

*St. George
District Athletic Club Inc.*



Albie Thomas OAM 1935-2013

*93rd Annual Report
2013 – 2014*



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

93rd ANNUAL GENERAL MEETING
SYD FROST HALL, HAWTHORNE ST, RAMSGATE

SATURDAY 14th of JUNE 2014.

2:45PM (after the running)

MEETING AGENDA

1. Welcome to members and guests.
2. Apologies.
3. Minutes of the 92nd AGM.
4. Presentation of the 93rd Annual General Report & Financial Statement.
5. Guest Speaker(s)
6. Election of Officers of Executive Committee and appointment of Auditor.
7. Presentation of 2013 – 2014 Club Annual Awards.
8. General Business.
9. Raffle Draw.
10. Meeting closure.
11. Afternoon Tea.

St. George District Athletic Club, Inc.

Minutes of the 92nd Annual General Meeting

Date: 15th June 2013. Venue: Syd Frost Hall, Hawthorne Ave, Ramsgate NSW

Meeting Opened: 2.45 p.m.

Welcome to Members and Guests

Ron Gribble (Club Patron) presented to members the President's Report on behalf of Albie Thomas (President). During Ron's address: A special presentation was made to Nola and Albie Thomas. Ron highlighted the success of a number of Club members during the season (Ben St. Lawrence, Belinda Martin, Bridey Delaney, Grace Robinson, Mathew Rees and Robyn Bassman). Thanked Club coaches for their commitment and support as well as the current executive for their fine work throughout the year. Asked that Club members support the "new" executive and pointed out that this coming year is one of great change. Ron spoke of the contribution that Albie Thomas, Dennis Jolliffe and Jim Gallagher have made to the Club and athletics.

Guest Speakers - Allan Staples- (Vice President)

Allan further echoed Ron's comments and commended the role and contribution made by Albie, Dennis and Jim.

Allan outlined the need for the Club to come together and work harder given the loss of the experience and new challenges of the Club executive.

Dennis Jolliffe:*Dennis reflected on his career with St. George and thanked everyone for their support over the years. He also recognised the achievements of Albie Thomas and Jim Gallagher. Dennis emphasised the need for the club to continue to grow and remain financially responsible.*

Betty Moore (Board member, AthleticsNSW), *Betty congratulated the Club on their achievements during the past 12 months and in particular thanked the committee, volunteers, coaches and parents. She also recognised the achievements of the three retiring club executives and in particular highlighted Albie Thomas's career as an athlete and President of St. George. Betty wished the new executive all the best for the upcoming year.*

Michelle Stevens (Hurstville Council)- *Michelle applauded the Club on their ongoing efforts in the community and in particular thanked all of those involved in support and developing the Club (volunteers and parents). Michelle on behalf of Hurstville Council congratulated Albie on his recent OBE and efforts as President of St. George DAAC and also wished the Club all the best in the upcoming year.*

Special Awards - Presented by Ron Gribble

Life Membership - Awarded to Nola Thomas and Kim Delaney

Service Merit Awards - Awarded to Dave Burns, Jim Owens, Colin Wilson, Ray Russell

Club Loyalty Award (members with over 20 years service) - Awarded to Kerry Edwards and Danielle Ferraro

Obituary - Daniel Batman (1981 - 2012)

Ron Gribble spoke about the life of Daniel Batman, a long time St. George runner who was tragically killed in a car accident in June 2012.

Acceptance of Annual Report and Special Meeting -

Moved by Ron Gribble, Seconded Kim Delaney, Result: Accepted.

Election of Officers of Executive Committee 2013-2014

There was no requirement for any positions on the Executive Committee to be decided by voting.

As such all nominations for positions were accepted and are as follows:

Patron: Ron Gribble, President: Kim Delaney, Vice Presidents: John Irvine, Alan Staples, Ray Russell, Colin Wilson

Treasurer: David Beck, Secretary: David Burns, Track Secretary: Robert Simpson, Distance Secretary: Greg Breen

Club Registrar: Rory McRae.

General Business

There was no general business.

Raffle Draw

The raffle was won by Ron Gribble.

Meeting Closed

The meeting was declared closed by Ron Gribble at 4.17 p.m. and was followed by Afternoon Tea.

David Burns - Club Minutes Sec, Rory McRae - Club Registrar.

ST GEORGE DISTRICT ATHLETIC CLUB OFFICE BEARERS 2013 - 2014

PATRON

Ron Gribble

PRESIDENT

Kim Delaney

VICE PRESIDENTS

Ron Gribble, Ray Russell, and Alan Staples.

GENERAL SECRETARY

David Burns

TREASURER

David Beck

TRACK & FIELD SECRETARY

Bob Simpson

DISTANCE SECRETARY

Greg Breen

CLUB REGISTRAR

Rory McRae

EXECUTIVE COMMITTEE

Kim Delaney (Chair), Alan Staples, John Irvine, Ray Russell, David Beck, David Burns, Colin Wilson, Rory McRae, Greg Breen, Bob Simpson, Suzanne Harrington, David Kistle.

DELEGATES TO ANSW MEETINGS

Dave Burns, John Irvine, Colin Wilson, Alan Staples and Ray Russell (Alt).

DELEGATES to WINTER CROSS-COUNTRY (HARRIERS)

John Irvine, Alan Staples, Colin Wilson and Greg Breen.

TRACK CAPTAINS

Tania. Minutolo – Women's, Nathan. Breen – Men's.

DISTANCE CAPTAINS – MEN'S

Brad Pendergast and Mark Simpson (Vice Capt.).

DISTANCE CAPTAINS – WOMEN'S

Suzanne Harrington and Stephanie Beck (Vice Capt.).

PUBLICITY OFFICERS

Kim Delaney and Dave Burns.

REGISTRARS

Rory McRae and Karen McRae (Asst)

RECORDS OFFICER

Michael Gentle (Archivist), Vilis Gravitis and Aaron Gentle

SOCIAL COMMITTEE

Nola Thomas, Helen Millett, Julie Conroy and Tricia Simpson

SELECTORS

K. Delaney, R. Russell, C. Wilson, G. Breen, B. Prendergast, M. Gentle, B. Martin, S. Harrington, M Douglas, M. Werner, T. Minutolo and M. Simpson.

HANDICAPPERS

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

TIMEKEEPERS

K. Delaney, D. Beck, M. Gentle, C. Wilson, J. Irvine, C. Mullen, P. Simpson, G. Breen, N. Breen and S. Harrington.

UNIFORM and TROPHY STEWARDS

Lyn Delaney, Greg Breen and Bob Simpson.

STARTERS

K. Delaney, D. Burns, D. Edwards, C. Wilson, R. Gribble, S. Harrington and M. Gentle

COACHES

M. Douglas, R. Russell, J. Owens, L. Stergio, D. Chisholm, R. Goschnik, M. Ashton and G. Breen.

FIRST AIDERS

P. McCauley, L. McCauley, B. Samuhel, D. Kistle and B. Simpson.

SUMMER CROSS COUNTRY

D. Edwards and K. Delaney.

WEBMASTER Michael Gentle and Aaron Gentle - webmaster@sgdac.org - website - www.sgdac.org

PRESIDENT'S REPORT

Presented to members at the 93rd AGM held at Syd Frost Memorial Hall, Hawthorne St Ramsgate on Saturday 14th of June 2014.

Ladies and Gentlemen,

It is without a doubt that our club St George District Athletics has had another blue ribbon year of successful achievements. The foundation work however, was already in place, set up over several decades by hard working committees. Many of these members had been motivated to achieve their best by the one and only Albie Thomas.

