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St George

Little Athletics Centre Inc.



35th Annual Report
2005 - 2006

ST GEORGE LITTLE ATHLETICS CENTRE INC

35TH ANNUAL GENERAL MEETING

PEAKHURST BOWLING CLUB

Tuesday 16 May 2006

AGENDA

1. Distribution of 35th Annual Report including Minutes of 2005 AGM
2. Opening of Meeting
3. Apologies
4. President's Opening Address
5. Minutes of 34th Annual General Meeting held 17 May 2005
6. Presentation of Life Membership
7. Presentation of 35th Annual Report and Balance Sheet
8. St George LAC Risk Assessment
9. Addresses by Invited Guests
10. Election of Officers for the 2006/2007 Season
11. Vote of Thanks to Returning Officer
12. General Business
13. Closing of Meeting

ST GEORGE LITTLE ATHLETICS CENTRE INC

MINUTES OF 34th ANNUAL GENERAL MEETING

HELD ON TUESDAY 17TH MAY 2005

PENSHURST R.S.L. CLUB.

1. OPENING OF MEETING

The president opened the meeting at 8:15pm and welcomed everyone present (53 as per attendance book).

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

3. TROPHY PRESENTATION – Fred Scott

Athlete of the year – Luke Hamer

Nichole Dawes Middle Distance Award – Nam Currie-Ngugen

4. APOLOGIES

Kerry O'Keefe, Simon Osborne, Mabs Errington, Ian Sheerin, Julie Upton, Janet Gorman, Vince Nevin

5. MINUTES OF THE LAST MEETING

Minutes of the 33rd Annual General Meeting, held on 12th May 2004 be accepted as a true and accurate record of that meeting.

Moved: Lynne Whatman Seconded: Pat Gorman Carried

6. PRESENTATION AND ADOPTION OF 34TH ANNUAL REPORT AND BALANCE SHEET

The 2004/2005 (34th) Annual Report and Balance Sheet be taken as read, adopted as presented and endorsed.

Moved: Ray Parkinson Seconded: Kim Delaney Carried

8. ADDRESSES BY INVITED GUESTS

Steve McMahon - Representing Hurstville City Council Mayor Joanne Morris and Member for Georges River Kevin Greene.

Pleasing to see the increase in registration numbers for the season and the amount of people at the AGM.

Speaks of the importance of sport and of his years of involvement in cricket as a child and that it is pleasing to see children at Olds Park.

Steve also offers the continuing support from Hurstville Council.

Alvin Umadhay - LAANSW representing the Board of Management.

Congratulations to St George for the increase in registration numbers and the success of the club, and looks forward to a big season this year.

Graham Hawkes - Life Member.

Notes how everything has remained as he remembered at St George with the continuation of the club's tradition. It is great to see the new faces and the on going support of the parents in volunteer positions.

Terry O'Neill - Zone Co-ordinator South Metropolitan Zone and Life Member.
Congratulations on the great bank balance and Annual Report.
Thanks the club for their on going support and hard work at the Zone Carnival.

Margaret Alexander - Port Hacking LAC

Great Annual Report.

Congratulations to Luke Hamer on his successful season. Well done to the five athletes from our club who made it to Trans Tasman.

Congratulations to our club for our Gold Administration Award from LAANSW.
Wishes everyone all the best for the upcoming season.

Albie Thomas - St George District Athletic Club

Another successful year and good bank balance. We have a successful club due to our hard working band of helpers.

St George Seniors continues to benefit from LAA Club athletes continuing their athletics with their club and the cross country in winter.

Congratulations to Luke and Nam on their awards. Both Luke and Nam have continued their success in St George Seniors and Luke has been picked up by the Institute of Sport.

Wishes for the continuing of U/15 athletes in the St George Senior Club to nurture their talent and dedication for the future.

John Burne - President LAANSW

States that he is pleased to hear Albie's comment regarding the U/15 and the continuing of the support given by the senior clubs. He says that LAANSW will continue to encourage the U/15 athletes to continue their sport into the senior years.

Congratulations on a great Annual Report and the healthy bank balance. It is good to see \$6,000.00 going back into the club for equipment.

Great success at the State Championships, well done to Luke Hamer.

Reports that the 2004/2005 season was the best for the association, with the 100,000th competitor being registered; He hopes the next season is even bigger.

Looking forward to another successful year with McDonalds.

Talks about the risk management report and how it is important to look after the safety of our athletes to help keep the insurance costs down, so it won't reflect in the registration fees.

Concludes by welcoming everyone to this years Annual Conference in Port Macquarie and wishes the club all the best for the up coming season.

Peter Tuziak - Coaching /Education and Life Member

Congratulations for a great year both in athletics and the bank balance.

Well done to Luke Hamer. Congratulations to Albie Thomas for success in his coaching of the middle distances.

He is also keen to encourage the continuation of our older athletes into the senior club. Reports that the senior club is working hard and is receiving new equipment from a Telstra grant.

Honoured to have received the Life Membership last year.

Apologises for being late because he was coaching Zoe Pelbart who is currently in training for the upcoming championships being held in Beijing.

Concludes by saying we need to encourage our teenage athletes to continue to perform at their best and hopes to be able to continue to build on their efforts.

Frank Scott - Revesby Workers LAC

Congratulations on a great Annual Report and the successful year.

Congratulations on coping with the huge numbers whilst running a night time competition.

Silvia Seyringer - Publicity Officer St George LAC

Thank you to Lynne Whatman for all her effort and time that she puts in for the club. Thank you to all the committee for all their hard work in running the club. Without them we couldn't run such a great club.

A big thank you to David, Jenny and Stephanie Beck for all their hard work, chasing up of reports and the numerous phone calls it took to produce this very impressive Annual Report.

9. ELECTION OF OFFICERS FOR THE 2005/2006 SEASON

Fred Scott acting as Returning Officer declared all positions vacant and conducted the Election of Officers. The following were elected: -

President	-	Lynne Whatman
Vice President	-	Kim Delaney
Vice President	-	Pat Gorman
Treasurer	-	Ray Parkinson
Secretary	-	Graeme Holbeach
Registrar	-	Kylie Gray
Assistant Registrar	-	Rhett Gray
Recorder	-	Janet Gorman
Assistant Recorder	-	Elise Beck
Officer for Championships	-	Ben Tinker
Officer for Officials	-	David Beck
Publicity	-	Silvia Seyringer
Coaching / Education	-	Cathy Hamer
	-	Peter Tuziak
Canteen	-	Leta Iosefo
BBQ	-	David Schubert
Equipment / ground maintenance	-	Michael Harris
Uniforms	-	Joanne Hinson
Auditor	-	David Hamer

General Committee

Gil Baes, Mark Hancock, Ray Horton, Michael Iosefo, Marta Kudla, Christine Lopez, Lois Dooley.

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

- 10.** The President closed the meeting at 9:20 pm and invited all present to enjoy the supper being served.

