole season our members picked up 71 medals in total. Twelve new club records were made, one state age record, with two CCC State records & one Australian junior record. Huge thanks to all our coaches Ray Russell, Michele Douglas, Jim Owens, Greg Breen and Albie Thomas, and all the parents, families, friends and other SGDAC supporters who assisted them.

Finally to the SGDAC foundation builders that have created this club into the outstanding athletic club as it now stands today, thank you. With most special thanks to our committee members that are stepping down today after decades of loyal service. Dennis Jolliffe -Treasurer. Jim Gallagher -Track Secretary and the legendary St George Athlete & President **Albert "Albie" Thomas.**

## *NSW State Relays Championships Report November 2012*

*Our Club performed really well in another successful ANSW State Relays Championships held at SOPAC 17th & 18th November 2012. This came about by the maximum efforts all SGDAC members put in for their team. This also meant a good number of the athletes set new PB's during these events. Many followed the guidance of their respected coach but all had great moral support from families, friends and team mates. Everyone who cheered on their fellow members and friends helped play a part in the accomplishment of these pleasing team results.*

*First event for our club on the Saturday morning was our U18 Men's Discus throw this team was made with a mix of 2 male & 2 female members, all were aged 14 years & under. Still great exposure with a tough challenge these young competitors managed to claim third place - winning a bronze medal. This included one really tremendous throw from young Pita throwing 1.5kg discus 41+ m.*

*Team members: Pita Toamotu, Mitchell Pepper, George Farmakidis & Brodie Anderson. 127.91m*

*Next up saw two of our U18 Women's javelin teams out on display and in very fine form and for the fifth year in a row SGDAC members were victorious in winning this state championship title. While our second team in this event with another four members 14 years and younger also claimed second place.*

*A team: Matilda Werner, Tania Minutolo, Stephanie Farmakidis & Emily Wilson. 122.10m*

*B team: Stevie Donougher, Joanna Kambosis, Jarwan Dixon & Sina Wildraut. 110.10m*

*Third event for SGDAC members on the first day was U14 Men's Shot Put with another mixed team including Pita Toamotu, Sina Wildraut, Jarawan Dixon and her brother Joshua combining together successfully to claim second place - silver medal winners.*



## Track and Field Report

Team members: Pita Toamotu, Joshua Dixon, Sina Wildraut & Jarawan Dixon. 44.53m

Pita Toamotu Shot Put throw of 16.70m in this event set a new SGDAC Club record.

First track event was on Saturday afternoon where we had two men's 800m teams in the 200+ event. In this event there was a long awaited challenge which added spice between two club members, Chris Mullen in the A team & Sean Hogan in the B running head to head. Fast improving Sean Hogan took the line honors' on this occasion.

The A team came in a commendable 3rd place while our B team came in 6th place.

A team: Chris Mullen, Jim Owens, Kim Delaney & John Peter. 10:02.37

B team: Sean Hogan, Robert Simpson, David Burns & John Irvine. 12:00.43

Late Saturday afternoon saw the first of our open men with two teams competing in another very hard fought out 800m event. Some of the best runners in the State & country from a host of clubs made it a great event to watch quick times all-round. SGDAC managed a 6th and 8th place position.

A team: Shannon Delaney, Todd Peters, Isaq Ali & Geoff Arnold. 8:12.50

B team: Cale Bowd, Nathan Breen, Paul Windridge & Connor Mulholland. 8:47.41

Last event for our club on the first day saw the return of a winning team combination. This year they were competing in the Women's 4x 1500m Relay 120+ Event. This slick team managed an easy win 20:30.09 not far off their record breaking time from 2011 (20:14.91)

Team members: Suzanne Harrington, Karen Stanley, Robyn Basman, & Belinda Martin. 20:30.09

Day two of the State relays saw our Women's U18 Shot Put team in action mostly made up of young throwers. They gained some valuable experience & placed in a very creditable 3rd place winning a bronze medal.

Team members: Grace Robinson, Tania Minutolo, Matilda Werner & Joanna Kambosis. 44.38m

Next up the field action saw our U18 Men's javelin teams. With two SGDAC teams in this event & the A team in the spotlight looking in good form with Matt Rees the National Champ in their team. They both performed valiantly with a brilliant win by our A team winning this title against some strong and older teams. Meanwhile our B team younger and again another mixed team put in a fine effort to finish in 5th place.

A Team: Matt Rees, Mitchell Pepper, Mitchell Follent & George Farmakidis. 170.98m

B Team: Matilda Werner, Brodie Anderson, Pita Toamotu & Corey Anderson. 119.61m

Another team in action on the second day was our Women's U18 Discus throw team mostly made up with young throwers they went well & gained some valuable experience & placing just outside a podium spot in 4th place.

Team members: Grace Robinson, Tania Minutolo, Sina Wildraut & Stephanie Farmakidis. 121.06m

Grace Robinson U14 Women's Discus throw threw 39.51m to set a new SGDAC Club record.

