

St George

Little Athletics Centre Inc.



**23rd Annual Report
1993 - 1994**

ST. GEORGE LITTLE ATHLETICS CENTRE INC.

23RD ANNUAL GENERAL MEETING

5TH MAY, 1994

A G E N D A

6.00pm

DINNER

8.00pm

1. DISTRIBUTION
 - (a) Minutes of 22nd A.G.M.
 - (b) 1993/94 Annual Report
2. PRESIDENT'S OPENING ADDRESS
3. APOLOGIES
4. AMENDMENTS TO CENTRE BY-LAWS & RULES
5. ADDRESS BY MISS MELANIE CARR, EDUCATION & DEVELOPMENT OFFICER, L.A.A.N.S.W. Inc.
6. ACCEPTANCE OF MINUTES OF 22ND A.G.M.
7. PRESENTATION OF 23RD ANNUAL REPORT
8. ADOPTION OF ANNUAL REPORT
9. ADDRESS BY ALDERMAN BRIAN McDONALD, HURSTVILLE CITY COUNCIL
10. ADDRESS BY MR JOHN BURNE, SOUTHERN METROPOLITAN ZONE CO-ORDINATOR
11. ADDRESSES BY OTHER GUESTS
12. PRESENTATION OF LIFE MEMBERSHIP
13. ELECTION OF 1994/95 EXECUTIVE COUNCIL
14. MEETING CLOSE

ST. GEORGE LITTLE ATHLETICS CENTRE INC.

EXECUTIVE COUNCIL 1993/94 SEASON

PRESIDENT:	Barbara Lea
VICE-PRESIDENT:	Terry O'Neill
SECRETARY:	Kay Culkin
TREASURER:	Alex Oh
REGISTRAR:	Alana Otto
PUBLICITY OFFICER:	Mike Low
OFFICER FOR OFFICIALS:	Graham Hawkes
CHAMPIONSHIPS OFFICER:	Ben Tinker
COACHING:	Peter Tuziak/Arthur Peek
EQUIPMENT & GROUND MAINTENANCE:	John Dodson
CANTEEN:	Vacant

LIFE MEMBERS

Fred Scott	Paul Reeves
Bev Scott	Mabs Errington
Gwen Taylor	Joe Watchorn
Bob Molloy	Bill L'Strange
Bonnie West	Peter Williams
Margaret Zerzvadse	Barbara Lea
Byron Griffiths	Carol Berrell
Ray Horton	Alex Oh
Ian Sheerin	Lindsay Watson
Bill Cruikshank	Albert & Coral Ferraro

PATRON

HON. TERRY GRIFFITHS, MP
Member for Georges River
Minister for Police
Minister for Emergency Services

PRESIDENTS REPORT.

Well here we are at the end of another hectic athletic season and my first year as President.

I would like to thank all our Executive and Committee members who have supported me throughout the season especially seeing we had two vacant positions - Recorder, Canteen & BBQ where everyone pitched in to get things done.

This season saw us run another a very successful Gala Day which is of great advantage to all new comers to athletics as it gives them some much needed experience in open competition.

Next we had State Relays where our teams put in some great performances.

We sent a team of U/11 and U/12's down to Preston in Melbourne where we once again were winners of the annual challenge. We look forward to hosting Preston next season when they visit us.

After our Christmas break we went into the very busy period of Zone, Region, State and State Multi-events. Our children once again put in some fine performances with 23 children qualifying for State Championships. Highlight - Rachelle Quiggin being selected in the State team to compete in Adelaide (only 11 girls are selected for the whole state).

Our GOLD medal winners at state were -

U/12 Boy Francis Care	1st 100M	1st 200m
U/14 Girl Alison Di Rosa	1st Triple Jump	
U/10 Girl Carly Bartlett	1st High Jump	
Senior Boys & Senior Girls	1st Relay	

The Centre has some very good athletes coming through the ranks and I'm sure they will do a lot better with a little more experience. For those who didn't quite make it, keep trying and I'm sure you will get there next year.

During the school holidays the Centre ran two very successful coaching clinics, we were fortunate to have the current Australian Sprint Champion in Melinda Gainsford as the guest coach for these, the benefit in having Melinda there could be seen on the faces of the kids as they thoroughly enjoyed the experience.

We also received a grant from Sport & Recreation to put in our Discus Safety Cages. These will be erected before the start of next season.

Continued ...

PRESIDENT'S REPORT Continued ...

Finally we had our Presentation Night which was something new and by the amount of people attending it proved to be a good night although it was a little crowded. A big THANK YOU to everyone who helped decorate the hall on Saturday afternoon and to all the ladies who worked in the kitchen all night and cleaned up afterwards . Without your support our night would not have been the success that it was.

To all the parents who helped out each week as Age Managers and Officials I hope you enjoyed the experience as our Centre would not operate without everyone pitching in.

It takes a lot of time and effort to run a Centre as large as ours and as such needs all the Executive positions to be filled each year so as to share the work load and not burden the willing few. So come on step forward, I'm sure you will enjoy it, besides meeting new people and making new friends it will help the Centre to become more efficient and effective.

Good luck to the new Executive committee and I hope to see you all again in September when our new season starts.

Barbara Lea
President.

St George Little Athletics Centre Inc

Statement of Income and Expenditure For the Year Ended March 31, 1994

	<u>1994 Actual</u>	<u>1994 Estimate</u>	<u>1993 Actual</u>
Income			
Registration	11,100	11,600	11,380
Canteen & BBQ	4,000	3,000	3,039
Fund Raising	0	0	1,439
Preston Committee Fund Raising (Net)	4,760	4,000	2,039
Centre Championship	768	700	704
Gala Day	1521	0	0
Sponsor/Donation	0	0	280
Equipment Hire	50	0	80
T-Shirts/Singlets/Bodysuits	2,969	2,000	2,270
Interest	241	385	452
Other Income	0	0	28
	<u>25,408</u>	<u>21,685</u>	<u>21,711</u>
Expenditure			
Equipment	2,553	4,000	2,591
Repair & Maintenance	95	500	622
Ground Marking	130	100	431
Park Fee	90	220	200
Electricity	797	1,200	1,251
Telephone	254	250	421
Stationery & Postage	854	500	521
Uniform	793	500	508
Insurance	758	650	(84)
Annual General Meeting	107	200	106
State Conference	389	500	381
Picnic/Presentation Night	800	750	1,200
Preston Expenses	6,805	5,750	1,524
Gala Day	2,642	0	0
Trophy	4,080	4,200	4,030
Clubhouse Extention/Improvement	0	1,200	0
T-Shirts/Singlets/Bodysuits	3,734	3,000	3,564
Centre Functions	280	300	390
Sundry Expenses	1,345	500	698
Financial Institution Charges	127	60	55
	<u>26,632</u>	<u>24,380</u>	<u>18,409</u>
Surplus/(Deficit) for the Year	<u>(1,223)</u>	<u>(2,695)</u>	<u>3,302</u>

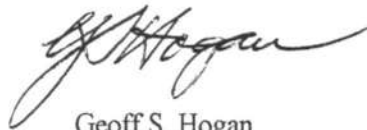
St George Little Athletics Centre Inc

Balance Sheet As at March 31, 1994

	<u>1994</u>	<u>1993</u>
Current Assets		
St. George Bank:		
General Account	6,441	8,618
Preston Account	11	540
Deposit Account	8,000	6,000
	<hr/>	<hr/>
	14,452	15,158
 Account Receivable	 423	 0
	<hr/>	<hr/>
Total Current Asset	14,875	15,158
 Total Assets	 <u>14,875</u>	 <u>15,158</u>
 Current Liabilities		
Accued Expenses	4,450	3,510
	<hr/>	<hr/>
Total Current Liabilities	4,450	3,510
 Equity		
Opening Balance	11,648	8,346
Current Surplus/(Deficit)	(1,223)	3,302
	<hr/>	<hr/>
Closing Balance	10,425	11,648
 Total Liabilities & Equity	 <u>14,875</u>	 <u>15,158</u>

Auditor's Report

I report that I have examined the Books and Records of St. George Little Athletics Centre Inc. for the Year Ended 31st March, 1994 and have received all informations and explanations required. In my opinion the above Statement of Income and Expenditure for the then year ended is in accordance therewith and fairly presents the Activities for the year and the State of Affairs of the Centre at 31st March, 1994.



Geoff S. Hogan
Chartered Accountant

SECRETARY'S REPORT

The 1993/94 season proved to be hectic, but exciting. There was never a dull moment and the six months flew by at a rapid pace. Being Zone Secretary as well as Centre Secretary was quite a challenge, but at least my shorthand has improved! I have learnt much about the "engine room" of the Southern Metropolitan Zone and little athletics in general and my horizons have been vastly broadened.

