

NSW LITTLE ATHLETICS
33RD ANNUAL CONFERENCE AND AGM
19th -20th JULY 2003

The 2003 LAANSW Annual Conference and AGM was held at a well known location for St George parents, St Georges Basin, Sanctuary Point. During Friday your delegates, Pat Gorman, Glenda McLoughlin, Ben Tinker and Lynne Whatman made their way by car to the conference venue to book in and find their way around.

Over the weekend we each attended two workshops. These workshops are always interesting as we have the opportunity to interact with other clubs and exchange ideas and suggestions on how to better conduct our Centre.

The workshops at this Conference were School Visits, a presentation on the ASAP program and How to Deal with Disputes within your Centre.

There was lively debate over the items for discussion particularly the item concerning uniform for girls. Over the weekend each Director of the Board also presented their reports.

To relax, we attended the dinner/dance on Saturday night held at the Club.

St George was very proud to receive two awards over the weekend. In the second year of Volunteer of the Year, Ben Tinder was a finalist, receiving a very nice plaque and for the first time St George received a Gold Centre Administration award. Both awards reflect the commitment of the parents of our Club.

Conference finished on Sunday afternoon and we then all headed home to Sydney.

Your delegates thank you for the opportunity to represent St George Little Athletics Club at Annual Conference.

**Pat Gorman, Glenda McLoughlin,
Ben Tinker and Lynne Whatman**

CONFERENCE DELEGATES



Conference Delegates



Michael Iosefo, Ben Tinker, Lynne Whatman

RECORDS & RANKING REPORT

Congratulations to all St George athletes – their continual improvement in their athletic ability and enthusiasm in this sport has again kept me extremely busy this season. Our athletes continue to get stronger and faster and consistently create new ground and centre records. Once again I experienced some minor computer mal functions but after consultation with our computer technician, Roger Malcolm, we were back on track again.

This year a total of 29 Ground Records and 6 Centre Records were broken. I would especially like to mention 5 athletes who broke more than one record each this season and whose general performance was outstanding.

Luke Hamer (U12B), 100m, 200m and 400m. Luke broke 4 ground records and 3 centre records. Luke had a sensational season as he progressed through from Centre to State level and set a new State Record in the 400m.

Alice Iosefo (U10G) had a very productive season in the field with the Shot Put and Discus breaking 7 Ground Records and also claiming herself a new State Record in Shot Put. She seemed to come back each week and throw further than the previous week consequently, breaking her own records.

Two very strong, young athletes, **Leiden Kronemberger (U15G)** and **Grace Lister (U13G)**, broke records in the 80mH and 200mH and young gun **Naomi Lopez (U9G)** broke the 70m and 100m records.

Unfortunately I can only record the best result in my report, however, each athlete who broke a record has received a Record Certificate. It was pleasing to see that records were broken across a number of disciplines but sprints, hurdles and throws this year were given a thorough work out.

GROUND RECORDS

Amelia SCHUBERT	U6G	Shot Put	4.64m
Alexi DASKALOPOULOS	U6B	70m	13.29s
Jaclyn ROBSON	U9G	70m	11.37s
Chloe LEECH	U9G	60mH	11.77s
Barbara KUDLA	U9G	60mH	11.67s
Naomi LOPEZ	U9G	100m	16.01s
Naomi LOPEZ	U9G	100m	15.93s
Alice IOSEFO	U10G	Shot Put	10.13m
Alice IOSEFO	U10G	Shot Put	10.53m
Alice IOSEFO	U10G	Shot Put	11.75m
Alice IOSEFO	U10G	Discus	24.65m
Alice IOSEFO	U10G	Discus	27.38m
Alice IOSEFO	U10G	Discus	29.46m
Alice IOSEFO	U10G	Discus	31.84m
Christian LOZADA	U10B	100m	14.59s
Luke HAMER	U12B	400m	1:01.3s
Luke HAMER	U12B	100m	13.24s
Luke HAMER	U12B	200m	27.1s
Grace LISTER	U13G	80mH	14.00s
Grace LISTER	U13G	200mH	32.5s

Grace LISTER	U13G	80mH	13.92s
Stephanie BECK	U13G	3000m	11:44.7min
Nam CURRIE-NGUYEN	U14B	3000m	10:29.8min
Bridey DELANEY	U15G	3000m	11:20.8min
Leiden KRONEMBERGER	U15G	200mH	31.7s
Leiden KRONEMBERGER	U15G	200mH	30.9s
Leiden KRONEMBERGER	U15G	80mH	14.79s
Brandon MARTEL-ROSE	U15B	200mH	28.7s

CENTRE RECORDS

Carolena KOSTAS	U8G	Pack Start	2:82.2s
Naomi LOPEZ	U9G	70m	10.6s
Luke HAMER	U12B	100m	13.2s
Luke HAMER	U12B	400m	58.3s
Luke HAMER	U12B	400m	56.8s
Grace LISTER	U13G	200mH	29.8s

This season was the first time the 50m event was included in our Friday night program for the U6 and U7 athletes. Congratulations to the following boys and girls for achieving the season's **'ground best performance'** in this event:

Emma STEIGER	U6G	50m	10.61s
Alexi DASKALOPOULOS	U6B	50m	10.10s
Chloe LOPEZ	U7G	50m	9.42s
Luke MRAKOVIC	U7B	50m	9.37s

I would like to thank Roger Malcolm for his continued assistance with the computer technical side and Lynne Whatman for her input when required. Also, a huge thankyou to Wendy Cook, for her cutting and sorting of stickers on a weekly basis and to those parents who helped distribute stickers on Friday nights throughout the season.

Once again congratulations to all our athletes for a very successful year and I look forward to seeing you all again next season.

**JANET GORMAN
RECORDER**

AWARDS FOR 5 YEARS SERVICE WITH ST GEORGE LITTLE ATHLETICS



Names in alphabetical order

Evelyn Adu
Sheridan Apter
Elizabeth Beaven
James Caffyn
Melissa Drinkwater
Eleanor Fitzpatrick
Alexander Giampietro
Kate Holland
Alice Iosefo
Robert Lister
Katrina Luburic
Stephen McLoughlin
Jarrod Parkinson
Luke Ponting
Jake Taylor
Heather Woods

Linda Adu
Michael Bastion
Katrina Biteznik
Alexandra Diakos
Emma El Gawly
Bradley Ford
Ashleigh Hillyer
Kaitlin Inkley
Grace Lister
Eugen Luburic
Simon Marvello
Cameron Nicholls
James Pintaric
Liana Rose
Robyn Urquhart
Scott Woods

**AWARDS FOR 10 YEARS SERVICE WITH
ST GEORGE LITTLE ATHLETICS**

(Under 6's to Under 15's)

and

9 YEAR AWARDS FROM LAA NSW

(9 Years Service to LAA culminating in U/15)



Vanessa Hill, Christopher Holland, Andrea Barakat, Melissa Gorman,
Bridey Delaney, Brandon Martel- Rose

Recipients of 10 Year Service Award

Andrea Barakat	Bridey Delaney	Melissa Gorman	Michael Hartley
Christopher Holland	Steven Judge	Brandon Martel-Rose	

Recipients of 9 Year Award presented by LAA NSW

Andrea Barakat	Bridey Delaney	Emma El Gawly	Melissa Gorman
Michael Hartley	Vanessa Hill	Christopher Holland	Steven Judge
Brandon Martel-Rose	Tim Radley		

New South Wales State Relays



**U12 Boys
State Relay
Team**

**U15 Girls
State Relay
Team**



ST GEORGE – V - PRESTON RESERVOIR CHALLENGE 2004

Following a long tradition of both the St George Little Athletics Centre and the Preston-Reservoir Club in Victoria, a team of athletes was chosen to represent St George Athletics in the thirty-second annual challenge between our two clubs. The challenge this year was held in Melbourne over the weekend of 28 and 29 March 2004.

A total of 28 athletes from both the boys and girls U11's and U12's are normally chosen to represent St George in this challenge. As the selection criteria is based solely on each athlete's seniority by way of years of membership to our club, an eclectic group is the usual result. After offers were distributed to our longest serving club members, a final team of 25 athletes were finally confirmed as our competition team.

The team, and a swag of family member supporters, left for Melbourne on Friday evening 27 March 2004, to be then welcomed by the team from Preston-Reservoir at Tullamarine Airport. After the billeting arrangements were assigned, our team members spent Friday night with their billets before awakening for Saturday's competition day.

The team consisted of:

U11 Boys	U11 Girls	U12 Boys	U12 Girls
Joel Brady	Evelyn Adu	Jack Caffyn	Alice Coleman
Jason Dooley	Amy Coote	Matthew Gorman	Julia Faysal
Andrew Grey	Somer Logan-Rawiri	Luke Hamer	Nicole Harris
Cameron James	Heather Woods	Alexander Hinson	Rebecca Hartley
Robert Lister		Eugen Luberic	Natasha Iosefo
Stephen McLoughlin		Ben McIntosh	Kristine Kordic
Tye Stanley		Matthew O'Gorman	Alyssa Parkinson

With an expectation that Preston-Reservoir would field a strong home team, after their performances in Sydney last year, there was a level of anticipation that competition and the resulting scoreboard would be close.

Our athletes competed in a wide range of events including the 100m, 200m, 400m, 800m, 1500m, Long Jump, Triple Jump, Shot Put, Discuss and Hurdles. A highlight of the day is of course the relays.

As our team is selected on length of service as compared to one that could be selected from the best from each age group, it was wonderful to watch these athletes competing and achieving personal best performances.

Sometimes such performances are only accomplished in the heat of competition. On this day those performances were sufficient for St George to return home with the silverware. Of particular note, three of Preston-Reservoir's ground records were broken on the day. One by a Preston-Reservoir representative and two by St George. Both of those records were broken by Luke Hamer.

After competition, the members and billeting families of Preston-Reservoir welcomed our athletes and supporters to a fine lunch prior to speeches and presentations.

Our team captains, Alexander Hinson and Alyssa Parkinson were fine ambassadors for our club in the way they thanked the Preston-Reservoir team for their efforts on the track and field, their hospitality as a host club and the consideration extended to our athletes by the Preston-Reservoir billeting families. As is usual, our captains extended our club's invitation to the Preston-Reservoir team to again compete for the H.H Brennan and R Honey Rosebowl Trophy, next time on our home soil, at St George in 2005.

The final scores were:

Age Group	Preston-Reservoir LAC	St George LAC
U 11 Boys	55	79
U11 Girls	52	84
U12 Boys	42	92
U12 Girls	50	84
Total	199	339

Our athletes then spent another night and day with their billeting families before the team and supporters returned home from Melbourne on Sunday evening with more than their share of knowledge and experience.