Now writing my first President's Report for SGDAC has been an utmost honour. In my efforts to follow in the footsteps of the great Albie Thomas, in his outstanding management and leadership of this club, I have likened my experience to that of those who had come up against Albie on the track. Nonetheless, I could only ever dream to have been able to hang on to his slipstream for just a brief period. In reality, I would have been one of those competitors several laps behind. Still, it is with great enthusiasm and commitment that I have endeavoured to give this position the justice it deserves and to serve to uphold this club's prestigious legacy.

In the latter half of 2013, a flood of condolences went out from near and afar in memory of the late Albie Thomas and Basil Dickinson. These great men were two of the best athletes and Olympians this country has ever seen. We as a club know that both of these gentlemen had the red and white of St George embedded in their veins. They gave so much and loved to see the performances and achievements of all our members. Ultimately, we have been graced by their enthusiasm and generosity, and also rewarded with the memories of their achievements, which shall stay with us and our club history forever. I would like to thank all my fellow volunteer committee members for their tremendous work helping me transition into this role, along with their family and close friends happily helping out when and where they can. Some of our hard working key committee members are stepping down this year. Therefore, it is of absolute importance that we acknowledge them and pay special thanks for the time that they have devoted in their roles. These include our cheerful and hardworking General Secretary, David Burns, and our delightful Registrars Rory and Karen Mc Rae, thank you all, we will miss your valued contribution.

To my dear wife Lyn and my family I thank you always for your backup and support. Also, thank you to my main working assistant Chris Mullen. He is there whenever help is needed, be it heavy lifting, extra transport, or assisting where he can, sometimes maybe just to keep me on my toes.

A successful club needs to have a number of real and passionate people in their numbers. Working together, keeping and bringing together more like-minded people into the ranks. Our club is in a good position here as we have many of these fine people. In amongst them we have a marvellous group of professional and dedicated coaches including: Ray Russell, Michelle Douglas, Jim Owens, Greg Breen, Matt Ashton and Rene Goschnik. They give countless hours of their time training and mentoring their squads, helping our members achieve their very best, while having fun in the process. The great results achieved by so many members, show a true picture of incredible dedication given by our coaches. Big thanks go out to those many family and friends of our members who volunteer their services throughout the year, especially to those who are always in the thick of things. Handicappers, starters, selectors, timers, handing out place-cards, setting up, dismantling and more, whatever effort you have given helps us to function better as a club. Without this combined assistance, our club would not be able to keep running (pun intended).

Major accolades must go out to our treasurer David Beck and his fellow managers Stephanie Beck and Colin Wilson, for organising and helping out in our special events. These include: The Rockdale Fun Run, ANSW Novice State Championship and you can add the Brighton Dash, as well as the Albie Thomas Memorial Race Day to this list now. Thank you also to our webmaster Michael Gentle and his son Aaron, who have continued to update and improve our club website immensely. Furthermore, we thank Alan Staples, our CC Race Day Secretary, who runs a tight ship keeping superb accounts in order. Also, we thank David Edwards, who hosts our very successful summer CC series. Finally, we express our gratitude to the most gracious Nola Thomas, who after racing each week at CC still manages to make a delightful afternoon tea for all who attend. We all appreciate your caring nature given always with your smile, thank you Nola.

More acknowledgments go out to our club supporters including our Gold, Silver & Bronze sponsors squad in development. Members include: The Athlete's Foot Hurstville/ Broadway/ Miranda- Matt Hammond Franchisee; Plaza Quality Meats Riverwood- Mick Gabriel; Chris Mullen's Bricklaying Services; Oatley Park Fun Run; and, St George LAC who lend gear and equipment. We sincerely appreciate your generous support to our club and are looking forward to continuing these relationships. Still, we are also looking to build on this group, so to any generous contributors out there, we need you, please get in contact with any of our executive committee. Support in any shape or form whatever it may be e.g. supplying a raffle gift, gift voucher or any financial support. It all goes to boost our fundraising activities directed towards helping our club members.

It would be easy to script pages of successful achievements from the results attained by all our members, enough to take up this entire annual report. However, these many achievements have been well-covered by our Track & Field and Winter CC Secretary Reports. Congratulations go out to all the award recipients and club members who have turned up to weekly meets to have fun and to those who have given their best effort.

Finally a sincere cheers and thanks forever goes out to all SGDAC members past and present, what a marvellous legacy we have here, one of the best athletic clubs in this country.

Thank you - Club President - Kim Delaney

2013-2014-DISTANCE REPORT

Greg Breen

2013 was yet another highly successful year for St George runners in a wide range of Distance events. This incorporated ANSW competitions, weekly club events, fun runs and School competitions. Junior memberships continue to grow, while Senior memberships remain steady and reliable. More Juniors are taking the opportunity to improve by participating in group training sessions on Sunday afternoons at Miranda Park (3-4 p.m. in Winter).

The "bread and butter" of the Club is the weekly Scarborough runs, which enjoyed wonderful support from members. It is always good to see so many red and white singlets completing the various races, ranging from 2K to 11 k. We encourage runners to wear their Club singlets at these weekly races. Thank-you to all the unsung workers who help set up and administer these important events. A big thank-you to all the helpers at the annual Novice Day and the Rockdale Fun Run, which again proved very successful.

On the representative front, the club gained many medals at State events (see the following tables). We encourage all our representative runners to try to regularly compete in Saturday Scarborough events as well as State championships. In particular the Committee would like to congratulate our elite runners: Belinda Martin, Suzanne Harrington, Robyn Basman, Chadi Elashkar, Jose Carvalho and Frank Scorzelli, who all achieved outstanding results in their particular age groups during 2013. Special mention to Ben St Lawrence (1st in 10K Australian Road Running Championships), and Bridey Delaney, who ran brilliantly to win the Australian Open Women's 8k Cross-Country Championships in Launceston.

To all athletes, members, officials and our valued sponsors: Thank-you for a very successful 2013. Tell your friends about our friendly Running Club so that our future years will be even more successful and enjoyable!

2013 A.A. Gainsford Club Cross Country Championship Results:

EVENT	1st- SGDAC Club Champion	2nd	3rd
U12 Male 2km	Finn MacMillan	Andrew Goschnik	Kobe Stewart
U12 Female 2km	Imogen Stewart	Emma Blanch	Lauren Carey
U14 Male 3km	Christopher Breen	Aaron Yerbury	Luke Goschnik
U14 Female 3km	Rhianna Turner	Lucy Koh	Nicole Harrington
U16 Male 3km	Jason Yerbury	Keegan Mason	Daniel Ison
U16 Female 3km	No Contestants		
U18 Male 3km	Dylan McCuaig-Walton	Ryan Yerbury	Mark Simpson
U18 Female 3km	Carolena Kostas	Grace Puckett	
U20 Male 5km	No contestants		
U20 Female 5km	No contestants		
OPEN Male 8km	Nathan Breen	Brad Pendergast	Jose Carvalho
OPEN Female 5km	Belinda Martin	Karen Stanley	Robyn Basman
35+ Male 8km	Brad Pendergast		
35+ Female 5km	Belinda Martin	Danielle Ferraro	
40+ Male 8km	David Kistle	Michael Kavanagh	
40 + Female 5km	No contestants		
45+ Male 8km	Stephen Bishop		
45+ Female 5km	Karen Stanley	Jennelle Grinter	Silvia Seyringer
50+ Male 8km	Jose Carvalho	Robert Simpson	
50+ Female 5km	Robyn Basman	Patricia Simpson	
55+ Male 8km	Kim Delaney		
55+ Female 5km	Joy Allen		
60+ Male 8km	Alan Staples		
60+ Female 5km	Kerry Edwards		
65+ Male 8km	Frank Scorzelli	John Irvine	David Edwards
65+ Female 5km	No contestants		

