





34th Annual Report 2004 – 2005

ST. GEORGE LITTLE ATHLETICS CENTRE INC. 34TH ANNUAL GENERAL MEETING PENSHURST R.S.L. CLUB, PENSHURST Tuesday, 17th May, 2005

AGENDA

1. Distribution of:

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- Minutes of AGM held on 12th May, 2004
- 34th Annual Report
- 2. President's Opening Address
- Presentation of Life Membership
- 4. Apologies
- 5. Acceptance of Minutes of 2004 Annual Report & Balance Sheet
- 6. Presentation of 34th Annual Report & Balance Sheet
- 7. Adoption of 34th Annual Report & Balance Sheet
- 8. Addresses by Invited Guests
- 9. Election of Executive Council for 2005/2006
- 10. Vote of thanks to Returning Officer
- 11. General Business
- 12. Meeting Close
- 13. Supper

ST. GEORGE LITTLE ATHLETICS CENTRE

ANNUAL GENERAL MEETING

17th May, 2005

CORRESPONDENCE OUT

Invitations to the AGM sent to:

The Board of Management, Little Athletics Association. of NSW Mr John Burne, Chairman of the Board, LAA Mrs Kerry O'Keefe, CEO Little Athletics Association of NSW Mr. Kevin Greene, NSW State Member for Georges River The Mayor, Joanne Morris, Hurstville City Council Mr. Mark Coure, Deputy Mayor, Penshurst Ward, Hurstville City Council Mr. Philip Sansom, Councillor, Peakhurst Ward, Hurstville City Council Mr. Terry O'Neill, Zone Co-Ordinator, South Met. Zone, Little Athletics Mrs Anne Lupton, Secretary, South Metro Zone, Little Athletics Mr. Albie Thomas, President, St. George District Athletics Club Helensburgh Little Athletics Inc. Illawong Athletics Inc. Port Hacking Little Athletics Centre Inc. Revesby Workers Little Athletics Centre Inc. Sutherland Little Athletics Centre Inc. St. George Little Athletics Life Members (22 letters) Mrs Julie Upton Mr John Clark Friday Night helpers without children: Mr Peter Rooke & Mrs Beth Rooke

Mr Peter Tuziak (coach) Miss Elise Beck

CORRESPONDENCE IN (at time of printing report)

The Mayor,Hurstville Council-inability Mr John Dobson-acceptance Mr Kevin Greene-acceptance Mr & Mrs Fred & Bev Scott-acceptance Mr Roger Malcolm-acceptance Gil Baes-acceptance Mr & Mrs Coral & Albert Ferraro-accept Mabs Errington-inability Elise Beck-acceptance Mrs Gwen Taylor-acceptance Aldo Giampietro-inability The Manager, Sth Hurstville, McDonalds-Acceptance Mr Ben Tinker-acceptance LAANSW-Alvin Umadhay-acceptance Peter & Beth Rooke-acceptance Mr Ray Horton-acceptance Illawong LAC-acceptance Sutherland LAC-acceptance Port Hacking-acceptance Port Hacking-acceptance Revesby Workers-acceptance Helensburgh-acceptance Mr Peter Tuziak-acceptance Mr Albie Thomas-acceptance Mr Peter Gayton-inability Mr Mark Coure-Hurstville Council-accept.

ST. GEORGE LITTLE ATHLETICS CENTRE INC MINUTES OF 33rd ANNUAL GENERAL MEETING HELD ON WEDNESDAY, 12TH MAY, 2004 PENSHURST RSL CLUB

1. OPENING OF MEETING

The President opened the meeting at 8.15pm and welcomed everyone present. (46 as per attendance book)

2. PRESIDENT'S OPENING ADDRESS – as per the Annual Report

3. PRESENTATION OF LIFE MEMBERSHIPS: Cathy Hamer

4. APOLOGIES

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Councillor Philip Samson, Mayor Joanne Morris, Kevin Greene State MP, Mabs Eerrington, Helen Watson, Byron Griffiths, Ian Sheerin, Ben Tinker, Julie Upton, Janet Gorman, Aldo Giampietro, The Schubert Family, Louise & Luke Hamer, Jeff Dooley, Grahame Hawkes, Katrina Biteznik.