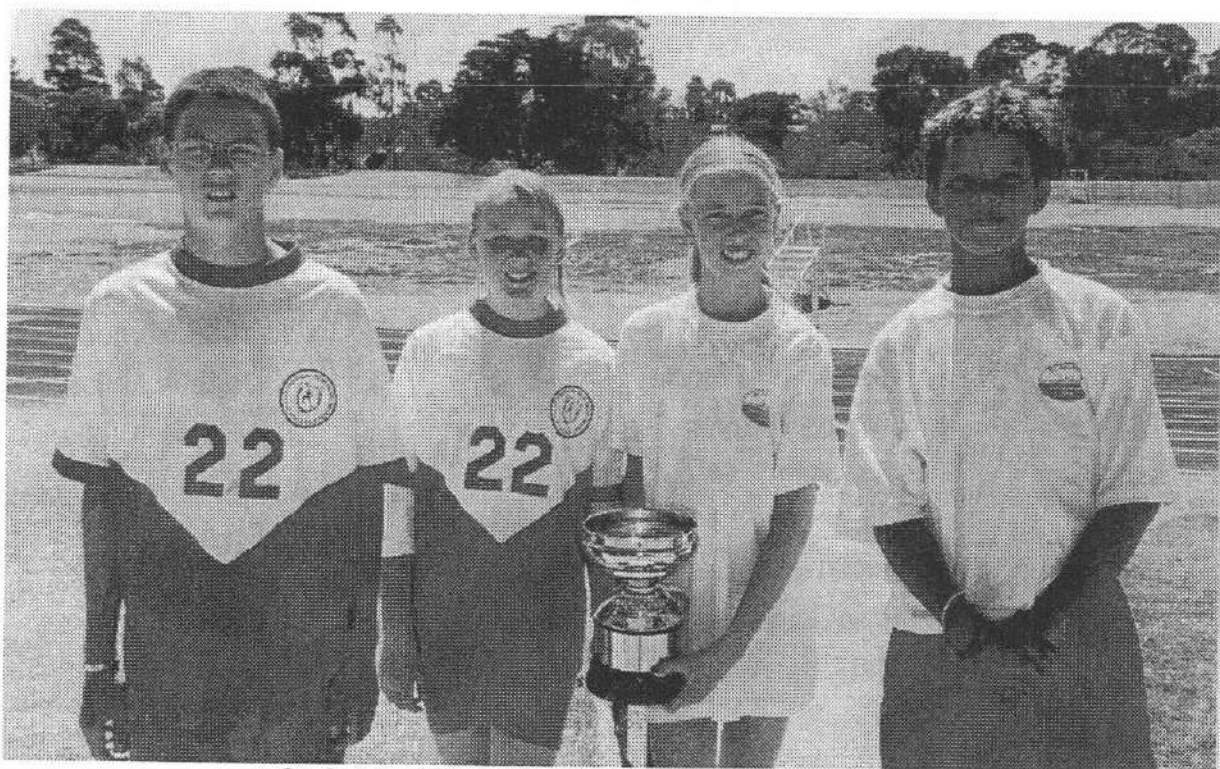
At this moment it is timely to extend particular acknowledgements. With particular note I, and Joanne, as team managers, would like to extend our thanks to the club for its continuing support to this tradition.

In particular I would also like to extend, on behalf of the club, our thanks to our Registrar, Glenda McLoughlin, who with Pat Woods from the Preston Reservoir Club, spent countless hours determining eligible athletes, confirming team members and then the finalization of billets, information packages to parents and athletes and the teams exchange gifts.

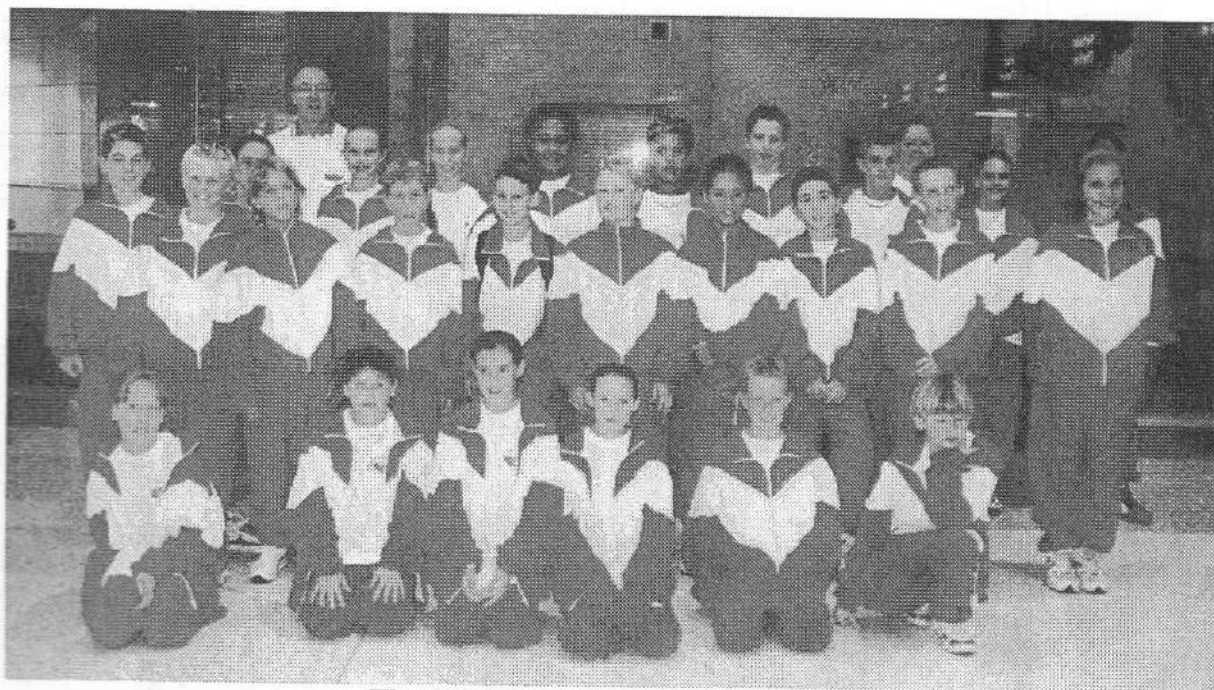
I would commend the club to continue this worthy challenge program for the future.

Ray Parkinson and Joanne Hinson





St George and Preston Team Captains



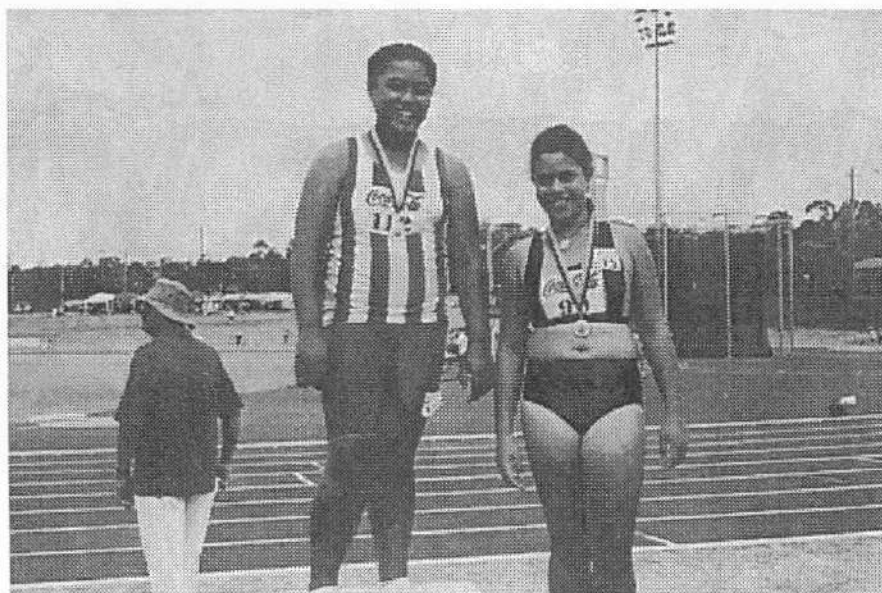
The Mighty Red and White

ST. GEORGE MULTI NIGHT

Boys' Results

Friday, 9th January, 2004

AGE	PLACE	NAME	POINTS	AGE	PLACE	NAME	POINTS
U6B	1 ST	Alex Daskalopoulos	2209	U11B	1 ST	Robert Lister	4068
	2 ND	Andrew Abdullah	2149		2 ND	Justin Walker	3947
	3 RD	James Worthington	1893		3 RD	Cameron James	3921
U7B	1 ST	Luke Mrakovic	3069	U12B	1 ST	Luke Hamer	187
	2 ND	Benjamin Krishna	2546		2 ND	Joseph Leilua	3627
	3 RD	Anthony Aronis	2516		3 RD	Michael Walker	3437
U8B	1 ST	Luciano Leilua	3027	U13B	1 ST	James Coleman	2861
	2 ND	Rhys Davies	2836		2 ND	Oscar Schubert	2376
	3 RD	Matthew Kudla	2706		3 RD	James Pintaric	2286
U9B	1 ST	Alexander Johnston	4033	U14B	1 ST	James Caffyn	3970
	2 ND	Robert Paratore	3850		2 ND	Scott Woods	3836
	3 RD	Alfred Sefo	3396		3 RD	Nam Currie-Nguyen	3827
U10B	1 ST	Bradley Ford	3477	U15B	1 ST	Brandon Martel-Rose	3813
	2 ND	Kieren Beard	2885		2 ND	Anthony Howes	3336
	3 RD	George Lagoutaris	2813		3 RD	Dean Apostolidis	3234