Second last field team event for SGDAC on Sunday afternoon was our U14 Men's Discus throw this was another team formed with a mix of 2 male & 2 female members, athletes managed to claim third place - winning a bronze medal.

Team members: Pita Toamotu, Sina Wildraut, Irene Minutolo & Corey Anderson. 117.05m

Pita Toamotu U14 Men's Discus threw 49.78m to set a new SGDAC Club record.

In one of the last field events in this year's State relay's SGDAC had two Open Women's Javelin teams on display.

SGDAC has managed over a number of years to be in a medal winning position in this event and once again in 2012 our club team members have done extremely well placing in 2nd & 6th place outright in this event.

A Team: Matilda Werner, Tania Minutolo, Emily Wilson & Stephanie Farmakidis. 119.16m

B Team: Stevie Donougher, Joanna Kambosis, Sina Wildraut & Irene Minutolo. 81.10m

Our first track relay event on the second day was our 2012 Men's 800m 240+ team. A good contest here was observed with SGDAC members fighting for most of the event for a second & third place position as team members passed over the baton to the next member. It was down to the last leg of this relay and a good race between Bankstown team & SGDAC for the third place position. End result our team battled on to claim third place - winning a bronze medal. There were a few happy team members, especially our Club Secretary David Burns with hands held high.

Team members: Peter Fitzpatrick, Michael Kavanagh, David Burns & Christopher Maver. 13:21.68

By mid-afternoon it was good to see many of our members, friends and families building in conjunction with our track & field competitors supporting our red and white. There were five SGDAC 1500m teams now preparing to run in the coming events. We were coming together in strength.

First track race SGDAC contested was the Male 1500m 200+ event where we had two teams. Some nice performances here from all team members with our A team claiming the 2nd place & our B team not far back in 5th place.

A Team: Fintan Diviney, Jim Owens, Kim Delaney & John Peter. 20:09.94

B Team: Sean Hogan, Glen Lockwood, Robert Simpson & Chris Mullen. 22:33.40

Next up it was great to see our Women's 1500m Open relay team out on the track in very tough competition all racing with good form placing in 6th and making our club colours the red & whites, look their best.

Team members: Carolena Kostas, Stephanie Beck, Emma Millett & Lucy Stewart. 22:55.89

Final event for our club on the track and the weekend we had two Male 1500m relay Open teams compete. Another super competition here highly fought out at the top end. All SGDAC team members gave it everything. Plenty of cheering from the sides as our teams placed in 5th and 8th position.

A Team: Chadi Elashkar, Cale Bowd, Geoff Arnold & Robbie Neil. 17:07.57

B Team: Todd Peters, Isaq Ali, Nathan Breen & Connor Mulholland. 18:12.66

Thanks to all St George competitors and to their family and friends who turned up to support the teams over the weekend.

**Kim Delaney – t&f Sec.**



## *Annual SGDAC Awards 2012 /2013 Season*

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

***Lawrence.*** Having competed in the 10,000M at the London Olympics in August 2012, Ben St Lawrence imbedded his name in our clubs history books. In doing so, Ben fulfilled one of his childhood ambitions and also became our club newest Olympic member. He joins this most prestigious group, now nine in total, sitting alongside our President Albie Thomas.

Recent performances are again showing off his determination and talent, coming 2<sup>nd</sup> in the Australian 5,000M. He won the 10,000m at Payton Jordan Cardinal Invitational in a World Champs A- Qualifying time of 27:35.55. Three weeks later competing at the USATF High Performance Distance Classic at Occidental College Los Angeles, Ben raced a superb tactical 5,000 m race a world championships B-qualifier time of 13:18.81, beaten only to the line by Olympic champion Mo Farah (13:15.68), and former US record holder Dathan Ritzenhein (13:17.38). The Saint's legend story is building strong, congratulations Ben!



### ***Robert Nash Trophy (Most Improved Senior Athlete) - Cassie Dege***

Cassie has been one of our keenest competitors this season competing in nearly every distance track race available. She recently showed great determination and a strong passion to attain the best in her ability in the State Open 5,000M, and also the 3,000M Steeplechase event.

Dege's consistency to strive for greater achievements has culminated towards the end of the season helping her to improve her best times and performances. A few notable achievements include a 10 sec season best on her 800M time, and about 30 sec improvement in her 3000M steeplechase events, which finished her in 5<sup>th</sup> place in the State Open Women 3000 Metre Steeplechase Championship. Nice racing well done Cassie!