St George's first Gala Day for four years was quite an experience. It was a lot of work (especially the typing of the program!), but well worthwhile and a good lesson in public relations.

The TWENTYFIRST St. George versus Preston/Reservoir Challenge took place in Melbourne in January this year and that was a GREAT weekend. The team comprised 26 children, two Team Managers, the Co-ordinator and 11 parents. (I don't know who had the better time - the parents or the kids!) It was once again my pleasure to co-ordinate this trip and I must thank all the parents who supported the never-ending fund-raising. However, I'm sure they will all agree that the end result was well worth the effort! (I have reported on this more fully later in the Annual Report).

The biggest gaps in the Executive Committee this year were the Canteen and Barbeque areas. Nobody could be found to fill these important roles and the job fell to others on the executive, adding to already overloaded positions. I only hope with the combining of this position to Canteen and Barbeque Officer, that the gap will be filled next season.

The amendments to the Centre By-Laws and Rules served to update the existing antiquated ones and streamline some executive positions. This should assist in the better management of the Centre. There are still further amendments to be made at a later date. The executive meetings were usually well attended, but the Centre Meetings were disappointing. These meetings are implemented so that all parents may have an input into the organising and functioning of the Centre. However, apart from the rare occasion, this did not happen. I hope next season sees a reversal of this trend.

The success of eleven parents in passing their Level 2 Officials Exams bears mention. It was good to see so many parents selflessly undertake the stress and trauma of examinations, solely for the benefit of the Centre. I hope their newly acquired qualifications will be utilised to the full next season.

I really enjoyed the weekend at Albion Park for the State Multi-Event Championships. Two mini-buses transported athletes and parents to and from the venue each day, whilst others made a weekend of it and stayed overnight and some preferred to make their own way. The enthusiasm of the athletes and parents (and our Championships Officer) was a delight to behold. Look out Cessnock - here we come!!

I must say a big thank you to all members of the Executive this season. Everyone worked hard and it was a good effort. A pat on the back for our new Officer for Championships - Ben Tinker - who did a fine job for his first season, under often adverse circumstances. A special mention also for the unsung hero of St. George - Alex Oh. Alex wears many hats including Treasurer, Long Jump chief, photographer, barbeque cleaner and general factotum; and he doesn't even have children at the Centre! Thanks Alex. I thank all my fellow executive members for their help, and also the non-executive members who were always there to assist.

My thanks to Peter Tuziak and Arthur Peek for their continued excellent coaching of our young athletes. The Centre has benefited greatly from their patience and skill. Also special thanks to our Zone Co-Ordinator, John Burne, for his efficient organising of both Zone and Region carnivals and his continued support.

Kay Culkin
SECRETARY



MATTHEW BARAKAT - U/6 Boys 6th Placegetter - State Multi-Event

OFFICER FOR OFFICIALS REPORT:

The 1993/94 season saw an improvement over recent past seasons in the number of parents volunteering their services to act as officials on Friday nights. This was mainly due to the majority of the influx of new families joining our Centre, retaining their enthusiasm and appreciating that to run an efficient Friday night program, as we do, involves a great deal of parental help.

My thanks to all parents who assisted on a regular basis and especially to the regulars who week in and week out can always be relied upon to be there. You are the backbone of our Centre. A special mention should be made of that hardy bunch of parents, the Age Managers, whose job of minding up to twenty or thirty children can I'm sure be frenetic, frustrating and funny all in one night. Whilst on the subject of hardy souls, thanks to Terry O'Neill, our track referee, who ensured that our running events were conducted smoothly and properly every week.

With the assistance of all of the above, plus the excellent scheduling of events by Barbara Lea and her assistants, the majority of our programs which, over two weeks, contain all events available, were completed within two and a half hours. This is almost half the time that can be taken by a lot of Centres to run their program.

Congratulations to the following parents who all successfully passed their Level 2 officials exams. The knowledge of events that they have gained is of invaluable assistance to our children in correctly competing in events and, as well, making St. George the successful and quality Centre that it is:-

GIL BAES	Timekeeper & Track Judge
KAY CULKIN	High Jump, Long Jump, Triple Jump
GRAHAM DICKER	Long Jump, Triple Jump
DAVID HAYWOOD	Discus
RALPH JOHANSSON	Discus, Shot Put
JILL LORD	Place Judge
MIKE LOW	Discus, Shot Put, Long Jump, Triple Jump
JUSTIN MALCOLM	Starter
SUELLEN QUIGGIN	Long Jump, Triple Jump
BEN TINKER	Shot Put, Discus
LYNNE WHATMAN	Shot Put, Discus

Thanks also to the parents who officiated at State Relays, State Multi's, Zone, Region and State. It was a good response and one that ensures that St. George's outstanding reputation of fulfilling its responsibility to little athletics remains in tact.

Great to see Ray Horton make a comeback. The long distance runners really appreciate it, as does the Executive and all parents. The place wouldn't be the same without him.

Finally, I wish the incoming committee all the best and every success.

Graham Hawkes

REGISTRAR'S REPORT

This has been a good season for registrations and certainly a busy year for those of us who were in the 'shed'. We had registrations still coming in during the last half of the season and a few transfers from other Clubs.

I am very grateful for the assistance of Rhonda Tinker, Glenda McGregor, Jan Rhodes, Jan Martin and the many others who pitched in when it was needed most.

As this is my last season with St. George Little Athletics, I would like to wish the incoming committee a challenging and satisfying season. I am leaving with many happy thoughts of the friends I've made at St. George and hope that I'll see some of them at St. George Seniors.

A summary of Centre Registrations for the season follows:-

	<u>BOYS</u>		<u>GIRLS</u>		<u>TOTALS</u>	
U/6	20	(24)	14	(23)	34	(47)
U/7	28	(24)	24	(12)	52	(36)
U/8	20	(30)	23	(19)	43	(49)
U/9	30	(39)	23	(18)	53	(57)
U/10	34	(30)	24	(23)	58	(53)
U/11	29	(21)	30	(34)	59	(55)
U/12	29	(9)	21	(17)	50	(26)
U/13	16	(15)	12	(19)	28	(32)
U/14	7	(12)	8	(12)	15	(23)
U/15	5	(7)	5	(16)	10	(23)
<u>Totals</u>	<u>218</u>	<u>(211)</u>	<u>184</u>	<u>(193)</u>	<u>402</u>	<u>(401)</u>

* Last years figures are shown in brackets. As you will see, numbers remained fairly static.

Alana Otto
REGISTRAR

As you are all no doubt aware, the trip to Melbourne was a wonderful success. Our team won the trophy by 30 points (St.George 326; Preston/Reservoir 296) and every team member performed creditably, some even achieving their personal best. The children were well behaved and a credit to both the Centre and their families. You can all be proud of them! The overlying pride shown by all team members was very evident. They all took great pride in donning their smart red and white tracksuits and performing to the best of their abilities as part of a team. Winning the trophy was a bonus - the major enjoyment was participating. The Preston Challenge is unique in that the team is not selected on ability, but on years of service to the Centre. This criteria ensures that every child who has attended the Centre for a long period of time and perhaps not achieved what the more able athlete has achieved, can still have the opportunity to represent the Centre and be part of a team. This is what makes the St.George/Preston Challenge so special.

All children appeared happy with their billeting families, most of whom were extremely generous both with gift-giving and entertainment. The billeting families to whom I spoke were praiseworthy of the children and their behaviour. This year we had 13 parents and officials accompany the team to Melbourne. This is the largest contingent ever and certainly assisted in giving the children the support and encouragement they deserved. I think I speak for all the parents when I say that a great time was had by all!

I hope the u/11 team will be available for selection again next year when Preston will be visiting us. It will give us an opportunity to repay the exceptional hospitality shown to us.

FUND-RAISING: Our fund-raising efforts were very successful and I would like to thank all the parents who have been so supportive. Raising a large sum of money with only a small group is no easy task and everyone is to be congratulated on their efforts. Income & Expenditure is as follows:-

<u>Income</u> :	Maltesers Drive	\$1620	<u>Expenditure</u> :	Fares	5012
	Trivia Nights	656		Tracksuits	1351
	Lamingtons	493		T Shirts	<u>181</u>
	Gala Day	51			<u>6544</u>
	T-Shirts & Printing	174			
	Skate-Plus Nights	639			
	Trash & Treasure	371			
	Raffle	1302			
	Centre Contribution	<u>1238</u>			
		<u>6544</u>			

Thanks must go to everyone involved, but there are a few names who deserve special mention:-

Team Managers:	Ben Tinker & Sue Di Rosa
Showbags:	Rhonda Tinker
Maltesers Drive:	Jan Martin
Showbag Contributions:	Tom & Glenda McLoughlin
Sales & Assistance:	Ian & Michele Lindfield
Raffle Donations:	Alex Oh; Steve Johnston
Team Captains:	Andrew Johnston; Lynsay Tinker
Driver:	Russell Orr

Results of our raffle were as follows:-

* 1st Prize: B. Tinker * 2nd Prize: D. Larcombe * 3rd Prize: Keegan
 * 4th Prize: T. Malcolm * 2 Consolation Prizes: F. Janod-Craig; Warren

It is hoped that you have all enjoyed your "Preston Experience" and we look forward to seeing the u/11s back next year. Thanks to you all.