Natasha Iosefo – State Multi's

ST. GEORGE MULTI NIGHT

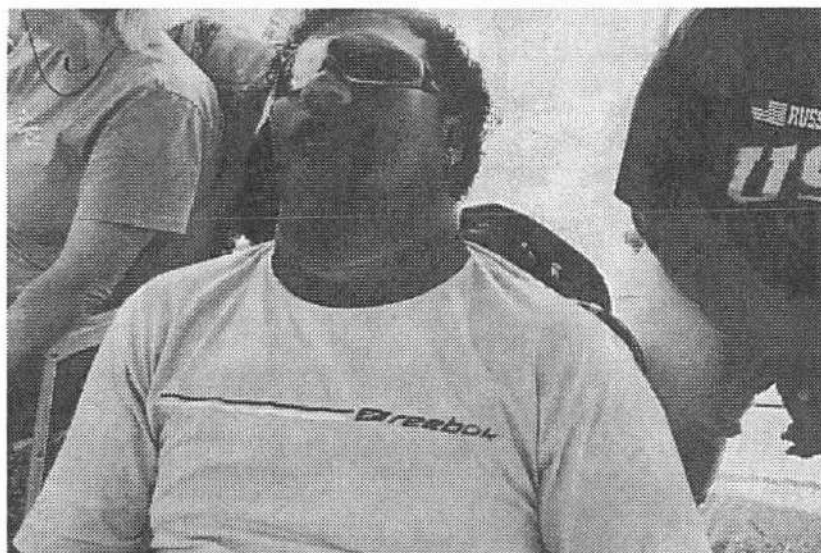
Girls' Results

Friday, 9th January, 2004

AGE	PLACE	NAME	POINTS	AGE	PL AC E	NAME	POINTS
U6G	1 ST	Amelia Schubert	1902	U11G	1 ST	Gemma Cook	3185
	2 ND	Anna Menton	1468		2 ND	Elizabeth Paratore	3073
	3 RD	Tylah Clark	1431		3 RD	Shiloh Phillips	2810
U7G	1 ST	Chloe Lopez	2664	U12G	1 ST	Nikki Apostolidis	3371
	2 ND	Dominique Johnston	2311		2 ND	Alice Coleman	3053
	3 RD	Maritsa Grey	1994		3 RD	Cassandra Mannion	2964
U8G	1 ST	Madelaine Holbeach	2943	U13G	1 ST	Grace Lister	3142
	2 ND	Carolena Kostas	2909		2 ND	Jessica Goodier	2592
	3 RD	Ellie Papalexiou	2567		3 RD	Alana Bodnar	2332
U9G	1 ST	Naomi Lopez	3612	U14G	1 ST	Louise Hamer	3435
	2 ND	Barbara Kudla	3425		2 ND	Kayla Jarvis	3038
	3 RD	Jaclyn Robson	3257		3 RD	Amanda Faysal	2796
U10G	1 ST	Zoe Schubert	3324	U15G	1 ST	Ashleigh Hillyer	2689
	2 ND	Kate Caccamo	3252		2 ND	Romy Krishna	2594
	3 RD	Rachel Mannion	2882		3 RD	Leiden Kronemberger	2537



Alice Iosefo – State Multi's



Michael Iosefo - This is how hard we
work our parents



Bridey Delaney, Louise Hamer, Emma Millet



Robert Lister 800m

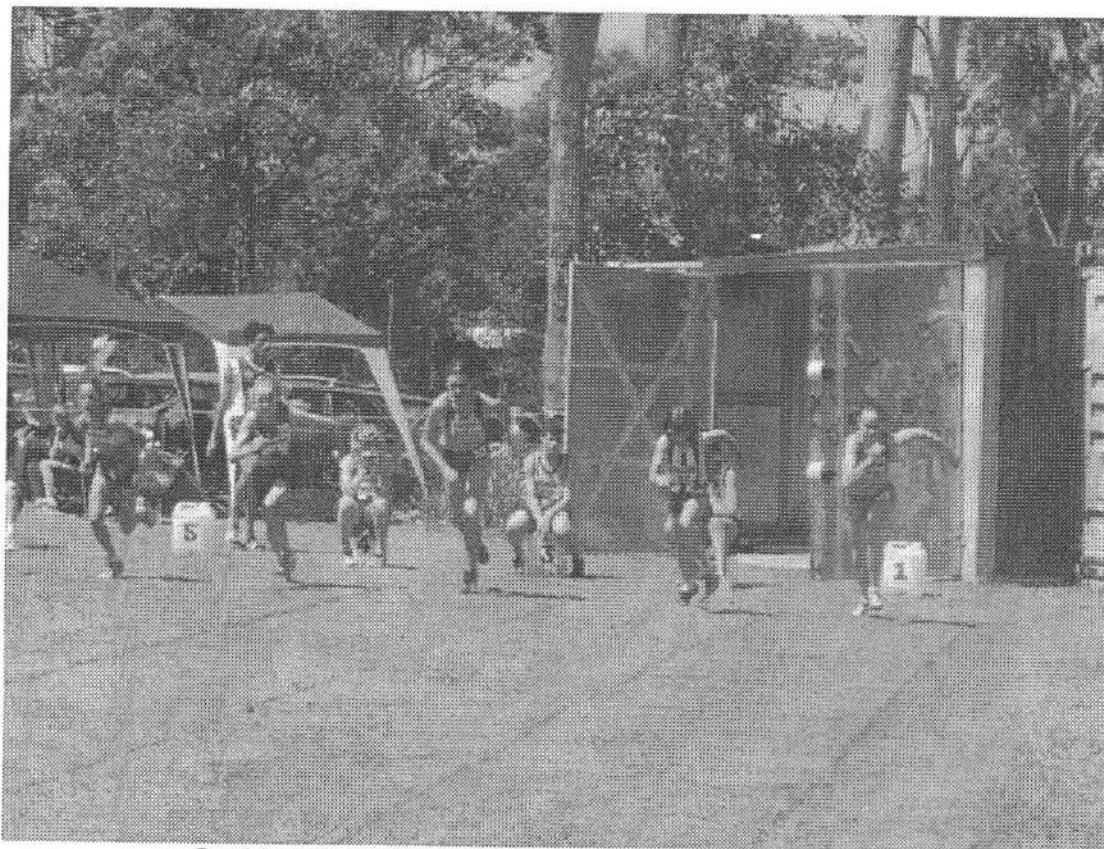
ST GEORGES BASIN DRAGON DERBY RESULTS – NOVEMBER 2003

U6 Boys				
Henry Coleman	Obstacle-1st	100m-7th	Pack-4th	
U6 Girls				
Amelia Schubert	70m-2nd	100m-5th	Pack-19th	U/7 Shot-6th
U9 Boys				
Jack Worthington	70m-6th	100m-9th	200m-8th	Hurdles-8th
	Shot-2nd			
Riley Delaney	100m-5th	U/10 800m-2nd	High Jump-1st	
U9 Girls				
Candice Dooley	70m-2nd	100m-5th	200m-2nd	800m-2nd
	High Jump-4th	Hurdles-2nd	Walk-1st	
U10 Boys				
Michael Horafios	70m-7th	100m-7th	800m-1st	Discus-7th
	Hurdles-7th	Long Jump-11th		
George Lagourtaris	70m-5th	100m-7th	200m-6th	Hurdles-8th
	Discus-6th			
Christian Lozada	70m-3rd	100m-7th	200m-3rd	Hurdles-2nd
	Long Jump-7th	Discus-3rd		
U10 Girls				
Alice Iosefo	70m-8th	100m-8th	Hurdles-8th	Discus-1st(Record)
Liana Rose	100m-5th	200m-1st	800m-1st	Hurdles-6th
	Long Jump-6th			
Zoe Schubert	70m-3rd	100m-1st	200m-2nd	800m-2nd
	Walk-1st	U/11 Shot Put-2nd	Discus-3rd	Long Jump-3rd
	Hurdles-1st			
U11 Boys				
Jason Dooley	100m-5th	200m-6th	800m-4th	Hurdles-8th
	Triple Jump-4th	High Jump-7th	Walk-2nd	
Robert Lister	100m-4th	800m-1st(Record)	U/13 1500m-3rd	Hurdles-5th
	Triple Jump-2nd	High Jump-8th	Walk-3rd	
U12 Boys				
Luke Hamer	100m-1st	200m-1st	400m-1st	800m-1st
Alex Hinson	100m-5th	Hurdles-4th	Long Jump-6th	U/13 High Jump-3rd
	Javelin-6th			
U12 Girls				
Alice Coleman	100m-8th	Hurdles-6th		
Natasha Iosefo	100m-12th	Hurdles-6th	Discus-1st(Record)	Javelin-5th

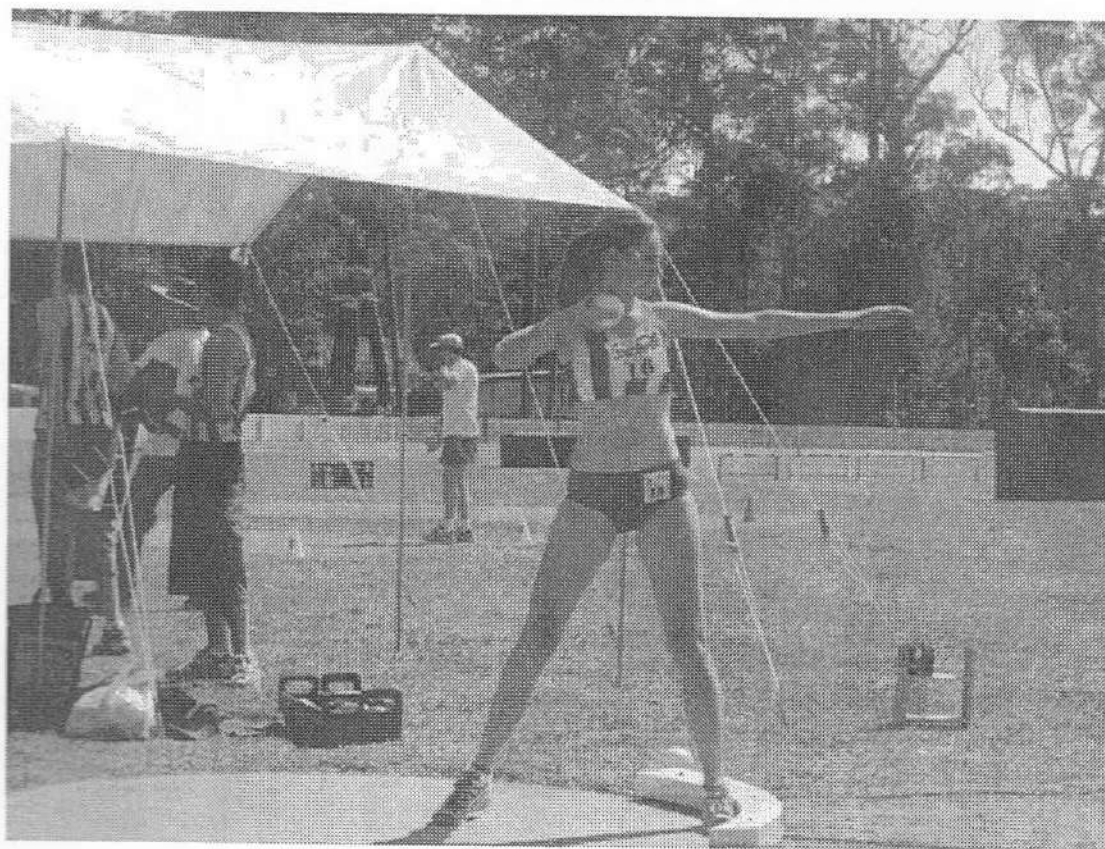
U13 Boys				
Oscar Schubert	100m-5th	Shot Put-6th	U/14 Discus-5th	
Tim Martel-Rose	Shot Put-4th	U/14 Discus-8th		
James Coleman	100m-4th	200m-5th	400m-5th	1500m-4th
	Triple Jump-7th	High Jump-4th		
Thomas Delaney	U/14 800m-4th	1500m-6th	Walk-4th	
U13 Girls				
Stephanie Beck	100m-9th	400m-5th	1500m-2nd	High Jump-10th
Grace Lister	100m-1st	200m-1st	400m-2nd	Shot Put 4th
	High Jump-4th	Triple Jump-3rd		
Sophie Worthington	100m-9th	200m-6th		
U14 Girls				
Laura Bray	U/15 Shot Put-1st	Discus-4th		
Kayla Jarvis	100m-7th	200m-6th	400m-3rd	800m-4th
	Long Jump-10th	1500m-3rd		
Katrina Biteznik	400m-5th	800m-7th	1500m-1st	Walk-1st(Record)
Amanda Faysal	100m-th	200m-4th	Long Jump-2nd	
U15 Boys				
Brandon Martel-Rose	100m-4th	200m-1st	Walk-1st	Shot Put-6th
	High Jump-4th	Triple Jump-1st		
Anthony Howes	100m-3rd	400m-1st	Shot Put-4th	
Dean Apostolidis	100m-1st	400m-1st	Discus-3rd	Long Jump-4th
	Triple Jump-2nd			
U15 Girls				
Melissa Gorman	100m-7th	1500m-2nd	Shot Put-8th	
Asheligh Hillyer	100m-2nd	200m-2nd	Shot Put-6th	Triple Jump-6th
Emma Millet	400m-4th	U/18 800m-2nd	1500m-1st	Shot Put-9th
	U/18 Discus-7th			
Keshia Hinson	Triple Jump-2nd	High Jump-4th		
Leiden Kronemberger	100m-4th	200m-4th	400m-3rd	Walk-1st
	Triple Jump-3rd			

