

OFFICER FOR CHAMPIONSHIPS & SPECIAL EVENTS

Congratulations to all our athletes who competed throughout the 2004-2005 Season. Special mention must be given to our Under 13 Boy Athlete, Luke Hamer. After winning three events at the State Championships, he was selected in the NSW Team to represent in Tasmania at the Australian All Teams Championships. At the Australian All Teams National Championships Luke came 1st and broke a record in the 400 metres, 1st in the 800 metres, 2nd in the 100 metres and was part of the winning 4 x 100 metres relay team.

Once again it has been our younger athletes who have shone through. Anyone who saw and listened to Carolena Kostas, Under 9 Girl, plan and run her races would have to be impressed. Alice Iosefo, Under 11 Girl, every second week breaking her own Shot Put and Discus records and setting new Zone and Regional Records.

The Dragon Derby, our major away Carnival, proved to be very fruitful to every athlete who attended. A medal was won by every St George athlete (many happy faces on this day).

The State Multi Titles, once again were a great weekend, everyone staying together and enjoying the social side. We had good results with Justin Walker, Under 12 Boy and Zoe Schubert, Under 11 Girl, again doing well.

During the season I had help at representative time and I would like to thank Lynne Whatman and Roger Malcolm. These people were invaluable when selecting the State Relays and Zone Teams.

Also, I would like to thank the Team Managers, Pat Gorman and Janelle Jarvis on the great job they did, and thanks again to Lyn Whatman for all the help throughout the season.

I wish the incoming committee the best for the next season.

Ben Tinker



REGISTRAR'S REPORT

Another busy start to our 2004-2005 Season with a record number of 365 registrations being processed over our two registration nights. As usual the participation of the executive and committee enabled the task to be carried out as efficiently as is possible. My sincere thanks to all who were involved especially Janelle Jarvis for assisting me once again.

A summary of the Centre registrations for 2004-2005 season follows (previous seasons figures are shown in brackets):

AGE	GIRLS	BOYS	TOTALS
U/6	29 (30)	36 (32)	65 (62)
U/7	43 (29)	34 (30)	77 (59)
U/8	50 (30)	33 (30)	83 (60)
U/9	36 (34)	42 (49)	78 (83)
U/10	41 (32)	36 (34)	77 (66)
U/11	41 (31)	37 (43)	78 (74)
U/12	22 (27)	32 (31)	54 (58)
U/13	15 (18)	36 (15)	51 (33)
U/14	9 (17)	11 (17)	20 (34)
U/15	<u>19 (16)</u>	<u>9 (11)</u>	<u>38 (27)</u>
TOTALS	305 (264)	316 (292)	621 (556)

This season saw our largest number of registrations since the 2000-2001 season (the year of the Sydney Olympics). Our total number reached 621, an increase of 65 on last season. This appears to be in line with a statewide increase in numbers – consistent with an Olympic year and also due to the huge profile LA's enjoyed through McDonalds sponsorship this season.

Once again boys slightly outnumbered girls. The majority of age groups saw increases in numbers. In particular I make mention of the U/15 age group which recorded 38 registrations. This is the highest number registered in the last eleven years.

We received registrations from 416 families this season. The percentage of new registrations increased by approximately 7% returning to 57% of total registrations, after the drop last season.

My involvement as a parent concluded this season with the youngest of my four children finishing LA's. I will therefore not be nominating for the role of registrar for the ensuing season. The nine years I have spent in the role have been very rewarding for me personally and my sincere thanks go to my husband Tom, and children, Daniel, Matthew, Briannon and Courtney, for allowing me to devote so much time to LA's activities. They will be grateful not to share the kitchen table with piles of registration forms come every September.

St George LA's has been a part of our family life for the past 14 years and I know my children have all enjoyed the years they have spent as LA's. On behalf of my family, thankyou for the fun, fitness and the friendship. I will always have a tangible link with the centre through my life membership and I am very proud of that. St George is a great centre with a proud history and I wish it continued success.

Glenda McLouglin

OFFICER FOR OFFICIALS REPORT

This has been my third year in this role of allocating jobs for parents to help with the running of events each week. During that time we have developed a consistent routine to speed up the handing out of bibs on the Friday nights to help get the night started on time.

I am indebted to those parents who assisted every week and to the parents who worked on days where they were not rostered on.

Again, we faced the challenge of getting some parents to assist with the measuring, recording, retrieving or timing required. The nights will always run smoother when all areas have a full allocation of parents helping out.

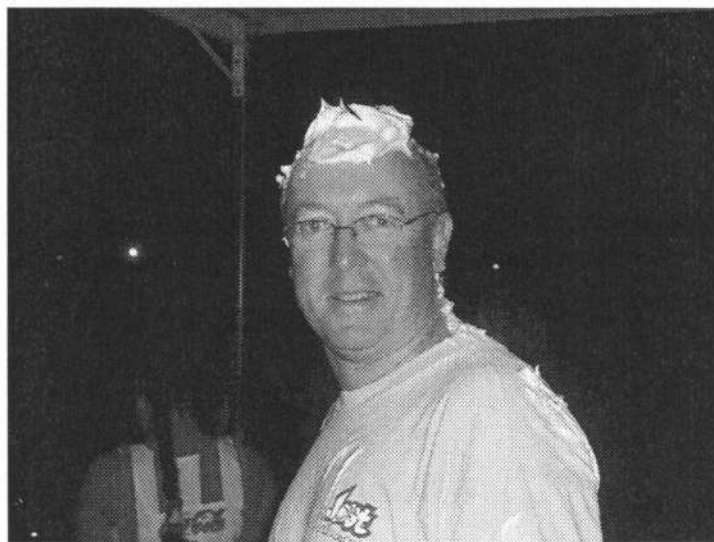
My thanks to the helpers at State Relays, Zone, Region and State Championships who ensured that the St George Club was never paged to provide helpers at our allocated areas. Finally, I would like to thank the executive for all their help during the year.

David Beck



Middle Track Place Judges

Only the 15's were supposed
to have the shaving
cream fight



2004/2005 TEAM MANAGERS REPORT

The 2004/2005 Season for St. George was once again a successful season for the St. George Centre.

Again, the past season has seen a number of Centre and Ground Records broken, some of which were long standing records. St George also performed well at Zone, Region and State Track and Field Championships. Our centre was also well represented at the State Multi and State Relay competitions.

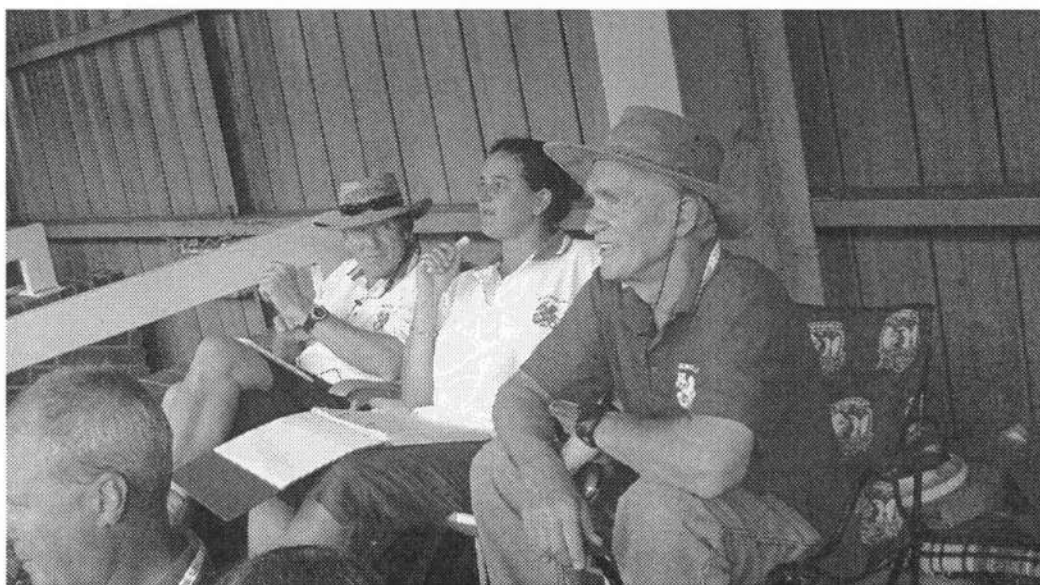
A special mention to one of our athletes, Luke Hamer (U13B), who was selected in the NSW team. Luke had an outstanding season and from all reports performed exceptionally well in Tasmania at the Nationals with some great results. Luke also managed to set a number of both centre and ground records along the way.

I would like to thank the parent helpers who came forward at Centre, Zone, Region and State levels. When all parents take their turn it allows the competition to run smoothly and everyone gets the opportunity to see their children competing.

Once again, I would like to thank Ben Tinker, David Beck, Janelle Jarvis (Girls Team Manager), Glenda McLoughlin, and my wife Janet, for their help and support throughout the season - it was much appreciated.

Further in this annual report is an outline of the Championships, carnivals and special events in which St. George participated this season.

Patrick Gorman



Pat Gorman, Janelle Jarvis and Ben Tinker

COACHING AND DEVELOPMENT

We are very lucky at St George to have a dedicated coach in Peter Tuziak. Peter trains our athletes in all events including throws, hurdles, jumps and running. It is great to see the athletes that put in the effort at training making it to State level or improving their P.Bs. Peter will continue training at Old's Park every Monday and Thursday evening during the 'off season'. Many thanks to Peter. A special mention also, to Michael Caccamo who opens the shed and assists with equipment.

The Under Sixes and Under Sevens participated in the Athletic Skills Award Program again this year. They mastered basic skills such as running in a straight line, jumping safely and throwing. The assistance of Sandra and the Age Managers of these groups was most appreciated.

Early in the season a group of beginner athletes attended the 'Orientation to Athletics' sessions. Thanks to my daughter, Louise Hamer for assisting with this.

Acknowledgment must also go to other coaches who share their expertise with our athletes. Two that I know of are Albie Thomas who assists some of our middle distance runners and Colin Marczan who advises on sprinting.