Kay Culkin
 Co-Ordinator



Team Captains & Co-ordinator - Sue Di Rosa, Kay Culkin & Ben Tinker



"THE MOTTLEY CREW"

St George Parents/Supporters/RAGERS!!

ST. GEORGE V. PRESTON/RESERVOIR TEAM, 1994

U/11 Girls:

LOREN BAES
MICHAELA CLARK
TANYTH JONES
AIMEE LINDFIELD
CATHERINE O'SULLIVAN
ALYSSA SADUMIANO
LARA WATSON

U/11 Boys:

MATTHEW DODSON
MATTHEW HAWKES
PAUL JOHNSTON
STEVEN KOMAITIS
DANIEL MCLOUGHLIN
MATTHEW ORR
HAYDN SCARR



U/12 Girls:

ALEXIA AMANAKIS
KYLIE DI ROSA
MARLISE EDMONDSTON
DONNA MARTIN
REBECCA ORR
LYNSAY TINKER

U/12 Boys:

RYAN CAMPBELL
TIM CLARK
NEAL CULKIN
NICHOLAS GLEESON
ANDREW JOHNSTON
DAVID SAMPSON



*Triumphant Team Captains - Lynsay Tinker & Andrew Johnston - with Preston
Team Captains - Samantha Stillman & Mark Jansz*

GROUND MAINTENANCE, TECHNICAL & EQUIPMENT OFFICER:

Ground marking started early this year to enable a local school to use the field.

Thanks must go to those "evergreen" markers - Terry O'Neill, Ralph Johansson, Graham Hissey and Gil Baes for their assistance in marking the track and field. Also to Watty Paint for the paint donation.

This year saw the purchase of new "walkie talkie" radios which have made life much easier and communications much better for officials.

On a more disappointing note, it may be seen that at this moment there is a lot of equipment missing, including hurdles, shot puts, discuses and tape measures. It is hoped that these have only been borrowed and will be returned. It should be noted that if anyone wants to borrow equipment, permission must be sought from the Equipment Officer.

My thanks to Ben Tinker for the excellent job he made of welding the broken hurdles.

John Dodson

VICE PRESIDENT & ZONE DELEGATE'S REPORT:

Another season has passed by and another group of young fifteen year olds have said their farewells. They have left me with a lot of fond memories, apart from their track and field results, especially the shaving cream fights.

I have travelled to the State Conference in an overcrowded mini-bus, trying to find a place called Barooga. We finally located it on the New South Wales - Victoria border and a great weekend was had by all.

Congratulations to the children who made the State finals and brought home gold, silver and bronze medals. We are proud of you.

I would like to wish the incoming committee all the best for next season.

Terry O'Neill

INVENTORY 1993/94

3	x	High Jump Measuring Rods
2	x	High Jump Safety Straps
12	x	High Jump Bags
3	x	Fibreglass High Jump Bars
3	x	High Jump Covers
3	x	sets High Jump Stands
48	x	Hurdles
6	x	Metal Finishing Posts
4	x	Flexi Bars for High Jump
4	x	Starting Guns
20	x	Stop Watches - 13 Black - 7 chronus
12	x	Walkie Talkies (new)
1	x	FM Public Address System
2	x	Loud Hailers
7	x	350g Discus
2	x	500g Discus
9	x	750g Discus
10	x	1Kg Discus
4	x	1Kg Discus Wooden
3	x	1Kg Shot Put
5	x	1Kg Shot Put
4	x	2Kg Shot Put
4	x	3Kg Shot Put
4	x	4Kg Shot Put
2	x	1.5Kg Shot Put
2	x	First Aid Boxes
2	x	Lap Bell
2	x	Shot Put Stop Boards
2	x	Shot Put Storage Boxes
2	x	Siscus Storage Boxes
1	x	Box Flags for Track
1	x	Dias
2	x	Sets Discus/Shot Markers
1	x	St. George Banner
6	x	Sets 4 Relay Batons
3	x	Ear Muffs
3	x	Line Marking Machines
1	x	Set Portable Lights
3	x	Extension Leads
1	x	30m Steel Tape
1	x	60m Fibreglass Tape
2	x	50m Fibreglass Tape
1	x	40m Fibreglass Tape
2	x	20m Fibreglass Tape
3	x	10m Fibreglass Tape
3	x	Long Jump Smoothing Rakes
1	x	Metal Rake

continued ...

1993/94 INVENTORY Continued ...

1	x	Watering Can	
1	x	Long Jump Box	
		includes	2 10m Fibreglass Tapes
			2 20m Fibreglass Tapes
			4 Trowels
			4 Sash Brooms
2	x	Plastic Student Desk type Folding Chairs	
1	x	Long Jump Wheely Bin	
1	x	Hammer	
1	x	Mallett	
5	x	Brooms	
1	x	Ladder	
1	x	Garden Hose & Fittings	
3	x	Spade	
5	x	Large Garbage Bins	
5	x	Small Garbage Bins	
2	x	Hot Pots	
1	x	Large Drink Container	
1	x	Generator (Yamaha)	
1	x	IBM compatible Computer & Printer	
1	x	Photocopier	
2	x	Fire Extinguishers	
2	x	Urns	
16	x	Aluminium Posts (Yellow)	
3	x	Aluminium Storage Cabinets	
4	x	Witches Hats	
		Stock St. George Centre Uniforms	
		Fridge & Freezer	
1	x	Large Tarpaulin	
6	x	Small Tarpaulin	
1	x	Electronic Starting Gun	
2	x	Stopwatch with built in printer	
3	x	Trailers	
1	x	Measuring Wheel	
5	x	Tables	
10	x	Chairs	

CHAMPIONSHIPS OFFICER REPORT

This being my first year in the position of Championships Officer, I have learned a lot and thoroughly enjoyed it. For example, take a group of enthusiastic athletes to a Carnival - call them a St. George team - and watch them perform beyond their normal level. This was quite evident with the Preston Team and at State Multi's where some outstanding efforts were produced.

Thank you to all the people who helped me throughout the season and a special mention to Suellen Quiggin who guided me through the Zone, Region and State Championships. If elected to this position next year I have a few innovations to try out which should be most beneficial to the athletes and Centre as a whole.

Following is a combined Championships and Team Managers' Report:-

THE SCAMPER - Held at Narrabeen on 14th November, 1993. St. George was represented at this carnival by the BARAKAT family - Christopher, Matthew and Danielle who all did very well and were a credit to the Centre. This is a day for all athletes in the u/8's, and under, age groups, and gives them a taste of running on a top class track.

STATE RELAYS - Held 28th November, 1993 at Campbelltown Sports Ground, Leumeah. A successful carnival for St. George. Being a team effort, not an individual one, it was pleasing to see 100% attendance. Four teams received medals i.e:-

U/8 B	2nd	4 x 100m
U/8 Mixed	3rd	4 x 200m
U/10 B	2nd	4 x 100m
U/14 G	2nd	4 x 100m

Twelve teams qualified for the finals. This was double the amount of finalists for the 92/93 season. St. George came 11th out of the 54 Centres represented.



St. George State Team - 1994: Team Managers, Ben Tinker & Suellen Quiggin

ZONE CHAMPIONSHIPS - Held on 5 & 6 February, 1994 at Sylvania Waters Track.

218 athletes were entered of which 87 boys and 86 girls actually competed. More than half of those who competed qualified for Region (45 boys and 46 girls). It was a pity our U/7s didn't go any further as they were outstanding. The future for St. George is looking good.

Seven Zone Records were set -

PETER UPTON	U/7B Pack Start
LAUREN KALAGURGEVIC	U/8G 60mH
AMANDA DODSON	U/9G 60mH
FRANCIS CARE	U/12B 100m, 200m
YASMIN AMANAKIS	U/14G 80mH
SEAN CULKIN	U/14B 90mH

We were to learn several weeks later that one of our athletes had won the coveted title of ATHLETE OF THE ZONE. This was our talented u/12 sprinter - FRANCIS CARE. Francis was awarded his prize of a Sony Walkman at the Centre Presentation Night.

REGION CHAMPIONSHIPS - Held on 19-20 February, 1994, at Sylvania Waters Track.