LIFE MEMBERS

Fred Scott	1975	Barbara Lea	1989
Bev Scott	1976	Lou Bulian	1990
Peter Williams	1976	Carol Berell	1991
Mabs Errington	1979	Alex Oh (deceased)	1991
Gwen Taylor	1981	Lindsay Watson	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	Gil Baes	2001
Bill L'Strange	1987	Roger Malcolm	2001
Bill Cruickshank	1987	Lynne Whatman	2001
Ian Sheerin	1988	Glenda McLoughlin	2002
Margaret Zerzvadse (deceased)	1988	Peter Tuziak	2003



Lynne Whatman and Ray Horton
Both Life Members

PRESIDENTS REPORT

It is with great pleasure that I welcome everyone here tonight. Our invited guests, life members, friends and club members to celebrate our 35th year for St George Little Athletics and to participate in our annual General Meeting.

As I think back over my past five years as President, I am proud to feel we have come a long way – we have many new executive who are contributing new ideas and energy to the club. At Annual Conference our club was again received an LAANSW club award for the third successive year.

Our finances are in an excellent position, which enabled us to apply for and receive a NSW Sport and Recreation grant to extend our clubhouse. This has been a dream for the last couple of years and as all of you who have been at Olds Park on a Friday night know it is a logistical nightmare to fit in all our equipment. It also makes it extremely difficult for our coaches to access any equipment for training. By the commencement of the next season we should see the extension completed which will basically double our storage area. Thankyou to all our members who have assisted in bringing this dream to reality – On behalf of the club I would particularly like to thank Ray Parkinson who has negotiated through all the red tape for us.

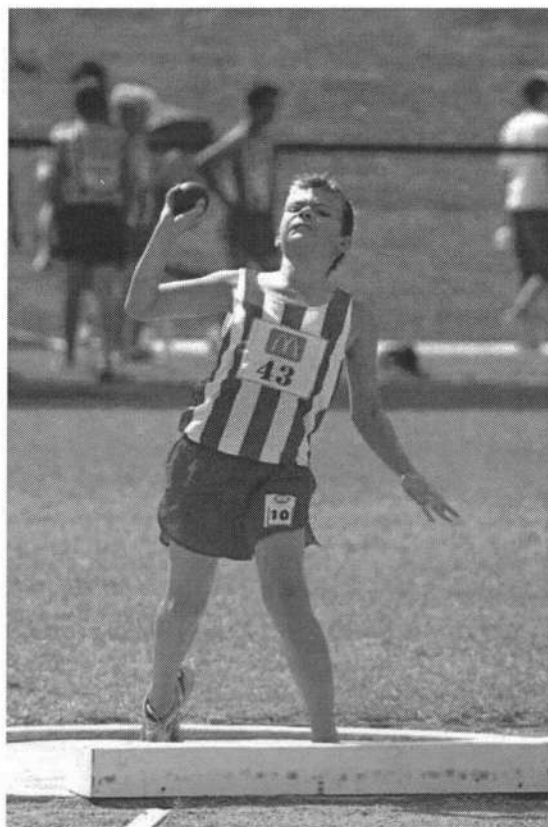
This past season has been an exciting new season for our club. Although registrations were lower it meant that the introduction of our new volunteer system for parents was easier to implement and the reduced number of parents allowed us the time to meet more parents. It will be interesting to see the number of re-registrations for the next season as we anticipate that it will be a considerably higher proportion than over the previous seasons. We also changed our Presentation Day from a Sunday afternoon at the park to a Friday evening at the local high school and the attendance and participation was well above our expectations. It was an extremely satisfying official end to the season for the majority of our parents and athletes.

During the 2005/2006 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 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.

As a club we also regularly attended Zone and Region meetings, Association meetings and Annual Conference.

We thank our coaches who support our athletes week in and out, in particular Peter Tusiak 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. Congratulations also to the



parents who gained accreditation as officials throughout the season – this enables the club to function more efficiently on a Friday evening.

This year our Under 15's were a very sociable group and a number of those athletes had been at St George for the whole ten years. We congratulate these 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. In particular David Beck and his family whose contribution to the club has been significant, not only in David's official capacity but in so many other ways behind the scenes.

Thankyou also 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 2006/2007 executive and committee continued success for the ensuing year.

Lynne Whatman

TREASURER'S REPORT

It is with pleasure that I present the financial statements of the St George Little Athletics Centre for the 2005/2006 season.

In a year that has seen our lowest registrations numbers for some seasons, and approximately 20 per cent less than the Centre's registration numbers for the 2004/2005 season, the Centre has achieved a sound financial result. Whilst finishing its financial year with a loss when income is exposed to



expenditure within the season, the Centre closes the same financial period with a financial base which indicates assets, both cash based and in uniform stock, of nearly \$64,000. This figure does not include the Centre's equipment asset base.

The Centre has achieved its results this season, not by making significant changes, but by making minor alterations in purchasing arrangements, maintaining expenditure

on the facilities and equipment needed to maintain the standards expected by our member athletes and parents, increasing expenditure as the Centre moves towards expanding its facilities in Olds Park and some flow-on effects of previous season's decisions regarding income and expenditure.

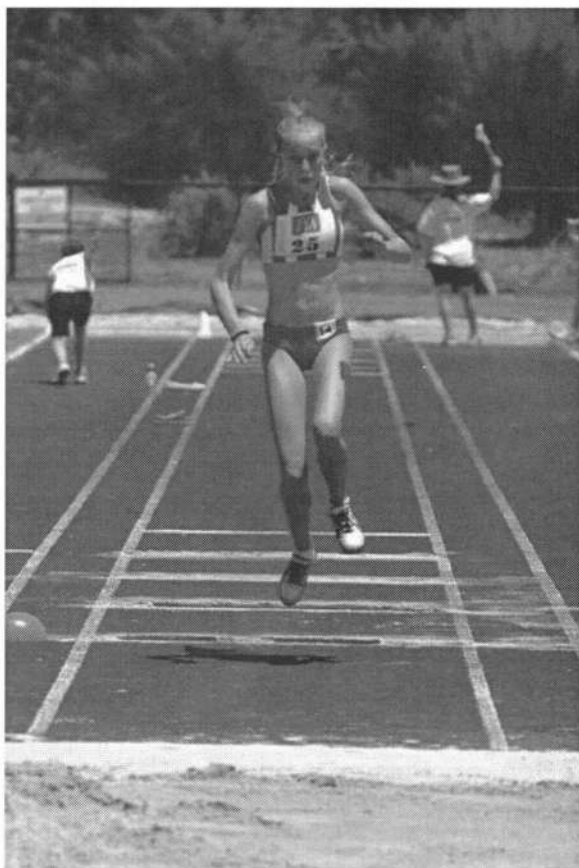
Income is derived through three main sources, Registrations, Canteen and BBQ. Uniform remains an area of our Centre's operation, which is designed to break even and not to profit from our member's purchases. Uniform prices remain at cost plus some rounding to make their purchase as simple as possible. A change in supplier this season has seen stocks grow which bodes well for next season

The club's income retraction is moderate considering the reduction in numbers of registered athletes this season. As the club's three main streams are based significantly in attendance at the Centre, a reduction in registration numbers sees an automatic reduction in income to the Centre. Despite this, the maintenance of income in the areas of Canteen and BBQ can be attributable to the dedicated efforts of those few who plan and support these areas.