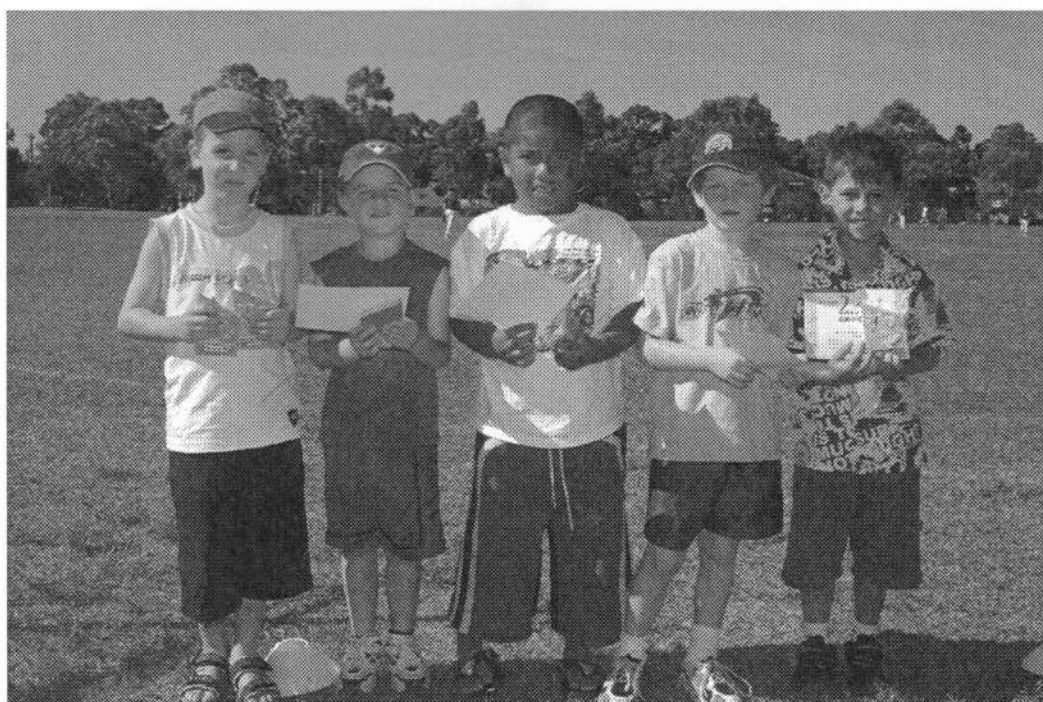
Cathy Hamer



ATHLETIC SKILLS AWARD PROGRAMME



Under 6 Girls – Level 2 Achievement



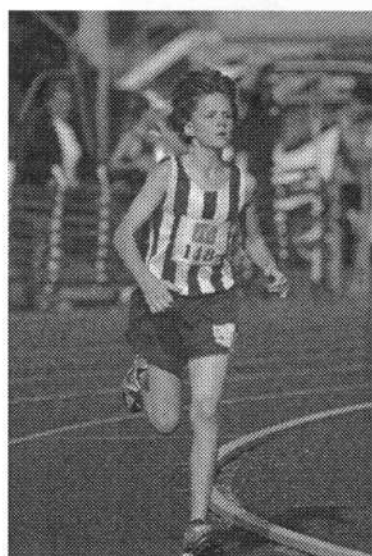
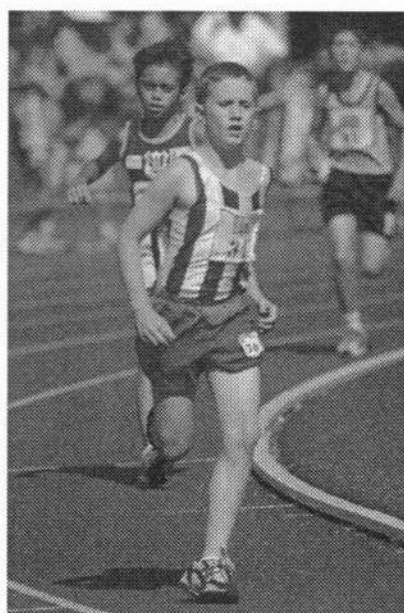
Under 6 Boys – Level 2 Achievement



Under 7 Girls – Level 3 Achievement



Under 7 Boys – Level 3 Achievement



CANTEEN / BBQ REPORT

This year the canteen was run under the capable expertise of Leta Iosefo ably assisted by Wendy Cook. The BBQ was run by Annie Walker. This year we also drank real coffee provided by Trish Spitz and her family – this was very popular on the cold nights. We also thank the parents who also helped during the season. The canteen and BBQ are the main source of our fund raising and again it was a successful year.

Our suppliers this year were:

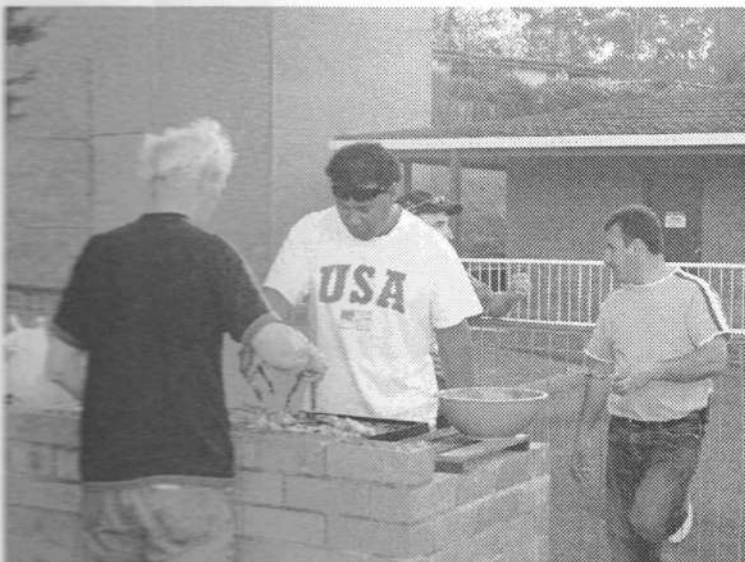
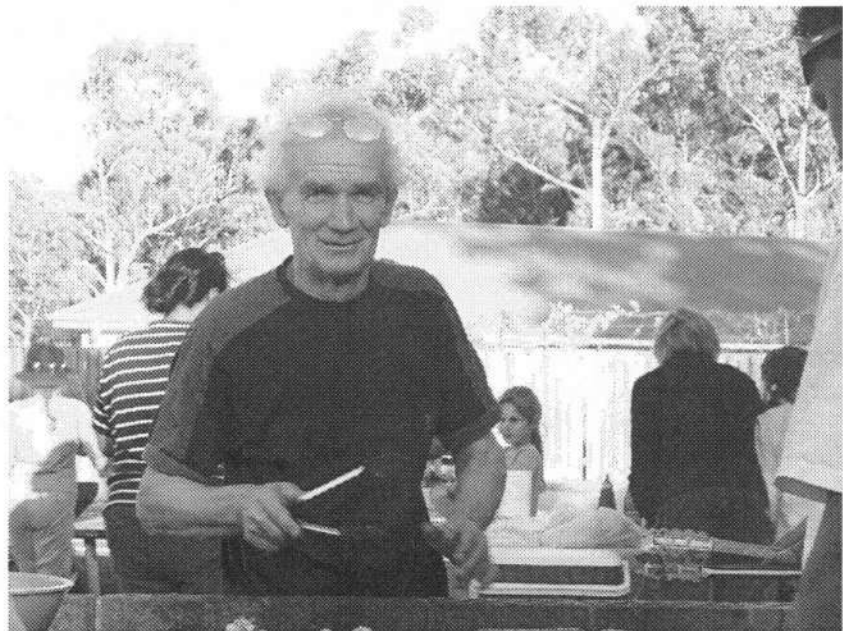
Bruce Elvy Butchery – for our sausages, steaks and onions

Kingsgrove Hot Bread – pies, sausage rolls and cakes

Vinh Long Bakery – bread rolls and

K B Farm Chickens – kebabs.

Leta Iosefo



NSW LITTLE ATHLETICS

34th ANNUAL CONFERENCE AND AGM

16TH – 17TH JULY 2004

The 2004 LAANSW Annual Conference and AGM were held in Dubbo. During Friday your delegates, Pat Gorman, Penny and Lynne Whatman with Glenda as the Zone Treasurer travelled by bus to our motel before going to Dubbo RSL to register and find our way around.

Over the weekend we attended two workshops each. 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 we attended were, Understanding Athletes with a Disability, Keeping Your Centre Safe and What Kids and Parents are saying about Athletics.

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

St George was very proud to receive the LAANSW Club of the Year Award and Glenda was a finalist in the Volunteer of the Year Award.

Conference closed on Sunday afternoon and the bus headed home to Sydney. Thanks to our bus driver for the weekend.

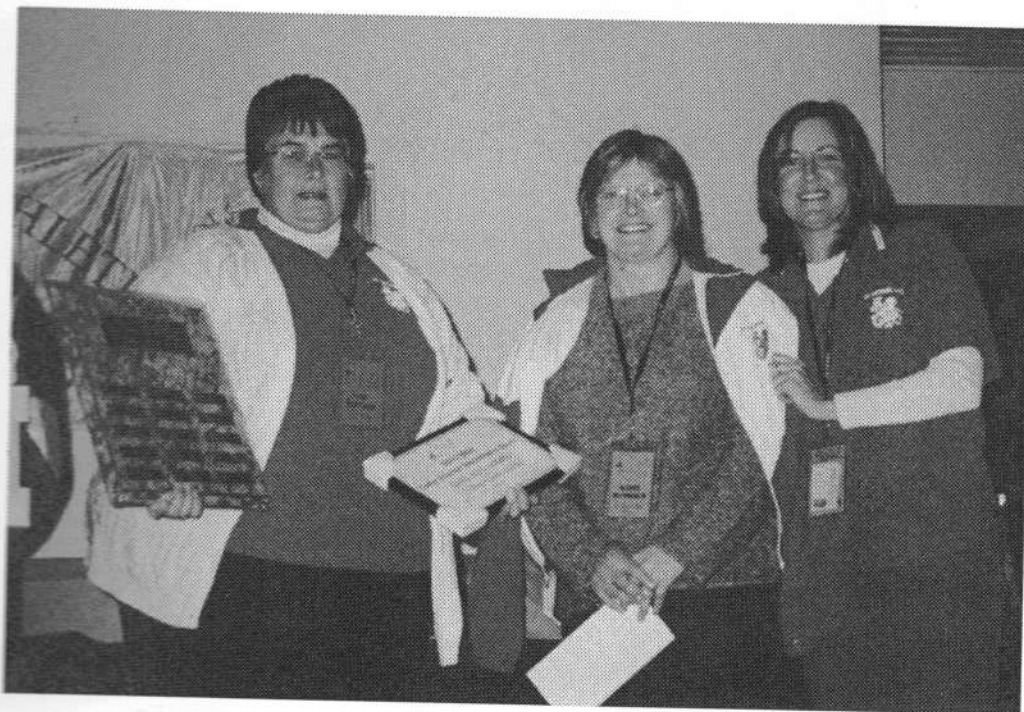
Your delegates, would like to thank you for the opportunity to represent St George Little Athletics at Annual Conference.

Pat Gorman, Glenda McLoughlin
Penny Newlove and Lynne Whatman

CONFERENCE DELEGATES



Conference Delegates



Receiving the LAANSW Club of the Year Award

RECORDS & RANKING REPORT

Congratulations to all St George athletes – their continual improvement in their athletic ability and enthusiasm in this sport throughout the season has again kept me extremely busy. This season was a very challenging one as we were experimenting with a new computer program. As the season progressed we came across a number of hiccups and these took considerable time to iron out. I would like to thank Roger Malcolm for his invaluable assistance on many Friday nights plus a number of nights during the week during and after the season concluded to try and update our weekly results and records.

Our athletes continue to get stronger and faster and consistently attempt to create new ground and centre records. Unless we have experienced and qualified officials at all events, a lot of these performances are unable to be recognised as records.

Due to a theft of a bag at the Region Championships containing vital, official St. George recording documents, it has been almost impossible to complete an accurate total of ground and centre records for the 04/05 season. Below is the list of records available to me. If any person is aware of any athlete who they think may have broken a ground or centre record that is not listed below, please do not hesitate to contact me so this can be followed up.