Congratulations to all of the Athletes, Junior and Senior that competed at the St Georges Basin Dragon Derby. St George managed to bag many Medals and we look forward to next year's competition.

Dragon Derby - St Georges Basin



Sophie Worthington & Stephanie Beck U/13 100 metres

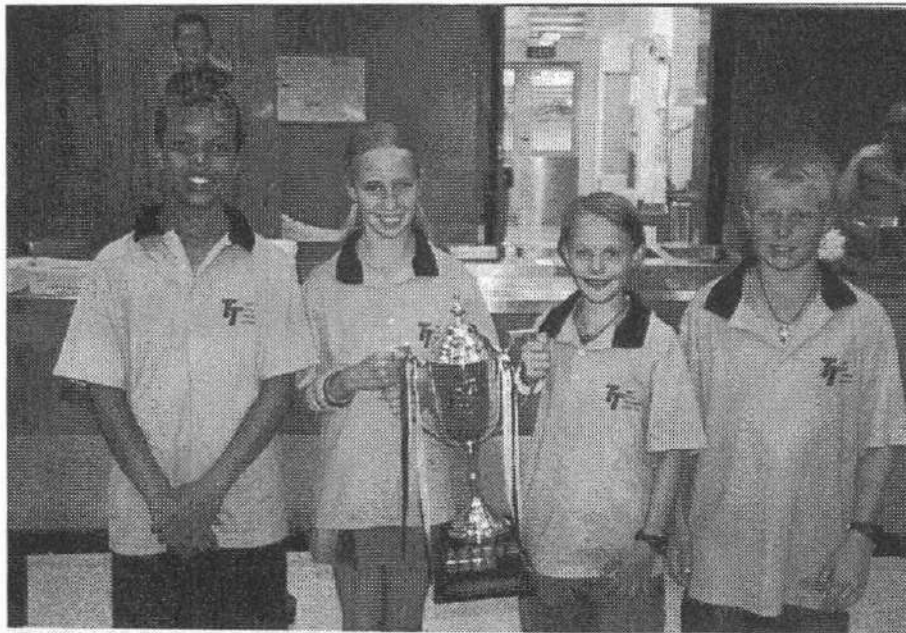


Emma Millet U/15 Shot Put

TRANS TASMAN TOUR – 2004

On the 8th of January 2004, a team of New South Wales athletes traveled to New Zealand to compete for the Trans-Tasman Challenge Cup.

This competition is for athletes in the U11 and U12 age groups. This year a team of approximately 140 athletes left for what is for some an experience of a lifetime. That is to compete overseas for your state and experience the sights and cultures of another country.



This year saw four St. George athletes selected to travel with the team to New Zealand and represent NSW Little Athletics. Those athletes were Matthew Gorman, Alexander Hinson, Rebecca Nelson and Alyssa Parkinson.

Alexander and Matthew had both been part of the NSW team which competed in NSW against New Zealand when the New Zealand team traveled to Australia last year. Pat Gorman and I also traveled with the team as Section Managers.

Whilst in New Zealand, the tour was separated into competition days, training days as well as an opportunity to smell, taste and touch as much New Zealand experience that you can pack into a twelve day tour.

Athletes competed in three major competition days as well as an 'acquaintance with the ground day', so to learn the nuances of the track and field that the Challenge Cup would present come Cup day.

As the history of the Challenge would tell any statistician, home teams hold an enormous advantage in having most, if all athletes, available to compete, rather than a touring team whose numbers can sometimes be restricted by the costs of the tour.

As such it was to be expected that competition would be tight and the scoring may favour the home team. But it was not to be that way this year with NSW not only putting up some stiff competition to those from the land of the long white cloud but in many events showing their competitors a clean set of heels.

The distinct victory to NSW making for some serious searching of the record books to find a comparable score board.

Ray Parkinson and Pat Gorman



Alex Hinson, Matthew Gorman, Becky Nelson, Alyssa Parkinson

SOUTHERN METROPOLITAN ZONE CHAMPIONSHIPS
(Sylvania Waters Athletic Field - Sat 31 January & Sun 2 February 2004)

U/7 Boys	Event	Performance	Place	U/7 Girls	Event	Performance	Place
Benjamin Krishna	200m Run	39.2s	5	Seraphina Close-Brown	50m Run	9.9s	4
	50m Run	9.5s	2		Shot Put	3.58m	6
Callum Leech	50m Run	10.3s	4	Maritsa Grey	Shot Put	3.55m	7
Luke Mrakovcic	200m Run	38.5s	3		Discus	6.39m	7
	100m Run	17.8s	2	Dominique Johnston	50m Run	9.5s	2
	Long Jump	2.91m	4		70m Run	13.1s	5
Mark Rizoski	100m Run	18.4s	6		Long Jump	2.71m	2
	Shot Put	5.29m	2		100m Run	18.6s	5
	Long Jump	2.96m	3	Chloe Lopez	100m Run	17.8s	1
					200m Run	38.1s	1
					Pack Start	2min 01.1s	2
					Long Jump	2.61m	4
				Sally Mulheron	Pack Start	2min 29.3s	7
					Discus	6.64m	6
				Mackenzie Woodman	Shot Put	2.52m	8
					50m Run	12.7s	5

U/8 Boys	Event	Performance	Place	U/8 Girls	Event	Performance	Place
Luke Brunskill	70m Run	13.1s	7	Pauline Daskalopoulos	70m Run	12.8s	3
	100m Run	17.9s	8	Sarah Dufty	100m Run	18.8s	8
Marcus Chan	70m Run	12.7s	4		400m Run	1min 36.2s	7
	60m Hurdles	12.5s	6		70m Run	13.7s	8
Matthew Dufty	100m Run	16.9s	3	Cathleen Egan	Discus	4.57m	6
	200m Run	35.0s	3		Shot Put	2.84m	7
	400m Run	1min 34.8s	7	Madelaine Holbeach	70m Run	12.8s	4
	70m Run	12.4s	3		Long Jump	2.81m	6
Matthew Kudla	Shot Put	5.27m	2		60m Hurdles	12.9s	2
	Discus	13.88m	3		100m Run	18.0s	7
Luciano Leilua	70m Run	12.9s	6	Carolena Kostas	Pack Start	2min 42.8s	1
	100m Run	17.3s	7		200m Run	35.4s	3
	60m Hurdles	12.3s	4		400m Run	1min 22.4s	1
Gavin Parkinson	Discus	8.52m	8		60m Hurdles	13.1s	3
Joshua Pintaric	Long Jump	2.79m	8				
	Shot Put	4.17m	7				
Brodie Stanley	Long Jump	3.02m	6				
	Discus	15.06m	2				

U/9 Boys	Event	Performance	Place	U/9 Girls	Event	Performance	Place
Daniel Church	100m Run	16.5s	7	Georgina Brady	200m Run	37.9s	7
	70m Run	12.0s	6	Candice Dooley	400m Run	1min 18.8s	2
Riley Delaney	800m Run	2min 54.7s	3		800m Run	2min 59.4s	2
	High Jump	1.05m	7		60m Hurdles	11.7s	3
Daniel Dimovski	800m Run	3min 09.9s	7		700m Walk	4min 38.7s	2
Todd Dimovski	High Jump	1.00m	8	Emma Giuffre	Discus	9.49m	7
	700m Walk	5min 28.0s	3		Shot Put	3.18m	7
Lucas Grey	200m Run	35.9s	8	Nicole Janes	700m Walk	6min 24.0s	6
Alexander Johnston	100m Run	15.3s	2		Long Jump	3.09m	7
	60m Hurdles	10.4s	1		High Jump	1.05m	6
	Long Jump	4.03m	1	Effie Joseph	200m Run	38.0s	8
	70m Run	11.3s	2	Barbara Kudla	100m Run	16.2s	6
Lucas Martin	Long Jump	3.47m	5		200m Run	34.5s	3
	100m Run	16.7s	8		60m Hurdles	12.0s	5
Robert Paratore	800m Run	2min 46.8s	1		High Jump	1.05m	4
	200m Run	32.6s	2	Chloe Leech	70m Run	11.9s	3
	400m Run	1min 13.5s	1	Naomi Lopez	200m Run	33.3s	1
Alfred Sefo	60m Hurdles	11.7s	6		100m Run	15.2s	1
	Discus	18.52m	3		Long Jump	3.53m	1
	Long Jump	3.57m	4		70m Run	11.3s	1
Arthur Tsounis	700m Walk	6min 00.1s	5	Jaclyn Robson	100m Run	15.4s	2