Whilst the Club's overall expenditure has increased, with the figures for the Club's interstate Preston Challenge separated from the general accounts, the club has reduced expenditure slightly. It has done so whilst maintaining its focus on rewarding its member athletes through both the support of competitors representing our Centre and the provision of awards and trophies.

The club continues to benefit from the benevolence of some of our suppliers, who, understanding the position of amateur sporting clubs, volunteer, on many occasions, to cancel or reduce orders when inclement weather threatened, without any penalty to the Centre.

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. With a grant from the NSW Department of Sport and Recreation, in concert with a dollar for dollar financial contribution from our member's financial reserves, the Centre will now spend up to \$42,000.00 in evolving the Centre and its training 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. In particular I wish to extend a thankyou to the Dooley family who took on the Canteen and BBQ management, with some help from their friends within the Centre. I additionally thank Joanne Hinson who has managed the Centre's uniform shop, and related finances, as well as to our new Registrars who took over custodial care of those related finances once we had acclimatized them into the Centre. And finally to our honorary auditor who continues to challenge the Centre into new management accounting processes.

I hope this goes some of the way to a sincere thankyou to all those who assist.

Ray Parkinson - Treasurer

April 2006

Statement of Income and Expenditure For the Year Ended March 31, 2006

Income		2006 <u>Actual</u>	2005 <u>Actual</u>
		\$	\$
Registration		37,325	44,590
Canteen	Note 2	10,659	10,978
BBQ	Note 2	8,025	11,361
Sponsors, Donations and Miscellaneous Income		570	1,556
Uniforms		8,274	13,005
Interest		1,082	1,240
Other (including competitions)		2,778	2,120
Preston Fund Raising	Note 1	3,922	908
		<hr/> 72,636	<hr/> 85,758
Expenditure			
Registration Fees and Resignations		17,305	21,913
Canteen	Note 2	8,380	6,398
BBQ	Note 2	5,339	7,127
Uniforms Purchases		15,629	12,965
Annual General Meeting		1,621	1,713
Bank Charges		258	336
Electricity		0	0
Equipment		3,453	6,591
Ground Marking		301	1,230
Insurance		938	1,065
Park Fees		1,240	1,780
End of Season Presentation		275	494
Postage		94	83
Printing & Stationery		1,812	1,757
State Conference		447	705
Sundry Expenses incl. Course Fees and Advertising		1,443	1,586
Telephone		361	245
Competitions		2,721	1,870
Trophy		4,476	4,528
Preston Expenses	Note 1	10,128	1,055
		<hr/> 76,220	<hr/> 73,441
Surplus/(Deficit) for the Year		<hr/> -3,585	<hr/> 12,317

St. George Little Athletics Centre Inc.

Balance Sheet
For the Year Ended March 31, 2006

	<u>2,006</u> <u>Actual</u>	<u>2,005</u> <u>Actual</u>
Current Assets		
	\$	\$
St. George Bank - General Account	28,645	32,474
St. George Bank - Term Deposit	16,094	15,625
St. George Bank - Preston Account	100	1,757
Perpetual Trustee - Term Deposit	5,704	5,574
Petty Cash	300	300
Inventory - Uniforms	13,086	11,785
Other Debtors	0	0
Total Current Assets	63,929	67,515
Total Assets	<u>63,929</u>	<u>67,515</u>
Current Liabilities		
Accruals	0	0
Total Current Liabilities	0	0
Equity	0	0
Opening Balance	67,514	55,200
Surplus/(Deficit)	-3,585	12,314
Closing Balance	63,929	67,514
Total Liabilities and Equity	63,929	67,514

I report that I have examined the Books and Records of the St George Little Athletics Centre Inc. for the year ended March 31, 2006 and have received sufficient information as to enable me to form the opinion that the financial statements for the year ended 31 March, 2005 is in accordance with those records and fairly represents the activities for the year and the State of Affairs of the Centre at 31 March 2006.



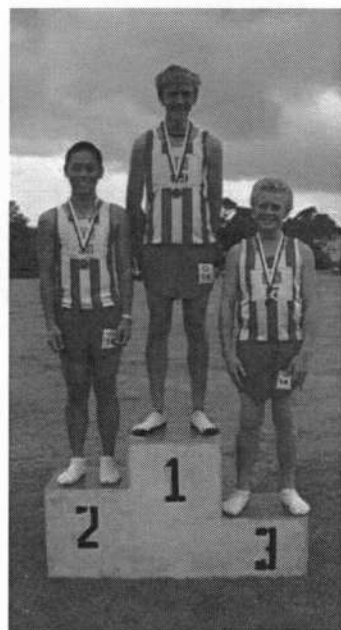
David Hamer CA
April 2006

Note 1**2006 Preston Challenge**

	<u>2,006</u> <u>Actual</u>	<u>2,005</u> <u>Actual</u>
Income		
	\$	\$
Raffles, BBQ & Meat Tasting	0	293
Donation - Service Clubs & Parents	803	100
Chocolate sales	3,119	107
Krispy Kreme Donuts sales	0	408
	3,922	908
Expenditure		
Bank Charges	0	60
Hamper	0	0
Chocolate purchases	2,500	0
Krispy Kreme Donuts	0	252
Air Fares and Accommodation	7,048	0
Uniforms/T-Shirts/Screen Printing	579	743
	<u>10,127</u>	<u>1,055</u>
Surplus/(Deficit)	<u>(6,204)</u>	<u>(147)</u>