### ***The L.L. Bosman Award( Outstanding under 20 Performance & Sportsmanship) -Matilda Werner***

October 2012 saw Matilda have another great start to the season claiming the silver medal in the U17 Javelin at the NSW All Schools. Werner continued this success in November 2012 at the State Relays. She was a key member of the Champion U18s javelin team, silver medal open women's javelin team, and bronze medal U18s Shot put team Unfortunately illness and a family planned holiday interrupted her national competition progress this time round. Matilda returned from Cuba, flew into Sydney and headed directly across to Perth in the morning, performing that afternoon, and flying back to Sydney the same afternoon. This was her fifth year in a row competing in the Australian Junior Championships, where she made the finals the previous two years, Matilda still managed to land a 6<sup>th</sup> place position in the Under 20s Javelin title after all that travelling. Congratulations Matilda!





## *Annual SGDAC Awards 2012/2013 Season*

### ***J.J.Walsh Trophy (Outstanding Marathon Performance) - Chadi Elashkar***

*Chadi has now dominated this St George DAC award for a good few years achieving another outstanding marathon performance on the 14<sup>th</sup> October 2012 in the Melbourne Marathon, placing in 15th position overall, in a PB time of 2:30:02.*

*This was only two months after placing 4<sup>th</sup> in the Westlink M7 Marathon, where he already had 2.32.52 time notch on the board for the season. With a strong heart, Chadi is a fantastic competitor, congratulations Chadi!*



### ***St. George Trophy (Best Field Athlete) - Pita Toamotu***

*Pita has been awarded the best field athlete after another exceptional season. Pita commenced his season with two NSW U14 CCC titles in the discus and shot put events, along with silver in the javelin. At the All Schools Australian titles in Hobart he claimed gold in the U14 discus and bronze in the U14 shot put with a new 16.97m club record. In the NSW State Relays he broke two U14 club records: Men's Discus throw 49.78m; and Shot Put 16.70m combining well with his team mates along the way to claim two silver medals and another bronze.*

*Toamotu had two silver medal performances in shot put and discus after stepping up a couple of age groups competing in the U16 NSW Junior Champs. In the Australian Junior Championships in Perth he placed second in the U14 shot put. Convincingly, he won the U15 discus title by holding the lead on every throw only to peak with his final throw 53.74m to win the title by 2 metres.*

*In total Pita managed to reset St George club shot put records & discus records three times each during the season. Amongst these performances he also set a NSW CCC Discus State Record 47.52m. What a future awaits this superb athlete. Magnificent efforts all season Pita, congratulations!*



### ***Basil Dickinson (Outstanding Jump Performance) - Stevie Donougher***

*Stevie has been noted for having great technique in long jump, triple jump and javelin. She competed well in the girls 15 years javelin at NSW CCC, NSW All Schools and at the NSW Junior Champ's and also in the State junior triple jump. In November 2012 U18 State Relay's javelin event, Stevie combined well with her fellow team members playing a pivotal role in St George Silver Medal team performance. Ultimately, Stevie was looking like another St George member who in March 2013, would compete at the Nationals Championships in Perth. However, an unfortunate injury prevented her from competing. Most certainly, Stevie is another one of our junior's with fantastic potential, one to watch for the future.*

*Well done Stevie, congratulations!*



### ***SGDAC (Most Improved Under 12 Athlete) - Imogene Stewart***

*Imogen has been smashing her times from the previous CC season. Week after week her progress is something special to be seen. Definitely another great athlete within our SGDAC young members ranks who possesses a good deal of natural talent to draw upon. Been such a determined athlete her future is looking very bright. I believe we will be cheering on loudly Imogen's athletic success I'm sure the flow of awards to come her way will be plentiful. Congratulations on your well-deserved success Imogene!*



## *Annual SGDAC Awards 2012/2013 Season*

### **SGDAC Trophy (Outstanding Under 18 Athlete) - Matthew Rees.**

*What a super start Mathew had at the beginning of the new season winning two state championships for the U15 javelin, taking out the NSW CCC. Then repeating this victory at NSW All Schools Matthew's javelin, with a throw of 56.78m, breaking his own previous SGDAC Club record of 56.21m he set back 18/03/2012. In November 2012 he was a member of the U18 Javelin State Relay Champion team. In the same month he claimed the Australian All Schools Track & Field U16 Javelin title, setting a new U16 club record with a throw of 58.78m. At the NSW Junior Championships, Rees was awarded silver in Men's U18 Javelin Throw, with another club record. His Javelin throw of 63.67 broke his previous U16 SGDAC club record in Oct 2012 at the NSW All Schools by a staggering 6 metres + improvement. At the National titles in the U18 years in Perth he claimed the silver medal after being narrowly beaten by a couple of centimetres. Matthew was selected in the Australian Development Squad and if his current form continues, he is a very likely candidate to be selected for the Summer Youth Olympic Games in China August 2014.*