Ninety one athletes attended this carnival, giving their best, knowing a place in the State Team was at stake. Fourteen girls and ten boys qualified to State level, but one boy (Daniel Batman) had to pull out due to school commitments. Our u/8s finished their competition at this level, but we could see a couple of them make the State Team next year when eligible. Again it was a pleasing result overall. FRANCIS CARE set two Regional Records in the 100m and 200m and RACHELLE QUIGGIN set a Centre Record in the 200m.



Senior Girls Relay Team - State Gold Medal Winners

ST. GEORGE V. PRESTON/RESERVOIR CHALLENGE, MELBOURNE - Held 29 January, 1994, in Melbourne.

This year St. George athletes travelled by air to Melbourne to defend the H.H. BRENNAN & R. HONEY ROSEBOWL trophy. This was the 21st anniversary of the Challenge. Twenty six children in the under 11 and under 12 age groups did our Centre proud. Having made the trip as a Team Manager, together with fellow Team Manager, Sue Di Rosa, I can honestly say the children were very well behaved. The hospitality from the Preston people was exceptional. To win the trophy teamwork was essential and the children rose to the occasion with many outstanding performances and personal bests.

+-----+-----+-----+		
! TOTAL POINTS	ST. GEORGE	= 326
+-----+-----+-----+		
!	PRESTON/RESERVOIR	= 296
+-----+-----+-----+		

STATE MULTI-EVENT CHAMPIONSHIPS - Held 5 & 6 March, 1994 at ALBION PARK

For the last two years Kay Culkin has been telling me what a great competition State Multi is, so this year we moved the date of the Preston visit forward so it wouldn't clash (as it always does) and, enlisting Kay's help, I went about getting a team together. Last season we had three competitors - this year nineteen competed.

Kay was right, the competition was great. All the children barracked for each other and the parents did their bit to help out by erecting tents and shades and assisting on one of the Long Jump areas for one day. To top it off, the majority of those who went to Albion Park are now very keen to participate at Cessnock next year!

Three of our athletes were placed in the Top Eight i.e:-

FRANCIS CARE	2ND	u/12B
ALISON DI ROSA	5TH	u/15G
MATTHEW BARAKAT	6TH	u/7B

Seven finished in the top 20 and the majority finished in the top half of the field. This was most pleasing as in most age groups there were at least 70 - 80 competitors. In the u/11 boys there were 101.

CHAMPIONSHIP'S REPORT Cont...

STATE CHAMPIONSHIPS - held 19-20 March, 1994 at Sydney Athletics Field.

Twenty Three athletes were revved up and rearing to go. What a start! First up CARLY BARTLETT winning the U/10 girls High Jump, jumping 10cms higher than her personal best! That set up a good carnival for St. George. Other gold medals went to -

FRANCIS CARE u/12B 100m, 200m

ALISON DI ROSA u/14G Triple Jump

KYLIE DI ROSA)
RACHELLE QUIGGIN) Snr Girls Relay
ALISON DI ROSA)
ROCHELLE COX)

FRANCIS CARE)
RYAN DELLACA) Snr Boys Relay
MARK RHODES)
ANDREW VASS)

Seventeen medals were won by St. George athletes and to top it all off was the selection of RACHELLE QUIGGIN as a member of the N.S.W. State Team to represent our State at the Australian Teams Championships held in Adelaide on 21 - 25 April.

Thank you to all the parents who acted as officials during the two days of competition.

Congratulations to all those who represented St. George at the various carnivals throughout the season. You all did the Centre proud and to the parents who helped during the season, thank you.

Ben Tinker
OFFICER FOR CHAMPIONSHIPS &
SPECIAL EVENTS & TEAM MANAGER

Suellen Quiggin
TEAM MANAGER



SNR. BOYS RELAY TEAM - STATE GOLD MEDALLISTS - Andrew Vass, Mark Rhodes,

STATE CHAMPIONSHIPS 1994
PARTICIPANTS & RESULTS

U/9 G	AMANDA DODSON HOLLY MEZZINA	60m Hurdles High Jump
U/10 G	NAOMI WHATMAN CARLY BARTLETT	SP (12th) 7.41m HJ (1ST) 1.38M 400m
U/10 B	BRAD HANSEN	100m (5th) 14.0 LJ (15th) 3.96m
U/11 G	HAYLEY PARNELL	400m
U/11 B	BARNARD SAYEGH	1500m (16th) 5-35.1
U/12 G	KYLIE DI ROSA	400m (2nd) 1-03.2 200m (5th) 27.8 TJ (9th) 9.60m 100m Snr Relay (1st) 50.6
	ELIZABETH LOW	Dis (15th) 24.50m SP (16th) 9.76m
U/12 B	FRANCIS CARE	100m (1st) 12.4 200m (1st) 25.7 LJ (5th) 4.95m Snr Relay (1st) 48.1
U/13 G	RACHELLE QUIGGIN	100m (2nd) 12.6 200m (2nd) 26.0 200mH (8th) 30.9 Snr Relay (1st) 50.6
	ALEXANDRA HARGREAVES	TJ (6th) 10.09m LJ (6th) 4.63m
U/13 B	RYAN DELLACA	Snr. Relay (1st) 48.1 100m
	KYNAN SCARR	400m (3rd) 58.1 800m (9th) 2-21.5
U/14 G	ALISON DI ROSA	200mH (2nd) 28.3 200m (4th) 25.6 TJ (1st) 11.06m Snr Relay (1st) 50.6 100m
	NATASHA WHYTE	HJ (14th) 1.35m
	YASMIN AMANAKIS	200mH (8th) 30.4 LJ (8th) 4.82m 80mH (6th) 12.9 TJ (8th) 10.33

Continued ...

STATE CHAMPIONSHIPS 1994
PARTICIPANTS & RESULTS CONTINUED...

U/14 B	SEAN CULKIN	90mH
	DAVID LOW	TJ (12th) 10.94m
	MARK RHODES	Snr. Relay (1st) 48.1
U/15 G	FIONA QUIGGIN	HJ (11th) 1.45m
		TJ (5th) 10.69m
	ROCHELLE COX	Snr. Relay (1st) 50.6
U/15 B	ANDREW VASS	Snr. Relay (1st) 48.1
		TJ (11th) 11.29m

CONGRATULATIONS TO OUR STATE REPRESENTATIVES ON THESE FINE
PERFORMANCES.

STATE RELAY RESULTS
(TOP EIGHT)

U/8 B	4 x 100m	2nd
U/8 Mixed	4 x 200m	3rd
U/9 Mixed	4 x 200m	6th
U/10 B	4 x 100m	2nd
U/10 Mixed	4 x 400m	6th
U/11 G	4 x 100m	7th
U/11 B	4 x 100m	7th
U/12 G	4 x 100m	5th
U/12 Mixed	4 x 400m	7th
U/13 G	4 x 100m	4th
U/14 B	HJ/LJ	8th
U/14 G	4 x 100m	2nd

STATE MULTI-EVENT RESULTS
(TOP EIGHT)

U/7 B	MATTHEW BARAKAT	6th
U/12 B	FRANCIS CARE	2nd
U/14 G	ALISON DI ROSA	5th

RECORDER'S REPORT

Keeping a record of the children's performances, attendances, and issuing their stickers each week is an enormous task. Thanks however to a group of mums who take home and write stickers each week, this job is made a lot easier and less time consuming. Also thanks to the ladies in the clubhouse for issuing the stickers to the children each week.

This season we have seen some terrific performances from our children with new Ground and Centre records created. At the moment we have some very good athletes in our Centre and I'm sure that with a little more experience we will see lots more records broken in the future.

As this position was vacant this season, I would like to see someone take it on as you will find it is quite a rewarding job and I know from experience there are always plenty of mums ready to help out.

Good luck to the incoming committee for next season.

Barbara Lea
Acting Recorder

PUBLICITY OFFICER'S REPORT

As your outgoing Publicity Officer, I debated whether I would wax lyrical about the great job I have done, but after deciding that this was too difficult, I offer the following epistle:-

The main roles of this position have been the publication of the handbook and obtaining advertisers in the hope of raising funds for the Centre, and the compiling and printing of the week-

ly newsletter. These tasks were achieved and hopefully all families were able to gain sufficient information to assist them in enjoying the season. The 1994/95 season will see the combining of the roles of Publicity Officer and Fundraising.

I commend to all that getting businesses to advertise in the above publications is a good way for the Centre to raise funds. Please help if you know of any business that would like to advertise in either the Annual Handbook or the weekly Newsletter.

Mike Low

CHAMPION BOY - FRANCIS CARE - U/12



Francis had an outstanding season in little athletics for our Centre. At the State Championships he won the 100m, 200m and was a member of our Gold Medal Senior Boys Relay Team. He also gained fifth place in Long Jump. Along the way Francis set new records for the 100m and 200m at Zone and Region and also set new Centre records for these events. To add to this impressive list Francis received a silver medal at the State Multi-Event Championships and was awarded the prestigious title of "Athlete of the Southern Metropolitan Zone".