ZONE CHAMPIONSHIPS (Continued)

Jack Worthington	Shot Put	6.21m	2		70m Run	11.6s	2
					60m Hurdles	11.0s	1
				Andriana Tsounis	700m Walk	5min 54.1s	5

U/10 Boys	Event	Performance	Place	U/10 Girls	Event	Performance	Place
Daniel Cheng	High Jump	1.05m	8	Rachel Brown	Discus	12.82m	7
	Long Jump	3.76m	6		400m Run	1min 32.1s	7
	400m Run	1min 22.7s	8	Kate Caccamo	200m Run	32.3s	2
Calvin Ferreira	200m Run	35.1s	8		100m Run	15.2s	2
	60m Hurdles	12.3s	6		Long Jump	3.65m	6
Bradley Ford	Shot Put	6.20m	4	Alexandra Diakos	400m Run	1min 23.6s	6
	High Jump	1.30m	1		200m Run	36.8s	8
	800m Run	2min 47.8s	4	Cara Hannon	200m Run	36.0s	6
	400m Run	1min 10.9s	3		800m Run	3min 23.4s	6
Michael Horafios	1500m Run	6min 21.0s	7	Alice Iosefo	Shot Put	10.13m	1
	800m Run	3min 04.9s	8	Rachel Mannion	400m Run	1min 13.8s	1
George Lagoutaris	200m Run	35.0s	7		800m Run	3min 05.3s	2
Christian Lozada	100m Run	14.8s	4		1500m Run	5min 53.5s	2
	60m Hurdles	11.8s	3		1100m Walk	8min 41.5s	3
	70m Run	10.8s	3	Danae Papalexiou	800m Run	3min 36.2s	7
	200m Run	31.5s	2	Jonaya Phillips	Discus	16.37m	5
Cameron Nicholls	1100m Walk	8min 42.2s	6	Stephanie Rizoski	High Jump	1.15m	7
Jarrold Parkinson	Shot Put	4.14m	8		Long Jump	3.50m	8
Mitchell Parsons	70m Run	11.0s	4		100m Run	16.1s	6
	100m Run	15.5s	7		70m Run	11.6s	4
Anthony Sefo	Discus	16.92m	7	Liana Rose	400m Run	1min 19.3s	3
James Thiveos	Long Jump	3.76m	7		800m Run	2min 53.8s	1
	60m Hurdles	13.0s	8		1500m Run	5min 56.8s	3
	100m Run	15.4s	6	Chloe Saintilan	High Jump	1.15m	5
	70m Run	11.2s	6		100m Run	15.9s	5
					70m Run	11.6s	3
				Phoebe Saintilan	Shot Put	4.45m	4
					70m Run	12.2s	7
					200m Run	36.0s	5
				Zoe Schubert	Discus	23.75m	1
					High Jump	1.22m	3
					60m Hurdles	12.0s	3

U/11 Boys	Event	Performance	Place	U/11 Girls	Event	Performance	Place
Joel Brady	400m Run	1min 19.4s	6	Gemma Cook	Long Jump	3.66m	8
Rory Brady	200m Run	30.4s	7		Discus	13.28m	4
	Triple Jump	8.40m	4	Amy Coote	400m Run	1min 21.3s	6
	High Jump	1.20m	5		High Jump	1.15m	6
Chadwick Close-Brown	High Jump	1.28m	2		1500m Run	6min 07.3s	4
Stefan Diakanastasis	High Jump	1.42m	1	Nicole Dart	Discus	12.10m	7
Jason Dooley	Triple Jump	7.84m	8	Laura Fitzpatrick	100m Run	15.4s	6
	1500m Run	5min 47.0s	7		60m Hurdles	12.3s	5
	800m Run	2min 46.1s	4		High Jump	1.20m	3
Alex Giampietro	Shot Put	10.67m	1	Becky Nelson	400m Run	1min 12.8s	3
	Discus	23.70m	2		Discus	18.21m	1
Andrew Grey	60m Hurdles	10.9s	4		Triple Jump	8.14m	5
	400m Run	1min 09.4s	5	Elizabeth Paratore	800m Run	3min 09.0s	8
	100m Run	14.2s	5		1100m Walk	6min 23.7s	1
Stephen Holbeach	Long Jump	3.95m	5	Shiloh Phillips	100m Run	15.4s	7
	200m Run	29.5s	5				
	60m Hurdles	11.4s	6				
	400m Run	1min 08.7s	3				
Cameron James	100m Run	14.2s	6				
	200m Run	29.2s	2				
	Long Jump	3.75m	6				
Robert Lister	Triple Jump	8.50m	3				
	60m Hurdles	11.1s	5				
	800m Run	2min 30.6s	1				
	1500m Run	5min 11.4s	1				

ZONE CHAMPIONSHIPS (Continued)

Stephen Mrakovcic	1100m Walk	7min 31.2s	4				
Billy Papalexioiu	Shot Put	6.27m	7				
Tye Stanley	1100m Walk	7min 23.2s	3				
Justin Walker	High Jump	1.15m	7				
	Long Jump	4.15m	3				
	100m Run	13.5s	1				

U/12 Boys	Event	Performance	Place	U/12 Girls	Event	Performance	Place
Matthew Gorman	400m Run	1min 17.1s	6	Nikki Apostolidis	200m Run	30.5s	4
	Shot Put	8.45m	1		Long Jump	4.18m	7
	Discus	26.02m	3		Triple Jump	8.86m	5
Luke Hamer	100m Run	13.2s	1	Alice Coleman	60m Hurdles	11.9s	4
	200m Run	26.7s	1	Shenae Giuffre	1500m Run	7min 33.0s	8
	400m Run	1min 02.7s	1	Ashlee Hannon	400m Run	1min 12.9s	4
Tyson Heneghan	60m Hurdles	11.2s	6	Natasha Iosefo	Discus	27.85m	2
	100m Run	14.3s	6		Shot Put	12.51m	1
Alexander Hinson	High Jump	1.45m	2	Cassandra Mannion	1500m Run	7min 18.8s	7
	Long Jump	4.65m	3		Discus	13.46m	8
	60m Hurdles	10.1s	1	Alyssa Parkinson	Shot Put	5.50m	8
Timothy Hogan	1500m Run	5min 51.6s	7		60m Hurdles	14.5s	7
	800m Run	2min 54.8s	7				
	400m Run	1min 18.0s	7				
Matthew O'Gorman	Shot Put	6.94m	6				

U/13 Boys	Event	Performance	Place	U/13 Girls	Event	Performance	Place
James Coleman	80m Hurdles	16.3s	3	Stephanie Beck	Long Jump	3.24m	6
	200m Hurdles	35.5s	2		3000m Run	12min 10.7s	2
	1500m Run	5min 36.0s	4		1500m Run	5min 36.8s	3
	800m Run	2min 43.2s	4		800m Run	2min 50.0s	6
Ben Currie-Nguyen	100m Run	16.6s	8	Alana Bodnar	High Jump	1.25m	3
	800m Run	3min 08.7s	8	Grace Lister	100m Run	13.7s	3
	Long Jump	3.20m	4		80m Hurdles	14.1s	4
Thomas Delaney	1500m Run	5min 36.6s	5		200m Hurdles	31.5s	4
	800m Run	2min 50.6s	6		Triple Jump	9.10m	5
	3000m Run	12min 06.9s	3	Breanna Stanley	1500m Walk	12min 47.3s	3
Patrick Macpherson	100m Run	16.2s	7		Shot Put	4.72m	8
	Triple Jump	8.55m	2	Domonique Woodman	Discus	12.63m	8
	Long Jump	3.41m	3		200m Hurdles	42.5s	6
	200m Run	34.1s	8		100m Run	16.7s	8
Tim Martel-Rose	Shot Put	7.71m	3	Sophie Worthington	100m Run	15.0s	7
	Discus	17.63m	6		Long Jump	3.76m	5
Oscar Schubert	Discus	26.46m	4		Shot Put	4.85m	7
	Shot Put	9.52m	2				
	Long Jump	3.69m	2				
	Javelin	19.18m	5				

U/14 Boys	Event	Performance	Place	U/14 Girls	Event	Performance	Place
Michael Bastion	Triple Jump	10.59m	3	Taleah Baird	80m Hurdles	15.5s	6
	Long Jump	4.71m	7		High Jump	1.35m	6
	100m Run	12.9s	5	Katrina Biteznick	1500m Walk	8min 34.0s	2
Patrick Brady	100m Run	14.1s	7		3000m Run	12min 47.8s	2
	200m Run	29.4s	6		800m Run	3min 10.1s	8
James Caffyn	Long Jump	5.60m	2		1500m Run	6min 13.9s	5
	Triple Jump	11.14m	1	Laura Bray	Shot Put	8.38m	2
	200m Run	26.3s	3		Javelin	13.76m	8
	100m Run	12.4s	2		Discus	23.01m	1
Nam Currie-Nguyen	3000m Run	10min 34.9s	2	Dennise Castaneda	100m Run	14.5s	8
	400m Run	58.5s	1	Amanda Faysal	Javelin	17.28m	6
	800m Run	2min 12.7s	1		Triple Jump	9.80m	2
	1500m Run	4min 47.7s	2		200m Run	29.1s	4
Curtis Dart	100m Run	14.7s	8	Louise Hamer	100m Run	14.0s	6
	Javelin	20.12m	4		200m Run	28.5s	3
	Triple Jump	8.51m	6		400m Run	1min 05.4s	4
	90m Hurdles	18.7s	6		800m Run	2min 39.1s	4