5. MINUTES OF LAST MEETING

Minutes of the 32nd Annual General Meeting, held on 14 May 2003 were accepted as a true and accurate record of that meeting. Moved: Pat Gorman Seconded: Kim Delaney Carried

6. PRESENTATION OF 33rd ANNUAL REPORT & BALANCE SHEET

7. ADOPTION OF 33rd ANNUAL REPORT & BALANCE SHEET

Motion moved that the 2003/2004(33rd) Annual Report and Balance Sheet be taken as read, adopted as presented, and endorsed. Moved: Ray Parkinson Seconded: David Beck Carried

8. ADDRESSES BY INVITED GUESTS

Kerry O'Keefe – CEO of Little Athletics NSW

Thanked St George for her invitation and congratulations on a successful season, particularly Luke Hamer's 400m State record. Once again a wonderful Annual Report reflecting the Club's success. Thanks to St George for all the support the Club gives all the extra programs and competitions, always supplying athletes. Congratulations to Peter Tuziak on his well deserved Life Membership.

John Burne – President of Little Athletics NSW

Congratulations to St George for the successful Annual Report and all the work put into it. It is good to see a healthy Balance Sheet and the way the money has gone back into the equipment for the children. It is also great to see the continuing Preston Challenge after all these years. Thank you to all the Officials who helped at the recent National Titles in Sydney making the weekend a huge success.

Congratulations to St George for the very successful year.

Peter Williams – Life Member St George

Thanks to the Club for the invitation to the Annual General Meeting. Speaks about being a foundation member of the Club back in the 70's and how nice it is to see the Club grow and be so successful.

Congratulations to all the volunteers who are there each week helping to keep the Club running.

Dennis Howes - Canteen / BBQ St George L.A.C

Thank you to St George for the 7 years he has enjoyed at the Club and wishes he had more children to go through. Thank you to his canteen helpers and the Committee and all the hard work the volunteers do to help run the Club.

Albie Thomas – President of St George Seniors Athletics Club

Another successful year and a good bank balance. He points out that it is good to see the medal winners but the important part is the amount of children taking part and making friends. It is nice to see the ex-St George Little Athletes continuing with the Seniors. Shannon Delaney has become a role model for the other children to follow. Congratulations to Peter Tuziak, his dedication and hard work with the athletes has made him most deserving of Life Membership.

Grahame Kearns – Illawong L.A.C.

Congratulations to the St George Centre on a terrific season. It is good to see the amount of participation of athletes at all the events like State Multi's and State Road Walks. The large amount of parents at the A.G.M is a reflection of the club's hardworking executive.

Margaret Alexander – Port Hacking L.A.C.

Sorry about the rain all season! Great Report, love the photos of athletes and parents throughout. Congratulations on a successful year.

Gerry Dupre - Revesby Workers L.A.C.

Thank you for the invite. Congratulations to the athletes and the Committee for a great season. Congratulations to Peter Tuziak on his Life Membership. Thank you to Ben tinker and all the help he gives Revesby throughout the season and congratulations to the Committee for the Gold Award from LAANSW.

Good luck next season.

Peter Tuziak – Coach

Apologies for being late, but was at Homebush coaching Zoe Pelbart who was training for the upcoming World Juniors Championships after coming back from injury. Thanks to the Club for the unexpected Life Membership, which means everything to him.

<u>Heather Mitchell – South Metro Zone – Public Relations</u> Great report, photos are fantastic.

Thanks to David Beck for a great job organising the volunteers roster at Zone, Region and State. Also thankyou to Pat Gorman and Ray Parkinson for managing the Trans-Tasman Tour, all the children had a great trip. Congratulations to Peter Tuziak on his Life Membership.

A big thankyou to the Beck Family for all their hard work in producing such a wonderful report.