CHAMPION GIRL - RACHELLE QUIGGIN - U/13



+-----+
| For the second consecutive year Rachelle has won this |
| award. At State she was a member of the gold medal Senior |
| Girls Relay Team, second in the 100m, second in the 200m |
| and eighth in the 200m hurdles after falling whilst in |
| second position. She also picked up Centre records for the |
| 100m and 200m during the season. The highlight of the |
| season for Rachelle was her selection in the N.S.W. State |
| team - only one of eleven girls chosen from N.S.W. in the |
| u/13 age group. The Australian All Teams Championships |
| took place in Adelaide from 20 - 25 April and once again |
| Rachelle excelled, coming second in the 100m in a very |
| tight finish with a time of 12.5, fifth in the 200m, and as |
| a member of the gold medal winning relay team which broke |
| the National Record with a time of 49.9. Congratulations |
| Rachelle on a superb season. The Centre is proud of you. |
+-----+

RUNNER-UP BOY - KYNAN SCARR - U/13
(KURT LANDERS TROPHY)

+-----+
!After receiving the Friday night Encouragement Award last
!season, Kynan has shown that dedication to training for his
!athletics has paid off this season. At Zone he won both
!the 400m and 800m. At Region he won the 400m and placed
!second in the 800m. At State he came third in the 400m and
!ninth in the 800m. All through the various carnivals,
!Kynan strove to do his best and we can honestly say that he
!achieved it. Truly a credit to the Centre.
+-----+



RUNNER-UP GIRL - ALISON DI ROSA - U/14
(DIANNE HOLDEN TROPHY)

+-----+
!With some outstanding results this year, Alison has again
!received this award. At the State Championships Alison won
!Gold in Triple Jump and as a member of the Senior Girls
!Relay Team. She won a silver medal in the 200m hurdles and
!placed fourth in the 200m. At Zone Alison won four gold
!and one silver medal in the 100m, 200m, 200mH, TJ and Snr
!Girls Relay. At Region she won gold in TJ, silver in the
!200mH and Snr Girls Relay, and bronze in the 100m. Alison
!also received a silver medal at State Relays and placed
!fifth at the State Multi-Event titles. Add to this a
!ground record in the Triple Jump and you can see why we say
!Alison had an outstanding season!
+-----+

FUNDRAISING REPORT:

My first year on the Committee has been enjoyable.

It was decided this season not to run weekly raffles but to hold a major fundraiser event instead. The fundraiser was to be a TRIVIA NIGHT, but was cancelled due to lack of interest and the lateness of the season.

I had canvassed many businesses and Clubs in the local area for donations and received many generous responses. We now have quite a few wonderful prizes for next season. Some of the smaller donations, such as McDonalds and Red Rooster vouchers, gift vouchers and subsidised Wonderland tickets were given to the children at our recent Presentation Night.

Much effort was put into the Preston fundraising campaign, such as roller-skating nights, Pizza Hut trivia nights, chocolate and lamington drives, trash and treasure stall etc. which were all very successful money raisers and enabled 26 team members and team managers to travel to Melbourne. The fundraising also covered the cost of very smart red and white tracksuits for the team.

I would like to thank the executive and committee members for their support, especially Kay Culkin, and also many other parents that helped when help was needed.

I wish the incoming committee every success for the coming season and hope I can be of assistance to them.

Jan Martin



STATE TEAM - Presentation Night

ZONE RESULTS 1993-94

Competition for the U/7's finished at these Championships. Listed below are those children who were placed in the top 8.

GIRLS:

E Dodson 100m (6th) 18.4; 200m (3rd) 39.2; LJ(3rd) 2.60m;
Dis (3rd) 8.74m
A Low 100m (7th) 18.6; 200m (5th) 41.8; Pack (6th) 2.06.0;
SP (1st) 4.67m
R Norton Pack (7th) 2.08.2
L Davison Dis (6th) 7.40m; SP (6th) 4.05m
L Bartlett 100 (3rd) 17.5; 200m (1st) 38.4; 70m (3rd) 13.0;
LJ (4th) 2.41m
Y Phillips 70m (6th) 13.4; Dis (1st) 9.64m; SP (5th) 4.18m
T Amanakis 70m (1st) 12.7; 100m (1st) 17.0; Pack (1st) 1.51.5;
LJ (1st) 2.68

BOYS:

C Hazell SP (5th) 4.69m; 70m (8th) 13.7
H Hisey 100m (3rd) 17.3; LJ (2nd) 2.82m; 70m (3rd) 12.5
A Gugucevski SP (4th) 4.71m
M Barakat 100m (6th) 17.5; SP (4th) 4.71m; LJ (4th) 2.75m;
Pack (6th) 1.55.9
P Upton 200m (1st) 36.3; 70m (1st) 12.0;
Pack (1st) 1.47.4 (ZONE RECORD)
N Widger 200m (5th) 38.9; LJ (3rd) 2.79m; SP (2nd) 5.19m;
Dis (7th) 10.22m
R Berrier 100m (7th) 18.0; LJ (8th) 2.66m; Pack (4th) 1.52.4
C Koenig Dis (3rd) 14.10m
R Millard 200m (7th) 39.2; Dis (8th) 9.42m

CONGRATULATIONS ON THIS FINE EFFORT BY OUR YOUNG ATHLETES!!

Following is a list of the athletes who were placed in the TOP EIGHT for each event. The first FIVE PLACES progress to the REGIONAL CHAMPIONSHIPS to be held at SYLVANIA WATERS on 19 & 20 FEBRUARY, 1994. NAMES UNDERLINED ARE OUR ZONE REPRESENTATIVES.

GIRLS: U/8

K Humphreys 70m (7th) 12.8
S North 60mh (8th) 13.7; Dis (5th) 10.18; SP (6th) 3.85m
C Carpenter 400m (4th) 1.29.5; Pack (7th) 2.51.2
K Galluzzo Dis (7th) 8.90M; SP (8th) 3.46m
P Hudson 400m (8th) 1.46.4
F Roth 60mh (4th) 13.0
R O'sullivan 400m (5th) 1.30.9; Pack (6th) 2.48.3
I Kalagurgevic 60mh (1st) 12.2; LJ (4th) 2.93m
C Hartley SP (4th) 4.52m

ZONE RESULTS Cont...

BOYS: U/8

C Low	400m (6th) 1.25.2; SP (4th) 5.41M; Pack (5th) 2.39.9
A Metham	100m (6th) 17.6; 60mh (8th) 16.8; 70m (5th) 11.7; 200m (6th) 37.1
C Barakat	100m (2nd) 15.7; 60mh (2nd) 12.0; LJ (1st) 3.70m; 70m (2nd) 11.3
M McLoughlin	60mh (7th) 12.8; LJ (8th) 2.89m
A Nakousis	100m (1st) 15.5; 400m (5th) 1.23.4; 70m (1st) 10.9; 200m (1st) 33.0
R Lindfield	SP (8th) 4.47m
A Nicol	SP (1st) 7.59m; Dis (2nd) 18.76m
J Hachem	Dis (8th) 13.78

GIRLS: U/9

A Dodson	60mh (1st) 11.2; 400m (7th) 1.52.2; 800m (8th) 3.19.2
M Kikitis	400m (8th) 3.19.6; 400m (6th) 1.23.2; LJ (2nd) 3.46m
J Abbott	SP (4th) 3.95m
A Johansson	800m (6th) 3.17.1; HJ (8th) 1.00m
H Mezzina	60mh (6th) 11.8; HJ (2nd) 1.13m
C Berrier	LJ (7th) 2.89m
R Whyte	800mW (3rd) 5.58.7; SP (2nd) 4.55m; Dis (7th) 10.38m
A Keegan	60mh (5th) 11.8; 100m (3rd) 15.8; 200m (4th) 34.0; SP (6th) 3.66m Jnr Relay (2nd) 1.01.6
C Bartlett	800m (7th) 3.18.3; Dis (3rd) 12.76

BOYS: U/9

P Crossie	HJ (7th) 1.05m; 200m (8th) 35.1; LJ (6th) 3.37
H Harris	100m (2nd) 14.8; 60mh (7th) 12.0; 200m (4th) 33.4; LJ (5th) 3.39; Jnr. Relay (3rd) 1.00.8
M Gugucevski	SP (5th) 5.95m; Dis (4th) 15.48
R Nikolovski	800mW (3rd) 5.14.5
C Cawte	100m (6th) 15.8; 60mh (5th) 11.4; 200m (5th) 33.7; LJ (1st) 3.71
J Koenig	400m (7th) 1.23.4; 800mW (6th) 5.47.2
K Galloway	SP (7th) 5.53m; 800m (4th) 2.57.1
D Millard	60mh (6th) 11.6; 800m (8th) 3.09.2; LJ (7th) 3.24

GIRLS: U/10

N Whatman	800mW (8th) 5.43.8; Dis (2nd) 19.82m; SP (1st) 7.56m
R Hobbins	SP (6th) 5.83m
S Chew	800m (6th) 3.05.6; 1500m (3rd) 6.05.8; LJ (7th) 3.28m
T Edmondston	1500m (5th) 6.16.9
M Jordanoski	HJ (5th) 1.07m
J Brotherton	100m (5th) 15.4; 200m (6th) 33.4; 400m (6th) 1.20.7; LJ (5th) 3.46m
B Davison	400m (5th) 1.20.7; 800m (2nd) 2.56.6; 1500m (4th) 6.14.7
C Bartlett	100m (3rd) 15.3; 200m (4th) 32.5; 400m (1st) 1.14.5; HJ (1st) 1.28m; Jnr Relay (2nd) 1.01.6
S Kalagurdevic	Dis (6th) 15.55m; L.J. (8th) 3.25m
A Morrison	800m (4th) 3-03.0; 1500m (6th) 6-16.9

ZONE RESULTS Cont ...