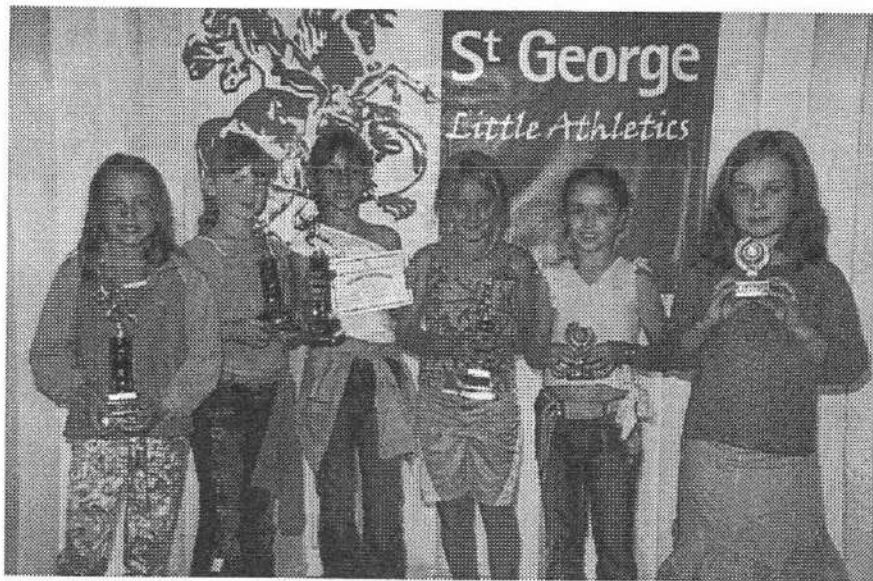
ZONE CHAMPIONSHIPS (Continued)

Gerard Gayton	800m Run	2min 51.2s	6	Kayla Jarvis	80m Hurdles	15.5s	5
	90m Hurdles	16.3s	5		800m Run	2min 55.5s	7
	200m Hurdles	34.5s	4		1500m Run	6min 33.3s	6
Mitchell Parkinson	Shot Put	6.13m	2		3000m Run	13min 35.9s	4
	Discus	20.34m	4	Frances Leilua	Shot Put	7.57m	4
Stephen Piperides	90m Hurdles	16.2s	4	Harriett McInerney	Shot Put	5.89m	6
	Long Jump	4.80m	6	Courtney McLoughlin	Shot Put	6.81m	5
	200m Run	27.0s	5				
	100m Run	12.6s	4				
Scott Woods	200m Hurdles	30.5s	2				
	800m Run	2min 42.0s	5				
	Triple Jump	11.08m	2				
	Javelin	31.72m	2				

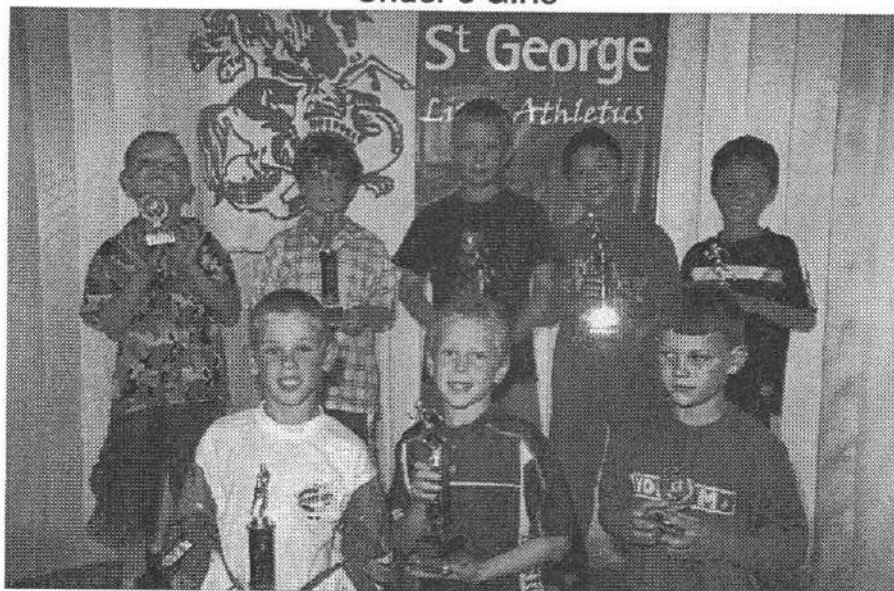
U/15 Boys	Event	Performance	Place	U/15 Girls	Event	Performance	Place
Dean Apostolidis	Long Jump	5.17m	1	Andrea Barakat	Shot Put	4.55m	8
	Discus	37.77m	1		Discus	9.14m	7
	100m Run	12.3s	3	Elizabeth Beaven	Triple Jump	8.73m	6
Steven Judge	High Jump	1.60m	3		High Jump	1.31m	3
Marcus Leard	Long Jump	4.88m	3		Long Jump	3.79m	7
	200m Hurdles	32.0s	4	Kirsty Brown	1500m Walk	10min 24.9s	3
	200m Run	28.2s	6		400m Run	1min 17.0s	6
Leon Luburic	High Jump	1.65m	2	Bridey Delaney	800m Run	2min 32.0s	2
	Triple Jump	10.83m	2		1500m Run	5min 11.4s	2
Brandon Martel-Rose	200m Hurdles	29.3s	3		3000m Run	11min 05.4s	1
	Javelin	29.54m	2	Melissa Gorman	1500m Run	6min 08.9s	6
	200m Run	26.2s	5		400m Run	1min 10.8s	4
	Triple Jump	11.55m	1	Ashleigh Hillyer	100m Run	13.4s	2
Alexander Stamenkovic	100m Run	12.3s	4		Triple Jump	8.94m	5
					200m Run	28.0s	3
					Long Jump	4.41m	4
				Keshia Hinson	Long Jump	3.88m	5
					High Jump	1.33m	2
					Triple Jump	9.81m	3
				Romy Krishna	100m Run	13.5s	3
					200m Run	28.7s	5
					Long Jump	3.83m	6
					Shot Put	6.78m	7
				Leiden Kronemberger	90m Hurdles	15.3s	3
					200m Hurdles	31.8s	2
					Long Jump	4.48m	3
				Leonie Lui	100m Run	14.7s	6
					Discus	14.98m	6
					Long Jump	3.55m	8
				Emma Millett	800m Run	2min 36.7s	3
					1500m Run	5min 28.5s	4
					3000m Run	12min 10.3s	3

Junior Boys 4x100m Relay	Performance	Place	Junior Girls 4x100m Relay	Performance	Place
Alex Johnston, Christian Lozada, Justin Walker, Luke Hamer	56.6s	1	Naomi Lopez, Kate Caccamo, Laura Fitzpatrick, Alice Coleman	1min 01.9s	3

Senior Boys 4x100m Relay	Performance	Place	Senior Girls 4x100m Relay	Performance	Place
Tyson Heneghan, James Coleman, James Caffyn, Dean Apostolidis	52.1s	3	Nikki Apostolidis, Grace Lister, Amanda Faysal, Ashleigh Hillyer	55.1s	2



Under 8 Girls



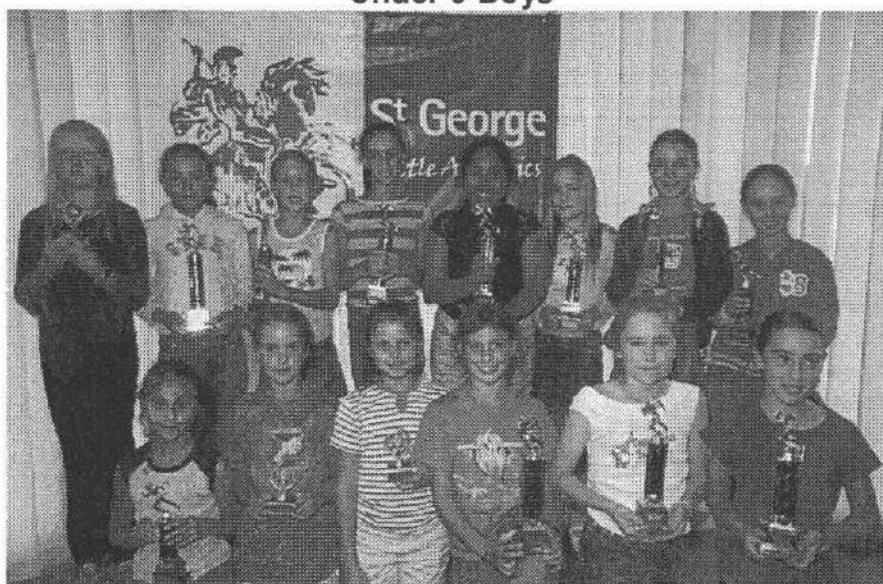
Under 8 Boys



Under 9 Girls



Under 9 Boys



Under 10 Girls



Under 10 Boys

REGIONAL CHAMPIONSHIPS
(Campbelltown Sports Ground, Sat. & Sun 21-22 February 2004)

U/8 Boys	Event	Performance	Place	U/8 Girls	Event	Performance	Place
Marcus Chan	70m Run	12.0s	8	Carolena Kostas	200m Run	34.5s	5
Matthew Kudla	Discus	12.08m	8		400m Run	1min 19.8s	1
					Pack Start	2min 28.2s	1

U/9 Boys	Event	Performance	Place	U/9 Girls	Event	Performance	Place
Riley Delaney	800m Run	2min 47.9s	4	Candice Dooley	400m Run	1min 16.5s	5
Alexander Johnston	100m Run	15.6s	4		700m Walk	4min 17.2s	5
	60m Hurdles	10.4s	1		800m Run	3min 01.3s	7
	70m Run	10.5s	4	Barbara Kudla	200m Run	33.9s	6
	Long Jump	4.03m	1		High Jump	1.12m	4
Robert Paratore	400m Run	1min 11.0s	2	Naomi Lopez	100m Run	15.1s	2
Alfred Sefo	Discus	20.23m	7		200m Run	31.3s	1
	Long Jump	3.50m	8		70m Run	10.6s	2
Jack Worthington	Shot Put	6.35m	4		Long Jump	3.47m	3
				Jaclyn Robson	100m Run	16.1s	6
					60m Hurdles	11.6s	7
					70m Run	11.0s	6

U/10 Boys	Event	Performance	Place	U/10 Girls	Event	Performance	Place
Bradley Ford	400m Run	1min 07.5s	3	Kate Caccamo	100m Run	15.2s	3
	High Jump	1.26m	3		200m Run	32.0s	3
				Alice Iosefo	Shot Put	10.37m RBP	1
				Rachel Mannion	400m Run	1min 12.6s	1
					800m Run	2min 56.5s	7
				Liana Rose	1500m Run	6min 00.9s	5
					800m Run	2min 49.5s	2
				Chloe Saintilan	70m Run	11.1s	7
				Zoe Schubert	60m Hurdles	11.8s	5
					Discus	23.86m	3
					High Jump	1.20m	5