This year a total of 17 Ground Records and 2 Centre Records were broken. I would especially like to mention our younger athletes whose general performance was outstanding. It was pleasing to see that records were broken across a number of disciplines in both track and field:

GROUND RECORDS

Nicholas CHAN	U6B	50m	9.82s
Jordan LESLIE	U6B	100m	18.39s
Grace ROBINSON	U6G	50m	10.30s
Regina SEFO	U6G	Shot Put	4.66m
Grace ROBINSON	U6G	Shot Put	5.12m
Daniel STOJANLVSKI	U7B	50m	9.26s
Amelia SCHUBERT	U7G	Shot Put	7.00m
Carolena KOSTAS	U9G	100m	15.90s
Alexander JOHNSTON	U10B	70m	10.24s
Alexander JOHNSTON	U10B	100m	14.49s
Alice IOSEFO	U11G	Shot Put	13.24m
Alice IOSEFO	U11G	Discus	30.18m
Alice IOSEFO	U11G	Discus	31.79m
Luke HAMER	U13B	100m	12.17s
Luke HAMER	U13B	400m	56.57s
Hussein AHIL	U15B	200mHurdles	28.05s
Louise HAMER	U15G	200mHurdles	30.22s

CENTRE RECORDS

Alice IOSEFO
Luke HAMER

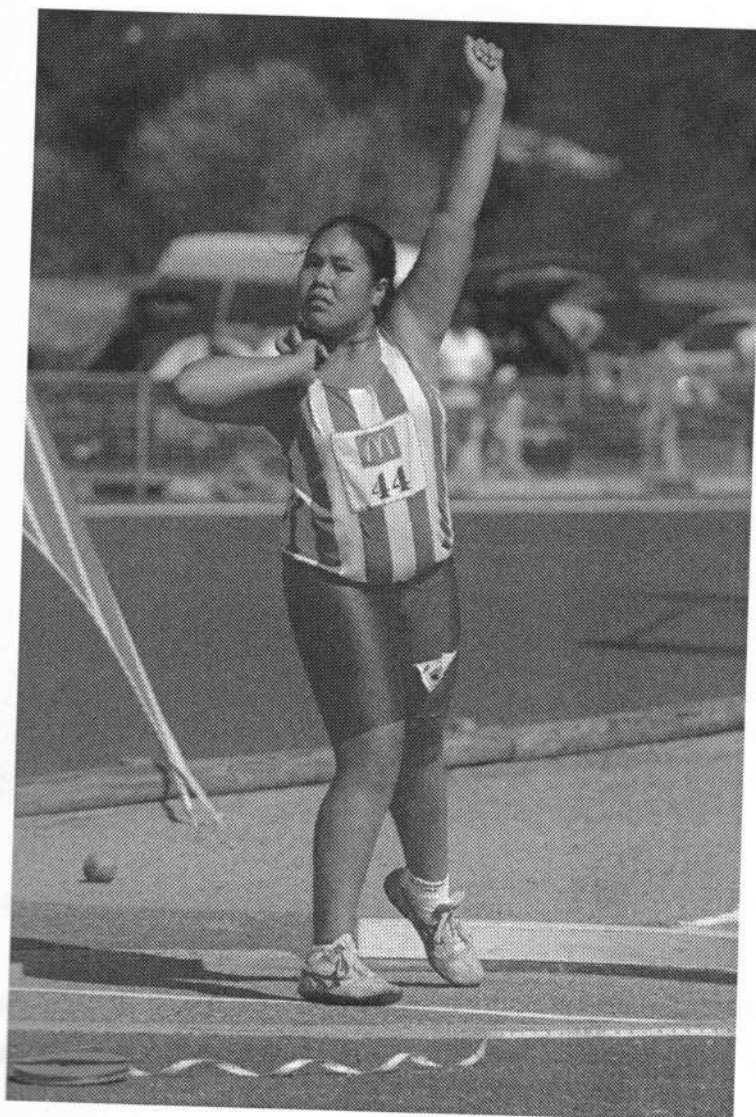
U11G
U13B

Discus
400m

30.49m
54.6s

I would further like to express a huge thankyou to Elise Beck for her assistance with sorting and distributing of stickers on a weekly basis. 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



Alice Iosefo

**AWARDS FOR 5 YEARS SERVICE WITH
ST GEORGE LITTLE ATHLETICS**



Names in alphabetical order

Stephanie Beck	Andrew Grey
Georgia Brady	Kristine Kordic
Joel Brady	Somer Logan-Rawiri
Jack Caffyn	Naomi Lopez
Alice Coleman	Harriet McInerney
Amy Coote	Elizabeth Paratore
Ben Currie-Nguyen	Robert Paratore
Nam Currie-Nguyen	Joshua Pintaric
Riley Delaney	Patrick Romano
Stefan Diakanastasis	Alfred Sefo
Daniel Dimovski	Anthony Sefo
Todd Dimovski	Tye Stanley
Amanda Faysal	Patrick Stolzenhein
Julia Faysal	Jack Worthington
Alexander Fraser	Sophie Worthington

**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)



Recipients of 10 Years Service Award

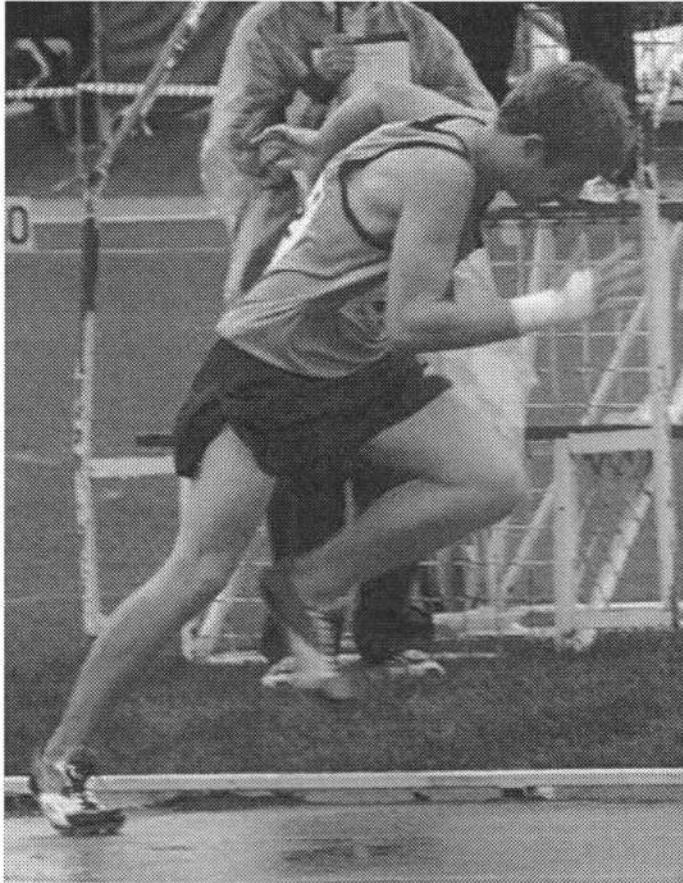
Lindsay Brown, Blake Davies, Gerard Gayton, Courtney McLoughlin,
Mitchell Parkinson

Recipients of 9 Years Award presented by LAA NSW

Laura Bray, Lindsay Brown, Blake Davies, Gerard Gayton, Louise Hamer,
Courtney McLoughlin, Mitchell Parkinson, Scott Woods

Australian Little Athletics Championships Hobart 2005

Each year twenty-two 'Under 13' boys and girls are selected to represent their state in the Adidas National Championships against other states in Australia. This year Luke Hamer was fortunate enough to be one of the lucky boys, based on his results at State (winner 100,400 and 800m). The athletes attended two camps at Narrabeen where the focus was on team bonding and relay practise. On the last camp Adidas presented



them with uniforms and casual wear - even shoes! The big event was in Hobart, Tasmania. The team flew down a few days prior to the competition and were treated to trips to the Cadbury Factory, Mount Wellington and lots of fun activities. The competition day was wet and miserable but the competitors shone. After the march past, each State tried to outdo each other with their war cry. NSW lost the cup last year to Victoria and they wanted it back. Midway through the competition the point score was close with NSW only 2 points ahead but in the end NSW proved to be the strongest team. The emphasis at all times was 'we not me' and it was great to see the teammates urge each other on. Luke had an experience of a lifetime with this trip thanks to Darren from LAANSW and his team. He broke two records whilst in Tasmania. One for

losing his room key the most times and one for the 400metres, which he won in 53.29 seconds. He also won gold in the 800m and the relay and a silver medal in the 100m. Luke and his family would like to thank St George LAC for their financial and moral support and especially thank coaches, Albie Thomas and Peter Tuziak.

ST GEORGE -V - PRESTON-RESERVOIR CHALLENGE 2005

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-third annual challenge between our two clubs. The challenge this year was held in Sydney over the weekend of 26 and 27 February 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 18 athletes was finally confirmed as our competition team.

The team welcomed their opposition from Preston-Reservoir, and a swag of family member supporters, at Sydney Airport on the Friday evening. After the billeting arrangements were assigned, our team members welcomed their billets into their homes before awakening for a days sightseeing and/or assorted activities before Saturday night's competition.

The team consisted of:

U11 Boys	U11 Girls	U12 Boys	U12 Girls
Craig Cook	Alexandra Diakos	Joel Brady	Amy Coote
Michael Horifios	Alicia Iosefo	Andrew Grey	Somer Logan-Rawiri
Cameron Nicholls	Cara Petrovski	Cameron James	Heather Woods
Jarrold Parkinson	Lianne Rose	Tye Stanley	
Luke Ponting	Zoe Schubert		
Anthony Sefo			

Despite some expectation that Preston-Reservoir would field a strong away team, after their performances in Melbourne last year, there was some disappointment that Preston-Reservoir could only be represented by a team smaller than usual. Unfortunately this was a by-product of a club that has had some difficulties retaining members during ground closures, at the most inopportune times, for maintenance and repair.

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.

Our athletes then spent another day with their billets before seeing the team and supporters return home from Kingsford Smith Airport on Sunday evening with more than their share of knowledge and experience.

Sometimes such performances are only accomplished in the heat of competition. On this day those performances were sufficient for St George to retain the silverware.

After competition, we welcomed the members and supporters of Preston-Reservoir to a dinner prior to speeches and presentations.

Our team captains, Amy Coote and Cameron James were fine ambassadors for our club in the way they thanked the Preston-Reservoir team for their efforts on the track and field and their presence in Sydney for the Challenge. As is usual, the Captains of the Preston-Reservoir team extended their club's invitation to St George to again compete for the H.H Brennan and R Honey Rosebowl Trophy, next time on Melbourne home soil, in 2006.

At this moment it is timely to extend particular acknowledgements. With particular note I, and Marie, 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, whom with the representatives 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 Marie Rose.