BOYS: U/10

A Low	Dis (4th) 24.82; HJ (8th) 1.10; LJ (4th) 3.84; SP (4th) 8.16
T Williams	Dis (6th) 21.32
L Magri	Dis (7th) 19.74; 1500m (5th) 5.55.0
B Lord	LJ (5th) 3.77m
W Rhodes	Dis (8th) 17.36
J Hissey	60mh (4th) 12.3; LJ (2nd) 4.09m
C Ryan	60mh (7th) 12.8
B Hansen	100m (2nd) 14.3; HJ (5th) 1.15m; LJ (1st) 4.09;
	Jnr. Relay (3rd) 1.00.8
J Natoli	HJ (7th) 1.15m; SP (6th) 6.69m
R Howarth	100m (4th) 14.9; 400m (2nd) 1.11.7; HJ (2nd) 1.20m;
	200m (2nd) 30.3
R Anthony-Hart	100m (3rd) 14.6; 400m (6th) 1.15.4; 200m (3rd) 30.9

GIRLS: U/11

M Bosevski	1500mW (4th) 12.34.0; Dis (4th) 15.16m; SP (4th) 6.01m
A Crossie	WJ (4th) 7.02m
M Murphy	60mh (8th) 17.1; SP (7th) 5.26m
K Upton	SP (8th) 4.67m
H Parnell	60mh (3rd) 11.7; 100m (6th) 15.0; 400m (5th) 1.15.7;
	HJ (6th) 1.15m; Jnr Relay (2nd) 1.01.6
K Wallace	SP (5th) 5.91m
L Street	1500mW (3rd) 12.13.4; TJ (6th) 6.49m
A Lindfield	800m (4th) 2.48.9; 1500m (5th) (No time); HJ (8th) 1.10m
C O'Sullivan	100m (5th) 15.0; TJ (3rd) 7.60m
R Keegan	200m (7th) 33.9

BOYS: U/11

M Hawkes	400m (2nd) 1.10.7
M Dodson	400m (3rd) 1.11.4; LJ (7th) 3.83m; HJ (8th) 1.20m
G Wallis	100m (8th) 15.1; 200m (7th) 31.4
P Nosworthy	Dis (6th) 16.88
C Griffiths	SP (2nd) 7.74m
P Keily	TJ (4th) 8.32m; HJ (7th) 1.25m
D McLoughlin	1500m (7th) 6.02.5; TJ (5th (by default) 7.50m
C Mezzina	800m (8th) 3.25.5
A Clark	100m (5th) 14.3; 60mh (5th) 11.0; TJ (2nd) 8.56m
K Nakousis	SP (3rd) 7.50m
B Sayegh	400m (7th) 1.21.8; 1500m (1st) 5.35.9; Dis (1st) 24.46;
	800m (4th) 2.50.4
H Scarr	400m (8th) 1.23.9; 60mh (8th) 11.9
J Kilbourn	100m (7th) 14.6; 60mh (6th) 11.3; Jnr Relay (3rd) 1.00.8

GIRLS: U/12

ZONE RESULTS Cont ...

D Martin	60mh (6th) 12.0; TJ (8th) 7.72m
R Orr	Dis (3rd) 19.88m; SP (4th) 7.84m
E Low	LJ(8th) 3.82m; Dis(2nd) 21.56m; TJ(7th) 8.38m; SP(1st) 9.86m
M Edmondston	400m (8th) 1.22.9
C Cush	800m (5th) 2.54.8; 1500m (6th) 5.59.5
C Warren	1500m (8th) 6.20.4
K Howarth	60mh (7th) 12.7; HJ (8th) 1.15m
A Amanakis	60mh (3rd) 11.2; 200m (7th) 31.3; LJ (4th) 4.08m;
	TJ (4th) 9.05m; Jnr Relay (2nd) 1.01.6
R Givney	Dis (7th) 16.80m
K Di Rosa	100m (2nd) 13.8; 200m (1st) 28.1; 400m (1st) 1.07.2;
	TJ (3rd) 9.47m; Snr Relay (1st) 52.5

BOYS: U/12

N Culkin	Dis (4th) 19.52; TJ (8th) 7.23m
C Clark	1500 (3rd) 5.24.0; 800m (2nd) 2.38.6
D Sampson	400m (7th) 1.18.5; 1500m (8th) 6.32.0; TJ (7th) 7.79
M Nosworthy	Dis (3rd) 23.0m
R Campbell	SP (5th) 6.97m
T Spinks	1500mW (6th) 10.20.0; SP (6th) 5.53m; Jnr Relay (3rd) 1.00.8
J Cawte	TJ (6th) 7.87m
J Brustolin	60mH (6th) 11.8; TJ (4th) 8.79m
J Theodoropoulos	60mH (5th) 11.4; 1500m (7th) 5.59.6; 800m (8th) 2.52.3
S Eccles	100m (7th) 14.8; LJ (6th) 4.11; SP (3rd) 7.45m; HJ(3rd) 1.33
F Care	100m (1st) 12.3 (ZONE RECORD); 400m (1st) 1.06.7; LJ(1st) 4.83
	200m (1st) 25.8 (ZONE RECORD); Snr Relay (1st) 50.5

GIRLS: U/13

R Quiggin	100m (1st) 13.0; 200m (1st) 26.8; 200mh (1st) 31.2;
	Dis (4th) 19.36; Snr Relay (1st) 52.5
L Baes	1500mW (4th) 10.58.3; SP (8th) 5.29m; Dis (7th) 14.14m
A Hargreaves	100m (3rd) 13.7; TJ (1st) 9.35m; SP (5th) 7.02m; LJ(2nd) 4.48m
R Hachem	400m (4th) 1.16.5; 800m (4th) 2.53.6; 1500m (3rd) 6.01.5
	TJ (4th) 7.47m
S Szabo	TJ (6th) 7.11m

BOYS: U/13

R Dellaca	100m(3rd) 13.2; 200mh(5th) 32.0; HJ(8th) 1.35m; 200m (4th) 27.9
K Jordanoski	TJ (4th) 8.43m; 200m (8th) 31.9; 80mh (4th) 17.5
D Sayegh	400m (6th) 1.15.3; 1500m (2nd) 5.14.2; 800m (6th) 2.36.9;
	Dis (4th) 18.66
K Scarr	400m (1st) 1.01.7; 800m (1st) 2.24.1
D Batman	200m (1st) 25.3; Snr Relay (1st) 50.5
K Harrison	SP (7th) 5.69m

ZONE RESULTS Cont ...