U/11 Boys	Event	Performance	Place	U/11 Girls	Event	Performance	Place
Rory Brady	Triple Jump	8.53m	6	Laura Fitzpatrick	High Jump	1.20m	7
Chadwick Close-Brown	High Jump	1.30m	4	Becky Nelson	400m Run	1min 12.5s	7
Stefan Diakanastasis	High Jump	1.36m	1		Discus	21.76m	4
Jason Dooley	1100m Walk	5min 57.6s	2	Elizabeth Paratore	1100m Walk	6min 01.5s	2
Alex Giampietro	Discus	27.67m	1				
	Shot Put	11.69m	1				
Cameron James	200m Run	28.3s	3				
Robert Lister	1500m Run	5min 15.0s	2				
	800m Run	2min 28.5s	3				
	Triple Jump	8.63m	4				
Tye Stanley	1100m Walk	7min 11.4s	7				
Justin Walker	100m Run	13.6s	1				
	Long Jump	4.27m	2				

U/12 Boys	Event	Performance	Place	U/12 Girls	Event	Performance	Place
Matthew Gorman	Shot Put	8.50m	5	Natasha Iosefo	Discus	29.17m	3
Luke Hamer	100m Run	13.1s	1		Shot Put	13.22m	1
	200m Run	26.0s	1				
	400m Run	58.3s	1				
Alexander Hinson	60m Hurdles	10.3s	3				
	High Jump	1.46m	2				
	Long Jump	4.96m	1				

REGIONAL CHAMPIONSHIPS (Continued)

U/13 Boys	Event	Performance	Place	U/13 Girls	Event	Performance	Place
Oscar Schubert	Discus	26.04m	5	Stephanie Beck	1500m Run	5min 36.8s	8
	Shot Put	8.83m	7		3000m Run	11min 48.4s	5
				Alana Bodnar	High Jump	1.35m	6
				Grace Lister	100m Run	13.3s	3
					200m Hurdles	29.8s	4
					80m Hurdles	13.1s	1
				Breanna Stanley	1500m Walk	10min 23.9s	6

U/14 Boys	Event	Performance	Place	U/14 Girls	Event	Performance	Place
James Cafiyn	100m Run	12.4s	7	Laura Bray	Discus	24.42m	7
	Long Jump	5.58m	1		Shot Put	8.92m	6
	Triple Jump	10.53m	6	Katrina Biteznick	1500m Walk	8min 21.0s	2
Nam Currie-Nguyen	1500m Run	4min 46.4s	2		3000m Run	12min 50.5s	8
	3000m Run	10min 11.4s	2	Amanda Faysal	Triple Jump	9.25m	5
	400m Run	57.9s	4	Louise Hamer	400m Run	1min 10.2s	8
	800m Run	2min 11.9s	2	Kayla Jarvis	3000m Run	12min 14.4s	7
Gerard Gayton	200m Hurdles	33.2s	7				
Stephen Piperides	100m Run	12.9s	8				
	90m Hurdles	14.8s	6				
Scott Woods	200m Hurdles	28.8s	4				
	Javelin	30.74m	6				

U/15 Boys	Event	Performance	Place	U/15 Girls	Event	Performance	Place
Dean Apostolidis	Discus	41.93m	4	Kirsty Brown	1500m Walk	10min 09.4s	7
	Long Jump	5.53m	6	Bridey Delaney	1500m Run	5min 01.4s	2
Steven Judge	High Jump	1.65m	5		3000m Run	11min 34.2s	1
Marcus Leard	Long Jump	5.20m	7		800m Run	2min 28.3s	2
Leon Luburic	High Jump	1.65m	4	Melissa Gorman	400m Run	1min 09.6s	7
Brandon Martel-Rose	200m Hurdles	28.9s	6	Ashleigh Hillyer	100m Run	13.2s	3
	Javelin	41.58m	4		Long Jump	4.20m	8
	Triple Jump	11.84m	1	Keshia Hinson	Triple Jump	9.71m	5
				Romy Krishna	100m Run	13.3s	5
				Leiden Kronemberger	200m Hurdles	37.3s	8
					90m Hurdles	14.6s	2
				Emma Millett	1500m Run	5min 27.1s	3
					800m Run	2min 30.4s	3

Junior Boys 4x100m Relay	Performance	Place	Senior Girls 4x100m Relay	Performance	Place
Alex Johnston, Christian Lozada, Justin Walker, Luke Hamer	56.1s	2	Nikki Apostolidis, Grace Lister, Amanda Faysal, Ashleigh Hillyer	53.9s	4



Under 11 Girls



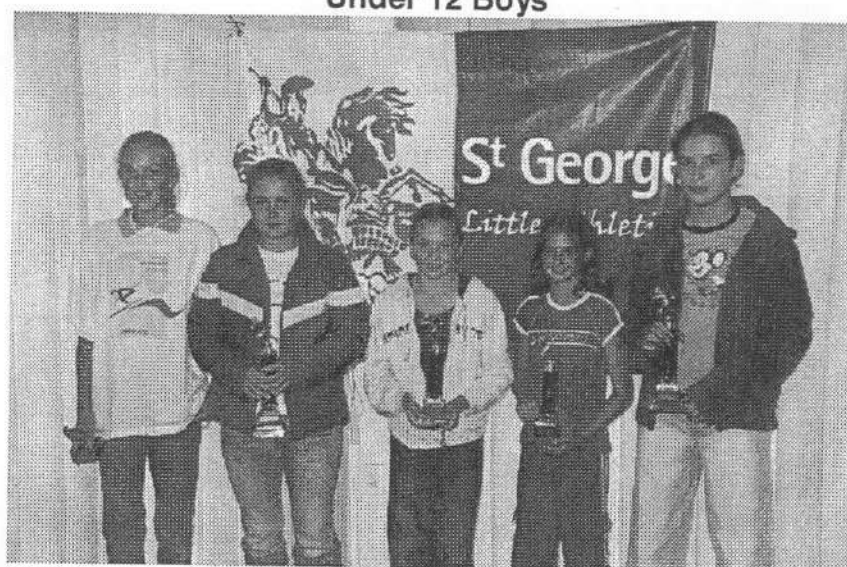
Under 11 Boys



Under 12 Girls



Under 12 Boys



Under 13 Girls



Under 13 Boys

STATE CHAMPIONSHIPS

Sydney International Athletic Centre, Homebush
Saturday & Sunday, 20 & 21 March 2004

AGE GROUP	NAME	EVENT	PERFORMANCE	PLACE
U9 Boys	Robert Paratore	400m	1min 09.0s	4
U9 Girls	Barbara Kudla	High Jump	1.15m	6
	Naomi Lopez	70m	10.9s	5
	Naomi Lopez	100m	15.3s	5
	Naomi Lopez	200m	30.8s	2
	Naomi Lopez	Long Jump	3.56m	8
U10 Boys	Bradley Ford	400m	1min 07.8s	5
	Bradley Ford	High Jump	1.30m	7
U10 Girls	Alice Iosefo	Shot Put	10.83m RECORD	1
	Rachel Mannion	400m	1min 12.0s	7
	Zoe Schubert	Discus	26.84m	6
U11 Boys	Chadwick Close-Brown	High Jump	1.40m	4
	Stefan Diakanastasis	High Jump	1.50m	1
	Jason Dooley	1100m Walk	5min 44.8s	4
	Alex Giampietro	Shot Put	11.65m	3
	Alex Giampietro	Discus	30.19m	4
	Robert Lister	800m	2min 25.5s	4
	Robert Lister	1500m	4min 57.8s	2
	Robert Lister	Triple Jump	9.05m	8
	Justin Walker	100m	13.5s	2
	Justin Walker	Long Jump	4.59m	4
U11 Girls	Elizabeth Paratore	1100m Walk	5min 19.8s	2
U12 Boys	Luke Hamer	100m	13.0s	3
	Luke Hamer	200m	25.5s	1
	Luke Hamer	400m	56.8s RECORD	1
U12 Girls	Natasha Iosefo	Shot Put	12.36m	1
	Natasha Iosefo	Discus	27.51m	8
U13 Girls	Grace Lister	80m Hurdles	13.2s	3
U14 Boys	Nam Currie-Nguyen	800m	2min 09.9s	4
	Nam Currie-Nguyen	1500m	4min 37.4s	4
	Nam Currie-Nguyen	3000m	9min 56.7s	3
U15 Boys	Leon Luburic	High Jump	1.65m	8
	Brandon Martel-Rose	Triple Jump	11.75m	7
U15 Girls	Bridey Delaney	1500m	5min 03.2s	6
	Bridey Delaney	3000m	10min 55.9s	5
	Emma Millett	800m	2min 31.6s	8
Junior Boys Relay	Alex Johnston, Christian Lozada, Justin Walker, Luke Hamer	4x100m	55.2s	2

2004 STATE MULTI EVENT CHAMPIONSHIPS

(Saturday 6th & Sunday 7th March 2004)

ADVOCATE PARK Coffs Harbour

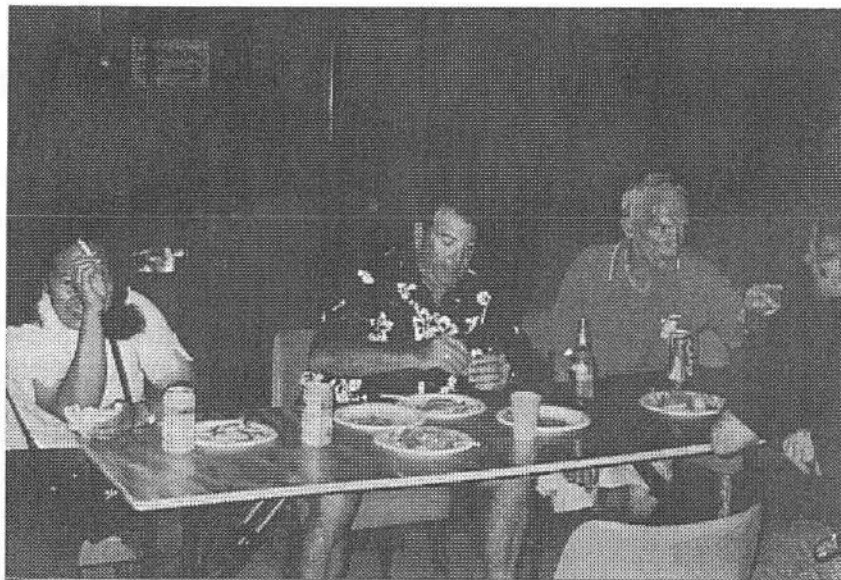
HOSTED BY: Coffs Harbour Little Athletics

State Multi's are one of the LAANSW events St George support and this year athletes competed. However, this State Multi tested everyone for commitment. The first hurdle was negotiating the traffic on the way after the tragic accident. The next was Coffs Harbour weather. It may be fine and sunny for most of the year, but this year it had to keep up with our season and on the Saturday night it poured so on arrival at the venue we were greeted with water wherever you walked which then turned to mud as the weekend progressed.