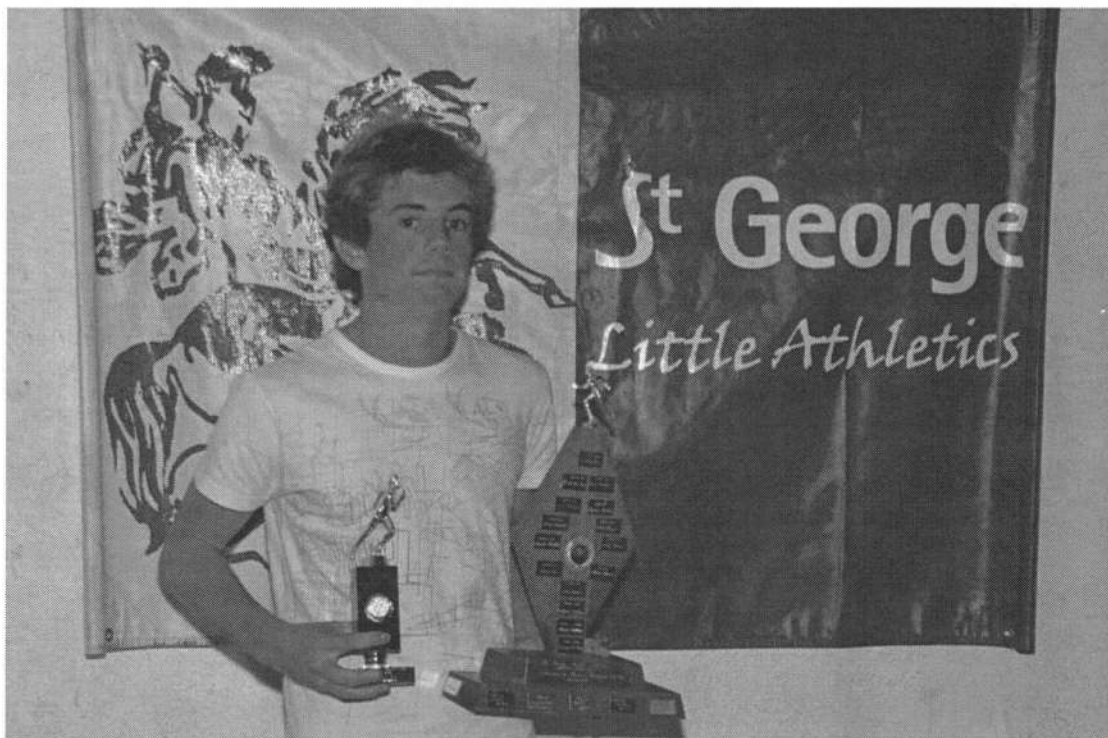
Note 2**Summary of Major Fundraising Activities**

		\$	\$
Canteen	Income	10,659	10,978
	Expenditure	<u>8,380</u>	<u>6,398</u>
	Profit/(Loss)	2,279	4,579
BBQ	Income	8,025	11,361
	Expenditure	<u>5,339</u>	<u>7,127</u>
	Profit/(Loss)	2,686	4,234



CHAMPION BOY

LUKE HAMER - U/14



For the 3rd consecutive year, Luke has won this award with some outstanding results. Luke won the 100m , 200m , 400m & 800m at the Zone & Regional Championships. At the State Championships he won the 100m, 200m & 400m. He did not contest the 800m.

At the Regional Championships, Luke set an Australian Best Performance for the 200m in a time of 22.4 secs.

Luke was awarded 'Hurstville Council Sportsperson of the Year' & 'St George & Sutherland Leader Newspaper Junior Encouragement Award'.

He also represented NSW at the Pacific Schools Games.

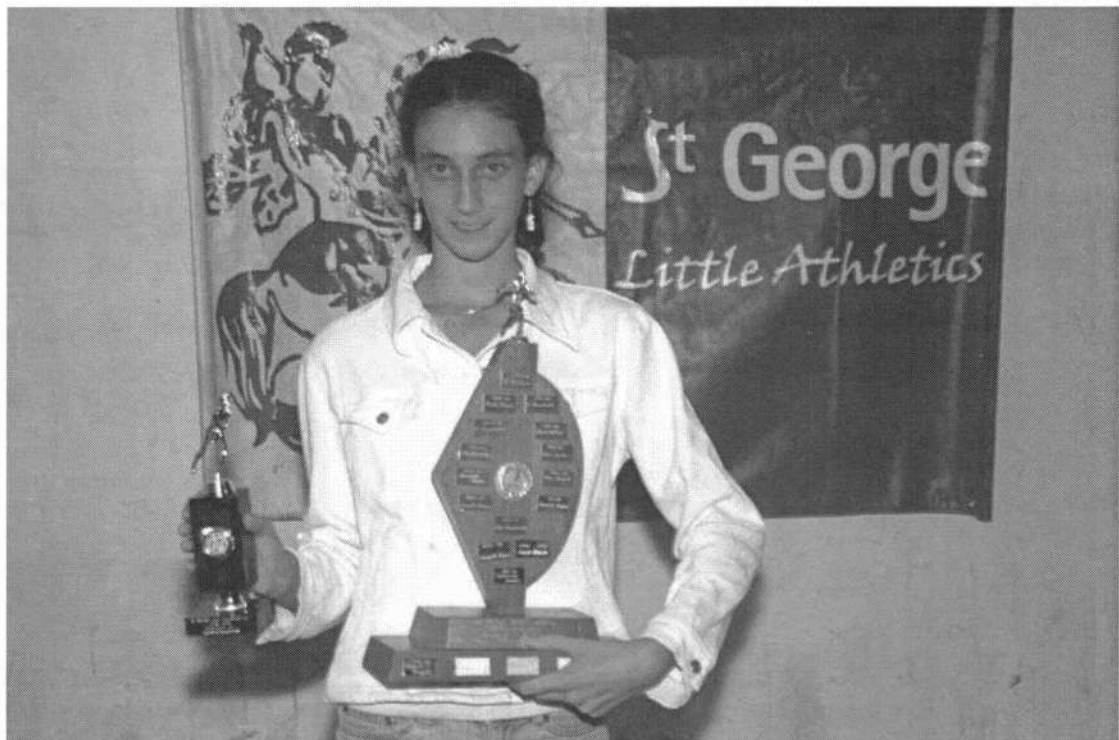
Records broken during the season were:

100m -	Ground Record	11.8 secs
	Centre Record	11.2 secs
200m -	Ground Record	24.3 secs
	Centre Record	22.4 secs (Australian Best Performance)
400m -	Ground Record	54.8 secs
	Centre Record	51.7 secs

A fantastic effort!

CHAMPION GIRL

KATE CACCAMO - U/12



Kate has been very successful this season in her events to be awarded Champion Girl.

Her all round athletic ability has contributed to some great results.

Results achieved:

At the Zone Championships

1st High Jump
1st Triple Jump
1st 200m
3rd 100m

At the Regional Championships

1st High Jump
1st Triple Jump
6th 200m

At the State Championships

1st Triple Jump with a Centre
Record
2nd High Jump

During the season Kate broke our Ground record and Centre record in the Triple Jump and the Ground Record in the Long Jump. She also came 2nd in the St George Multi Night Competition.

Congratulations on a great year !

CHAMPION BOY
RUNNER UP
(Kurt Landers Award)
ALEX JOHNSTON - U/11



Alex, for the 2nd year running has won this award with some outstanding results.

Results achieved:

At the Zone Championships

1st Long Jump
1st Triple Jump
1st 100m
1st 200m

At the Regional Championships

1st Triple Jump
2nd Long Jump
2nd 100m
4th 200m

At the State Championships

2nd Triple Jump
8th Long Jump

At the St George Multi Night, Alex won with a score that would have had him in the Top Three in the State Multi Titles. He also represented our Centre at the State relays Championships in the 4 X 400m.