ST GEORGES BASIN DRAGON DERBY

RESULTS – NOVEMBER 2005

Under 6 Girls

Grace Robinson

1st 70 m, 1st 100m, 1st Long Jump,
3rd Discus – Trophy Winner

Under 6 Boys

Pita Toamotu

4th 70m, 4th 100m, Competed Long Jump,
9th Discus – Trophy

Under 7 Girls

Monica Krstevska

4th heat participants, 7th 200m, 8th 500m, 8th Shot Put, 7th
Long Jump

Amelia Schubert

3rd 70m, 4th 100m, 4th 200m, 3rd 500m, 1st record 6.63 Shot
Put, 2nd Long Jump

Under 7 Boys

Jordan Romos

5th 70m, 6th 100m, 7th 200m, 2nd 500m, 3rd Shot Put,
9th Long Jump

Dimitar Gligukoski

7th 70m, 9th 100m, participant Shot Put, 3rd Long Jump

Zack Heap

5th 70m, 6th 100m, 7th 200m, 5th 500m, 9th Shot Put,
8th Long Jump

Under 8 Girls

Natalie Krstevsha

4th heat 70m, 6th 200m, 4th heat 500m, 8th Long Jump,
6th Discus, 3rd heat 60m Hurdles

Under 8 Boys

Mark Rizoski

5th 70m, 5th 200m, 1st Long Jump, 3rd 60m Hurdles

Under 9 Girls

Megan Heap

4th Hurdles, 6th 70m, 5th 100m, 6th 200m, 1st 800m, 2nd Walk

Under 9 Boys

Gavin Parkinson

7th Hurdles, 8th 70m, 7th 100m, 6th 200m, 8th Shot Put

Damon Ramos

6th 800m, 5th Walk, 9th Shot Put

Christian Ramos

5th 800m, 6th Walk

Under 10 Boys

Riley Delaney

1st 800m

Under 11 Girls

Stephanie Rizoski

6th 100m, 3rd High Jump, 5th Long Jump

Alice Iosefo

16th Walk, 1st Record Shot Put, Participant Turbo Javelin,
1st Discus

Zoe Schubert

4th Hurdles, 2nd Walk, 2nd Shot Put, 1st High Jump Feature
Event, Participant Turbo Javelin, 2nd Discus

Under 11 Boys

Christian Lozada

3rd Hurdles, 4th 100m

Jarrold Parkinson

6th 100m, 4th Shot Put, 5th Turbo Javelin, 5th Hurdles

Under 12 Girls

Kate Wickham
Elizabeth Paratore

4th Hurdles, 5th 100m, 5th 200m, participant Long Jump
1st Walk, 3rd Hurdles

Under 13 Girls

Alyssa Parkinson
Natasha Iosefo

7th 100m, 4th Walk, 8th Shot Put, 6th Long Jump
2nd Discus, 5th heat 100m, 1st Record Feature Event Shot Put

Under 13 Boys

Luke Hamer
Matthew Gorman

1st 100m, 1st 200m, 1st 400m, 1st 800m, 1st 1500m
7th 100m, 4th 200m, 3rd 400m, 3rd 1500m, 4th Shot Put, 3rd turbo javelin, 3rd High Jump, 4th Discus

Under 14 Boys

Oscar Schubert
Thomas Delaney

2nd 100m, 2nd Shot Put, 2nd Discus, 3rd Long Jump
2nd 1500m, 5th 800m

Under 15 Girls

Kayla Jarvis

4th 100m, 7th 200m, 3rd 400m, 3rd 1500m, 8th Walk, 5th Turbo Javelin, 7th Shot Put

Katrina Biteznik

5th 100m, 8th 200m, 2nd 1500m, 8th Turbo Javelin, 8th Shot Put

Taleah Baird

3rd 100m, 3rd 200m, 2nd 400m, 6th Walk, 4th Turbo Javelin

Under 15 Boys

Mitchell Parkinson

5th 100m, 3rd 400m, 1st 1500m, 7th Shot Put, 5th Turbo Javelin

Masters Heptathlon Men

Michael Iosefo
Dave Schubert

2nd
3rd



TRANS TASMAN TOUR – 2005

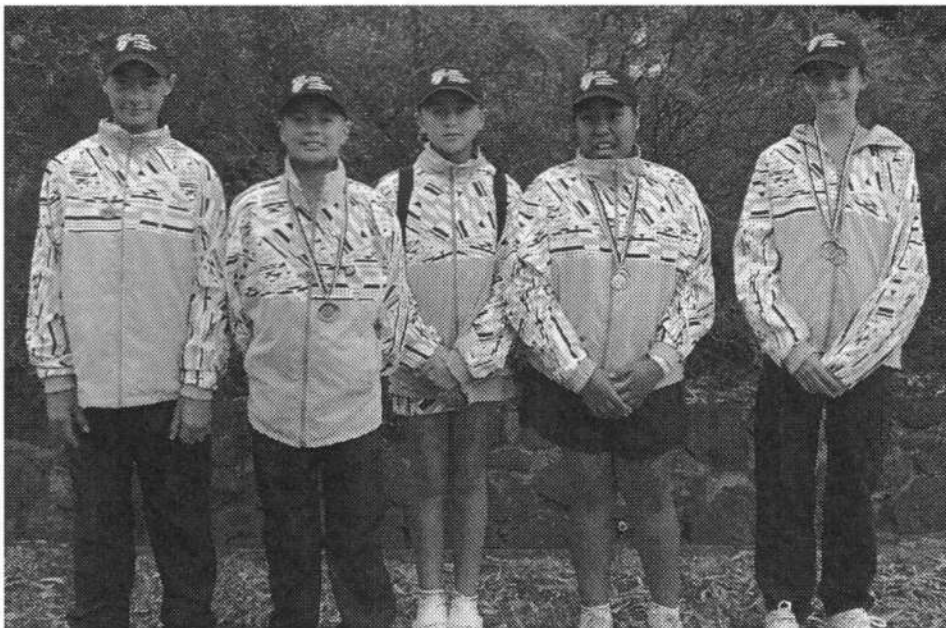
This year New South Wales defended the Trans Tasman Challenge Cup here at home.

Selection in the New South Wales home team is highly competitive and St George had six successful athletes in this team, Kate Caccamo, Stefan Diakanastasis, Alice Iosefo, Anthony Sefo, Zoe Schubert and Justin Walker.

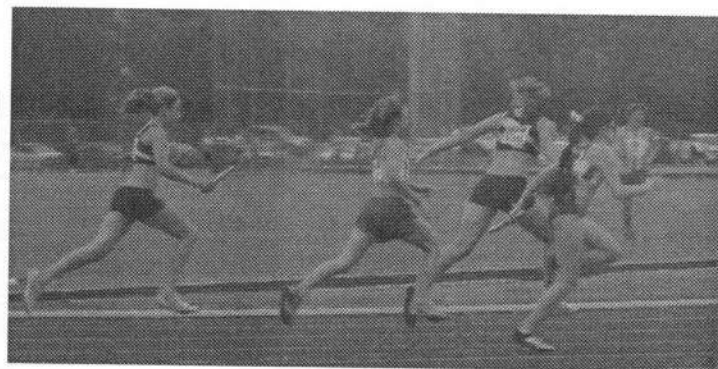
Our athletes competed at a number of gala days before the final challenge on 16th January 2005 at Homebush. Kate had a very successful competition 3rd in High Jump, 5th in Long Jump, 5th in 200m and 8th in 100m, an excellent all round result. Stefan 2nd in High Jump and 11th in Long Jump. Alice 2nd in Shot and 4th in Discus. Zoe 6th in Discus, 11th in Shot and 7th in High Jump. Justin 3rd in 100m final, 6th 200m heat, 10th in Long Jump and 13th in Discus. These athletes also competed in Relays.

This competition is for athletes in the U11 and U12 age groups. Next year will be the away competition and we trust that St George will be again represented in that squad to compete overseas for their state and experience the sights and cultures of another country.

Congratulation again to our athletes – you were excellent ambassadors for St George Little Athletics.



**Stefan Diakanastasis, Justin Walker, Zoe Schubert,
Alice Iosefo, Kate Caccamo**



SOUTHERN METROPOLITAN ZONE CHAMPIONSHIPS
(Sylvania Waters Athletic Field - Sat & Sun 29-30 January 2005)

U/7 Boys	Event	Performance	Place	U/7 Girls	Event	Performance	Place
Andrew Aboulla	50m	9.4s	4	Erica Coote	70m	15.6s	7
	70m	13.4s	7	Tara Lopez	100m	20.1s	5
	100m	17.7s	3		200m	42.8s	5
	Pack Start	1min 55.4s	4		Long Jump	2.32m	4
Jarod Dimovski	Shot Put	4.19m	8		Pack Start	2min 05.7s	2
Zack Heap	70m	13.5s	8	Anna Menton	Pack Start	2min 18.0s	5
	Long Jump	2.63m	5	Jamie-lee Rios	70m	13.3s	4
	Pack Start	2min 01.7s	7		100m	18.9s	3
Jordan Ramos	Shot Put	5.23m	5		200m	42.8s	6
	Discus	13.16m	5		Long Jump	2.11m	8
	Pack Start	1min 55.1s	3	Amelia Schubert	50m	10.4s	4
Danial Stojanovski	50m	10.0s	7		Long Jump	2.42m	2
	Long Jump	2.48m	6		Shot Put	6.34m	1
					Discus	14.38m	1

U/8 Boys	Event	Performance	Place	U/8 Girls	Event	Performance	Place
Henry Burt	400m	1min 23.2s	4	Seraphina Close-Brown	Shot Put	4.30m	8
	60m Hurdles	12.2s	6		Pack Start	3min 25.0s	6
	Pack Start	2min 41.3s	2	Monica Denton	70m	12.7s	3
Luke Mrakovcic	70m	12.5s	5		100m	17.4s	5
	100m	16.5s	4		200m	37.5s	3
	200m	35.6s	4	Regina Fidow	200m	39.9s	5
	Long Jump	3.15m	4		400m	1min 54.9s	8
Mark Rizoski	60m Hurdles	12.5s	7		Long Jump	2.77m	5
	Long Jump	3.06m	5	Georgia Grattan	Pack Start	3min 16.1s	4
David Vazzoler	Long Jump	2.68m	8	Maritsa Grey	Shot Put	4.96m	2
Benjamin Williams	70m	12.5s	4	Dominique Johnston	70m	13.1s	7
	100m	16.6s	5		60m Hurdles	12.9s	5
	200m	35.7s	5		Long Jump	2.90m	4
					Discus	13.50m	2
				Chloe Lopez	100m	17.8s	7
					200m	37.2s	2
					400m	1min 29.8s	2
					Long Jump	2.93m	2
				Taylah Sorrensen-Talbot	400m	1min 48.8s	7

U/9 Boys	Event	Performance	Place	U/9 Girls	Event	Performance	Place
Mathieu Burns	800m	3min 18.6s	7	Sarah Dufty	800m	3min 13.1s	6
	High Jump	1.00m	4		Shot Put	3.60m	7
Marcus Chan	70m	11.9s	6	Diandra Ferrerra	400m	1min 39.6s	8
	60m Hurdles	11.5s	5	Megan Heap	800m	3min 14.2s	7
Jack Colley	800m	3min 05.9s	5		700m Walk	5min 11.9s	2
	High Jump	1.04m	3		60m Hurdles	12.4s	6
	Shot Put	5.11m	7	Madelaine Holbeach	70m	11.6s	5
Matthew Dufty	200m	33.5s	5		100m	15.7s	6
	800m	3min 12.8s	6		Shot Put	4.72m	3
Mathew Kudla	70m	11.8s	3		Discus	12.11m	4
	100m	16.3s	7	Carolena Kostas	200m	33.5s	6
	400m	1min 27.4s	8		400m	1min 18.4s	3
Luciano Leilua	Discus	15.34m	6		800m	3min 01.5s	2
Anthony Ricco	Shot Put	5.45m	5	Nicole Kremastos	70m	12.5s	8
Jordan Roubekas	100m	15.4s	3		60m Hurdles	12.1s	5
	200m	32.8s	3	Ellie Papalexou	60m Hurdles	12.8s	8
	60m Hurdles	11.1s	3				
Brodie Stanley	700m Walk	5min 01.3s	3				
	Long Jump	3.34m	5				
	Shot Put	6.57m	3				
	Discus	19.89m	1				