9. ELECTION OF OFFICERS FOR 2004/2005 SEASON

Officers. Results as follows:

All executive positions were declared vacant. John Burne acted as Returning Officer and conducted the election of

President	-	Lynne Whatman
Vice President	_	Kim Delaney
Vice President	-	Pat Gorman
Treasurer	-	Ray Parkinson
Secretary	-	Penny Newlove
Registrar	-	Glenda McLoughlin
Recorder	-	Janet Gorman
	-	Silvia Seyringer
Officer for Championships	-	Ben Tinker
Officer for Officials	-	David Beck
Publicity	-	Vacant
Coaching/Education	-	Peter Tuziak, Colin Marczan,
		Cathy Hamer
Canteen	-	Leta losefo
Equipment/Ground Maintenance	-	Michael Harris
BBQ	-	
Uniforms	-	Joanne Hinson
Auditor	-	David Hamer

General Committee

Annie Walker, Michael Iosefo, Lois Dooley, Anne Biteznik, Ray Horton, Janelle Jarvis.

The President thanked the Returning Officer for conducting the election of Officers.

 The President closed the meeting at 9.10 pm and invited all present to enjoy the supper being served.

LIFE MEMBERS

Fred Scott	1975	Lou Bulian	1990
Bev Scott	1976	Carol Berrell	1991
Peter Williams	1976	Alex Oh (deceased)	1991
Mabs Errington	1979	Lindsay Watson	1991
Gwen Taylor	1981	Barbara Lea	1991
Ray Horton	1981	Albert & Coral Ferraro	1992
Bob Molloy (deceased)	1982	Graham Hawkes	1996
Byron Griffiths	1984	Terry O'Neill	1999
Paul Reeves	1986	Ben Tinker	1999
Joe Watchorn	1986	John Dodson	2000
Bonnie West	1986	Gill Baes	2001
Bill L'Strange	1987	Roger Malcolm	2001
Bill Cruickshank	1987	Lynne Whatman	2001
lan Sheerin	1988	Glenda McLoughlin	2002
Margaret Zerzvadse (deceased)	1988	Peter Tuziak	2003



Ray Horton - Life Member and a Legendary Worker













PRESIDENT'S REPORT

It is with great pleasure that I welcome everyone here tonight - our invited guests, life members, friends and club members to celebrate our 34th year for St George Little Athletics and to participate in our annual General Meeting.

Congratulations firstly to our Club. At Annual Conference in Dubbo last year we received the NSWLAA Club of the Year Award. This was a great surprise but thanks must go to the entire executive who helped achieve this award.

As a club we regularly attended Zone and Region meetings, Association meetings, Annual Conference and hosted an Athletic Development Day as well as conducting School visits.

During the 2004/20005 season St George athletes competed in LAANSW State Road Walks and Cross Country, State Relays, Zone, Region and State Carnivals, State Multi's, Trans Tasman, St Georges Basin Dragon Derby our Preston challenge, as well as other club's gala days. Although entry numbers were generally lower despite our higher registration numbers our results were extremely pleasing with many athletes achieving personal best and all the time enjoying their athletics, which we at St George continually encourage. In particular I would like to mention Luke Hamer. Luke is our Male Athlete of the Year and his individual achievements can be read in this report. He competes at the highest level in events from 100m to 800m, winning all. Luke is a happy, polite and confident young man who is a credit both to his parents and to athletics. Congratulations Luke.

We thank our coaches who support our athletes week in and out, in particular Peter Tuziak and the parents who help him. We also continue the ASAP program for our U6 and U7 athletes under the capable control of Cathy Hamer.

My thanks to the athletes who continue to provide us with such pleasure and they compete each Friday night and we watch them develop their skills and confidence as young people through the years. Their parents are also greatly appreciated for without them there would be no club. My thanks also to the many officials who do not have children at the club yet turn up for duty each Friday night.

This year we had 36 Under 15 athletes registered and many of them have been with St George for ten years. We congratulate the young people and wish them well for their future in or out of athletics. This also means that many parents will move on and we wish to thank them for their contributions over many years, we will miss them. In particular I would like to mention the Bray, Brown, Davies, Gayton, Jarvis and McLoughlin families. The loss of these families who have been with the club for over ten years will leave a large gap, however we wish them well and welcome them if they would like to visit.