*What a season, Congratulations Mathew!*

### **G.Page Trophy (Outstanding Under 16 Athlete) - Grace Robinson**

*Here we go again really what a year, these results are truly outstanding. Grace commenced her achievements this season in September 2012 winning 3 state NSW 14 years CCC titles, victorious in the shot put, discus, and javelin events. Her throw in the shot put set a new NSW CCC State Record of 13.72m, breaking the previous record which had been set back in 1999. Moving on to November 2012 at the NSW All Schools Track & Field Championships, Grace won the 14 years shot put title and placed second in the discus. Her throw of 39.33m broke her own previous club record. In February 2013 at the NSW Junior Championships Grace won the U16 shot put title with a 16.05m throw; an improvement on her recently established State & Australian record of 14.58m for the 3kg shot. Additionally, Grace's silver medal performance in the U16 Womens Discus resulted in a whopping throw of 41.05m, setting a new club record for this event, breaking the previous record held by Zanetti Giampetro (40.27m set in 2001). At the Australian Junior Championships in Perth, Grace won two more titles in the U16 discus and shot put. Robinson is now the holder of five Australian age records. She was ranked number one in Australia to go to the Ukraine World Youth Championships, but unfortunately as a 15 year old she was too young. Still she is currently ranked number one U18 in Australia. Big tip here, her future on the world stage of T & F, competing at the top level is starting to shine pretty bright. Grace must be fairly high on the Australian selector's list, for the Summer Youth Olympic Games in China, August 2014. Looking tremendous, congratulations Grace!*

### **Albert Thomas Award - (Track & Field Encouragement Award for Athletes Under 16 Years)- Joanna Kambosos.**

*With great motivation at training, Joanna is always working hard and is a genuine improver. Competing well in the girls U14 years Javelin at NSW All Schools and at the NSW Junior U16 Javelin Championships, she ended up with fantastic results. Joanna was also a pivotal SGDAC State Relays' team member in three teams including the U18 javelin silver medal team and bronze medal U18s Shot put team. Looking towards the Junior Nationals titles in 2014, keep it up Joanna!*





## *Annual SGDAC Awards 2012/2013 Season*

### ***SGDAC (Most Improved Under 16 Athlete) - Mitchell Pepper***

*With a brilliant start to the season Mitchell obtained three NSW 14 years CCC silver medals in shot put, discus and javelin. Following this up Mitchell had another silver medal performance in the 14 years javelin at the NSW All Schools. During the State Relays, Pepper was also in the St George U18 gold medal javelin and U18 bronze medal teams. At the NSW Junior Championships Mitchell competed in three events, coming 4<sup>th</sup> place in the U16 shot put and U16 javelin, and claiming silver in the Men's U16 Discus event. These fantastic results gave him his qualifier's for these three events at the National Championships. Unfortunately, on the way over to Nationals in Perth, Mitchell became seriously ill, suffering from a severe allergic reaction. With an ambulance waiting for him on the tarmac upon arrival he was transported immediately to hospital. However, despite his condition, with great determination, Mitchell competed the very next day in U16 discus and U16 javelin events where he remarkably achieved three PB's in these finals. Red hot potential here, great work Mitchell!*

### ***Mulholland Family (Outstanding Under 14 Athlete) - Christopher Breen / Sina Wildraut***

*Christopher Breen has steadfastly improved his performance over a number of years now. With a keen appetite for races, Christopher looks to be thriving on the competition. Moreover, his progress has seen him advance to top ranks in his age, placing well in the State CC competitions. With his determination it looks like Chris is heading nicely in the right direction towards many more first class achievements. Congratulations Christopher!*

*Sina Wildraut is another very capable all rounded athlete, who competed well in nearly every athletic competition available in the Track & Field season. This includes the NSW CCC, NSW All Schools, NSW Junior Championships, and the NSW Premierships and Allcomers events. With her marvellous achievements, Sina made it to the Australian Junior Championships Nationals for the first time. Here she made it into the finals in both events with PB's in the U16 Steeplechase coming in 10<sup>th</sup> and in the U16 Javelin placing 8<sup>th</sup>. A fantastic effort. Congratulations Sina!*

### ***Ron Gribble Trophy - Open grades Track & Field Male Athlete aggregate point score winner. - Robert Simpson.***

*Robert still manages to retain this aggregate point score and is winner of this trophy for the second year in a row, despite missing a number of ANSW premierships rounds after suffering a bad ankle injury. Coming in with plenty of zest early into the season and once again ready for a challenge in the full array of Track and Field events, he had already accumulated a winning margin on the point's ladder. With the tremendous amount of enthusiasm that Robert has, we are looking forward to seeing the next full season of premierships rounds and competition with him performing back in top condition. Congratulations Robert!*





## *Annual SGDAC Awards 2012/2013 Season*

### **Ray Russell (Thrower's Trophy)-Emily Wilson**

*All year round Emily has shown tremendous effort in what she does. In the Girls 15 Years Javelin and Discuss at the NSW CCC, Emily showed what a fine sport she was finishing with some great results. She repeated this great performance in the NSW All Schools girls 15 years Javelin. Additionally, Emily was a key member in two State Relay teams; the champion U18's javelin team, and silver medal open women's javelin team. At the NSW Junior U18 Javelin Championships, Wilson came in at 5<sup>th</sup> place with a fantastic result securing her entry into the Nationals Junior Titles for the first time. With a top effort and some fine determination shown, she came out with a PB in the U17 Women's Javelin event. Well done Emily, congratulations!*