U/10 Boys	Event	Performance	Place	U/10 Girls	Event	Performance	Place
Christopher Caccamo	100m	15.7s	7	Georgia Brady	800m	3min 12.3s	7
Paul Caccamo	70m	11.7s	5		1500m	6min 32.0s	8
	100m	16.0s	8	Emily Hancock	800m	2min 48.8s	2
	200m	33.3s	7		1500m	5min 44.4s	2
Riley Delaney	800m	2min 46.4s	2		Long Jump	3.39m	8
	1500m	5min 48.0s	4	Nicole Janes	200m	37.1s	8
Daniel Dimovski	High Jump	1.14m	2		High Jump	1.09m	4
Todd Dimovski	1500m	6min 10.9s	7	Barbara Kudla	70m	11.7s	5
	High Jump	0.95m	8		200m	33.8s	5
Augustine Fidow	Shot Put	6.99m	4		400m	1min 18.7s	3
	Discus	16.72m	8		High Jump	1.11m	3
Joshua Gray	400m	1min 18.4s	6	Naomi Lopez	70m	10.9s	1
	800m	2min 59.3s	6		100m	15.1s	4
	1500m	5min 57.9s	6		200m	31.2s	2
Lucas Grey	70m	11.8s	7		Long Jump	3.70m	2
	200m	33.5s	8	Jacqin Robson	70m	10.9s	3
	Shot Put	5.88m	6		100m	15.0s	2
Alex Johnston	70m	10.3s	1		60m Hurdles	11.6s	2
	100m	14.4s	1				
	60m Hurdles	11.4s	3				
	Long Jump	4.35m	1				
Thomas Menton	800m	2min 53.6s	5				
	1500m	5min 54.4s	5				
Robert Paratore	400m	1min 11.2s	1				
	800m	2min 45.9s	1				
Alfred Sefo	70m	11.6s	4				
	Discus	22.24m	3				
Jack Worthington	Shot Put	8.58m	1				
	Discus	19.28m	6				

U/11 Boys	Event	Performance	Place	U/11 Girls	Event	Performance	Place
Daniel Cheng	Long Jump	3.67m	6	Sophie Burt	400m	1min 21.4s	6
Tom Denton	100m	14.6s	6		60m Hurdles	12.2s	7
	200m	30.3s	4	Kate Caccamo	100m	14.4s	2
	Long Jump	4.01m	3		200m	30.0s	1
Rhett Sartorel Kelly	60m Hurdles	11.2s	5		Long Jump	4.10m	4
	High Jump	1.15m	7		High Jump	1.35m	1
	Shot Put	9.84m	3	Alexandra Diakos	400m	1min 23.2s	7
	Discus	24.75m	1	Alice Iosefo	Shot Put	11.13m	1
Christian Lozada	100m	14.3s	4		Discus	30.68m	1
	200m	29.6s	3	Rachel Mannion	200m	32.9s	6
	60m Hurdles	11.1s	4		400m	1min 15.9s	3
Stephen McKenzie	1500m	6min 42.6s	7		800m	3min 04.3s	6
Anthony Sefo	60m Hurdles	12.0s	8		1500m	6min 18.7s	7
	Shot Put	10.42m	1	Danae Papalexio	800m	3min 12.2s	8
	Discus	24.62m	2	Stephanie Rizoski	100m	15.4s	8
James Thiveos	100m	14.9s	8		60m Hurdles	12.1s	6
	200m	30.4s	5		Long Jump	3.95m	6
	Triple Jump	7.81m	7	Liana Rose	800m	3min 01.6s	5
					1500m	6min 07.3s	5
					1100m Walk	7min 51.3s	3
				Phoebe Saintilan	200m	33.5s	7
					Shot Put	4.74m	8
					Discus	12.12m	7
				Zoe Schubert	High Jump	1.20m	7
					Shot Put	9.06m	2
					Discus	25.56m	2

U/12 Boys	Event	Performance	Place	U/12 Girls	Event	Performance	Place
Joel Brady	400m	1min 15.0s	3	Olivia Cook	200m	33.9s	6
	800m	2min 51.0s	6		High Jump	1.26m	4
	1500m	5min 56.0s	8		Shot Put	6.60m	7
	Triple Jump	6.82m	8		Discus	18.89m	4
Chadwick Close-Brown	60m Hurdles	10.9s	5	Amy Coote	800m	3min 04.2s	7
	High Jump	1.25m	2		1500m	6min 20.2s	5
Alex Cutajar	400m	1min 35.3s	5		High Jump	1.28m	3
Stefan Diakanastasis	Long Jump	4.53m	3	Melisa Gilbert	1500m	7min 25.7s	8
	High Jump	1.48m	1	Gina-Leigh Harrison	100m	17.6s	8
	Discus	22.35m	5	Gina Leigh Harrison	Shot Put	9.14m	2
Cameron Geercke	High Jump	1.20m	8		Discus	15.33m	5
Andrew Grey	100m	13.6s	3	Elizabeth Paratore	1500m Walk	8min 36.9s	1
	200m	29.1s	3	Heather Woods	1500m Walk	13min 03.2s	8
	400m	1min 11.4s	2				
	60m Hurdles	12.0s	8				
Stephen Holbeach	100m	13.7s	4				
	200m	29.0s	2				
	Long Jump	4.69m	2				
	Triple Jump	9.87m	1				
Billy Papalexou	Shot Put	6.73m	7				
	Discus	19.98m	7				
Jake Pedlow	Shot Put	9.24m	1				
Tye Stanley	1500m Walk	10min 38.7s	2				
Justin Walker	100m	13.0s	1				
	200m	28.3s	1				
	60m Hurdles	10.9s	4				
	Long Jump	4.78m	1				

U/13 Boys	Event	Performance	Place	U/13 Girls	Event	Performance	Place
Matthew Gorman	High Jump	1.25m	8	Nikki Apostolidis	100m	14.4s	8
	Shot Put	9.77m	2		200m	30.8s	6
	Javelin	22.44m	6		Long Jump	4.36m	3
Luke Hamer	100m	12.2s	1		Triple Jump	9.24m	3
	200m	25.2s	1	Alice Coleman	80m Hurdles	16.3s	4
	400m	59.6s	1		200m Hurdles	34.7s	5
	800m	2min 25.3s	1		Long Jump	3.83m	8
Alexander Hinson	80m Hurdles	16.9s	7	Ashlee Hannon	200m	31.2s	7
	High Jump	1.35m	6		400m	1min 15.0s	7
Timothy Hogan	100m	14.2s	7	Natasha Iosefo	Shot Put	11.92m	1
	200m	29.9s	7		Discus	32.46m	2
	800m	2min 48.7s	7		Javelin	22.17m	4
	1500m	5min 57.5s	7	Cassandra Mannion	3000m	15min 33.1s	2
Joseph Lulua	200m	28.4s	4		Triple Jump	7.92m	8
	200m Hurdles	30.7s	2				
	Long Jump	4.44m	7				
Matthew O'Gorman	100m	13.9s	5				
	200m	29.9s	6				
	Shot Put	8.72m	4				
	Discus	20.21m	5				
Todd Peters	800m	2min 51.1s	8				
	1500m	5min 38.4s	4				
	3000m	12min 39.1s	3				
Nikitas Reskakis	100m	13.8s	4				
	200m	29.7s	5				
	400m	1min 07.4s	7				
Myron Roubekas	100m	14.3s	8				
Michael Walker	200m	31.1s	8				
	200m Hurdles	31.9s	6				
	High Jump	1.35m	6				

U/14 Boys	Event	Performance	Place	U/14 Girls	Event	Performance	Place
Ashley Cant	Long Jump	4.33m	6	Stephanie Beck	800m	2min 02.0s	5
	High Jump	1.39m	3		1500m	6min 08.0s	4
	Triple Jump	8.87m	7		3000m	12min 55.3s	2
Doug Cook	1500m	5min 37.6s	4	Stephanie Pattey	200m	27.6s	5
	3000m	12min 32.5s	3		400m	1min 01.4s	2
Thomas Delaney	1500m	5min 04.9s	2				
	3000m	11min 07.2s	2				
Tim Martel-Rose	Shot Put	7.97m	4				
	Javelin	19.15m	5				
Patrick McPherson	200m	29.4s	7				
	400m	1min 10.6s	5				
	Long Jump	3.77m	8				
	Triple Jump	8.84m	8				
Oscar Schubert	Long Jump	4.19m	7				
	Shot Put	10.47m	2				
	Discus	34.20m	3				
	Javelin	25.35m	4				

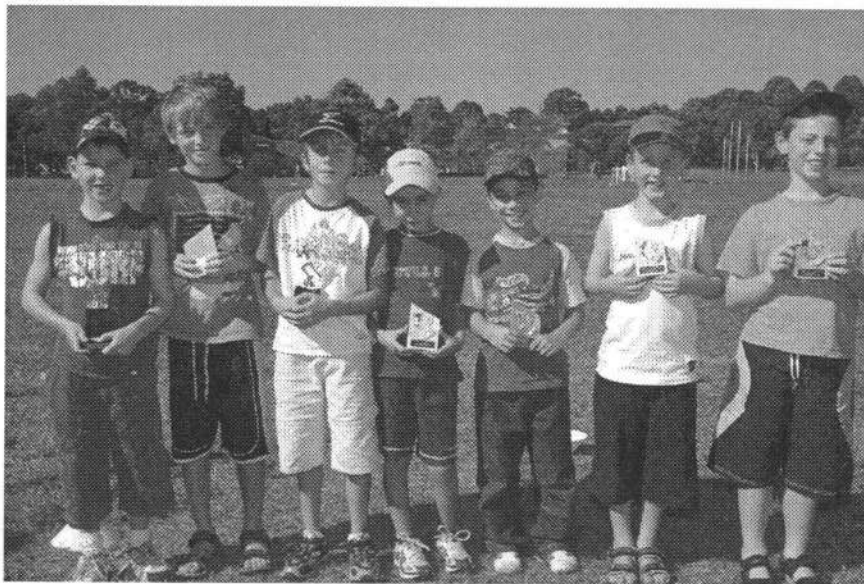
U/15 Boys	Event	Performance	Place	U/15 Girls	Event	Performance	Place
Hussein Ahil	100m	12.2s	4	Taleah Baird	400m	1min 10.6s	5
	200m Hurdles	27.4s	1		200m Hurdles	33.3s	6
	Long Jump	5.35m	1		High Jump	1.41m	2
Michael Bastion	100m	12.5s	6		Triple Jump	10.03m	3
	High Jump	1.50m	4	Katrina Biteznik	800m	3min 03.3s	4
	Triple Jump	10.93m	3		1500m	6min 48.7s	2
Patrick Brady	100m	12.9s	8		3000m	15min 03.9s	1
	200m	26.5s	6		1500m Walk	8min 35.9s	1
	Long Jump	4.82m	6	Laura Bray	Shot Put	9.50m	3
	Triple Jump	10.56m	5		Discus	22.16m	4
Nam Currie-Nguyen	400m	57.5s	1	Lynsay Brown	Discus	17.88m	7
	800m	2min 11.2s	2	Dennise Castaneda	100m	14.2s	4
	1500m	4min 31.1s	2		200m	30.5s	6
	3000m	10min 24.1s	2		Long Jump	4.29m	6
Gerard Gayton	800m	2min 55.8s	7	Louise Hamer	200m	28.4s	2
	1500m	6min 03.0s	6		400m	1min 06.4s	4
	100m Hurdles	19.8s	3		200m Hurdles	32.5s	3
	Discus	19.98m	8		High Jump	1.35m	3
Collin Hua	100m Hurdles	19.0s	2	Kayla Jarvis	800m	2min 58.9s	3
	Triple Jump	11.42m	1		1500m	6min 48.6s	1
Mitchell Parkinson	Long Jump	3.76m	7		3000m	15min 18.6s	2
	Triple Jump	8.71m	7		90m Hurdles	19.1s	4
	Shot Put	7.93m	2	Frances Leilua	Discus	18.00m	6
	Discus	22.44m	6	Courtney McLoughlin	Long Jump	3.28m	8
Mark Pedlow	100m	12.3s	5		Shot Put	7.23m	7
	200m	25.0s	4	Louise Nowak	100m	16.3s	5
	Discus	29.23m	3		Shot Put	9.30m	4
	Javelin	36.15m	2		Javelin	15.48m	8
Stephen Piperides	100m	11.8s	2				
	200m	24.5s	2		4 x 100 Relay	56.5s	3
	100m Hurdles	19.9s	4				
	Long Jump	5.09m	2				
Scott Woods	200m	26.0s	5				
	200m Hurdles	32.6s	2				
	Long Jump	4.96m	4				
	Triple Jump	10.91m	4				