2013-2014- DISTANCE REPORT

Season Point Scores

	1 st	2 nd	3 rd	Fastest Male	Fastest Female
Division 1	Alan Staples	John Irvine	Jose Carvalho	Jose Carvalho	Joy Allen
Division 2	Christopher Breen	Ray Millett	Mark Simpson	Christopher Breen	Rhianna Turner
Division 3	John Irvine	Mark Simpson	John Smith	Mark Simpson Paul Windridge	Imogen Stewart
Division 4	Mark Simpson	Imogen Stewart	Kobe Stewart	Andrew Goschnik	Imogen Stewart

Super Series Point scores

	1st	2nd	3rd
2km	Peter Fitzpatrick	Fiona Lam	Robert Simpson
4km	David Edwards	Ray Millett	Chris Stratford

2013 Athletics NSW Winter Premiership Results: (accumulated over all ANSW winter events)

Open Men- 3rd

45+ Men- 1st

55+ Men- 3rd

Winter Club Trophy- 7th

Male Distance Runner of the Year- 7th- Chadi Elashkar

2013 Athletics NSW Winter Championship Results:

For full and detailed results, see www.nswathletics.org.au

Congratulations to all athletes who represented St. George at a number of NSW Championships this year. I would like to particularly acknowledge all those runners who achieved podium finishes, either individually or in team events.

NSW Novice Cross Country Championships- 20th April (Ramsgate)

EVENT	PLACE	NAME/S
Open Men's 10km	2nd	Geoff Arnold
Open Men's Team	3rd	G. Arnold, B. Pendergast, B. Nairn, C. Mulholland

NSW Road Championships- 4th May (Homebush)

45-49 Women's 10km	2nd	Lyn Delaney
50-54 Women's 10km	1st- State Champion	Robyn Basman
70+ Women's 10km	1st- State Champion	Dorothy Tanner
35-39 Men's 10km	2nd	Chadi Elashkar
50-54 Men's 10km	2nd	Jose Carvalho
65-69 Men's 10km	2nd	Frank Scorzelli
U14 Men's 2.5km	2nd	Christopher Breen
Open Men's Team	1st- State Champions	B. Toomey, C. Bowd, G. Arnold, R. Neill
45+ Men's Team	2nd	J. Peter, F. Diviney, J. Carvalho, C. Mullen

2013-2014-Distance Report

NSW Cross Country Relay Championships- 1st June (Miranda)

65+ Men's 4x4km	3rd	F. Scorzelli, J. Irvine, R. Millett, C. Maver
Open Men's 4x4km	3rd	C. Bowd, G. Arnold, S. Delaney, B. St Lawrence
45+ Men's 4x4km	1st- State Champions	J. Carvalho, F. Diviney, D. Sullivan, J. Peter

NSW Short Walks Championships- 16th June (Penrith)

U12 Women's 1000m	2nd	Emma Blanch
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NSW Cross Country Championships- 22nd June (Nowra)

U12 Women's 2km	2nd	Imogen Stewart
Open Men's Team	2nd	C. Bowd, C. Elashkar, G. Arnold, R. Neill
45+ Men's Team	1st- State Champions	J. Peter, F. Diviney, D. Sullivan, C. Mullen
50-54 Women's 8km	1st- State Champion	Robyn Basman
35-39 Men's 12km	2nd	Chadi Elashkar
50-54 Men's 12km	1st- State Champion	Jose Carvalho
65-69 Men's 8km	1st- State Champion	Frank Scorzelli

NSW Road Relay Championships- 13th July (Ourimbah)

U14 Women's 4x2km	2nd	S. Mulholland, R. Turner, N. Harrington, I. Stewart
U20 Men's 4x4km	2nd	C. Mulholland, N. Breen, M. Simpson, C. Breen
35+ Women's 4x4km	1st- State Champions	B. Martin, K. Stanley, S. Harrington, R. Basman
45+ Men's 4x4km	2nd	J. Carvalho, C. Mullen, H. Elliott, D. Sullivan

NSW PSSA Cross Country Championships- 19th July (Eastern Creek)

8/9 Years Girls 2km	3rd	Imogen Stewart
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NSW Short Course Cross Country Championships- 3rd August (Rydalmere)

U12 Women's 1.5km	3rd	Imogen Stewart
Open Women's 5km	2nd	Bridey Delaney
50-54 Men's 7.5km	1st- State Champion	Jose Carvalho
45-49 Women's 5km	3rd	Karen Stanley
65-69 Men's 5km	1st- State Champion	Frank Scorzelli
70+ Men's 5km	1st- State Champion	John Irvine
Open Women's Team	3rd	B. Delaney, K. Stanley, D. Hayter, E. Millett
45+ Men's Team	1st- State Champions	J. Carvalho, P. Arthur, F. Diviney, C. Mullen
55+ Men's Team	3rd	J. Owens, K. Delaney, D. Beck, P. Fitzpatrick
65+ Men's Team	2nd	F. Scorzelli, J. Irvine, D. Edwards, C. Maver

NSW Half Marathon Championships- 8th September (Bankstown)

45-54 Women's Individual	1st- State Champion	Robyn Basman
45-54 Men's Individual	3rd	John Peter
55-64 Men's Individual	1st- State Champion	Jose Carvalho
65+ Men's Individual	1st- State Champion	Frank Scorzelli
45+ Men's Team	1st- State Champions	J. Peter, C. Mullen, F. Diviney, R. Basman
55+ Men's Team	3rd	J. Carvalho, F. Scorzelli, K. Delaney, J. Irvine

2013-2014-Distance Report - Greg Breen

NSW Marathon Championships- 22nd September (Sydney)

Open Men's Individual	3rd	Chadi Elashkar
Open Women's Individual	1st- State Champion	Suzanne Harrington
Open Men's Team	1st- State Champions	C. Elashkar, J. Carvalho, S. Harrington

2013 Athletics Australia Winter Championship Results

Congratulations to the following athletes who achieved NSW Representation at various National Championships throughout the 2013 winter season.

Australian Mountain Running Championships- 2nd June (Mt Stromlo, ACT)

Junior Men's 8km	6th	Nathan Breen
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Australian Road Running Championships- 16th June (Launceston, TAS)

Open Men's 10km	1st- Australian Champion	Ben St Lawrence
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Australian Cross Country Championships- 31st August (Launceston, TAS)

Open Women's 8km	1st- Australian Champion	Bridey Delaney
Open Women's Athletics Australia Team	2nd	Bridey Delaney + 3 other NSW team members
U14 Men's 3km	28th	Christopher Breen
U14 Men's School Sport Australia Team	1st- Australian Champions	Christopher Breen + 5 other NSW team members

Australian Marathon Championships- 22nd September (Sydney, NSW)

Open Women's Individual	2nd	Suzanne Harrington
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2013/2014 TRACK & FIELD REPORT

With another Track & Field season behind us, it's time to reflect on what has passed and celebrate the achievements that have occurred, although the start of the next season will be with before you know it. Despite starting the season with lots of hope and promise, the death of our former president, Albie in October did cast a shadow over many of us. We can only dream of emulating his wonderful achievements and hope we do him proud with our own.