This past 2004/2005 season presented new challenges. Our registrations this year were over 600 with approximately 60% new members. This change in club

demographics, the differing expectations of parents, has meant that we must approach the running of our club in new ways. The loss of many of our long term parents will lead to challenges in the year to come, however new parents have stepped forward to meet this challenge.

Thankyou to Hurstville Council for their support and also Penshurst RSL who allow us the use of their facilities free of charge each year.

My final thanks are for the hard working, dedicated executive and committee of our club and their families who allow them the time to devote to the club.

Finally, I wish the 2005/2006 executive and committee continued success for the ensuing year.

Lynne Whatman

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Mitchell Parkinson and Kayla Jarvis

2005 Preston Challenge

	2,005 <u>Actual</u>	2,004 <u>Actual</u>
Income	¢	\$
Raffles, BBQ & Meat Tasting	293	176
Donation - Service Clubs & Parents	100	0
Chocolate sales	107	2,068
Krispy Kreme Donuts sales	408	858
Interest	0	1
	908	3,103
Expenditure		
Bank Charges	60	0
Hamper	0	0
Chocolate purchases	0	1,120
Krispy Kreme Donuts	252	496
Air Fares and Accomodation	0	7,053
Uniforms/T-Shirts/Screen Printing	743	1,889
	1,055	10,558
Surplus/(Deficit)	(147)	(7,455)
Note 2		

Summary of Major Fundraising Activites

	\$	\$
Income	10,978	14,191
Expenditure	6,398	7,204
Profit/(Loss)	4,579	6,987
Income	11,361	11,057
Expenditure	7,127	8,540
Profit/(Loss)	4,234	2,517
Sales	13,005	13,718
Expenditure/Gain on Stock	12,965	13,475
Profit/(Loss)	40	243
Sales	13,005	
Opening Stock	10,808	Not
Purchases	13,942	Recorded
Closing Stock	11,785	
Profit/(Loss)	40	

Note 1

Canteen

BBQ

Uniform

St. George Little Athletics Centre Inc.

Statement of Income and Expenditure For the Year Ended March 31, 2005

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Income			2005 <u>Actual</u>	2004 <u>Actual</u>
			¢	¢
Pagistration			\$ 44,590	\$
Registration Canteen	Note 2		10,978	38,554
BBQ	Note 2		11,361	14,191 11,057
Sponsors, Donations and Miscellaneous Income	Note 2		1,556	425
Uniforms	Note 2		13,005	13,718
Interest	Note 2		1,240	1,379
Other (including competitions)			2,120	1,373
Preston Fund Raising	Note 1		908	3,103
Fleston Fund Raising	Note 1		908	5,105
			85,757	83,900
Expenditure			05,151	85,900
Registration Fees and Resignations			21,913	18,511
Canteen	Note 2		6,398	7,204
BBQ	Note 2		7,127	8,540
Uniforms Purchases	Note 2		12,965	13,475
Annual General Meeting	0.000000000		1,713	1,506
Bank Charges			336	236
Electricity			0	0
Equipment			6,591	4,112
Ground Marking			1,230	726
Insurance			1,065	1,858
Park Fees			1,780	1,060
End of Season Presentation			494	537
Postage			83	305
Printing & Stationery			1,757	2,110
State Conference			705	799
Sundry Expenses incl. Course Fees and Advertising			1,586	855
Telephone			245	175
Competitions			1,870	2,638
Trophy			4,528	4,917
Preston Expenses	Note 1		1,055	10,558
		2	73,442	80,123
Surplus/(Deficit) for the Year			12,315	3,777
Bartinian -			12,010	

St. George Little Athletics Centre Inc Balance Sheet For the Year Ended March 31, 2005