Junior Boys 4x100m Relay	Performance	Place	Junior Girls 4x100m Relay	Performance	Place
	59.8s	2		1min 01.4s	4

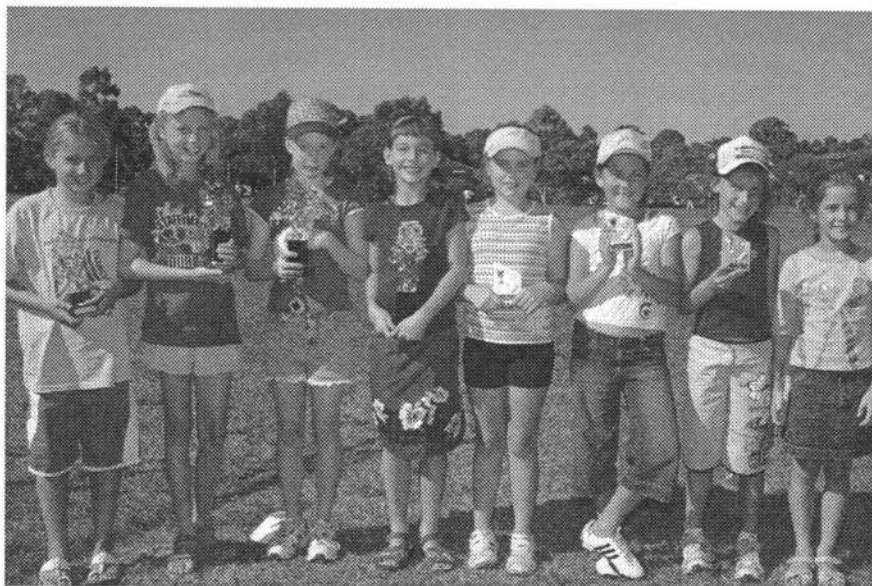
Senior Boys 4x100m Relay	Performance	Place	Senior Girls 4x100m Relay	Performance	Place
	50.2s	2		56.5s	3



Under 8 Girls



Under 8 Boys



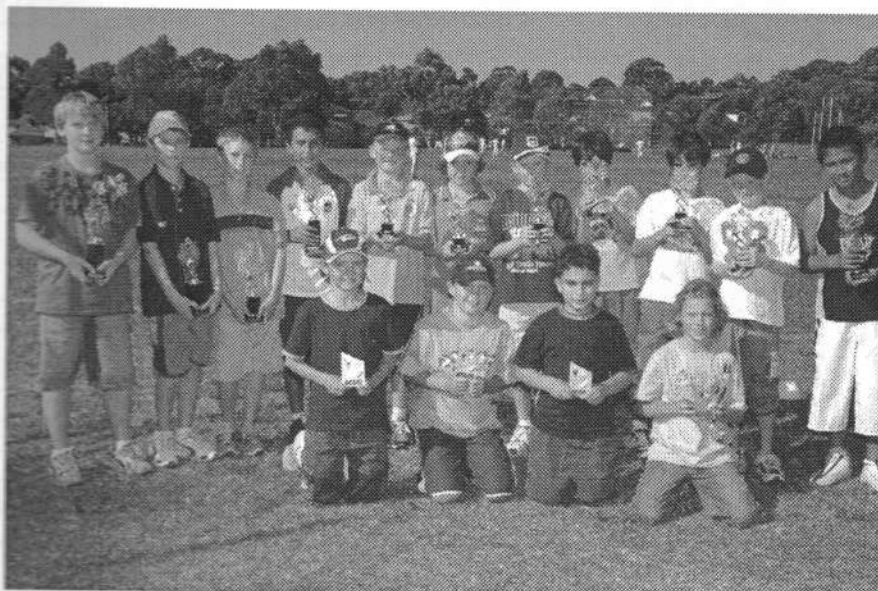
Under 9 Girls



Under 9 Boys



Under 10 Girls



Under 10 Boys

REGIONAL CHAMPIONSHIPS
(Sylvania Waters Athletic Field, Sat & Sun 19-20 February 2005)

U/8 Boys	Event	Performance	Place	U/8 Girls	Event	Performance	Place
Henry Burt	Pack Start	2min 41.6s	12	Monica Denton	70m Run	12.1s	8
Luke Mrakovic	Long Jump	2.96m	16	Maritsa Grey	Shot Put	4.19m	11
Benjamin Williams	200m Run	35.8s	7	Dominique Johnston	Long Jump	2.95m	8
				Chloe Lopez	200m Run	37.9s	6
					400m Run	1min 23.1s	6
					Long Jump	3.13m	4

U/9 Boys	Event	Performance	Place	U/8 Girls	Event	Performance	Place
Mathieu Burns	High Jump	0.90m	11	Megan Heap	700m Walk	4min 32.8s	2
Jack Colley	High Jump	1.00m	9	Madelaine Holbeach	Shot Put	4.86m	11
Jordan Roubekas	200m Run	32.3s	3	Carolena Kostas	400m Run	1min 13.4s	1
Brodie Stanley	Shot Put	5.49m	11		800m Run	2min 49.0s	1
	Discus	17.07m	11				

U/10 Boys	Event	Performance	Place	U/10 Girls	Event	Performance	Place
Riley Delaney	800m Run	2min 47.5s	5	Emily Hancock	800m Run	2min 54.0s	6
	1500m Run	5min 42.3s	5		1500m Run	5min 40.4s	4
Daniel Dimovski	High Jump	1.10m	11	Nicole Janes	High Jump	1.10m	9
Alex Johnston	70m Run	10.1s	3	Barbara Kudla	High Jump	1.19m	5
	100m Run	14.6s	3	Naomi Lopez	70m Run	10.7s	3
	60m Hurdles	10.8s	4		100m Run	15.3s	4
	Long Jump	4.34m	1		200m Run	31.0s	3
Robert Paratore	400m Run	1min 08.6s	3		Long Jump	3.51m	11
	800m Run	2min 38.3s	2	Jacqin Robson	70m Run	10.7s	4
Alfred Sefo	Discus	25.10m	7		100m Run	15.6s	7
Jack Worthington	Shot Put	8.68m	3		60m Hurdles	10.9s	1

U/11 Boys	Event	Performance	Place	U/11 Girls	Event	Performance	Place
Tom Denton	Long Jump	3.95m	10	Kate Caccamo	100m Run	14.6s	3
Rhett Sartorel Kelly	Shot Put	10.52m	4		200m Run	30.2s	2
	Discus	28.50m	3		Long Jump	4.21m	4
Christian Lozada	200m Run	29.8s	5		High Jump	1.30m	3
Anthony Sefo	Shot Put	10.32m	5	Alice Iosefo	Shot Put	10.93m	3
					Discus	30.49m	1
				Liana Rose	1100m Walk	7min 40.3s	11
				Rachel Mannion	400m Run	1min 10.8s	4
				Zoe Schubert	Shot Put	9.29m	5
					Discus	24.72m	5

U/12 Boys	Event	Performance	Place	U/12 Girls	Event	Performance	Place
Chadwick Close-Brown	High Jump	1.37m	6	Olivia Cook	Discus	18.75m	13
Stefan Diakanastasis	60m Hurdles	9.6s	4	Amy Coote	High Jump	1.20m	9
	Long Jump	4.33m	9	Elizabeth Paratore	1500m Walk	8min 07.6s	1
	High Jump	1.49m	1				
Andrew Grey	200m Run	31.6s	8				
	400m Run	1min 03.4s	4				
Stephen Holbeach	100m Run	14.3s	5				
	200m Run	29.8s	5				
	Triple Jump	9.98m	1				
	Long Jump	4.64m	4				
Jake Pedlow	Shot Put	9.23m	6				
Tye Stanley	1500m Walk	10min 27.5s	3				
Justin Walker	100m Run	13.5s	1				
	200m Run	28.5s	2				
	Long Jump	4.85m	2				

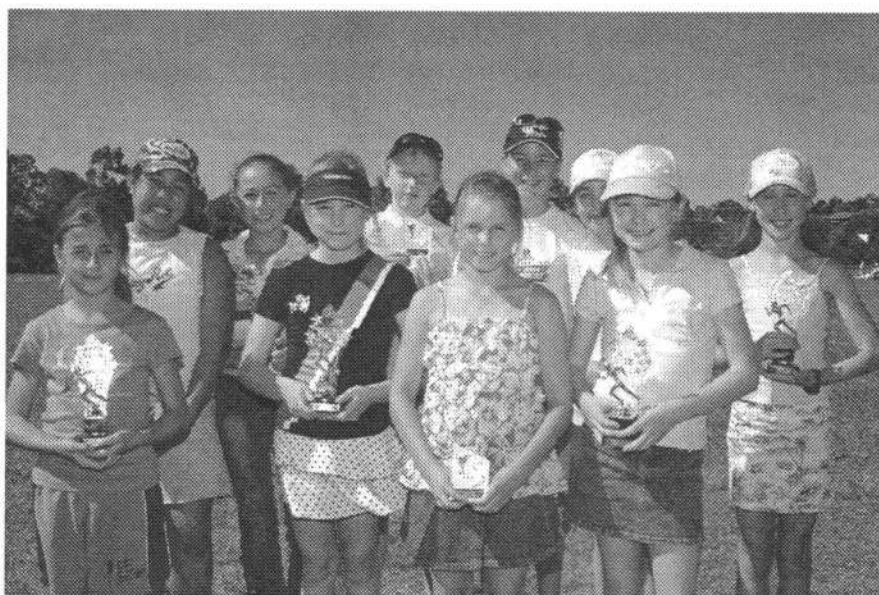
U/13 Boys	Event	Performance	Place	U/13 Girls	Event	Performance	Place
Matthew Gorman	Shot Put	8.96m	9	Nikki Apostolidis	Triple Jump	8.70m	9
Luke Hamer	100m Run	12.5s	1	Natasha Iosefo	Shot Put	11.41m	1
	400m Run	55.9s	1		Discus	32.73m	5
	800m Run	2min 21.6s	1		Javelin	19.16m	9
Matthew O'Gorman	Shot Put	8.15m	12				
Todd Peters	1500m Run	5min 44.3s	11				
	3000m Run	12min 12.0s	6				