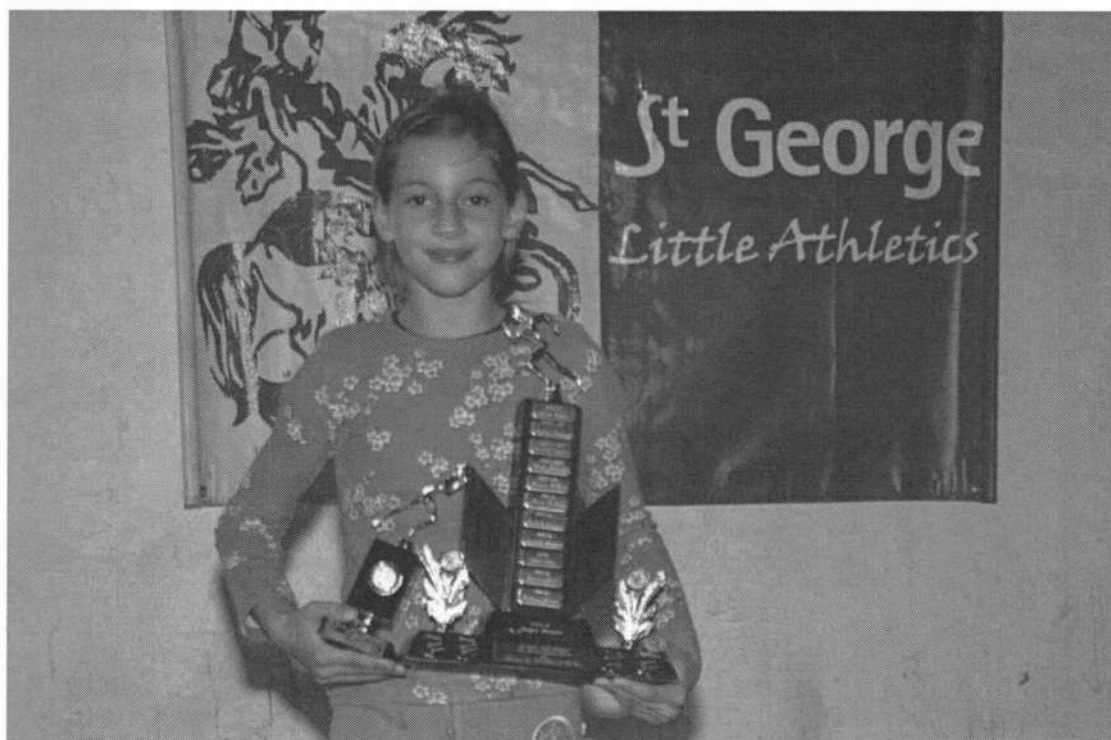
Congratulations on a great season !

CHAMPION GIRL

RUNNER UP

(Dianne Holden Award)

CAROLENA KOSTAS - U/10



Carolena is an athlete with a big future in front of her. She is a very talented middle distance runner.

Results achieved:

At the Zone Championships	1 st 400m
	1 st 800m
	1 st 1500m
At the Regional Championships	1 st 400m
	1 st 800m
	1 st 1500m
At the State Championships	2 nd 1500m
	3 rd 800m

Carolena achieved 1st in the St George Multi Night Competition and represented our Centre at the State Relay Championships.

A very worthy winner of this award !

FIELD AWARD

(Chris Knight Award)

JAYDEN OKUNBOR - U/9



Jayden has been awarded the Field Award with great achievements this year.

Results achieved:

At the Zone Championships

1st Shot Put

1st Discus

4th 60m Hurdles

At the Regional Championships

1st Shot Put

1st Discus

At the State Championships

1st Shot Put

4th Discus

During the season Jayden shattered our Ground Record in Shot Put.

Jayden also represented St George at the State Multi Championships, gaining 16th place out of 59 competitors.

A very worthy recipient of this award !

MULTI EVENT AWARD

(Alleyn Gainsford Award)

JACKSON OKUNBOR - U/10



Jackson is an all round athlete with a big future.

At the State Multi Championships Jackson was competing against 67 other athletes. The competition included the best multi event athletes from all over the State. Jackson came 1st with a score of 4988 points.

During the season he also won the St George Multi Night Under 10 age Group and represented St George at the Zone and Regional Championships. An injury unfortunately shortened his representative season.

Congratulations !

MIDDLE DISTANCE AWARD

(Nicole Dawes Award)

CANDICE DOOLEY - U/11



Candice is a middle distance runner with a good future in front of her.

Results achieved:

At the Zone Championships	1 st 1500m
	2 nd 800m
At the Regional Championships	2 nd 1500m
	3 rd 800m

At the State Championships, while carrying a knee injury, she came 8th in the 800m and 9th in the 1500m. If she had not been injured, possibly she could have medalled.

Congratulations !

SPORTSMANSHIP AWARD

(Margaret Zerzvadse Award)

JASON DOOLEY - U/13



Jason made it to the Regional Championships in 4 events. Seeing that one of his fellow Under 13 Boy's Athletes from St George, hadn't made it through to the Regional Championships but had come 5th in one of the events Jason had qualified in. Jason decided 3 events was enough for him and pulled out of the other event allowing another St George athlete who had not made it through to any events to qualify for Region.

Although Jason did not qualify through to State, he still went to Homebush and helped carry the St George flag in the March Past.

JUNIOR CHAMPION BOY

ANDREW ABDULLAH - U/8



Andrew is another St George athlete, who shows that the future looks bright for our Centre.

Results achieved:

At the Zone Championships

1st 400m

2nd 60m

2nd 200m

At the Regional Championships

2nd 60m

2nd 400m

4th 200m

Andrew achieved 1st at the St George Multi Night and represented our centre at the State Relay Championships. He also participated at the Dragon Derby with very good results.

Congratulations on a top season !

JUNIOR CHAMPION GIRL

AMELIA SCHUBERT - U/8



Amelia won this award with some outstanding results in the throws events at our Friday night competition, Zone & Regional Championships.

Results achieved:

At the Zone Championships

1st Shot Put

1st Discus

8th Pack Start

At the Regional Championships

1st Shot Put

1st Discus

Amelia also represented at the State Multi Championships, coming 17th out of 64 competitors and competed at the Dragon Derby.

Well Done !

THE REBECCA ORR ENCOURAGEMENT AWARD – GIRL NAOMI LOPEZ - U/11

Naomi is showing her ability to handle all events. This was evident in her first attempt at the State Multi Championships. At these championships, Naomi came 7th out of 88 competitors. A great result.

Results achieved:

At the Zone Championships

3rd 100m

3rd 200m

3rd 400m

4th Long Jump

At the Regional Championships

5th 100m

5th 200m

6th 400m

Naomi was a member of the Under 11 Girls 4 X 100m State relay Team that came in third place. She also came 1st at the St George Multi Night and competed at the Dragon Derby.

Congratulations on a great season!



THE REBECCA ORR

ENCOURAGEMENT AWARD - BOY

JACOB CESVETTE - U/8

Jacob represented The St George Centre at the Zone, Regional and State Relay Championships.