GIRLS: U/14

A Di Rosa	100m (2nd) 13.0; 200m (1st) 26.0; 200mh (1st) 30.1;
	<u>TJ (1st) 10.34m; Snr Relay (1st) 52.5</u>
M Brotherton	<u>Dis (5th) 15.64m</u>
N Whyte	80mh (3rd) 15.5; LJ (2nd) 4.04m; TJ (4th) 9.12m; HJ (2nd) 1.45m
Y Amanakis	80mh (1st) 13.9; 200mh (3rd) 31.2; LJ (1st) 4.92;
	<u>TJ (2nd) 10.01m</u>
A Nicol	400m (4th) 1.13.0; 800m (6th) 2.49.9; 1500m (3rd) 5.50.8;
	<u>Dis (2nd) 21.58m</u>
M Calligas	100m (4th) 14.3; LJ (8th) 3.48m; TJ (5th) 8.60m;
	<u>Dis (3rd) 19.36m</u>

BOYS: U/14

S Culkin	200mh (1st) 30.2; 90mh (1st) 14.4 (Zone Record);
	<u>HJ (2nd) 1.55m; LJ (3rd) 4.80m</u>
D Low	100m (6th) 13.7; 200mh (3rd) 33.6; TJ (1st) 10.24;
	<u>LJ (4th) 4.67m</u>
M Bosevski	<u>SP (3rd) 9.78; Dis (3rd) 25.44</u>
M Rhodes	100m (2nd) 12.8; 200m (2nd) 27.3; LJ (2nd) 4.86m;
	<u>HJ (3rd) 1.45m; Snr Relay (1st) 50.5</u>

GIRLS: U/15

F Quiggin	90mh (3rd) 15.5; TJ (2nd) 10.05m; HJ (3rd) 1.40m;
	<u>LJ (3rd) 4.59m</u>
R Cox	100m (6th) 13.4; Snr Relay (1st) 52.5
K Bartlett	800m (5th) 2.59.7
K Nicol	800m (3rd) 2.56.1; Dis (2nd) 25.14m; SP (3rd) 8.68m

BOYS: U/15

A O'Neill	1500m (6th) 6.06.8; 90mh (6th) 17.3; TJ (6th) 8.95m;
	<u>3000m (4th) 14.14.8</u>
R Otto	<u>SP (3rd) 10.48; Dis (3rd) 28.02</u>
A Vass	100m (2nd) 12.3; 400m (4th) 1.06.0; 200m (3rd) 25.0;
	<u>TJ (2nd) 10.51; Snr Relay (1st) 50.5</u>

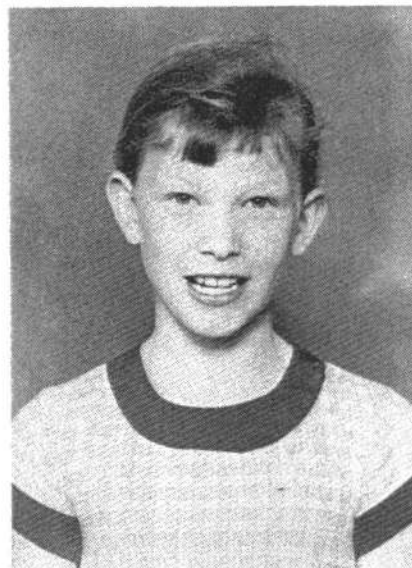
CONGRATULATIONS TO ALL THESE ATHLETES

MULTI-EVENT AWARD - FIONA QUIGGIN - U/15
(A.A. GAINSFORD MULTI-EVENT SHIELD)

+-----+
| At the State Multi-Event Championships, Fiona finished |
| fifteenth out of fifty competitors. During the season she |
| represented our Centre at Zone and Region in the 90m |
| hurdles, High Jump, Triple Jump and Long Jump, and at State |
| in the HJ and TJ. She also picked up two ground records in |
| triple jump and long jump during the season. These results |
| show Fiona has the ability to achieve further success with |
| Senior Athletics. |
+-----+



Fiona Quiggin



Carly Bartlett

FIELD AWARD - CARLY BARTLETT - U/10
(CHRIS KNIGHT TROPHY)

+-----+
| An outstanding achievement deserves such recognition. |
| Carly hasn't just done well, she shattered her own personal |
| best in High Jump at State with a magnificent performance. |
| At Zone Carly jumped 1.28m, at Region 1.27m, then at State |
| 1.38m - 10cms higher than she had ever jumped before - to |
| take the Gold Medal. A champion in the making. |
+-----+

GIRL ENCOURAGEMENT AWARD - AIMEE LINDFIELD - U/11

Aimee placed fourth in the 800m and fifth in the 1500m at Zone. At Region she finished eighth in the 800m, but had to withdraw from the 1500m due to illness. Aimee shows great enthusiasm and we wish her well for next season - who knows - maybe State?



BOY ENCOURAGEMENT AWARD - DAVID SAMPSON - U/12

David represented our Centre at Zone, State Relays, Preston and State Multi's this season. He is one of those athletes you like to see get some reward. David participates in every event on Friday nights, always tries to the best of his ability, is well-mannered and eager to please. You could pick David and know he wouldn't let you down, as was evident at State Relays and Preston.

REGION RESULTS

Competition for the U/8's finished at these Championships. Listed below are those children who were placed in the top eight in each event:-

GIRLS U/8:

C Carpenter	400m (8th) 1.29.7
F Roth	60mH (7th) 13.5
C Hartley	SP (8th) 4.78m

BOYS U/8:

C Barakat	100m (5th) 16.6; LJ (4th) 3.45m; 70m (3rd) 11.7
A Nakousis	100m (2nd) 15.7; 400m (8th) 1.22.6; 70m (1st) 11.3
	200m (4th) 33.6
A Nicol	SP (2nd) 6.78m; Dis (6th) 18.32m

Following is a list of the athletes (u/9s to u/15s) who were placed in the top eight in each event. The FIRST FOUR places progress to the State Championships to be held at SYDNEY ATHLETIC FIELD, KENSINGTON, on 19 & 20 March, 1994. Names underlined are our Regional Representatives.

GIRLS U/9:

<u>A Dodson</u>	<u>60mH (2nd) 11.4</u>
<u>H Mezzina</u>	<u>HJ (4th) 1.05m</u>
A Keegan	100m (5th) 16.6; 200m (6th) 36.0; Jnr. Relay (5th) 1.01.7

BOYS U/9:

H Harris	100m (7th) 15.7; LJ (7th) 3.68m
R Nikolovski	800mW (8th) 5.01.4
C Cawte	LJ (6th) 3.69m

GIRLS U/10:

<u>N Whatman</u>	<u>SP (1st) 7.92m; Dis (6th) 19.86m</u>
S Chew	1500m (6th) 6.05.2
B Davison	400m (7th) 1.20.3
<u>C Bartlett</u>	100m (5th) 15.7; 200m (5th) 32.3; <u>400m (2nd) 1.13.0; HJ (1st) 1.27m; Jnr Relay (5th) 1.01.7</u>

BOYS U/10:

A Low	LJ (6th) 3.94m; SP (8th) 8.12m
<u>B Hansen</u>	<u>100m (3rd) 14.3; HJ (6th) 1.20m; LJ (4th) 4.10m</u>

GIRLS U/11:

<u>H Parnell</u>	<u>400m (4th) 1.09.5; 60mH (7th) 11.8; Jnr Relay (5th) 1.01.7</u>
A Lindfield	800m (8th) 2.56.0

BOYS____U/11:

M Dodson	400m (5th) 1.12.2
C Griffiths	SP (7th) 7.47m
A Clark	100m (6th) 14.5
K Nakousis	SP (8th) 7.31m
<u>B Sayegh</u>	<u>1500m (4th) 5.30.4; Dis (5th) 24.28m</u>

GIRLS____U/12:

<u>K Di Rosa</u>	<u>100m (3rd) 14.0; 200m (2nd) 27.9; 400m (1st) 1.04.8; TJ (2nd) 9.80m; Snr Relay (2nd) 52.0</u>
R Orr	Dis (8th) 19.42m
<u>E Low</u>	<u>Dis (2nd) 25.60m; SP (2nd) 10.36m</u>
A Amanakis	60mH (6th) 11.3; LJ (5th) 4.24m; TJ (5th) 9.38m
	Jnr Relay (5th) 1.01.7

BOYS____U/12:

C Clark	1500m (7th) 5.22.8
S Eccles	SP (8th) 8.24m; HJ (6th) 1.30m
<u>F Care</u>	<u>100m (1st) 12.6 REGION RECORD; LJ (3rd) 5.20m;</u>
	<u>200m (1st) 25.3 REGION RECORD; Snr Relay (2nd) 49.0</u>

GIRLS____U/13:

<u>R Quiggin</u>	<u>100m (1st) 12.8; 200m (1st) 25.8; 200mH (2nd) 29.8</u>
	<u>Snr Relay (2nd) 52.0</u>
<u>A Hargreaves</u>	<u>100m (5th) 13.7; TJ (3rd) 9.85m; LJ (3rd) 4.62m</u>

BOYS____U/13:

<u>R Dellaca</u>	<u>100m (4th) 13.3; 200mH (5th) 32.0; 200m (6th) 27.3</u>
<u>K Scarr</u>	<u>400m (1st) 58.1; 800m (2nd) 2.20.4</u>
<u>D Batman</u>	<u>200m (1st) 24.7; Snr Relay (2nd) 49.0</u>

GIRLS____U/14:

<u>A Di Rosa</u>	<u>100m (3rd) 13.0; 200m (3rd) 26.8; 200mH (2nd) 29.1</u>
	<u>TJ (1st) 10.47m; Snr Relay (2nd) 52.0</u>
<u>N Whyte</u>	<u>LJ (5th) 4.37m; TJ (6th) 9.86m; HJ (3rd) 1.44m</u>
<u>Y Amanakis</u>	<u>80mH (3rd) 13.4; 200mH (3rd) 29.6; LJ (2nd) 4.74m</u>
	<u>TJ (2nd) 10.32m</u>
A Nicol	400m (7th) 1.10.0; 1500m (5th) 5.45.6
M Calligas	Dis (8th) 20.72m