U/14 Boys	Event	Performance	Place	U/14 Girls	Event	Performance	Place
Ashley Cant	High Jump	1.35m	7	Stephanie Beck	1500m Run	5min 49.0s	9
Doug Cook	1500m Run	5min 32.9s	12		3000m Run	12min 15.6s	5
	3000m Run	11min 44.8s	6	Stephanie Pattey	400m Run	59.9s	2
Thomas Delaney	1500m Run	5min 00.3s	9				
	3000m Run	11min 09.1s	5				
Oscar Schubert	Shot Put	10.33m	2				
	Discus	38.44m	3				
	Javelin	23.99m	9				

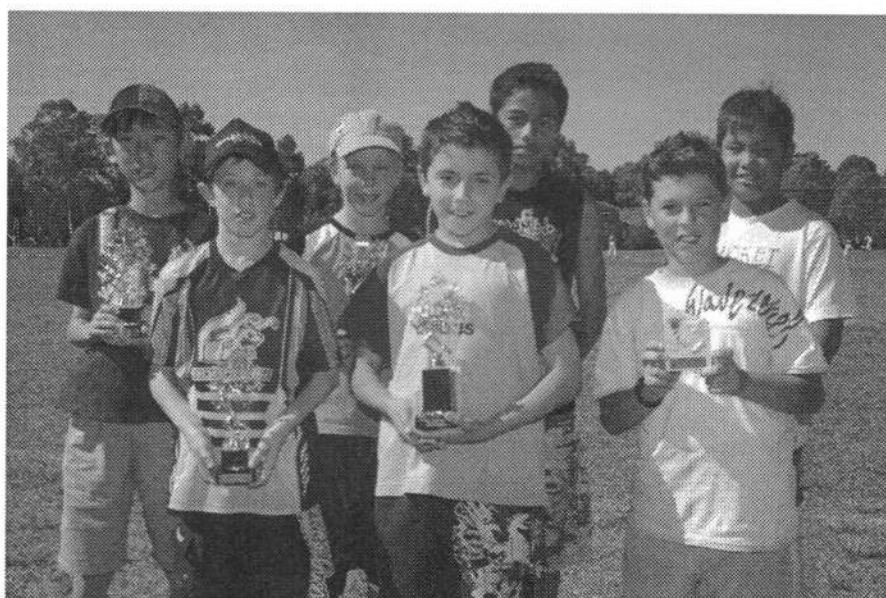
U/15 Boys	Event	Performance	Place	U/15 Girls	Event	Performance	Place
Patrick Braby	Triple Jump	10.46m	8	Taleah Baird	High Jump	1.43m	5
Nam Currie-Nguyen	800m Run	2min 06.8s	2		Triple Jump	9.75m	5
	1500m Run	4min 29.4s	2	Katrina Biteznik	800m Run	3min 06.5s	12
	3000m Run	9min 49.7s	1		1500m Run	6min 29.3s	8
Collin Hua	Triple Jump	10.33m	9		3000m Run	14min 06.9s	4
Mitchell Parkinson	Shot Put	7.96m	9		1500m Walk	8min 12.6s	1
Mark Pedlow	Discus	29.79m	8	Laura Bray	Discus	25.39m	6
	Javelin	40.25m	4	Louise Hamer	200m Run	28.3s	6
Stephen Piperides	100m Run	12.2s	8		200m Hurdles	31.9s	6
	200m Run	25.8s	8	Kayla Jarvis	800m Run	2min 57.4s	11
	Long Jump	5.15m	10		1500m Run	6min 05.9s	7
Scott Woods	Long Jump	4.92m	13		3000m Run	14min 57.2s	5
	Triple Jump	11.56m	6	Louise Nowak	Shot Put	9.14m	7

Senior Boys 4x100m Relay	Performance	Place
	51.1s	5

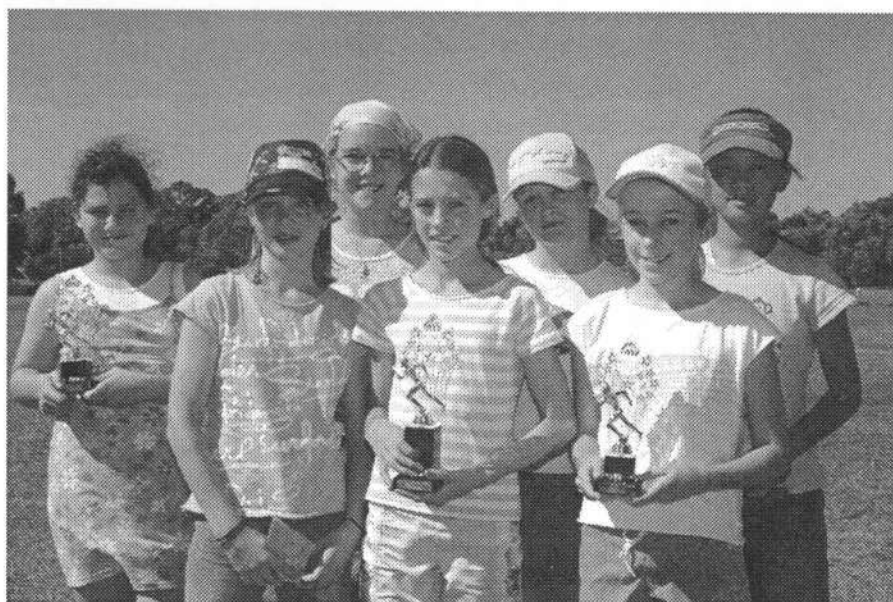




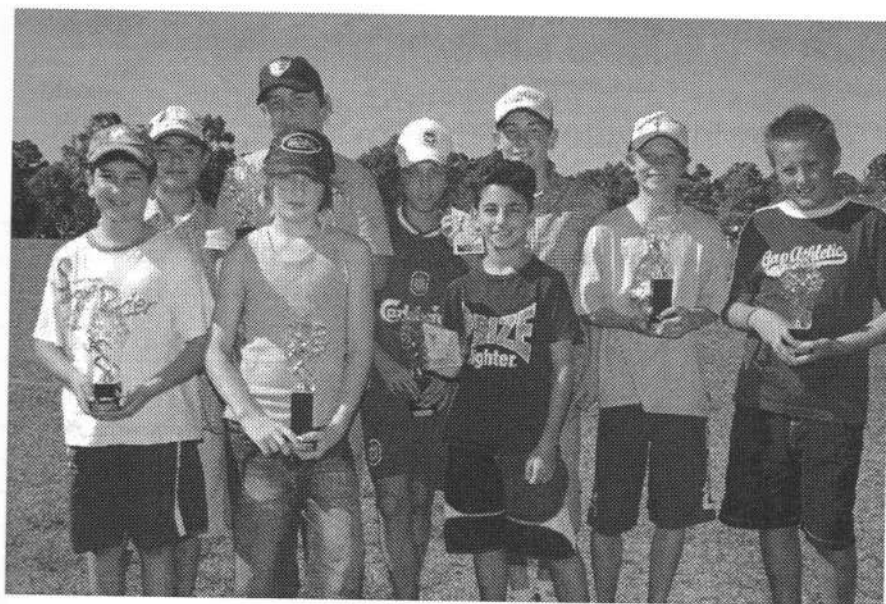
Under 11 Girls



Under 11 Boys



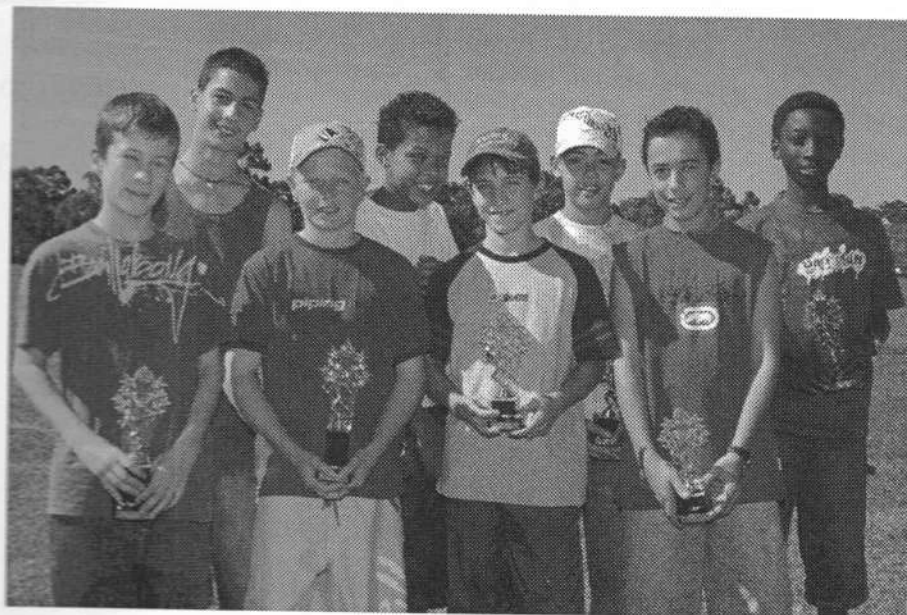
Under 12 Girls



Under 12 Boys



Under 13 Girls



Under 13 Boys

STATE CHAMPIONSHIPS

Sydney International Athletic Centre, Homebush
Saturday & Sunday, 19 & 20 March 2005

AGE GROUP	NAME	EVENT	PERFORMANCE	PLACE
U/9 Girls	Megan Heap	700m Walk	4min 22.3s	9
	Carolena Kostas	400m Run	1min 11.6s	3
	Carolena Kostas	800m Run	2min 43.0s	2
U/10 Boys	Alex Johnston	70m Run	10.0s	6
	Alex Johnston	100m Run	14.3s	5
	Alex Johnston	Long Jump	4.44m	1
	Robert Paratore	400m Run	1min 09.4s	8
	Robert Paratore	800m Run	2min 39.8s	7
	Jack Worthington	Shot Put	9.31m	6
U/10 Girls	Naomi Lopez	70m Run	10.5s	5
	Naomi Lopez	200m Run	30.5s	7
	Jacqui Robson	60m Hurdles	10.9s	3
U/11 Boys	Rhett Sartorel Kelly	Discus	29.29m	4
U/11 Girls	Kate Caccamo	200m Run	30.6s	8
	Kate Caccamo	High Jump	1.40m	4
	Alice Iosefo	Shot Put	12.05m	2
	Alice Iosefo	Discus	32.42m	1
U/12 Boys	Stefan Diakanastasis	High Jump	1.58m	2
	Stephen Holbeach	Triple Jump	9.91m	8
	Tye Stanley	1500m Walk	9min 03.2s	6
	Justin Walker	100m Run	13.3s	3
	Justin Walker	Long Jump	4.63m	13
U/12 Girls	Elizabeth Paratore	1500m Walk	7min 25.8s	2
U/13 Boys	Luke Hamer	100m Run	12.1s	1
	Luke Hamer	400m Run	54.6s	1
	Luke Hamer	800m Run	2min 06.8s	1
U/13 Girls	Natasha Iosefo	Shot Put	11.25m	1
U/14 Girls	Stephanie Pattey	400m Run	59.5s	4
U/15 Boys	Nam Currie-Nguyen	800m Run	2min 01.8s	2
	Nam Currie-Nguyen	1500m Run	4min 22.9s	5
	Nam Currie-Nguyen	3000m Run	9min 34.4s	3
U/15 Girls	Katrina Biteznik	1500m Walk	7min 53.9s	6