Results achieved:

At the Zone Championships

2nd 70m

3rd 100m

3rd 200m

5th Pack Start

At the Regional Championships

5th 70m

6th 100m

6th 200m

Jacob also came 2nd in the St George Multi Night Competition. He also is credited with having competed in the most number of events for the season in the Under 8 Age Group.

Jacob has the ability to attain greater success in the future.



FRIDAY NIGHT

ENCOURAGEMENT AWARD - BOY

JOSHUA GRAY - U/11



Joshua is always helpful and very polite to everyone. He encourages the other boys when competing and tries extremely hard in all the events.

He has a very friendly manner and always tries to achieve his personal best.

Joshua competed at the Zone Championships, State Relay Championships and travelled to Melbourne to compete in the Preston Challenge, where he achieved personal bests.

His attendance on Friday Night Competition was excellent.

FRIDAY NIGHT

ENCOURAGEMENT AWARD - GIRL

MELISSA ABDULLAH - U10



Melissa is a quiet achiever. She participated each week in all the events.

Melissa will do her events, check her result and try and improve her performance. She has a very high attendance record and represented the St George Club at the State Relay Championships and Zone Championships.

OFFICER FOR CHAMPIONSHIPS And SPECIAL EVENTS

Another season has come to an end leaving some lasting memory's. Standing out this season has been the performances of Luke Hamer U14 Boy. Besides winning 3 gold medals at the State Championships he also set an Australian best performance record in the 200m at the Regional Championships.

This year I had a Sub Committee, consisting of Marta Kudla, Christine Lopez and Mark Hancock, which made my job a lot easier. For State Relays Marta organised t-shirts to help encourage bigger numbers in following years (and she got them at half price).

State Multis this year was a very successful Carnival for St George with Jackson Okunbor winning the U10 Boys title. Also pleasing was the number of new athletes whom competed at the State Multis. They are doing very well and the future looks good for this event.

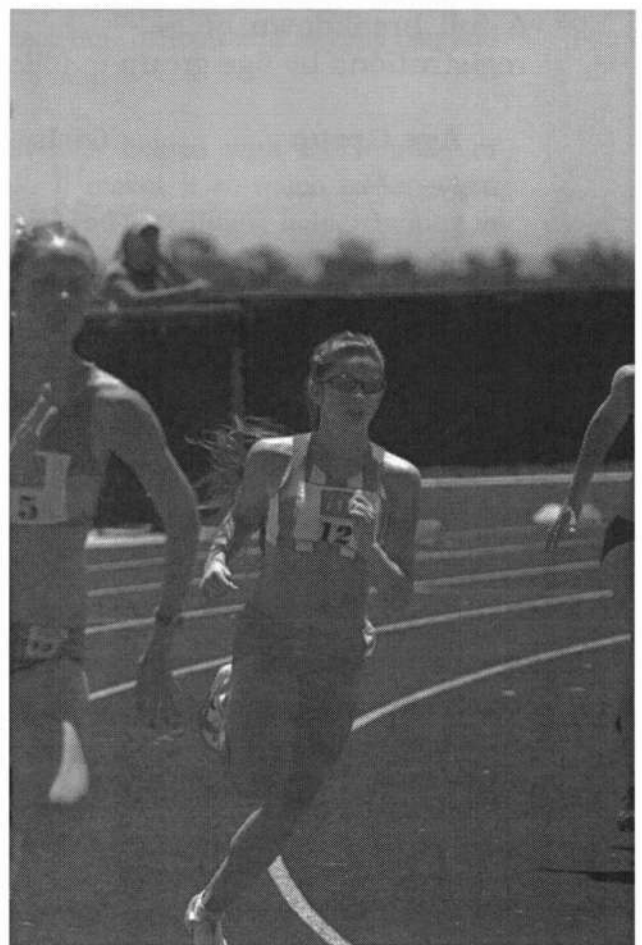
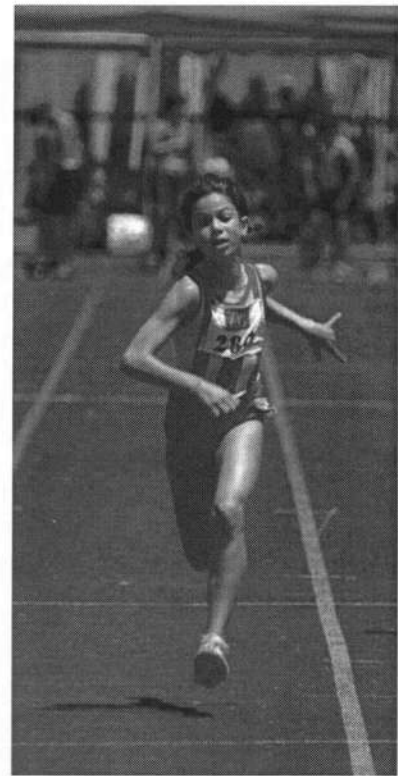
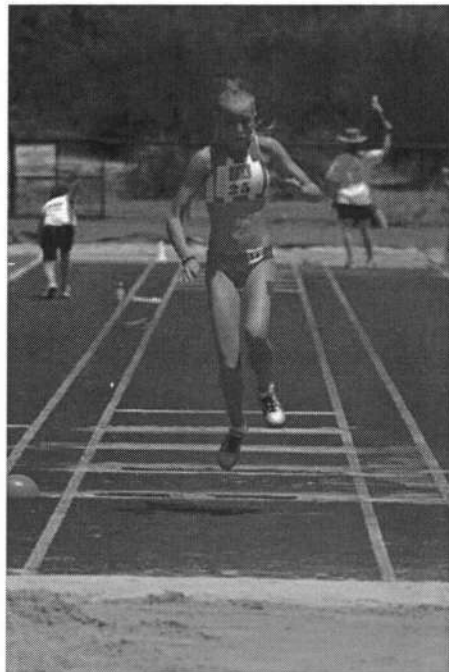


I would like to thank Pat Gorman for his help at carnivals throughout the season and our Team Managers, Lois & Jeff Dooley, Lyn Whatman and my most helpful Sub Committee who did a great job.

I wish the incoming committee the best for next season.

Ben Tinker

Zone



REGISTRAR'S REPORT

Numbers were well down on last season which made things a little easier for Rhett and I in our first season as registrars. We registered 493 athletes compared to 621 for the previous season.

Thanks to the outgoing registrar, Glenda McLoughlin, for showing us the ropes and for filling in while we were away for 2 Fridays.

The sub 500 figure made Friday night competition more manageable and will hopefully encourage more athletes to come back next season. The under 7's were our largest group with 77 competitors. Hats off to the 7 boys Age Managers who had 45 enthusiastic little athletes to organise.