### **Peter Tuziak (Under 12 Athlete Encouragement) - Lucy Koh**

*Lucy has really progressed well throughout the last Winter and Summer Cross Country seasons, achieving some excellent results. On the course Lucy has shown great enthusiasm and determination. A fine talent is developing here in Lucy with a great running form in action. Things look to be flowing along well for her, and we are all looking forward to seeing her future achievements and successes. Keep it up the great attitude, congratulations Lucy!*

### **Athlete's Foot (Track & Field Encouragement)- Corey Anderson**

*Commencing his season success, Corey performed well with his team mates at the NSW U14 State Relays, where they were awarded a bronze medal. Moving into a much higher age bracket, Corey continued his outstanding performance efforts, coming fifth in the U18 CCC discus titles. Furthermore, at just 13 years of age Corey claimed four NSW Men's 19&U state medals, competing in the AWD-amb 100m run (bronze), long jump (silver), discus throw (bronze), and javelin (silver) where he threw a tremendous PB of 31.92m to finish off his exceptional season. A well deserving recipient of this award, congratulations Corey!*



### **D. Jolliffe Trophy (Most Improved under 18 years)- Tania Minutolo**

*With an astounding start to the season, Tania was awarded a bronze medal in the NSW CCC Girls 15years 3kg shot put. Following this feat, she also had a staggering performance in the Girls 15 years Javelin at the NSW All Schools a 4 metre PB and claimed the silver medal. Minutolo was a key member of three State relay teams, including the: champion U18's javelin team, silver medal open women's javelin team, and bronze medal U18s Shot Put team. At the Australian All Schools 16 years Javelin titles, Tania came in 9<sup>th</sup> place. Tania also performed very valiantly at the NSW Junior Championship in the U18 shot put, U18 Discus and U18 Javelin, with two eight place positions and another great 4<sup>th</sup> place position in the javelin. Consistently, Tania has now made it to the National Championship titles five years in a row. During this year's Australian Junior Championships held in Perth, Tania placed 11<sup>th</sup> in the U17 Javelin finals. Congratulations Tania, keep up the great work!*





# 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 mainly favourable weather on Wednesday evenings this year with no excessively hot nights nor any pouring rain. The idea of the series is to encourage running and to get people interested, -in a low-key and friendly environment, so once again we had many younger runners and families taking part. The age of the runners spanned from 4 to over 70 years. Our youngest runner Kobe Stewart finished in front of the point score for the 2Km races, however his sister Imogen was the star performer in terms of her improvement in times from early in the season compared to those she was recording in the final weeks. Imogen finished second on points and the ever consistent Mark Simpson took third. Other young improvers in this division were Lauren and Eloise Carey. While Casey Stanley impressed with a series of very consistent times. Bradley Sing didn't run every week but looked a good little runner when he raced.

In the longer races Chris Maver and Sean Hogan took the top 2 places -both are long-time supporters of Summer CC. In the Fastest Times category for the 2km David Kistle and Karen Stanley were clear winners of the male and female divisions respectively, and in the longer races Nikolay Nikolaev repeated his success of last year in the male division. Belinda Martin won the female section, and in doing so created an unbeatable record by running all 17 races scoring the 6 points in each and finishing with the absolute season maximum 102 points. What a very fine runner Belinda is, and one hopes that our younger runners can gain aspiration by having a true champion running amongst them. 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, Suzanne Harrington, 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 Kobe Stewart	315 points
2 Imogen Stewart	284
3 Mark Simpson	276
4 Mathew Simpson	265
5 Eloise Carey	260
6 Lauren Carey	256
7 Sean Hogan	220
8 Casey Stanley	210
9 Galia Nikolaeva	202
10 Tricia Simpson	195

### **3-4km Handicap Points**

1 Chris Maver	202 points
2 Sean Hogan	196
3 David Kistle	195
4 Kim Delaney	170
4 Kerry Edwards	170
6 Nikolay Nikolaev	160
7 Karen Stanley	152
8 Ray Millett	146
9 Chris Mullen	139
10 Michael Kavanagh	126