This season the Club Premiership was re-named the Treloar Shield and the number of red and white uniforms competing was most encouraging, particularly early on. In fact, at the round held at the Ridge it appeared we were the host club due to our good roll up, which happened to be the day before we lost Alb. At the end of the competition in December, we ended up coming 10th overall out of 42 participating clubs. We also competed as the NSW Club Championships over two weekends in January and February that saw us come 12th out of 35 teams.

The season saw a number of exceptional performances that resulted in club records. The first was Jas Fisher at the NSW 3000m Championships who set a new U/16 mark of 9:53.05. Next came Mitch Pepper who set a new U/16 1kg discus mark of 67.00m, which was quickly followed by Grace Robinson in the U/16 3kg shot put with 15.38m. Mitch Pepper set his 2nd new record in February in the U/18 1.5kg discus when he threw 54.49m. Bridey Delaney was next when she set two records within a fortnight. She ran 2:05.18 for the Open 800m and then ran 16:08.24 in the Open 5000m. At the Australian Junior Championships, Pita Toamotu (U/16 4kg shot put – 18.19m), Matt Rees (U/18 700g javelin – 70.85m) and Grace Robinson (U/18 3kg shot put – 15.91m, U/18 & U/20 shot put – 13.33m) all set new marks.

There was no shortage of State Champions in our midst, either. These included Mitchell Pepper in the U/18 shot put & discus, Pita Toamotu in the U16 shot put & discus as well as the State 14 yrs. Schools Champion for both disciplines. Grace Robinson (U/18 shot put & 15yrs schools), Matt Rees (U/18 javelin & 16yrs schools), Samantha Latanis (Masters 40-49 shot put, hammer & discus), Bridey Delaney (Open 800 m & 3000m), Robyn Basman (Masters 55-59 5000m) and Dylan McCuaig-Walton (U/20 5000m) all added their names to the list.

To go with the State Titles, we also had several national champions. Corey Anderson in the U/16 AWD AMB javelin, Matt Rees in the U/18 javelin, Mitch Lucas in the U/18 400 hurdles, Pita Toamotu in U/16 shot put & discus, Grace Robinson in the U/18 shot put and Mitchell Pepper is the U/16 All Schools discus champion.

For all their success, Grace Robinson and Mitchell Pepper were both selected for the Australian U/17 Development squad, as did Matt Rees who made the U/19 squad. To top it all off, Matt and Grace were then both selected to represent Australia at the Youth Olympic Games in China.

Special mention goes to young Imogen Stewart. Her enthusiasm and dedication to training should have earned her a WORLD RECORD for her performance at the Night of Miles in December where her time of 5:43.5 should have set a new benchmark for female 8 year old, but was thwarted by the lack of electronic timing for the record to be official. Exceptional effort, anyway.

Thanks to all competitors, coaches, officials and supporters who have helped to make the season successful and memorable and I hope that we can make the next season every bit as successful as the one just passed.

Robert Simpson – Track Secretary.

SUMMER CROSS COUNTRY REPORT

David Edwards

This year's summer cross country was held over 16 weeks on Wednesday evenings from late October through to mid-February, with the venue alternating between Scarborough Park and Gannon's Park. We had mainly favourable weather this year, with just a couple of hot nights and only the final evening was affected by rain.

The idea of the series is to encourage running and to get people interested, and again this year we welcomed some new, mainly younger, runners and their families to our club. The age of the runners spanned from 5 to over 70 years.

The trophies for the 2km handicap were keenly contested and only decided on the final day, with Mark Simpson eventually winning by a single point ahead of Casey Stanley and Bob Simpson who tied for second.

In the longer races the competition was just as close with no fewer than 5 runners still being in contention as we reached the rain-affected final event. David Kistle took the major prize with an injured Chris Maver holding on for second ahead of Bob Simpson

In the Fastest Times category for the 2km, Karen Stanley repeated her success of last year in the female section while Mark Simpson and Daniel Ison waged a close battle in the male division which was finally settled on the last day with Daniel being the winner.

In the 3km/4km races Nikolay Nikolaev won for the third year in a row in the male division with Belinda Martin successfully defending her title from last year in the female section.

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

Particular thanks to all those who helped with the organization, by giving out place cards, recording names, putting out flags and cones etc, Also thanks to Michael Gentle for getting the results onto our web-site each week.

2km Handicap Points	2km Fastest Times – TOP THREE
1 Mark Simpson 270 points	Female
2 Casey Stanley 269	1 Karen Stanley 69 points
2 Bob Simpson 269	2 Belinda Martin 63
4 Tricia Simpson 264	3 Imogen Stewart 52
5 Kobe Stewart 259	
6 Karen Stanley 240	Male
7 Mathew Simpson 230	1 Daniel Ison 55 points
8 Brendan Stepto 228	2 Mark Simpson 48
9 Brendan Ebejer 224	3 Bryce England 34
10 Daniel Ison 221	
3-4km Handicap Points	3-4km Fastest Times – TOP THREE
1 David Kistle 169 points	Female
2 Chris Maver 163	1 Belinda Martin 70 points
3 Bob Simpson 160	2 Karen Stanley 44
4 Lucy Koh 153	3 Lucy Koh 34
4 Joy Allen 153	
6 Chris Mullen 135	Male
7 Brendan Ebejer 130	1 Nikolay Nikolaev 62 points
8 Belinda Martin 126	2 Chris Mullen 47
9 Bryce England 110	3 Bryce England 39
10 Brendan Stepto 108	

Annual SGDAC Awards 2013 /2014 Season

Edith Robinson Trophy (Outstanding Female Athlete) –Bridey Delaney.

Bridey started off with a magnificent effort when she claimed the national cross-country title in Tasmania.

She was then selected to be a member of the Australian team that participated in the Chiba Ekiden Marathon Relay in Japan. Then she won the State 3000m just shy of her PB, finishing in 9.14.74. She performed well in the Perth Track Classic against international competition to finish 5th. At the start of March, she won the NSW State 800 metre title in 2:05.18, followed by 3rd in the IAAF World Challenge posting a Commonwealth Games qualifying time of 4.10.35 in the 1500m in Melbourne, followed by a 5th in the 1500m at the national championships.

Most recently she was a member of the Australian women's 4 x 1500m team that broke the Australian record and won the bronze medal at the inaugural World Relay Championships in the Bahamas. Really well done Bridey, congratulations!



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

Ben wins the St. George outstanding senior male athlete for an amazing seventh consecutive year. A full year of international competition included the IAAF World C/Ships in Moscow. He ran a PB incoming 6th in the 3000 metres at Rieta, Italy which was followed up by running another PB in the 5th Ave, NY mile (in 3:56.2). Back at home, he came 7th in the Zatopek 10, then won the Briggs Athletics Classic 5000 metres in Hobart running 13:31.56, In March, he was 2nd in the IAAF World Challenge in Melbourne. He achieved another goal when he was selected in the Australian team for the upcoming Commonwealth Games in Glasgow. Congratulations on another fine year and good luck.



Robert Nash Trophy (Most Improved Senior Athlete) – Karen Stanley.

Karen's consistent strong performances in club runs only served as a preface to her end of season Master's events. She started off with a 3rd in the 5 km Brighton Dash. Karen then claimed the State 5000 metre title in the 45-49 age group. This was followed by a silver medal in the 1500 metres at the Australian Masters and a bronze in the 5000 metres.



The L.L. Bosman Award (Outstanding under 20)

- Performance & Sportsmanship) –Tied Recipient.-Dylan McCuaig - Walton

Dylan has been rewarded for all his hard work with some fine performances. He started off by running 48.20 in the City to Surf. At the NSW All Schools, he was 7th in the 1500m & 5th in the 5000m. More goods results came in the NSW 3000 metre titles (11th Open C), 3rd in the Christmas Mile & 2nd in the Menai 3.2k Fun Run. The NSW Junior Championships provided the pinnacle of the season when he was crowned state champion for U/20 5000 metres in 15:31.31, and just recently he placed 3rd overall in the Rockdale Fun Run.