	2,005	2,004
	Actual	Actual
Current Assets	¢	^
	\$	\$
St. George Bank - General Account	32,474	23,592
St. George Bank - Term Deposit	15,625	15,125
St. George Bank - Preston Account	1,757	100
Perpetual Trustee - Term Deposit	5,574	5,274
Petty Cash	300	300
Inventory - Uniforms	11,785	10,808
Other Debtors	0	0
Total Current Assets	67,514	55,199
Total Assets	67,514	55,199
Current Liabilities		
Accruals	0	0
Total Current Liabilities	0	0
Equity	0	0
Opening Balance	55,199	51,422
Surplus/(Deficit)	12,315	3,777
Closing Balance	67,514	55,199
Total Liabilities and Equity	67,514	55,199

I report that I have examined the Books and Records of the St George Little Athletics Centre Inc. for the year ended March 31, 2005 and have received sufficient information as to enable me to form the opinion that the financial statements are materially correct

David Hamer CA 27th April 2005

TREASURER'S REPORT

It is with pleasure that I present the financial statements of the St George Little Athletics Centre for the 2004/2005 season.

In a year that has somewhat returned to normal following the weather patterns that haunted our previous season, the Centre has achieved a level of profitability not seen by the club since the 2000/2001 season when the Centre's membership reached similar levels.

It has done so, not by making significant changes in this season, but by relying upon a continual refinement of its financial methodologies, some minor changes in purchasing arrangements and some flow-on effects of previous season's decisions regarding income and expenditure.

Income is derived through three main sources, Registrations, Canteen and BBQ. Uniform remains an area of our Centre's operation which is designed to break even and not to profit from our members purchases. Uniform prices remain at cost plus some rounding to make their purchase as simple as possible.

The club's income growth is moderate considering the growth in numbers of registered athletes this season. As one of the club's three main income streams, a growth in registration numbers sees an automatic rise in income to the Centre. This growth was slightly offset by a reduced level in income from the Canteen. The majority of the diminished level of activity in the Canteen is attributable to a significant reduction in softdrink sales and the occasional cancellation of cake and pastry orders when inclement whether threatened.

Income levels for the BBQ and for Uniforms remained consistent to last year's figures. Whilst uniform sales remain reasonably static across recent history, the BBQ's sales levels are only slightly higher than the storm ravaged 2003/2004 but still lower than the two years immediately prior. Some of the continued reduced income level is attributable to the Centre's decisions to moderate purchases and some is to the choices our members make as to when and how much they eat.

Whilst the Club's overall expenditure has fallen, with the figures for the Club's interstate Preston Challenge separated from the general accounts, the club has increased expenditure. Its expenditure is now the highest it has been for the last five seasons.

Whilst an increase in cost in registering our members with NSW Little Athletics is an obvious outcome from a rise in registered member numbers, increasing costs were also borne within areas such as ground hire costs, line marking costs and equipment purchases. These were incurred as the centre continued to seek to develop and expand the opportunities it provides its members.

Some offset was derived from these increased costs through savings achieved in the purchase of product for both the Canteen and the BBQ. Some of these cost savings came from the benevolence of some of our suppliers, who, understanding the position of amateur sporting clubs, volunteered on many occasions to cancel or reduce orders when inclement weather threatened.

The Centre's balance sheet remains healthy with current assets recorded at approximately \$55,000.00 with an additional \$11,500.00 in uniform stock.

The centre remains financial and positioned to continue to increase and improve the facilities and opportunities offered to our members. Some of the improved facilities, and the financial resources to accomplish such improvements, are now allocated to the extension of the Centre's storage facilities.

I have many people to thank for making the position of Treasurer easier that it could be. Those people are not limited to those in positions of trust in a cash rich environment but to those who are always keen to simply help. I hope this goes some of the way to a sincere thankyou.

Ray Parkinson - Treasurer

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CHAMPION BOY

LUKE HAMER - U/13



Luke for the second consecutive year has won the Champion Boy Award. Luke highest achievement was at the National Championships in Tasmania. In these Championships he placed 1st in the 800 metres, 1st in the 400 metres, 2nd in the 100 metres and was a member of the 1st placed National 4 X 100 metres Relay Team. He set a National Record of 53.29 seconds in the 400 metres at the Australian Championships.

At the State Championships, Luke won the 100 metres, 400 metres and 800 metres in outstanding fashion.