Despite the weather, our athletes and parents all enjoyed themselves and spent a memorable weekend together. We would like to thank Leta and Michael Iosefo and Janelle Jarvis for their catering prowess on Saturday night, it made the weekend a very enjoyable one for everyone.

Congratulations to winners in the top eight, Zoe Schubert who won Silver in the U/10 girls and Justin Walker 5th in the U11 boys. The point this year cannot be compared to other years as a number of events in each age group were cancelled as a result of the wet ground conditions.

AGE	NAME	PLACE	COMPETITORS	POINTS
U/10 Girls	Alice Iosefo	25 th	71	2900
	Liana Rose	23 rd	71	2995
	Zoe Schubert	2 nd	71	3809
U/11 Boys	Cameron James	19 th	57	3313
	Justin Walker	5 th	57	3987
U/11 Girls	Becky Nelson	10 th	69	3500
U/12 Boys	Matthew Gorman	10 th	45	3799
U/12 Girls	Natasha Iosefo	47 th	75	2779
U/13 Boys	Tim Martel-Rose	22 nd	31	1485
	Oscar Schubert	18 th	31	1910
U14 Boys	Mark Pedlow	18 th	32	3020
U14 Girls	Katrina Biteznik	32 nd	62	2875
	Laura Bray	33 rd	62	2566
	Kayla Jarvis	22 nd	62	3357
U15 Boys	Brandon Martel-Rose	19 th	39	3838
	Kirsty Brown	40 th	51	2383
	Melissa Gorman	29 th	51	2835
	Ashleigh Hillyer	28 th	51	2954



Anau Schubert, Tony Rose, Ben Tinker, David Shubert



Natasha Iosefo-Discus



Janelle Jarvis, Lorraine Bray, Julie Brown, Ruth Pedlow,
Anne Biteznik, Lynne Whatman

STATE CROSS COUNTRY & ROAD WALKS

THE CREST, BASS HILL

SUNDAY 6th July 2003

Everyone that attended this event enjoyed a fantastic day of competition. This was the last competition for the 2002 / 2003 Little Athletics NSW season and gave athletes the opportunity to compete at a State Championship event. There was a good mix of competitors aged from U7 to U15 with some strong competition coming from all over the State.

St George LAC attained many excellent results on the Day.
 Four of our competitors won their events.
 One came second
 And two of our competitors came 3rd in their events
 Our U10 Boys placed 3rd in their team event.
 We had two walkers place in the top five.
 Congratulations to all who competed.

State Cross Country

Under 7 Girls	800M	Carolena Kostas	3rd
Under 8 Boys	800M	Robert Paratore	1 st
Under 8 Girls	800M	Candice Dooley	1 st
Under 10 Boys	1500M	Robert Lister	1 st
Under 11 Boys	2000M	Luke Hamer	8 th
Under 13 Boys	2000M	Nam Currie-Nguyen	5 th
Under 14 Girls	3000M	Bridey Delaney	4 th
Under 15 Girls	3000M	Samantha Milton	3 rd
Under 15 Boys	3000M	Shannon Delaney	1 st
Under 10 Boys Team	1500M		3 rd

State Road Walks

Under 10 Boys	1200M	Jason Dooley	5th
Under 13 Girls	1500M	Katrina Biteznik	2nd

Kim Delaney

AN U15's FAREWELL

My name is Melissa Gorman. I started doing Little Athletics in the U6's. My parents inform me I was a **very** energetic child and needed something to help wear me out. So Friday nights at St George Little Athletics looked like it might do the trick and from all accounts it worked. It was great because I was able to try all the events and I also met lots of new friends both at St George and other Centres.

During the past ten years I have done and achieved so much including competing at Zone, Region & State Championships, State Multi's, State Cross Country and even winning gold at the State Relay Championships.

I would like to thank all the centre officials and parents who have given their time so that athletes like myself could enjoy our sport. Without them this would not have been possible. The amount of work done behind the scenes is incredible. Thanks also to the other athletes for their competition, encouragement and friendship; without them Friday nights would have been very lonely and quite boring.

I always looked forward to the Championships that were held out of Sydney for example State Multis, St Georges Basin Dragon Derby, State Cross Country / Road Walks where we would have to travel to places such as Dubbo, Bathurst, St Georges Basin, Coffs Harbour, Leeton, and Maitland. The social part was so much fun – swimming, BBQ's, girls doing crazy hair do's on each other (and sometimes if they were game, boys too), making new friends, but just generally hanging out and sharing a laugh.

I would also like to encourage all of you to continue with Little A's because it's the experience of a lifetime, with so many opportunities to fulfil, and remember that not everyone can win but we are all winners when we do our best each time we compete and most importantly have fun while doing it. Good luck!

Melissa Gorman 😊

U/15's

Farewell

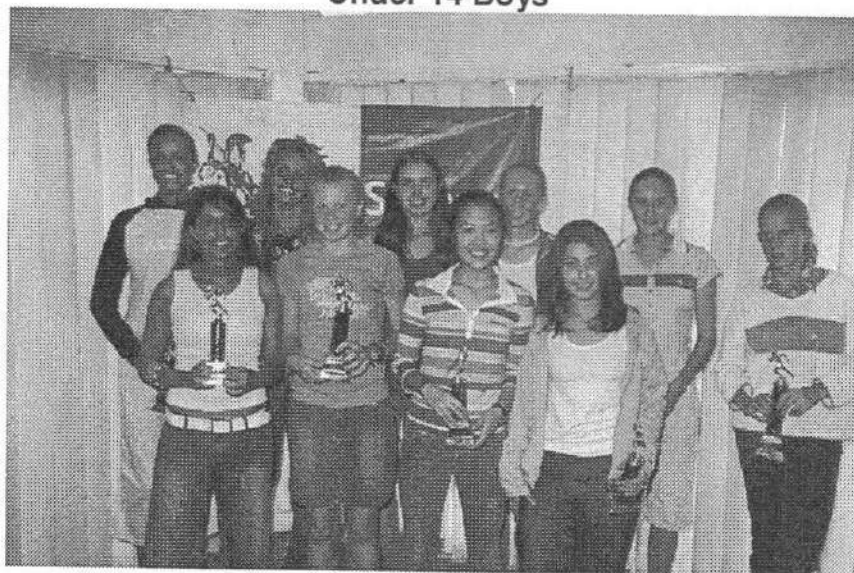




Under 14 Girls



Under 14 Boys



Under 15 Girls



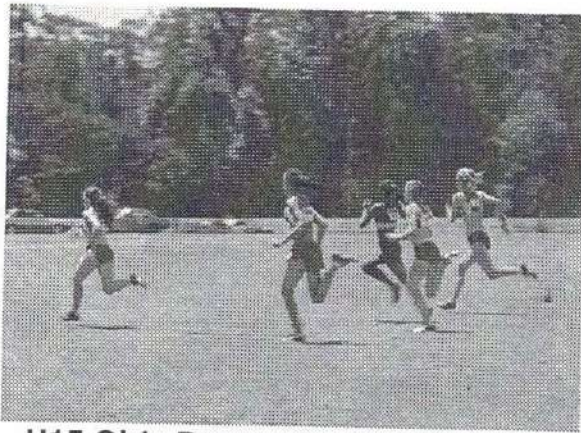
Under 15 Boys



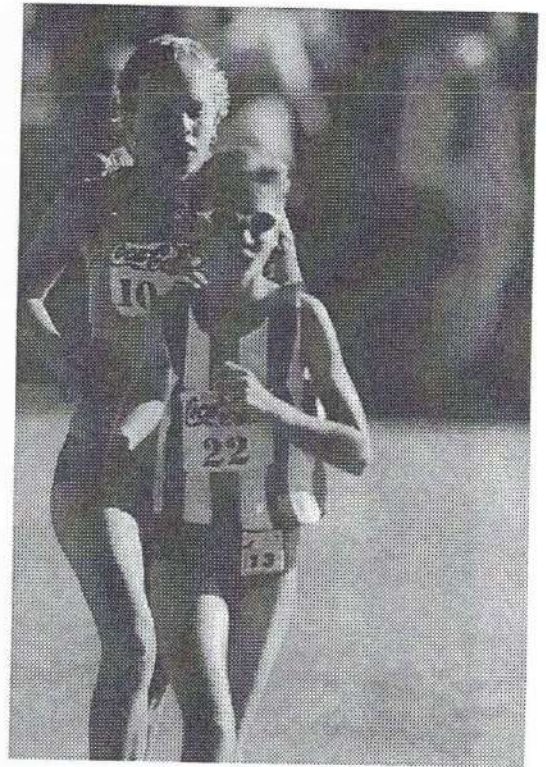
Under 15's March Past



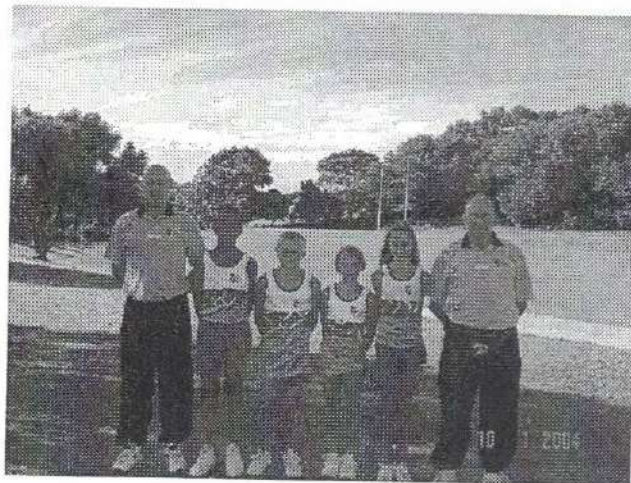
Goodbye and Good Luck



U15 Girls Dragon Derby 100m



Stephanie Beck 1500m



**Ray Parkinson and Pat Gorman
with Trans Tasman Team**



State Multi's - Coffs Harbour - sitting in the mud

EXECUTIVE COMMITTEE 2004/2005 SEASON

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Vice – President/s:

Secretary/s:

Treasurer:

Registrar:

Recorder:

Officer for Championships/Special Events:

Officer for Officials:

Publicity:

Equipment/Ground Maintenance Officers:

Coaches:

Canteen:

BBQ:

Uniforms:

GENERAL COMMITTEE

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