The L.L. Bosman Award (Outstanding under 20)

- Performance & Sportsmanship)- Tied Recipient- Nick Fox.

One of our teenage sprint twins, Nick had a strong season with some commendable results. In December, he came 6th in the U/18 400m hurdles at the Australian All Schools Championships. He was a key member of our men's sprint relay teams at the State Relay championships in November, being part of the 100 Open, 200 Open & 400 U/18 team. He came 4th in the U/20 400m hurdles at the NSW Youth Championships and then 9th for the 400m sprint. At the national Junior Championships, again in the 400m hurdles, he managed to make the final to finish 8th.



J.J.Walsh Trophy (Outstanding Marathon Performance) –Male- Ben Toomey

Ben wins this year's trophy after a strong performance in the Lake Biwa Marathon held at Otsu, Japan in March. His time of 2 hours, 32.28 minutes for fourteenth place was able to improve on the time that he did in the Frankfurt marathon in Germany where he did 2 hours, 38.46 minutes. This great international experience should help to bring his times down even further for future events. Well done, Ben.



J.J. Walsh Trophy (Outstanding Marathon Performance) –Female- Suzanne Harrington

Suzanne expended a fair amount of blood and sweat in becoming the NSW Marathon champion (& national 2nd place) in the Blackmore's Sydney Marathon. In fact it was a bit more blood than sweat, as reported in the Leader as listed below:

Leader

In the marathon mother of three Suzanne Harrington was a clear leader with about five kilometres to go when she fell hard on the pavement, cutting her face badly. In shock, she rose to her feet and ran on, only to be passed close to the line.



St. George Trophy (Best Field Athlete) - Mitchell Pepper

Mitch has had another outstanding season and is the deserved winner of the award for best field athlete. He started the season in winning form with 1st placings in U/15 javelin, discus & shot put at the CHS State title. Another 1st in U/15 discus (which broke the club record) combined with a silver in shot put at the NSW All Schools titles. The National All Schools brought another 1st, as well as breaking his own club record in the U/16 discus with a mighty throw of 67 metres, coupled with a 4th in the shot put. The new year brought more gold at the NSW Junior Championships in both the U/17 discus (club record 54.49m) & shot put, which was followed in March by two bronzes in U/17 shot put & discus at the Australian Junior Championships. The reward for all these fine efforts was being selected in the Australian U/17 Development squad. Congratulations on a fine season.



Basil Dickinson (Outstanding Jump Performance) – Kelly Wilson

Among many fine track & field efforts, Kelly has done particularly well in the Long Jump & the Triple Jump, regularly competing in both the Treloar Shield for the red & whites as well as doing well in school competition, with highlights being a 6th in the U/14 triple jump at the State Junior titles & 11th in the 12 yrs. triple jump at the NSW Schools Championships.



SGDAC Trophy (Outstanding Under 18 Athlete) – Female – Grace Robinson

Grace has had another spectacular season in competition which started with 1st in the State C.C.C Shot Put and a record throw of 14.90 metres. There was also a 2nd in Discus with 34.14metres & a 3rd in the Javelin with 28.74 metres. In October, she was 1st in the NSW All Schools Shot Put with 14.07m. November saw her as a team member in the State Relay Championships with silver in U/18 Discus, bronze in the Open discus and silver in the U/18 Shot Put. This was followed in December by 1st place in the Australian All Schools U/16 Shot Put where she set a new Australian Record of 15.38m. The NSW State titles in February saw another 1st in U/18 Shot Put with 15.75m,. Then at the National titles in March, she claimed 1st in U/18 Shot Put with 15.91m (which is a new club record), 3rd in the U/20 Shot Put with 15.20m and 3rd in the U/17 Discus with 41.14m. All this has culminated in her being selected for the Australian U/17 Development Squad and finally for the Youth Olympic Games being held in China in August. Great going, Grace.



SGDAC Trophy (Outstanding Under 18 Athlete)- Male - Matthew Rees

Matt has followed on from the wonderful season he had last year by excelling even that great performance with the javelin. He started the season with 1st in U/16 at the C.H.S. State titles with a 64.12 metre throw. Next was another 1st at the NSW All Schools in U/17 with 67.50m. He was then a member of the St. George U/18 relay team that took silver at the State relays. The Australian All Schools Championships followed, with another 1st in U/18 of 69.71m. First 1st again in the NSW State titles with 70.28m. The national titles rounded off the season and Matt went even better to get 1st with a new club record throw of 70.85m. He then stepped up to the U/20 age group and came 5th with 62.48 m.

From all this, Matt was selected in the Australian U/19 Development squad. With a current ranking of No.1 IN THE WORLD for his age, Matt was also selected to represent Australia at the Youth Olympic Games in China.

An exceptional season. Well done, Matt.



G.Page Trophy (Outstanding Under 16 Athlete) - Pita Toamatu

Carrying on from where he left off last season, Pita continued on with another successful season. At the CCC State Championships, he was 1st in U/14 shot put, javelin & discus (where he set a new state record of 54.27m). More gold followed at the NSW All Schools in the shot put & discus. In December, he took bronze at the Australian All Schools in the U/16 discus. The NSW Junior titles in February saw another two 1st's in shot put & discus. Rounding off the season at the National Junior titles, Pita was National U/16 Champion in discus & shot put (with a new club record of 18.19m) and 2nd in the U/17 shot put. Way to go Pita, well done.



Albert Thomas Award - (Track & Field Encouragement Award for Athletes Under 16 Years)- Kasia Slowikowski

Kasia started the season well with a 2nd in U/15 Javelin at C.C.C. State titles with 29.11 metres. At the NSW All Schools, she came 4th in the Javelin with 28.19 metres. She was a member of the U/18 relay team that won silver in U/18 javelin, as well as getting silver in the U/18 shot put team. She finished the season coming 9th in the N.S.W. State titles with a 28.1 metre javelin throw.



SGDAC (Most Improved Under 16 Athlete - Christopher Breen

Following on from last year's efforts, Chris has continued his good form this year. He competed at the Australian Cross Country Championships in Tasmania, a strong 7th in the Christmas mile, 7th again in the Australia Day Aquathon. He was 1st U14 in the NSW Mile Championships, 3rd in the U/15 Australian Junior titles for 3000m and also 3rd in U/16 5000m at the Sydney 10. Most recently, he placed 2nd outright in the Rockdale Fun Run.



Mulholland Family Trophy (Outstanding Under 14 Athlete) Jarawan Dixon

Jarawan has shown her future athletic potential with her performances so far. She started out by winning the CHS 13yrs girls' javelin with a 33.69m throw. In October, there was a 4th in the U/13 javelin at the NSW All Schools. She was also a member of the club U/18 team that took silver at the NSW relays in November, where she also helped to make up the boys U/14 shot put & discus team.



Ron Gribble Trophy - Open grades Track & Field Athlete aggregate point score winner. – Female – Sina Wildraut.

Sina was again involved in just about everything on the track and in the field this season. Sina competed on the track in distances from 100 to 800 meters, 90 & 400 hurdles to 2000 metres steeplechase. In the field, she threw discus & javelin whilst also competing in shot put. Her constant performances saw her regularly scooping up the points to comfortably take the female title.