## *FASTEST TIMES - TOP THREE*

### **2km**

#### **Female**

1 Karen Stanley	82 points
2 Imogen Stewart	66
3 Lauren Carey	39

#### **Male**

1 David Kistle	51 points
2 Chris Mullen	37
3 Paul Windridge	35

### **3-4 Km**

#### **Female**

1 Belinda Martin	102 points
2 Karen Stanley	56
3 Lucy Koh	26

#### **Male**

1 Nikolay Nikolaev	74 points
2 Kim Delaney	44
3 Chris Mullen	40



***St George District Athletic Club Inc.***  
***Treasurers Report***

**Statement of Income and Expenditure for the year ended 31 March 2013.**

	2013	2012
	\$	\$
<b>Income</b>		
Bank Interest	314.04	803.53
Annual Subscriptions	8,252.66	9561.49
Cross Country Total (Note 1)	15,815.80	11,235.35
Sale of Uniforms	703.00	540.00
General Total (Note 2)	<u>4,957.78</u>	<u>10,721.24</u>
Total Receipts	30,043.28	32,861.61
<i>less</i>		
<b>Payments</b>		
Bank charges	9.00	12.35
Regns, etc. to Athletics NSW	10,262.95	13,919.00
Cross Country Total (Note 3)	9,641.25	8,752.20
Track and Field Total	0.00	247.50
Purchase of Uniforms	935.00	824.00
General Total (Note 4)	7,660.78	8,026.92
Competition Expenses (Note 5)	<u>5,536.00</u>	<u>4,495.00</u>
Total Payments	<u>34,044.98</u>	<u>36,556.97</u>
Excess Income over Expenditure	<u>-4,001.70</u>	<u>-3,695.36</u>
Cash at beginning of year	15,675.37	19,370.73
Excess of Income over Expenditure	<u>-4,001.70</u>	<u>-3,695.36</u>
Cash at end of year	<u>11,673.67</u>	<u>15,675.37</u>
This is represented by:		
Bank Cheque Account	4,671.18	2,977.69
Bank Direct Saver	<u>7,002.49</u>	<u>12,697.68</u>
	<u>11,673.67</u>	<u>15,675.37</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 2013.

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 2013.

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

**Statement of Financial Position**

As at 31 March

	2013	2012
	\$	\$
<b>Current Assets</b>		
Stock on Hand	4,069.50	3,944.50
Sundry Debtors	1,944.00	
Cash at Bank and on Hand	11,673.67	15,675.37
Bank Term Deposits	<u>31,869.98</u>	<u>30,161.20</u>
	49,557.15	49,781.07
<b>Non-current Assets</b>		
Equipment, Valued at cost		
less depreciation (Note 6)	<u>3,881.00</u>	<u>4,927.00</u>
	53,438.15	54,708.07



## *Treasurers Report*

*less*

Current Liabilities		
Sundry Creditors	<u>3,000.00</u>	<u>0.00</u>
	<u>50,438.15</u>	<u>54,708.07</u>

*equals*

Club Funds -	<u>50,438.15</u>	<u>54,708.07</u>
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Dennis Jolliffe  
Honorary Treasurer

### Notes on the Financial Statements

<b>Note 1</b>	<b>2013</b>	<b>2012</b>
	<b>\$</b>	<b>\$</b>

<b>Cross Country Receipts</b>		
Cross Country Race Fees	3,091.00	3,006.00
Net Raffle Proceeds	274.00	354.00
Novice Day Entries & other income	3,684.30	3,290.35
Trophies Donated	150.00	150.00
Rockdale City Council Fun Run	8,565.00	4,385.00
Sale of Refreshments	<u>51.50</u>	<u>50.00</u>
	<u>15,815.80</u>	<u>11,235.35</u>

<b>Note 2</b>	<b>2013</b>	<b>2012</b>
	<b>\$</b>	<b>\$</b>

<b>General Receipts</b>		
Donations	370.00	600.00
Term Deposit Interest	1,708.78	1,707.24
Fund raising for registration assistance by Christmas Mile, Supply of Officials, and Other Donations	1,169.00	2,943.00
Social Dinner Proceeds	<u>1,710.00</u>	<u>5,471.00</u>
	<u>4,957.78</u>	<u>10,721.24</u>

<b>Note 3</b>	<b>2013</b>	<b>2012</b>
	<b>\$</b>	<b>\$</b>

<b>Cross Country Payments-</b>		
Cross Country Season Prizes	2,596.45	2,646.30
Cross Country Hire of Hall	382.80	588.05
Cross Country Trophies and Other Expenses	150.00	63.35
Novice Day Expenses	1,382.00	1,501.50
Rockdale City Council Fun Run	<u>5,130.00</u>	<u>3,953.00</u>
	<u>9,641.25</u>	<u>11,235.35</u>

<b>Note 4</b>	<b>2013</b>	<b>2012</b>
	<b>\$</b>	<b>\$</b>

<b>General Payments</b>		
Printing, Postage, Stationery, etc	801.50	705.00
Trophies	468.25	603.25
Increase in Term Deposits	1,708.78	1,707.24
Equipment maintenance	283.50	0.00
Internet Web Page	0.00	60.00
Purchase of equipment	0.00	379.43
Reimbursements for Coaching Courses	0.00	215.00
Social Dinner	4,349.75	4,495.00