At both the Zone & Regional Championships he also won these three events. At the Zone carnival Luke sustained an injury, which kept him out of the 200 metres Final.

After having such a great State Carnival Luke was selected in the NSW State team, only one of eleven boys chosen from NSW in the Under 13 Age Group to contest the Australian All Teams Championships in Tasmania.

Luke during the season also came 1st at the St George Multi Night in the Under 13 Age Group and represented at the State Relays.

Along the way he also set the following records:

Ground Records in 100 metres and 400 metres

Centre Record in 400 metres (25 year old record broken)

An outstanding season and a worthy winner of this award.

CHAMPION GIRL

ALICE IOSEFO - U/11

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Once again Alice has shown what outstanding talent she has as an athlete. At the State Championships Alice came 1st in Discus and 2nd in Shot Put. At the Regional Championships she came 1st in Discus, with a Regional Record and 3rd in Shot Put.

At the Zone Championships she came 1st in Shot Put, with a Zone Record and 1st in Discus, with a Zone Record.

During the season Alice set 3 Ground Records for Shot Put and 3 Ground Records for Discus. Alice also represented St George centre at the state Multi Titles. As can be seen Alice stands out for this Award.

CHAMPION BOY

RUNNER UP

(Kurt Landers Award) ALEX JOHNSTON - U/10



Alex is an athlete with a good all round ability which has shown in his results this year.

At the State Championships Alex represented in 3 events: 1st in Long Jump, 5th in 100 metres & 6th in 70 metres

At the Regional Championships: 1st in long Jump, 3rd in 100 metres & 3rd in 70 metres. At the Zone Championships; 1st in Long Jump, 1st in 70 metres, 1st in 100 metres & 3rd in 60 metres hurdles.

During the season Alex also came 1st at the St George Multi Night. He also was a member of the mixed 4 X 4 Under 10 State Relay Team that came 2nd. Alex had a great season and thoroughly deserves this award.

CHAMPION GIRL

RUNNER UP

(Dianne Holden Award)

JACQUI ROBSON - U/10



Jacqui has a great future in athletics. This is evident in her results this season. At the State Championships she came 3rd in the 60 metres hurdles. At the Regional Championships: 1st in 60 metres hurdles

4th in 70 metres 7th in 100 metres

At the Zone Championships: 2nd in 60 metres 2nd in 100 metres

3rd in 70 metres

Jacqui represented at the State Relay Championships, picking up two medals, being a member of the 4 X 4 metres mixed Team gaining 2^{nd} place and a member of the 4 x 100 metre Girls Team gaining 3^{rd} place. A very worthy recipient of the award.

FIELD AWARD

(Chris Knight Award) NATASHA IOSEFO - U/13



Last season Natasha won our Champion Girl Award. This year, she is awarded, the Top Field Athlete Award.

At the State Championships, Alice came 1st in Shot Put. At the Regional Championships she came 1st in Shot Put and 5th in Discus. At the Zone Championships she came 1st in Shot Put, 2nd in Discus & 4th in Javelin.

Natasha also represented St George at the State Multi Titles, competes in all her events and shows good sportsmanship.

Congratulations on a great season in Little Athletics.

SPORTSMANSHIP AWARD

(Margaret Zerzvadse Award)

KATE HOLLAND - U/11

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Kate's biggest asset is her ability to accept her strengths and limitations in regard to her own athletic ability. Every week she is placed in the strongest heat for all the track events that require lanes. She normally finishes out of a place in these events.

Kate never complains that she would like to run in another heat as she realises this would be unfair on some other girls. This shows that she understands the values of Little Athletics, 'Fun & Fitness for all Competitors'.

Kate's outlook on Little Athletics shows maturity beyond her years. Kate's cheerful nature is infectious and she is very popular amongst her peers.

MIDDLE DISTANCE AWARD

(Nicole Dawes Award) NAM CURRY-NGUYEN - U/14



Nam has taken out this award for the second year running. He competed in all the four distance events this season.

At the State Championships he achieved 3rd in the 3000 metres, 5th in the 1500 metres and 2nd in the 800 metres.