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

This makes it three out of three years in a row now; Bob has once again retained this male premierships competition point score trophy. He most definitely is a great example of having the consistency, determination and ability to pursue a winning margin on the aggregate points table. We look forward to seeing if our all-rounder can continue to hold on to this title. With plenty of keen up and coming junior male members competing on the rise in our ranks, he may be tested somewhat more in the next full season of premierships rounds and competition. Congratulations Robert!



Ray Russell (Thrower's Trophy)- Joanna Kambosos

Joanna's javelin season was highlighted with a throw of 34.51 metres to get 5th at the CHS State championships followed by a 4th in the NSW All Schools Championships (30.1 m). She won silver as part of our U/18 team at the State relays and had another 4th at the NSW State titles with a throw of 35.27 meters.



Peter Tuziak (Under 12 Athlete Encouragement) – Female – Casey Stanley

As Casey continues to improve, she is gaining in speed and experience. She did well to claim 2nd female in the 8-9 age group of the 2k Brighton Dash. To show her versatility, she competed in the Australia Day Aquathon & placed 23rd. Her 2nd place for the season in the short race at the summer cross-country was a fitting reward for her persistence & determination. Since then, she ran well to clock 10:49 for 2.5km at the Sydney 10.

Peter Tuziak (Under 12 Athlete Encouragement) – Male – Finn MacMillan

Finn has shown his ability by consistently providing good results when he/ whenever he runs. He claimed 1st U/12 male in the Brighton Dash and he followed this with 4th in the U/12 3.2 km Menai Fun Run. His good form continues with winter cross-country as well as leading the male fastest points tally.

Athlete's Foot (Track & Field Encouragement)- Female - Emily Wilson

Another strong season for Emily as she continues to perform well in the field. She started off the season at the NSW CCC titles with a good showing in U/16 javelin & discus, which was followed by the NSW All Schools with another good effort in U/17 javelin. She also had a go at the triple jump at this time. As a member of the U/18 javelin team, she scored a silver medal in the State relays. She was 8th at the NSW State titles, which was followed by another great effort when she again made to the national titles.

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

Another solid season of good results for Corey. He regularly competed in the Treloar Shield & Allcomers events with success. The NSW All Schools saw him come 5th in the 15 & U AWD long jump and shot put as well as an 8th in the 100m. In the NSW AWD Championships, he claimed silver in the 19 & U javelin with two 4th places in the shot put & long jump. The highlight of the season came in March at the Australian Junior Championships when he was crowned National Champion in the U/16 AMB javelin. A bronze in the discus and a 4th in the shot put followed. All in all, another successful season. Well done, Corey.

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

Tania has again showed her talent with a number of strong performances in a busy season. The CCC Championships provided a 2nd in the U/16 Shot Put with 11.67 metres and 4th in the Discus with 30.96 metres. At the NSW All Schools, she then placed 3rd in the U/17 Shot Put and 2nd in the U/17 Discus.

For the sixth consecutive year, Tania made it to the National titles where she placed 9th in the Discus and 11th in the Shot Put.

SGDAC Trophy (Most Improved Under 12 Athlete) – Imogen Stewart

Imogen's drive and determination has resulted in some spectacular performances from someone still so young. She was 1st in the 2k Brighton Dash, 8th in the final of the NSW PSSA 800 metres, 1st U/14 (a potential 8 YRS WORLD RECORD 5:43.5) in the Bankstown Night of Miles, 1st U/14 NSW Mile Championships & 2nd in the 2.5 k race at the Sydney 10.

SGDAC Trophy (Outstanding Hurdler) - Mitchell Lucas

The other half of the teen sprint twins, Mitch has had a memorable season. He was another vital member of our sprint relay teams in 100, 200 & 400 metres and discus at the State Relay titles. In the NSW Youth titles, 5th place in the 400m flat was followed by a bronze medal in the 400m hurdles. The highlight performance came in March when he was crowned the U/18 National Champion for the 400 metre hurdles, with a 4th place for the 400 metre sprint and gaining a silver as part of the NSW team in the U/18 4 x 400 metre relay. Fantastic season, Mitch.

Michelle Douglas (Hurdlers Trophy) - Natalie Murray

Natalie had a consistently strong season on the track which culminated in her picking up the bronze medal for the 400 metre hurdles at the NSW State U/23 Championships. Along with her frequent strong hurdles efforts over 100 & 400m, she also put up fine displays in the 60 & 400m sprints as well as the long jump



President's Recognition of Sporting Performance Awards.

Samantha Latanis After a long break, a return to the throwing circle saw a return to the winner's circle! And how, with two Australian Masters titles, four State Master's titles, and two NSWMA nominations (thrower of the year and best at State). Samantha also set several new masters weight records in the process. All round a cracker of a season.

Robyn Basman No wonder Robyn was named NSWMA Middle Distance and Distance Runner of the Year. Two Australian Masters titles and 4 State Masters titles as well as several State CC Titles. She always shows her attitude of never giving in and leaving nothing in the tank.

Belinda Martin Evergreen Belinda Martin has the determination factor plus, resulting in a State Masters title and several CC State age titles. She set a new State Women's Masters mile record and was second female in the Sydney Morning Herald Half Marathon.

Frank Scorzelli Never growing old, our Frank Scorzelli ranked 2nd in the Aus. Masters and took several CC State age titles. This wily warrior still beats many a decent runner decades younger.

Jose Carvalho Came in 2nd place Aus Masters 8km CC as well as several CC State age titles last season. He looks to be getting even faster with each new year underway.

Mark Simpson Mark is rapidly progressing into becoming a very fine athlete. With solid training this year he has developed some great form. He achieved good results both in CC and track & field events by managing to steadily bring down his times throughout the season. A great example was his 2nd in the U18 ANSW Mile championships.

Rhianna Turner Another athlete here with a huge potential, Rhianna meets all the requirements to succeed: the self-motivation, desire, determination and a 'make it happen' attitude. She already has plenty of top results, including a 2nd place U18 in the Rockdale Fun Run. On a number of occasions she stepped up without hesitation and backed up in relay events to selflessly help form SGDAC teams. Her future looks bright with plenty of success to come her way.

Sidney Mulholland Here is another club member who has assisted to back up after racing to make up a relay team position on several occasions. Sidney is also well on the improvement band with some great results in club CC and state school CC competition including the triathlon event.

Luke Goschnik Luke has been recognised for his consistent efforts over a number of seasons. He is a cheerful member who gives his best at every event he competes in. He has been observed completing his pre-race drills before most events. Luke was a team member of our SGDAC U14 State Relay Discus throw team who placed 6th. He also placed third in the U14 club 2013 age championship event.

Eloise Carey One of the two speedy Carey girls, Eloise can be seen most CC weeks giving her best. She challenges herself as well as all competitors on the course at every event she races.

Lauren Carey Lauren, with the same temperament as her sister, can also be seen not holding back right up to the finish line each week. Lauren placed third in the U12 club 2013 age championship event.

Kelly McRae Kelly always seems happy with a great smile whenever she competes, keen to beat her running rivals especially her Dad. Get ready Rory, it is not that far down the track.

Corey Gentle Not that old at all young Corey, but I can't seem to recollect a time when he wasn't racing at Scarborough CC. He is always seen enjoying the day CC events. Now that he is starting to shoot up in height I think you will see his race times quickly coming down.

Isabella Conroy Isabella has been steadily improving her CC season performances over the years. However, her progress under a new training regime this year looks to be working really well. With a great performance she made it through to the regional Schools State CC competition.

St George District Athletic Club Inc.