## *Treasurers Report*

Other	<u>49.00</u>	<u>142.00</u>
	<u>7,660.78</u>	<u>8,026.92</u>

<b>Note 5</b>	<b>2013</b>	<b>2012</b>
	<b>\$</b>	<b>\$</b>

### Competition Expenses

#### Assistance to Individuals –

C Breen	200.00	
N Breen	200.00	
N Clarke		80.00
B Delaney	500.00	
M Jeffs		80.00
T Minutolo	400.00	280.00
C Mulholland	200.00	
M Pepper	200.00	100.00
M Rees	400.00	80.00
G Robinson	400.00	300.00
A Severino		200.00
B St Lawrence		1,000.00
P Toamotu	400.00	300.00
M Werner	400.00	280.00
S Wildraut	200.00	
E Wilson	<u>200.00</u>	<u>0.00</u>
	3,700.00	2,700.00
Relay Entries	<u>1,836.00</u>	<u>1,795.00</u>
	<u>5,536.00</u>	<u>4,495.00</u>

<b>Note 6</b>	<b>2013</b>	<b>2012</b>
	<b>\$</b>	<b>\$</b>

### Equipment

Equipment, Valued at cost	13,727.00	13,727.00
less Accumulated Depreciation	<u>9,846.00</u>	<u>8,800.00</u>
	<u>3,881.00</u>	<u>4,927.00</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
2008	\$54,091.18	
2009	\$56,093.36	\$2,002.18
2010	\$61,062.73	\$4,969.37
2011	\$57,737.74	-\$3,324.99
2012	\$54,708.07	-\$3,029.67
2013	\$50,438.15	-\$4,269.92

In the three years 2010-11, 2011-12 and 2012-13, Club Funds fell by \$10,624.58. This is the most significant drop in Club Funds over three successive years since I have been Treasurer.



## *Treasurers Report*

To meet this shortfall in 2012-13, the Club has had to draw heavily on its Direct Saver Account, with the added result that interest received in 2012-13 has fallen by nearly \$500 compared to the previous year. 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 the fall in Club Funds. The Club subsidises registration fees for elite and promising young athletes as well as athletes 14 years and under, and in 2012-13 these subsidies amounted to \$2,010. The Club has also provided financial assistance to elite athletes to assist them to pay their travelling expenses in Championship events outside NSW, and due to the improving talent of our track and field athletes, assistance to these athletes in 2012-13 was \$1,000 greater than in the previous year. With the Presentation Dinner at St George Leagues Club in 2012, expenses exceeded income by \$2,639.

Each of the items mentioned above were not excessive, but when combined, they amounted to a significant depletion of funds. Some steps have already been taken to alleviate the situation, but if the Club is to ensure that Club Funds do not fall further, the Executive should look very critically at items of expenditure in 2013-14. 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. With interest rates continuing to fall, even our Term deposit investments are likely to earn less in the future. To date the Club has rolled over the term deposit interest received each year, and it would be prudent to continue with this policy, given that there is a possibility of further deterioration of funds.

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 and now runs occasionally with the Club, has been extremely diligent in his duties and his contribution is appreciated very much.

This will be my last presentation of the finances of the Club at our Annual Meetings. I have been Treasurer of the Club since 1964, and have been on the Executive since 1956. At the same time as I joined the Executive, I was Treasurer of the Club's Social Committee from 1956 to 1964, so in one way or another, I have been looking after Club Funds for 57 years. The Social Committee, as principal revenue raiser for the Club, provided substantial funds for both the men's and the women's athletic clubs; and these funds were used to assist athletes compete in Australian Championships. Apart from many other duties, I have been also a Cross Country Handicapper for over 30 years, and Club Registrar for 46 years. Without assistance from other Club Members, I would have not fulfilled these duties from 1956 to 2013. After the Annual Meeting I will no longer take an active part in the running of the Club. I shall be resigning as Treasurer, and will no longer be on the Executive or act as Senior Vice President.

Dennis Jolliffe

### Club Membership by Age Group

	Over 65	55 to 64	45 to 54	35 to 44	25 to 34	20 to 24	Under 20	Under 18	Under 16	Under 14	Under 12	Total
2007-08	13	14	26	15	12	16	8	13	15	16	20	170
2008-09	17	11	21	20	10	16	11	19	11	19	20	175
2009-10	19	16	32	26	8	12	17	16	16	18	32	212
2010-11	19	17	37	21	11	14	7	14	13	15	55	223
2011-12	19	17	38	21	11	19	7	13	20	21	40	226

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 2007-08 and 2008-09, figures in this report are for the twelve months ending 31<sup>st</sup> March. From 2009-10 onwards, figures are shown for the 12 months ending 30<sup>th</sup> September.

In 2011-12 Club member numbers increased by 3 from the previous year, and by 56 over the past three years. Surprisingly, although the increase in the total number of members was only three, the number of renewals was 220, and this high retention rate is indicative of the success of the Club's Track and Field coaching and the Cross Country races at Scarborough Park.