A full breakdown of registrations by age group is following:

Age Group	Girls	Boys	Total
6	19	31	50
7	32	45	77
8	28	29	57
9	39	29	68
10	28	25	53
11	35	29	64
12	25	23	48
13	15	16	31
14	12	15	27
15	10	8	18
Total	243	250	493

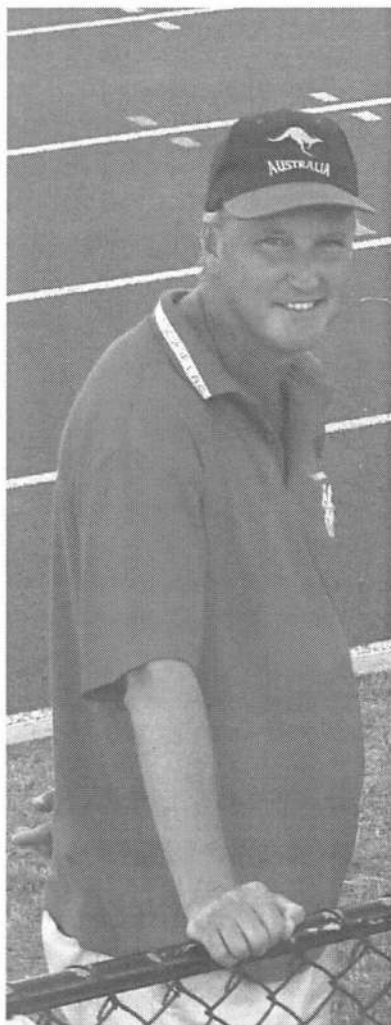
Of the total number of athletes, 53% were new to the club, with 47% re-registrations.

Kylie Gray
Registrar

OFFICER FOR OFFICIALS

Season 2005/2006 saw a significant change in the process to include parents in helping to manage the various events the athletes participated in each week.

No longer were parents required to work at one specific area each second night throughout the season, but instead, they were given the opportunity to learn about all the requirements for all the events their child took part in.



We believed that by allowing the parents to follow their child through all events and having them learn to do the recording, measuring etc. that there would be greater participation from the parents. This was particularly true with the younger age groups and hopefully will flow through to the older age groups in the future.

An important part in managing the change in this process was the need for weekly involvement of parents in essential areas such as Announcing, Set Up, Starters, Timers, Track Marshalls, Place Judges, Canteen and BBQ. These areas will need particular focus for next season with all parents needing to become involved to ensure the efficient running of events. The jobs are not difficult and anyone can and should volunteer to help.

Thank you to all who helped with the running of events each week. It makes it so much easier when parents put up their hand to willingly help, resulting in a smoother run night with athletes getting through all their events in a timely manner.

Also, thanks to those parents who assisted at State Relays, Zone, Region and State Championships to help make these events a success.

Being my last year in this position, I would like to thank Lynne and all the committee for all their help during my time in this role.

David Beck

2005/2006 TEAM MANAGERS REPORT

The 2005/2006 Season for St George was once again a successful season for the St George Centre.

The past season has seen a number of Centre and Ground Records broken, some 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.

We 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. Thanks also to Pat Gorman (last year's Team Manager) for his support and help this season.

Further in this Annual Report is an outline of the Championships, Carnivals and special events in which St George participated this season.

Lois and Jeff Dooley

CANTEEN/BBQ REPORT

The canteen and BBQ are the main source of our fundraising and we have had a successful year thanks to all the parents and children. Luckily there were not many wet nights which would have meant cancelled food. Thank you to my assistants Doreen and Anthony Abdullah and Jeff Dooley for their help each week.

We all look forward to another successful season.

Our suppliers this year were:

Bruce Elvy Butchery	- sausages, steak, frankfurts and onions
KB Farm Chickens	- kebabs
Kingsgrove Hot Bread	- pies, sausage rolls and cakes

Lois Dooley

COACHING AND DEVELOPMENT

Once again I wish to thank our dedicated coach, Peter Tuziak. Many of the athletes who attended training sessions on a regular basis were rewarded with personal bests and even State medals. Congratulations! It is one thing to set a goal and another to put in the work to achieve it.

Around twenty athletes attended the six week orientation course at the beginning of the season and learnt the basics of athletics. Thanks to Louise Hamer for assisting.

ATHLETICS SKILLS AWARD PROGRAM



Our Under Sixes and Sevens participated in the Athletic Skills Award Program. Here they were taught the fundamental skills of running, jumping and throwing. Sylvia and George Kostas offered much needed assistance in the coordination of this program.

Certificates and booklets were awarded at our Presentation Night.

Many of the Little Athletes who enjoy the longer distance events, run in the St George District Athletic Club's Cross Country. The support and guidance offered to our young runners by Albert Thomas and the senior club is much appreciated.



Cathy Hamer

RECORDS AND RANKING REPORT

What a great season 2005/2006 proved to be for St George Little Athletics. Even though the registrations were a little down on the last few years the outstanding performances were not. This showed in the great number of 'personal bests' that were achieved throughout the season.

Our athletes experienced success at all levels and their continual improvement in their athletic ability again sent the records tumbling. So congratulations to all St. George athletes.

I would like to thank Roger Malcolm for his assistance with the operation of the computer and Jason (the computer maestro) for his expertise and knowledge in the computer programming side of things. Also a big thank you to Elise Beck and Joanne Hinson for their help with the distribution of the stickers throughout the season.

This year a total of 16 Ground records and 4 Centre records were broken. I would especially like to mention athletes who broke records in more than one event and also those who continued to break their own records two and three times during the season.

Luke Hamer (14 Boys): Luke had a sensational season. He holds the Ground and Centre Records in the 100m, 200m and 400m. He equaled the Region Record in the 100m and broke the Region Record in the 200m. Also in the 200m he broke the State Record and also achieved Australian Best Performance in this event.

Kate Caccamo (12 Girls): Kate performed exceptionally well in the jumps. She holds Ground and Centre Records in the Triple Jump and the Ground Record in Long Jump.

Alice Iosefo (12 Girls): Alice again had another very strong season in the field. Alice holds the Ground Record in the Shot Put and the Discus.

Some of our younger athletes also performed consistently.

Jayden Okunbor (9 Boys): Jayden holds the Ground Record in the Shot Put.

Nicholas Chan (7 Boys): Nicholas holds the Ground Record in the 50m.

Matteo Tiscia (6 Boys): Matteo holds the Ground Records in the 70m and 300m Pack Start.

It was further pleasing to see that records were broken across a large range of disciplines: middle distance, sprints, walks, hurdles, jumps and throws.