Treasurers Report

Statement of Income and Expenditure for the year ended 31 March 2014

	2014	2013
	\$	\$
Income		
Bank Interest	123.21	314.04
Annual Subscriptions	9,597.42	8,252.66
Cross Country Total (Note 1)	14,798.40	15,815.80
Sale of Uniforms	417.50	703.00
General Total (Note 2)	4,917.02	4,957.78
Teams Fund Total (Note 3)	<u>250.00</u>	<u>0.00</u>
Total Receipts	30,103.55	30,043.28
<i>less</i>		
Payments		
Bank charges	9.00	9.00
Regs, etc. to Athletics NSW	11,328.58	10,262.95
Cross Country Total (Note 4)	9,682.98	9,641.25
Track and Field Total	119.50	0.00
Purchase of Uniforms	0.00	935.00
General Total (Note 5)	4,364.82	7,660.78
Teams Fund Total (Note 6)	<u>3,914.00</u>	<u>5,536.00</u>
Total Payments	29,418.88	34,044.98
Excess Income over Expenditure	<u>684.67</u>	<u>-4,001.70</u>
Cash at beginning of year	11,673.67	15,675.37
Excess of Income over Expenditure	<u>684.67</u>	<u>-4,001.70</u>
Cash at end of year	<u>12,358.34</u>	<u>11,673.67</u>
This is represented by:		
Bank Cheque Account	7,244.39	4,671.18
Bank Direct Saver	<u>5,113.95</u>	<u>7,002.49</u>
	<u>12,358.34</u>	<u>11,673.67</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 2014.

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 2014.

Michael Hanrahan and Associates
Honorary Auditor

Treasurers Report

Statement of Financial Position

As at 31 March

	2014	2013
	\$	\$
Current Assets		
Stock on Hand	3,489.50	4,069.50
Sundry Debtors	0.00	1,944.00
Cash at Bank and on Hand	12,358.34	11,673.67
Bank Term Deposits	<u>33,336.00</u>	<u>31,869.98</u>
	49,183.84	49,557.15
Non-current Assets		
Equipment, Valued at cost		
less depreciation (Note 7)	<u>3,334.00</u>	<u>3,881.00</u>
	<u>52,517.84</u>	<u>53,438.15</u>
<i>less</i>		
Current Liabilities		
Sundry Creditors	<u>3,000.00</u>	<u>3,000.00</u>
	49,517.84	50,438.15
<i>equals</i>		
Club Funds -	<u>49,517.84</u>	<u>50,438.15</u>

Notes on the Financial Statements

Note 1	2014	2013
	\$	\$
Cross Country Receipts		
Cross Country Race Fees	4,806.00	3,091.00
Net Raffle Proceeds	359.00	274.00
Novice Day Entries & other income	2,978.40	3,684.30
Trophies Donated	125.00	150.00
Rockdale City Council Fun Run	6,530.00	8,565.00
Sale of Refreshments	<u>0.00</u>	<u>51.50</u>
	<u>14,798.40</u>	<u>15,815.80</u>

Note 2	2014	2013
	\$	\$
<i>General Receipts</i>		
Donations	0.00	370.00
Term Deposit Interest	1,466.02	1,708.78
Fund raising for registration assistance by Christmas Mile, Supply of Officials, and Other Donations	3,024.00	<u>1,169.00</u>
Social Dinner Proceeds	<u>427.00</u>	<u>1,710.00</u>
	<u>4,917.02</u>	<u>4,957.78</u>

Note 3	2014	2013
	\$	\$
<i>Teams Fund Total</i>		
Refund from Road Relays Entries	250.00	0.00

Note 4	2014	2013
	\$	\$
<i>Cross Country Payments-</i>		
Cross Country Season Prizes	2,085.00	2,596.45
Cross Country Hire of Hall	0.00	382.80

Treasurers Report

Cross Country Trophies and Other Expenses	60.00	150.00
Novice Day Expenses	1,237.98	1,382.00
Rockdale City Council Fun Run	<u>6,300.00</u>	<u>5,130.00</u>
	<u>9,682.98</u>	<u>9,641.25</u>

Note 5	2014	2013
	\$	\$
General Payments		
Printing, Postage, Stationery, etc	755.00	801.50
Trophies	1240.45	468.25
Increase in Term Deposits	1,466.02	1,708.78
Equipment maintenance	0.00	283.50
Internet Web Page	70.00	0.00
Purchase of equipment	79.50	0.00
Lodgement of Annual Report	51.00	0.00
Social Dinner	0.00	4,349.75
Other	<u>602.85</u>	<u>49.00</u>
	<u>4,364.82</u>	<u>7,660.78</u>

Note 6	2014	2013
	\$	\$
Competition Expenses		
Assistance to Individuals –		
C Breen	200.00	200.00
N Breen		200.00
B Delaney		500.00
N Fox	200.00	
T Minutolo	200.00	400.00
C Mulholland		200.00
M Pepper	200.00	200.00
M Rees	400.00	400.00
G Robinson	200.00	400.00
P Toamotu	200.00	400.00
M Werner		400.00
S Wildraut		200.00
E Wilson	<u>0.00</u>	<u>200.00</u>
	1,600.00	3,700.00
Relay Entries	<u>2,314.00</u>	<u>1,836.00</u>
	<u>3,914.00</u>	<u>5,536.00</u>

Note 7	2014	2013
	\$	\$
Equipment		
Equipment, Valued at cost	13,937.00	13,727.00
less Accumulated Depreciation	<u>10,603.00</u>	<u>9,846.00</u>
	<u>3,334.00</u>	<u>3,881.00</u>

Comments on Annual Financial Statements

During the last financial year the overall club funds have fallen again following a similar trend to the previous three years although the drop was significantly less than previous years. The position for 2013-2014 is -\$920.31 compared to the 2012-2013 figure of -\$4,269.92 but the underlying difficulties in not raising enough income still prevails.

The figures for the past seven years are as below:

Treasurers Report

As at 31 March	Total Club Funds	Movement
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	
		-\$4,269.92
2013	\$50,438.15	
		-\$920.31
2014	\$49,517.84	

This year our income was similar to the previous year but our expenses reduced by \$4,626. Registration fees were raised by on average 9.5% being a combination of higher charges by Athletics NSW and a small increase by the club. These increased fees offset a lower number of registrations for the year and along with increased weekly race fees helped make up for the shortfall in revenue from a very wet Novice Day.

In regard to expenses, the club continues to subsidise the registration fees for both the elite and the younger athletes and provides financial assistance to athletes to cover some of the travel and accommodation costs in attending championship events outside NSW. This year there was less than half the amount paid to athletes compared to last year and was also below the amount paid in the previous year. This is not a policy we want for future years and we need to look at ways to increase our revenue through various fundraising activities to ensure we continue to reward athletes and help them financially in achieving their ambitions.

I would like to thank all the 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. Thank you also to Michael Hanrahan who acts as honorary auditor, his contribution is appreciated very much.

I would like to thank the members of the club for all their help throughout the year at the various fundraising activities. This all helps in promoting the club and the athletes who compete on all levels.