During 2011-12, the Club received 6 new members and had 220 renewals, compared to 70 new members and 153 renewals for the previous year. Details of 2011-12 new and renewal members are shown below.

## *Treasurers Report*

Age Group	New Members	Renewals	Total Number
Under 14	2	59	61
14 to 19	2	38	40
20 to 34	1	29	30
35 and over	1	<u>94</u>	<u>99</u>
Total	<u>6</u>	<u>220</u>	<u>226</u>

In terms of length of time with our Club, 6 members joined in 2011-12, 150 have been members for 1 to 5 years, 42 have been members for 6 to 10 years, and 28 have been members for 11 or more years.

### Equipment as at 31 March 2013

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

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## *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	27m.24.95s	01/05/2011
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	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

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*

### MEN UNDER 43 MINUTES

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

**Notes:**

Ben St Lawrence has had three times below 43 minutes, ranging from 40.59 to 42.00 with placings of 2<sup>nd</sup>, 4<sup>th</sup> and 1<sup>st</sup>.

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

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

### WOMEN UNDER 52 MINUTES

RANK	ATHLETE	TIME	YEAR	PLACE
1	MANDY DOVEY	49.57	1989	3 <sup>rd</sup>
2	BELINDA MARTIN	50.45	2012	5 <sup>th</sup>
3	SYLVIA ROSE	51.01	1997	6 <sup>th</sup>
4	BELINDA MARTIN	51.04	2010	7 <sup>th</sup>
5	BARBARA MRAKOVIC	51.55	1988	12 <sup>th</sup>

**Notes:**

Mandy Dovey had two times below 52.00min, 49.57 and 50.39 with placings of 3<sup>rd</sup> and 6<sup>th</sup>.

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

Belinda Martin has had three times below 52min, 50.45, 51.04 and 51.10, with placings of 5<sup>th</sup>, 7<sup>th</sup> and 7<sup>th</sup>.

Compiled by R.Gribble

12<sup>th</sup> of August 2021.

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### *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
N. THOMAS	2012
K. DELANEY	2012

### *MERIT AWARDS*

A. THOMAS	1975
F. THORNTON	1975
D. EDWARDS	1991
P. PHILLIPS	1991
B. SCOTT	1991
A. ARGALL	1995
J. IRVINE	1995
B. MOLINO	1995
J. MCLEAN	1998
C. STRATFORD	2001
N. THOMAS	2001
C. FARRARO	2004
C. WILSON	2012
J. OWENS	2012
R. RUSSELL	2012
D. BURNS	2012

### *HONOUR ROLL (DECEASED)*

<i>LIFE MEMBERS</i>	<i>YEAR</i>	<i>MERIT AWARDS MEMBERS</i>	<i>YEAR</i>
A.A. GAINSFORD OAM	1923	F. EGGLETON	1975
W. J. HASLER	1932	G. PAGE	1975
B. BUTTON OAM	1937	M. MORONEY	1975
W. AHERN	1955	L. WILLIAMS	1975
A. GOULD	1963	K. JENKINS	1995
G. CARRUTHERS MBE	1983	A. HENDERSON	1991
F. EGGLETON	1975	E. WALSH	2002
S. DONNELLY	1991	TOM RICHARDS	2002
R. MOLLOY	1997		

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## OBITUARY

### **DANIEL BATMAN** **1981 – 2012.**

*Club members were shocked to hear of Daniel's death in a car accident in the Northern Territory on June 25<sup>th</sup> 2012 aged 31.*

*He was one of most gifted athletes I have ever known. From the days of Little A's, he was a champion track runner. Daniel had the ability to be a top sportsman in other sports codes as well, including Rugby League, Rugby Union and Cricket, a true natural.*

*A stockily built guy who had tremendous speed particularly over 200m and 400m and holds our club records of 20.78s and 45.02s respectively I was there in Canberra to watch him run the 400m invitational event on the 22<sup>nd</sup> of February 2003. I will never forget that race it had just rained heavily the track was awash, he lined up against the best 400m runners in the country, at that time, and simply run them off their legs to win by several metres in that time of 45.02s. What he may have run on a dry track we will never know. Daniel ran for Australia on 7 occasions, including the Sydney Olympics in 2000, the IAAF World Championships in 2003 and 2005, the World Cups in 2002 and 2006 and the Commonwealth Games in 2006. His best result on the international stage was a sixth placing at the World Indoor Championships in 2003 in the 400m event. Daniels passing was a very sad time for all of us who knew him as he left behind 3 young children. To Daniels young family, his mum Christine and dad Paul goes our deepest sympathy.*

*Club Patron Ron Gribble*



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*Albie Thomas in typical winning style in the 3 Mile World Record  
9 July 1958 with a time of 13:10.8.*

*St George District Athletics Club members would like to thank the support given to the club by  
The ATHLETES FOOT STORE at HURSTVILLE*