BOYS____U/14:

<u>S Culkin</u>	<u>200mH (8th) 31.7; 90mH (3rd) 14.4; HJ (5th) 1.59m;</u>
	<u>LJ (8th) 4.84m</u>
<u>D Low</u>	<u>TJ (4th) 10.91m; LJ (7th) 4.88m</u>
<u>M Bosevski</u>	<u>SP (7th) 9.92m</u>
<u>M Rhodes</u>	<u>Snr Relay (2nd) 49.0</u>

GIRLS__U/15:

<u>F Quiggin</u>	90mH (5th) 15.9; LJ (6th) 4.47m; <u>HJ (4th) 1.45m;</u> <u>TJ (2nd) 10.79m</u>
<u>R Cox</u>	<u>Snr Relay (2nd) 52.0</u>
<u>K Nicol</u>	800m (7th) 2.50.4; Dis (6th) 24.0m; SP (7th) 8.85m

BOYS__U/15:

<u>R Otto</u>	SP (6th) 10.59m
<u>A Vass</u>	200m (6th) 24.7; 400m (5th) 55.2; <u>TJ (3rd) 11.40m</u> <u>Snr Relay (2nd) 49.0</u>
<u>A O'Neill</u>	3000m (7th) 12.51.7

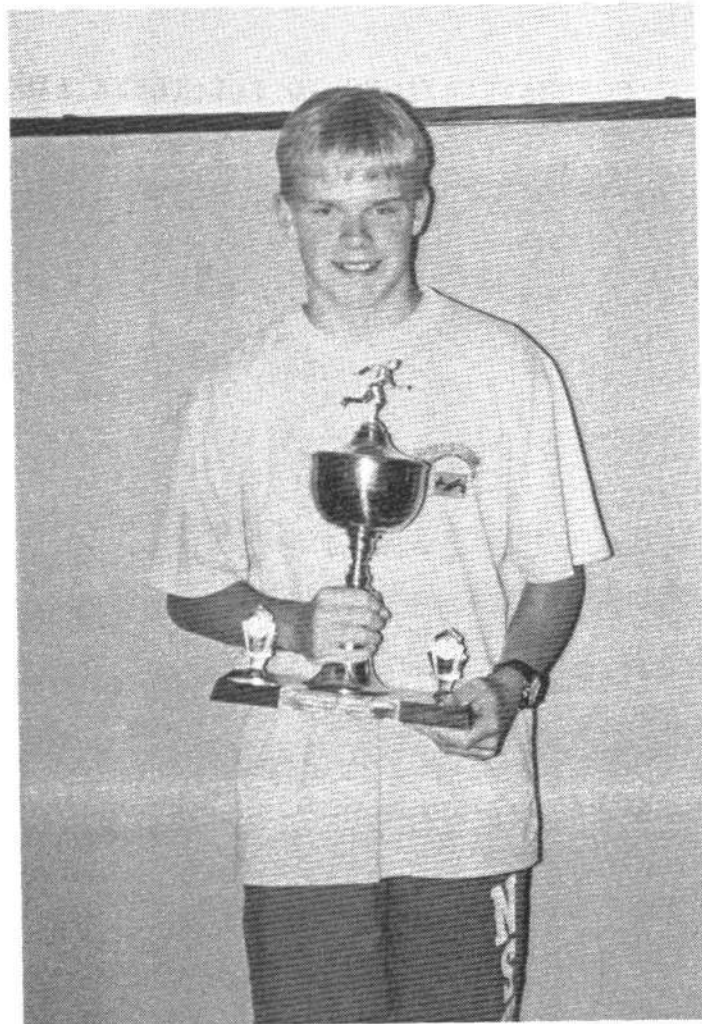
CONGRATULATIONS TO ALL THESE ATHLETES



SEAN CULKIN jumps his way to Silver at the Zone Championships.

SPORTSMANSHIP AWARD - RYAN DELLACA - U/13B
(MARGARET ZERZVADSE TROPHY)

+-----+
| Ryan is a boy with an extremely bright future. Zone, |
| Region and State representative, he is well mannered with |
| an eager to please attitude. Ryan stepped into our Gold |
| Medal State Relay Team at the last moment and proved what a |
| good athlete he is by helping them win. Ryan also |
| represented in the 100m at State. |
+-----+



GIRL FRIDAY NIGHT ENCOURAGEMENT AWARD
CATHERINE O'SULLIVAN - U/11

+-----+
| Catherine was consistent in her performances all season and |
| represented our Centre at Zone, Region, State Relays, |
| Preston and State Multi's. She always performed to the |
| best of her ability. |
+-----+



BOY FRIDAY NIGHT ENCOURAGEMENT AWARD
DANIEL MCLOUGHLIN - U/11

+-----+
| Daniel is a boy who will most certainly attain higher |
| awards in the future. A consistent performer, he |
| represented the Centre at Zone, Region, State Relays and |
| Preston. Daniel showed good Friday night attendance and |
| participation. |
+-----+

COACHING REPORT:

Attendances were good throughout the 93/94 summer track and field season and our regular athletes did well in their events on Friday nights. They again did well at the various championships and gala days.

Our goal is to expose young athletes to the full range of track and field events. Here they can learn the basic technical requirements and gain a better understanding of each event. We also encourage them in their 'favourite' event(s). It is **NOT** expected that the young athletes attending training turn into champions. To see them enjoying the sport is enough, but those that have potential are given the opportunity. Champions cannot be made overnight - it takes several seasons for some athletes. A good example is former Little Athlete Kieran Gallagher, now 17. Kieran has been training for several years and just now has won his first major championship - the Australian Under 18,400 metres with his best time of 48.36 sec. Kieran has now been selected in the Australian Team for the World Junior Championships in Portugal later this year. Perhaps many athletes can follow this example as Kieran was a multi-event athlete while in Little A's and is only now specialising in the 400 metres.

Unfortunately we had a surge in numbers a week or two before Zone Championships and it is impossible to do much in such a short time. Athletes must commence training early in the season so a steady improvement can be maintained throughout the season leading up to the championships. Next season we shall be limiting the number of athletes attending each session and preference will be given to the regular athlete.

Training will be held on Mondays, Tuesdays, Wednesdays and Thursdays next season. Throwing events will be from 6.00 to 6.45pm and the jumping/running events from 6.30 to 8.00pm each evening. All Little Athletes wanting to do well should start training at the start of the season - keep your eyes on the notice board.

Our thanks to the parents of the athletes for assistance in conducting each training session as your help in raking the pit, setting up hurdles, high jumps and returning field event items enables us to utilise the short time we have for each training session.

Congratulations to all athletes from the training squads for an excellent season and our next season will enable you to continue your improvement and enjoyment of this great sport.

ARTHUR PEEK
BEN TINKER
PETER TUZIAK

RECORDS & BEST PERFORMANCES FOR 93/94 SEASON

STATE TEAM REPRESENTATIVE: U/13 Girl - **RACHELLE QUIGGIN**
100m, 200m, Relay

REGIONAL BEST PERFORMANCE: U/12 Boy - **FRANCIS CARE**
100m 12.6
200m 25.3

ZONE BEST PERFORMANCE:

U/7 Boy	PETER UPTON	Pack Start	1-47.4
U/8 Girl	LAUREN KALAGURGEVIC	60m Hurdles	12.2
U/9 Girl	AMANDA DODSON	60m Hurdles	11.2
U/12 Boy	FRANCIS CARE	100m	12.3
		200m	25.8
U/14 Girl	YASMIN AMANAKIS	80m Hurdles	13.9
U/14 Boy	SEAN CULKIN	90m Hurdles	14.4

CENTRE RECORDS:

U/7 Boy	PETER UPTON	Pack Start	1-47.4
U/7 Girl	THALIA AMANAKIS	Pack Start	1-51.5
U/12 Boy	FRANCIS CARE	100m	12.3 (Equal)
		200m	25.3
U/10 Girl	CARLY BARTLETT	High Jump	1.38m
U/13 Girl	RACHELLE QUIGGIN	100m	12.5
		200m	25.8



CENTRE AWARD WINNERS - PRESENTATION NIGHT

ST. GEORGE LITTLE ATHLETICS CENTRE INC.

EXECUTIVE COUNCIL 1994/1995 SEASON

PRESIDENT:

VICE-PRESIDENT:

SECRETARY:

TREASURER:

REGISTRAR:

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OFFICER FOR CHAMPIONSHIPS &
SPECIAL EVENTS:

EQUIPMENT, TECHNICAL &
GROUND MAINTENANCE OFFICER:

RECORDER:

CANTEEN & BARBEQUE:

COACHING & EDUCATION:

Committee:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.