



History of the St George District Athletic Club

Compiled by Michael Gentle

Alan Staples

Life Member



Alan Staples first joined the St George District Amateur Athletic Club in October 1960 as an 11 year old.

His competitive career stretched over 44 years, covering events from 100 yards to over 200km. Throughout this time he has also worked tirelessly behind the scenes, performing many official duties for the benefit of all athletes.

Alan's official positions within the Club include:

- Executive Committee Member 1973; 1979-Present
- Senior Vice President Jun 2001-Present
- Vice President May 1984-Jun 2001
- General Secretary Aug 1983 - May 1987
- Distance Secretary 1973; 1979-1987
- Cross Country Race Secretary 1990-Present
- Club Handicapper 1970-1973
- Distance Vice Captain - 1973
- Delegate to Athletics NSW Meetings 1980-Present

Alan is a well-known and highly respected Club Member whose contributions to the Club were recognised with Life Membership being conferred in 1991.



Left: Looking after race entries, 1990

Awards

- 2006 - Athletics NSW Service Award
- 1991 - St George District Athletic Club Life Membership

Personal Bests

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|---------------------|------------------------------|-----------|
| 800m | Hensley Athletic Field, 1973 | 2:11.0 |
| 1500m | Hensley Athletic Field, 1975 | 4:22.7 |
| 3000m | Hensley Athletic Field, 1976 | 9:35 |
| 5000m | Hensley Athletic Field, 1975 | 16:04 |
| 8km | Scarborough Park, 1973 | 30:03 |
| 10km | Scarborough Park, 1975 | 35:04 |
| Half Marathon | Audley, 1975 | 1:15:53 |
| 25km | Botany, 1975 | 1:33:01 |
| Marathon | Newcastle, 1977 | 2:38:27 |
| 50km (Grass Track) | Parramatta, 1982 | 3:54:37 |
| 50 Miles | Wollongong to Sydney, 1981 | 7:51:42 |
| 100km (Road) | Colo, 1982 | 10:46:20 |
| 12 Hours (Concrete) | Campbelltown, 1990 | 106.500km |
| 12 Hours (Grass) | Gosford, 2001 | 102.417km |
| 100 Miles | Manly Oval, 1987 | 22:11:54 |
| 24 Hours (Grass) | Campbelltown, 1990 | 171.600km |
| 48 Hours | Caboolture, 2009 | 210.166km |



Above: Alan Staples, 1991

Ultra Marathons

Alan Staples is best known for his love of running extremely long distances. It has often been joked that Alan uses the marathon for his warm up, then settles down to business.

Alan calculated that he has run a total of 133,000km in training and racing from 1960 to 2006. He has completed 680 races, including 21 marathons and 67 ultra marathons. He has

competed in the grueling 48 Hour Race on 8 occasions, and completed the 24 Hour Race on 19 occasions.

Alan was not always running “on the dark side”. As a teenager Alan competed in Track & Field competitions ranging from 100 Yards to 1 Mile, as well as High Jump and Long Jump.

Family & Friends

Alan’s maternal grandfather Stuart Poulter was the sole Australasian representative in the marathon event at the 1912 Olympic Games in Stockholm, Sweden. Stuart Poulter placed 3rd in the 1910 NSW Marathon Championship, and was 1st in the 1911 NSW Marathon Championship.

Further Reading

The club website has many documents pertaining to the history of the club available for download in pdf format: <http://www.sgdac.org/?p=Archives>

The club website has detailed results of club events, open handicap events, track & field events, and State, National and International Championship events featuring club athletes from 1921 onwards: <http://www.sgdac.org/?p=Event&page=1>

Summary of Alan Staples’ results: <http://www.sgdac.org/?at=393&page=1>

Please contact the author via webmaster@sgdac.org with feedback, suggestions, additional information, results or resources to help expand and improve these history documents.