



St. George District Athletic Club, Inc.

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

NSW Relay Championship Sydney Olympic Park Athletic Centre

17-18 November 2013

Team Place	Team	Event	Result
2	SGD 'A'	Women's Shot Put Relay U18	45.56m
		Grace Robinson	14.56m
		Irene Minutolo	11.45m
		Joanna Kambosos	10.04m
		Kasia Slowikowski	9.51m
2	SGD 'A'	Women's Discus Throw Relay U18	122.58m
		Grace Robinson	37.08m
		Irene Minutolo	33.41m
		Sina Wildraut	30.20m
		Joanna Kambosos	21.89m
2	SGD 'A'	Women's Javelin Throw Relay U18	122.37m
		Joanna Kambosos	32.50m
		Kasia Slowikowski	31.48m
		Jarawan Dixon	29.79m
		Grace Robinson	28.88m
6	SGD 'B'	Women's Javelin Throw Relay U18	93.48m
		Emily Wilson	28.60m
		Tania Minutolo	25.60m
		Sina Wildraut	21.86m
		Carys Batho	17.14m
5	SGD 'A'	Women's 4x 400m Relay U20	4:19.95
		Carolena Kostas	
		Natalie Murray	
		Sina Wildraut	
		Rhianna Turner	
4	SGD 'A'	Women's Shot Put Relay Open	38.28m
		Grace Robinson	13.04m
		Irene Minutolo	9.36m
		Joanna Kambosos	8.49m
		Brianna Samuhel	7.39m
3	SGD 'A'	Women's Discus Throw Relay Open	124.47m
		Grace Robinson	38.71m
		Irene Minutolo	33.85m
		Sina Wildraut	31.27m
		Emily Wilson	20.64m



St. George District Athletic Club, Inc.

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

NSW Relay Championship Sydney Olympic Park Athletic Centre

17-18 November 2013

Team Place	Team	Event	Result
4	SGD 'A'	Women's Javelin Throw Relay Open	104.89m
		Joanna Kambosos	38.15m
		Emily Wilson	27.79m
		Grace Robinson	27.31m
		Kasia Slowikowski	27.13m
6	SGD 'B'	Women's Javelin Throw Relay Open	94.45m
		Jarawan Dixon	26.30m
		Tania Minutolo	24.35m
		Brianna Samuhel	21.82m
		Carys Batho	16.49m
6	SGD 'A'	Men's Shot Put Relay U14	35.47m
		Zane Jegers	10.16m
		Corey Anderson	8.98m
		Jarawan Dixon	8.48m
		Carys Batho	7.85m
5	SGD 'A'	Men's Discus Throw Relay U14	98.27m
		Corey Anderson	27.36m
		Jarawan Dixon	26.78m
		Zane Jegers	24.23m
		Luke Goschnik	19.90m
7	SGD 'A'	Men's 4x 400m Relay U18	3:46.84
		Daniel Ison	
		Nick Fox	
		Mitch Lucas	
		Mark Simpson	
9	SGD 'A'	Men's 4x 1500m Relay U18	19:55.10
		Nathan Breen	
		Chris Breen	
		Mark Simpson	
		Rhianna Turner	
4	SGD 'A'	Men's Shot Put Relay U18	47.74m
		Pita Toamotu	14.51m
		Mitchell Pepper	13.74m
		George Farmakidis	9.91m
		Brodie Anderson	9.58m



St. George District Athletic Club, Inc.

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

NSW Relay Championship Sydney Olympic Park Athletic Centre

17-18 November 2013

Team Place	Team	Event	Result
4	SGD 'A'	Men's Discus Throw Relay U18 Mitchell Pepper Brodie Anderson George Farmakidis Mitchell Lucas	146.09m 47.29m 36.80m 31.23m 30.77m
2	SGD 'A'	Men's Javelin Throw Relay U18 Matthew Rees Mitchell Pepper George Farmakidis Brodie Anderson	180.11m 63.48m 41.51m 40.15m 34.97m
5	SGD 'B'	Men's Javelin Throw Relay U18 Nam Nguyen Pita Toamotu Corey Anderson Zane Jegers	113.55m 34.96m 33.04m 23.57m 21.98m
10	SGD 'A'	Men's 4x 100m Relay Open Mitch Lucas Nick Fox Nathan Urbaniak Matt Ashton	43.81
14	SGD 'A'	Men's 4x 200m Relay Open Mitch Lucas Nick Fox Nathan Urbaniak Mitchell Pepper	1:34.89
9	SGD 'A'	Men's 4x 800m Relay Open Paul Windridge Shannon Delaney Isaq Ali Chris Mullen	8:51.84
10	SGD 'A'	Men's 4x 1500m Relay Open Paul Windridge Shannon Delaney Connor Mulholland Kim Delaney	19:44.07



St. George District Athletic Club, Inc.

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

NSW Relay Championship Sydney Olympic Park Athletic Centre

17-18 November 2013

Team Place	Team	Event	Result
3	SGD 'A'	Men's 4x800m Relay 200+ Kim Delaney Dale Jones Bob Simpson Robyn Basman	10:38.14
1	SGD 'A'	Men's 4x1500m Relay 200+ Kim Delaney Chris Mullen Bryce England Paul Arthur	20:14.16
2	SGD 'B'	Men's 4x1500m Relay 200+ Dale Jones Bob Simpson Frank Scorzelli Dave Sullivan	20:57.41
3	SGD 'A'	Men's 4x800m Relay 240+ Alia Karaman John Irvine Vilas Gravitas Chris Maver	14:51.30