STATE CROSS COUNTRY & ROAD WALKS

TAMWORTH

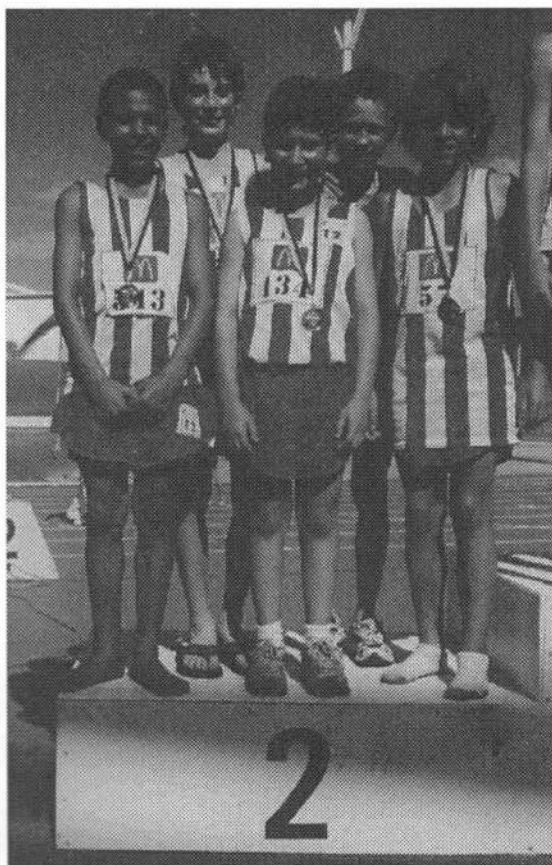
4th July 2004

The State Cross Country and Road Walks was held at Tamworth last year. A small group of athletes and their families travelled up the North Coast. These results are the first 8 places of the events. The St George LAC would like to thank Jeff and Lois Dooley for providing these results.

<u>State Cross Country</u>				
Carolena Kostas		2nd	U/8 Girls	800m
Candice Dooley		4th	U/9 Girls	1500m
Robert Lister		2nd	U/11 Boys	2000m
Katrina Biteznik		8th	U/14 Girls	3000m

<u>State Road Walks</u>				
Katrina Biteznik		2nd	U/14 Girls	2000m
Candice Dooley		6th	U/9 Girls	1200m
Jason Dooley		2nd	U/11 Boys	1500m

NEW SOUTH WALES STATE RELAYS

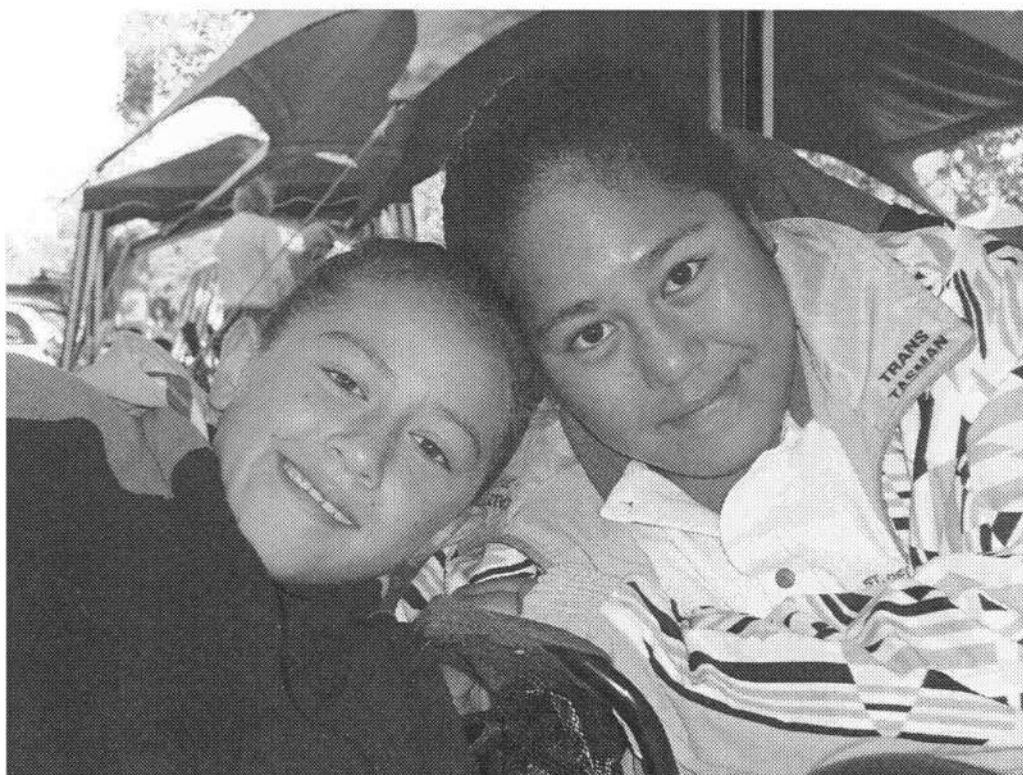


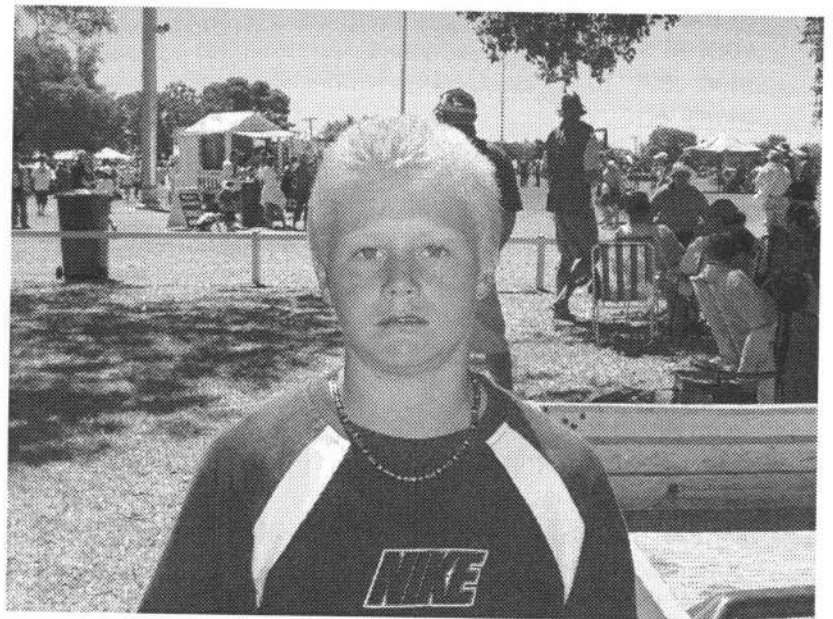
Under 12 Boys
100 Metre
Relay Team

2005 STATE MULTI-EVENT CHAMPIONSHIPS

Sat & Sun 5-6 March 2005 at DUBBO

AGE	NAME	PLACE	COMPETITORS	POINTS
U/7 Boys	Zack Heap	11 th	29	2676
U/7 Girls	Amelia Schubert	15 th	35	2333
U/9 Girls	Megan Heap	19 th	44	4037
U/11 Girls	Zoe Schubert	5 th	53	4732
	Alice Iosefo	31 st	53	3862
U/12 Boys	Justin Walker	4 th	38	5350
U/13 Boys	Matthew Gorman	15 th	24	4793
U/13 Girls	Natasha Iosefo	50 th	56	3206
U/14 Boys	Oscar Schubert	20 th	33	4970
U/15 Boys	Mark Pedlow	30 th	40	5533
U/15 Girls	Louise Hamer	20 th	48	4716
	Kayla Jarvis	28 th	48	4367
	Katrina Beteznik	32 nd	48	4023





MY TIME AT LITTLE ATHLETICS

Little Athletics has been one of the best things I've ever done. Through Little Athletics I met so many people and had heaps of great experiences. I can't even try to think what my life would have been like without it.

I started Little Athletics in 1995 as an Under 6. Back then we were all so cute, adorable and thought we were all going to be the next Matt Shirvington or Cathy Freeman. As the years passed we came to terms with our goals and were simply happy to finish an 800m.

We kept progressing through the ages, as some people left but more came. Many of us enjoyed Little Athletic experiences outside our Friday night competition. We competed in various carnivals including: The ever stressful State Relays, traditional Dragon Derby and our yearly holiday away to State Multi's not to mention the Zone, Region and State carnivals.

In the under 11's and 12's our real shot at stardom arose. Some of us tried out for the Trans Tasman team and were lucky enough to make it. It was great to compete against another country and be part of the NSW team. The Preston Challenge was also in these years. The people that had been at the club the longest hosted a Victorian athlete and the next year we spent a weekend away from our parents, fly on a plane and go to Melbourne. What more could you ask for! Oh yes, we also competed. On both these occasions, St George won...Of course.



By the Under 15's, Little Athletics on a Friday was probably more of a social event for some and competing took second place. We had the biggest Under 15 age group for miles and the time had finally come to join the sexes. The year was filled with drama, excitement, friendship and a bit of running, jumping and throwing. On the last night the long awaited shaving cream fight erupted with 6 cans of shaving cream still insufficient. A big thanks to 'Mr Sheradan's dad, (age manager) and all the other parents, officials and coaches for putting up with us.

Louise Hamer



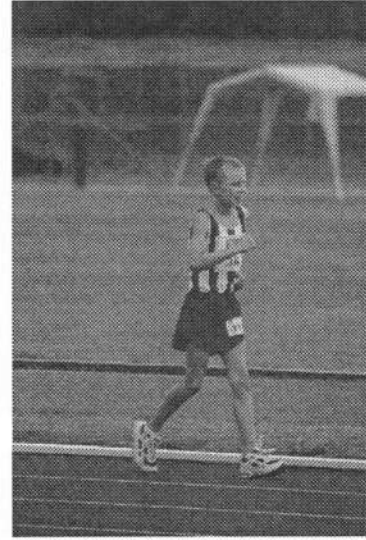
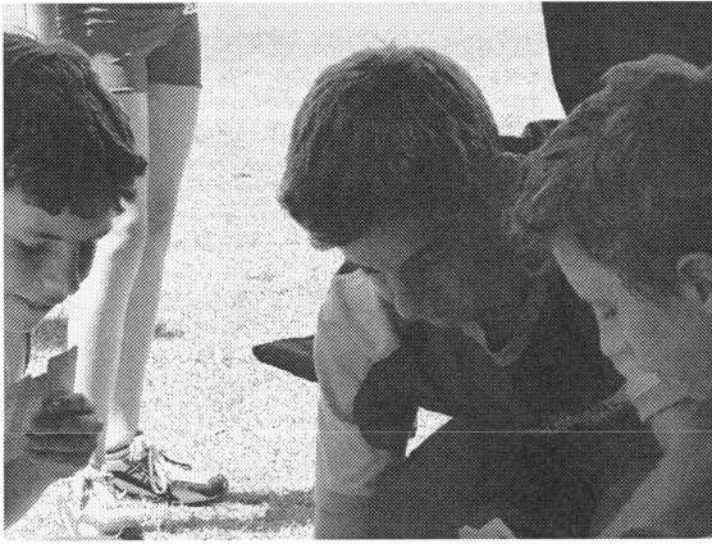
Under 14 Girls



Under 14 Boys



Under 15's



EXECUTIVE COMMITTEE 2005/2006 SEASON

President:

.....

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

.....

.....

.....

.....

.....

.....