David Beck

Equipment as at 31 March 2014

2	700 g Javelin
3	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	600g Javelin
1	Laptop Computer and Software
1	MF Printer
1	Measuring Wheel

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, V Plant	41.50s	11/3/78
Relay	J Van Stappen, S Longden-Gee		
4 x 200m Relay	P Cotter, D Batman A Franklin, K Gallagher	1m26.82s	30/11/97
4 x400m Relay	D Batman, K Gallagher C Burgess, A Franklin	3m 13.78s	29/11/97
4x800m 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
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

CLUB RECORDS (new records in italic type)

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	<i>B Delaney</i>	<i>2m 05.18s</i>	<i>02/03/2014</i>
1500m	B Delaney	4m.10.32s	19/03/2011
3000m	B Delaney	9m 13.89s	14/11/09
5000m	<i>B Delaney</i>	<i>16.08.24</i>	<i>15/03/2014</i>
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
<i>Shot 4kg</i>	<i>G. Robinson</i>	<i>13.33m</i>	<i>15/03/2014</i>
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
4 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 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 Lawrence has had three times below 43 minutes, ranging from 40.59 to 42.00 with placing's of 2nd, 4th and 1st.

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

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

WOMEN UNDER 52 MINUTES

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

Notes:

Mandy Dovey had two times below 52.00min, 49.57 and 50.39 with placing's of 3rd and 6th.

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

Belinda Martin has had three times below 52min, 50.45, 51.04 and 51.10, with respective placing's of 7th, 7th and 5th.

Compiled by Gribble, 30th May 2014



CLUB HONOUR ROLL

LIFE MEMBERS		MERIT AWARDS	
J. BOWERS	1971	F. THORNTON	1975
D. JOLLIFFE	1971	D. EDWARDS	1991
D. WILSON AM	1971	P. PHILLIPS	1991
R. GRIBBLE	1975	B. SCOTT	1991
R. NASH	1991	A. ARGALL	1995
A. PEEK	1991	J. IRVINE	1995
A. STAPLES	1991	B. MOLINO	1995
J. IRVINE	2002	J. MCLEAN	1998
J. MCLEAN	2002	C. STRATFORD	2001
C. STRATFORD	2002	N. THOMAS	2001
J. GALLAGHER	2004	C. FERRARO	2004
D. EDWARDS	2006	D. BURNS	2012
K. DELANEY	2012	J. OWENS	2012
N. THOMAS	2012	R. RUSSELL	2012
		C. WILSON	2012

HONOUR ROLL (DECEASED)

	AWARD YEAR		AWARD YEAR
A.A. GAINSFORD OAM	1923	F. EGGLETON	1975
W. J. HASLER	1932	M. MORONEY	1975
B. BUTTON OAM	1937	G. PAGE	1975
W. AHERN	1955	A. THOMAS OAM	1975
A. GOULD	1963	L. WILLIAMS	1975
F. EGGLETON	1975	A. HENDERSON	1991
G. CARRUTHERS MBE	1983	K. JENKINS	1995
A. THOMAS OAM	1983	T. RICHARDS	1999
S. DONNELLY	1991	E. WALSH	2002
R. MOLLOY	2002		

OBITUARIES

ALBERT (ALBIE) THOMAS 1935 – 2013

Club members were aware of Albie's ill health for some time prior to his passing and the great fight he showed in an effort to overcome his health problems. That was just a continuation of his lifelong commitment never to give in when in quest of his goals.

Albie's passing on the 27th of October 2013 saddened the athletics world. He was one of the greatest athletes our club has produced and his record of achievement for his country in International competition was up there with the best athletes who have worn the green and gold for Australia. Albie was one of those athletes who rose from the bottom but his determination to reach out and train hard in order to attain his goals was something to behold.

His history of achievements would run into pages but the highlights of his career would be to represent Australia in 3 successive Olympics, 1956, Melbourne, 1960, Rome and 1964 Tokyo, and 2 Commonwealth Games 1958 Cardiff and 1962 Perth. He set world record times for two miles in 8min 32 sec and three miles 13min 10.8 secs in Dublin Ireland 1958. Albie was a member of Australia's 4x1 mile relay team that set a world record of 16min 25.6 secs in Melbourne 1959, a world indoor record for 3 miles of 13mins 26.4 secs in Toronto Canada in 1964 and a Commonwealth record for 2 miles in 8min 33secs on Chatswood Oval in 1963. In addition to this he had numerous successes in other International Competitions as well as State and Australian Championships-a list which "Jack Rice" could not jump over.

A list of honours Albie received includes just about everything any athlete could achieve with the highlight undoubtedly being awarded the Order of Australia (OAM) in 2013. This prestigious award was presented to Albie by the Governor Marie Bashir at his home just a few weeks prior to his passing. Albie considered this award as one of the highlights of his life. Other honours bestowed upon Albie included life membership of our club in 1983 and life membership of ANSW in 2006 in recognition of his outstanding and continuous service to athletics. Albie put everything into his training schedule and there was never any loafing in competition. I cannot recall anyone who put as much physical and mental effort into their sporting career as Albie did, he was always focused ready for the job to be done.

In his later years Albie spent much of his time as an active member of the club's Executive Committee and held the position of Club President before retiring in June last year. He also spent time in the coaching arena with so many athletes better off for his advice and encouragement. Albie will always be remembered by all members who knew him and his remarkable career in athletics.

I close this tribute to Albie with my deepest sympathy to his wife Nola, to Albie's daughters Robyn and Tricia and their families.

Ron Gribble – Club Patron.



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

OBITUARIES

BASIL DICKINSON 1915 – 2013

Very few present day members of our club would remember this great athlete. Basil Dickinson was born in Queanbeyan on the day that the Anzacs landed in Gallipoli during World War I April 25th 1915, the first Anzac Day, and he passed away in the Kingswood retirement village on 17th October 2013 at the age of 98. At the time of his passing, Basil was the oldest living Australian Olympian.

Basil joined our club in 1932 as a junior and quickly made his mark in Australian Athletics that very first year by setting a new Australian record for the triple jump of 14.78 metres in interstate competition. From then on he won numerous State and Australian Championships in the long and triple jumps and the Decathlon setting new club records, one of which was a 15.64m triple jump in 1935, a club record which still stands today. That distance would win present day Australian Championships and as club record probably will never be beaten. Basil competed on cow paddocks compared to today's facilities yet his club long jump record, 7.48m, stood for 64yrs and his club decathlon record, 10events and 5350 points, lasted 60yrs.

At the age of 21 Basil represented Australia in the 1936 Berlin Olympics, the 'Hitler's Games', as they were known before the outbreak of World War II. Basil and the other 32 members of the Australian Olympics team travelled by ship and then by train for the 41 days to reach Berlin, forget about training during this time which did not help any of our team members in those Olympics. He finished 16th in the triple jump and could not compete in the long jump. On returning home after the Olympics, Basil went on to represent Australia in the 1938 Commonwealth Games in Sydney, where he won Bronze medals in both the long and triple jumps.

In 1939 Basil enlisted for service in World War II and due to his lengthy absence from athletics his further career in the sport ended. We will never know what this very talented athlete may have achieved had it not been for the intervention of the war. Basil never forgot his ties with our club and was always pleased to receive a copy of our Annual Report which Albie sent to him each year.

At Basil's funeral service John Coates, President of Australian Olympic Committee, offered Basil's family the Olympic flag and John Coates commented 'Basil was a remarkable man, very friendly, a great gentleman with a quick wit. We will all treasure him for the standards he set for the Olympians who followed over the next 70 years. He was a credit to his sport and the country in general.

Basil's wife Elizabeth passed away in 2010. Although Basil's association with our club goes back many decades his story should never be forgotten.

I close this tribute to Basil Dickinson and express our club's deepest sympathy to Basil's daughter Pauline and her family.

Ron Gribble -Club Patron



Basil Dickinson shows how it's done in the Broad (long) jump for St George District at a Sydney Athletics Meeting on December 16th 1935.



St. George Track and Field Athletes again had a highly successful season in the Summer Season, coached by Ray Russell and Michelle Douglas.



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