At the Regional Championships he came 1st in the 3000 metres, 2nd in the 1500 metres, 3rd in the 800 metres.

At the Zone Championships he came 1st in the 400 metres, 2nd in the 800 metres, 2nd in the 1500 metres and 2nd in the 3000 metres.

Nam has always competed with a never give up attitude against top competition, which will see him gain further awards in his senior career.

We wish him well in senior athletics, well done.

WALK AWARD

ELIZABETH PARATORE – U/12



Elizabeth has once again taken out this award having another great season in her chosen event of race walking.

At the State Championships she came 2nd in the 1500 metre Walk. At the Regional Championships she came 1st in the Walk. At the Zone Championships she came 1st in the Walk. Elizabeth also came 2nd at the St George Multi Night.

She has shown herself to be a great competitor and is to be congratulated on a top season.

JUNIOR CHAMPION - BOY JORDAN ROUBEKAS - U/9



Jordan is another of St George young athletes, who has a great future ahead of him.

At the Zone Championships he came 3rd in 100 metres, 3rd in 200 metres, and 3rd in 60 metres Hurdles.

At the Regional Championships he achieved 3rd in 60 metres Hurdles. And then represented St George at the State Championships in 60 metre Hurdles. Jordan certainly has the ability to attain further success in the future. Congratulations.

CAROLENA KOSTAS - U/9



Carolena is an athlete who shows maturity beyond her years, when it comes to planning a race. For someone so young to actually plan and stick to her plan to run a 400 metres and 800 metres race, it was incredible to watch. At the State Championships Carolena came 2nd in the 800 metres, and 3rd in the

400 metres.

At the Regional Championships she came 1st in the 400 metres, and 1st in the 800 metres.

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At the Zone Championships she came 2nd in the 800metres and 3rd in the 400 metres.

Carolena also won the Under 9 Girls St George Multi Title during the season and represented St George at the State Relays Championships. Carolena is a worthy winner of this award.

THE REBECCA ORR ENCOURAGEMENT AWARD - GIRL AMY COOTE – U/12



Amy represented St George at the Zone and Regional Championships.

At the Zone Championships she came 3rd in High Jump, 7th in 800 metres, and 5th 1500 metres.

At the Regional Championships she represented St George in High Jump.

Amy is an athlete that can in the future progress to State Level. She always tries her best without any complaints or excuses. She has a high attendance record and shows good sportsmanship. Well done.

THE REBECCA ORR ENCOURAGEMENT AWARD - BOY STEPHEN HOLBEACH – U/12



Oscar represented St George at Zone, Regional, State Championships and the State Relay Titles this season.

At the Zone Championships he came 1st in Triple Jump, 2nd in Long Jump, 2nd in 200 metres and 4th in 100 metres.

At the Regional Championships he came 1st in Triple Jump, 4th in Long Jump, 5th in 100 metres and 5th in 200 metres.

At the State Championships he was in the top 8 in Triple Jump.

During the season Stephen was a member of the Under 12 Boys 4 X 100 metres Relay team at the State Relays, which came 2nd. He also came 2nd at the St George Multi Night Competition in the Under 12 Boys.

Stephen has the ability to attain even greater success in the future.

FRIDAY NIGHT

ENCOURAGEMENT AWARD - BOY MICHAEL HORAFIOS - U/11



Michael has what we call Team Spirit. He is always encouraging other Team Members to try their best. He participates fully with or without injury and always wants to help the Age managers His attendance has been high and he enjoys the Friday nights with great enthusiasm. He is very worthy of this Award.

FRIDAY NIGHT ENCOURAGEMENT AWARD - GIRL OLIVIA SPATA – U/9



Olivia has been a 'good sport', always gracious in defeat, not often winning a heat herself. She has the potential to do well in the future as her talent has developed over the past three years.

Her good sportsmanship brings out the best in the other competitors; she always cheers them on, despite not winning herself. She is always helpful and polite. Olivia's attendance is very good and she always tries her best.

Hopefully, in the near future she will enter into the Zone Championship and have a go.