ST. GEORGE RECORDS

GROUND RECORDS

Anthony SEFO	12Boys	Shot Put	12.46m
Alice IOSEFO	12Girls	Discus	37.07m
Matteo TISCIA	6Boys	70m	13.24s
Matthew ASHTON	14Boys	200mHurd	28.35s
Luke HAMER	14Boys	400m	54.8s
Luke HAMER	14Boys	200m	24.3s
Matteo TISCIA	6Boys	300m Pack	1:10.55m
Kate CACCAMO	12Girls	Triple Jump	10.30m
Kate CACCAMO	12Girls	Long Jump	4.78m
Stephanie PATTEY	15Girls	400m	1:01.7m
Nicholas CHAN	7Boys	50m	9.01s
Luke HAMER	14Boys	100m	11.81s
Jacqui ROBSON	11Girls	100m	14.12s
Megan HEAP	10Girls	1100m Walk	6:53.00m
Jayden OKUNBOR	9Boys	Shot Put	9.89m
Alice IOSEFO	12Girls	Shot Put	14.26m

CENTRE RECORDS

Luke HAMER	14Boys	100m	11.2s
Luke HAMER	14Boys	200m	22.4s
Luke HAMER	14Boys	400m	51.7s
Kate CACCAMO	12Girls	TJ	10.35m

Although this season was hectic, it was rewarding. Congratulations again to all our athletes for a very successful year and I hope all families enjoyed the season. I look forward to seeing you all again in the 2006/2007 season.

Janet Gorman
Recorder

AWARDS FOR 5 YEARS SERVICE WITH ST GEORGE LITTLE ATHLETICS

Names in alphabetical order

Allison Abdullah	Barbara Kudla
Gemma Cohen	Matthew Kudla
Jewels Cohen	Brooke Logan-Rawiri
Craig Cook	Cassandra Mannion
Douglas Cook	Rachel Mannion
Candice Dooley	Kahli Morrison
Tamara Gleeson	Becky Nelson
Jessica Goodier	Gavin Parkinson
Rachel Goodier	Trishika Ramrakha
Lucas Grey	Oscar Schubert
Madelaine Holbeach	Zoe Schubert
Stephen Holbeach	Olivia Spata
Michael Horafios	Stephanie Walpole
Nicole Janes	David Watt
Alexander Johnston	



**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

Thomas Delaney, Robyn Harris, Timothy Martel-Rose

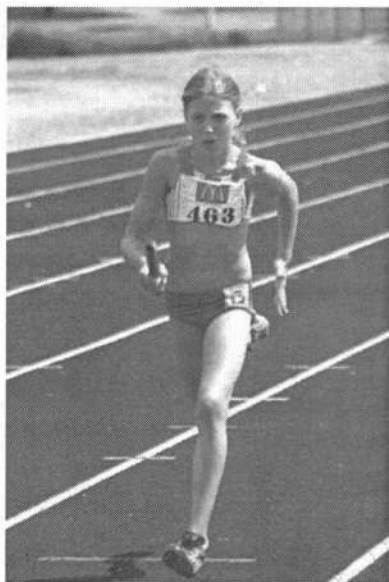
Recipients of 9 Years Award presented by LAA NSW

Thomas Delaney, Robyn Harris, Timothy Martel-Rose, Stephanie Pattey

PRESTON – RESERVOIR CHALLENGE 2006

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-fourth annual challenge between our two clubs. The challenge this year was held in Melbourne over the weekend of 25 and 26 February 2006.

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, however, as the



Preston Team has in recent years been lower in numbers, a decision was made to limit the team to better match the likely Preston Team. 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 16 athletes were finally confirmed as our competition team.

The team, and a swag of family member supporters, left for Melbourne on Friday evening 24 February 2006, 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
Riley Delaney	Naomi Lopez	Jarrold Parkinson	Liana Rose
Josh Gray	Alison Abdullah	Cameron Nichols	Alice Iosefo
Jack Worthington	Nicole Jones	Anthony Sefo	Zoe Schubert
Alfred Sefo	Barbara Kudla	Craig Cook	
		Michael Horafios	

With a smaller than normal team there was a level of anticipation that competition and the resulting scoreboard would be close. In the end, the score accumulated by the St George Team was extraordinary considering the reduced numbers of our team.



Our athletes competed in a wide range of events including the 100m, 400m, 1500m, Long Jump, Shot Put and Discus. 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, a number of Preston-Reservoir's ground records were broken on the day. Alice's first discus throw was sufficient to ensure that the marker was awake for the rest of her throws after nearly removing his toes.

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, Michael Horafios and Alice Iosefo 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 2007.



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 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 Registrars, who the Preston Reservoir Club representatives, assist in determining eligible athletes, and to the other parents helpers who stepped in with skills at travel and

accommodation bookings and the teams exchange gifts.

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

Ray Parkinson and Marie Rose

PRESTON CHALLENGE



ST GEORGES BASIN – DRAGON DERBY

Congratulations to all our athletes who represented our centre and competed in the Dragon Derby. Both parents and children especially those that managed to stay over night on the Saturday and partake in some socialising had a great time.

Well done to our St George parents who participated in the parents' events.

<u>Name</u>	<u>Age</u>	<u>Events</u>
Marni Brown	7G	4 th 100m, 7 th 200m, 3 rd 300m, 7 th 500m
Amelia Schubert	8G	6 th 70m, 6 th 100m, 4 th 200m, 1 st Discus, 3 rd 700m Pack
Zack Heap	8B	9 th 60mH, 8 th 200m, 8 th LJ, 6 th 700m Pack
Andrew Abdullah	8B	6 th 100m, 4 th 200m, 1 st 60mH, 7 th 700m Pack
Seraphina Brown	9G	1 st Discus, 4 th 800m
Nicole	9G	3 rd 70m, 5 th 100m, 7 th 60mH, 11 th 800m
Chloe Lopez	9G	2 nd 70m, 2 nd 100m, 2 nd 1100m Walk, 4 th 60mH
Megan Heap	10G	70m C, 5 th 100m, 1 st 1100m Walk, 2 nd 800m, 8 th Discus, 7 th LJ, 4 th 60mH
Melissa	10G	4 th Discus, 1100m Walk C
Riley Delaney	11B	2 nd 800m, 7 th Turbo Jav, 8 th SP
Jack Worthington	11B	5 th 100m, 3 rd Turbo Jav, 8 th SP
Jacqui Robson	11G	1 st 100m, 1 st 200m, 2 nd 60mH
Naomi Lopez	11G	3 rd 100m, 6 th 800m, 7 th SP, 3 rd 60mH
Candice Dooley	11G	3 rd 800m, 1 st 1100m Walk
Alison Abdullah	11G	5 th 100m, 5 th 200m
Joseph	12B	4 th 100m, 2 nd 800m, 3 rd Hurdles, 1 st Turbo Javelin (Feature Event)
Alice Iosefo	12G	2 nd Discus, 1 st Turbo Javelin
Zoe Schubert	12G	1 st 1500m Walk (Feature Event), 1 st Discus, 2 nd HJ, 2 nd Hurdles, 4 th 200m
Chad Brown	13B	2 nd 100m, 2 nd 200m, 2 nd Shot, 1 st HJ
Jason Dooley	13B	4 th 100m, 3 rd 400m, 6 th SP, 1 st 1500m Walk
Amy Coote	13G	5 th HJ, 5 th TJ
Luke Hamer	14B	1 st 800m
Natasha Iosefo	14G	1 st SP, 10 th LJ, 4 th Jav
Oscar Schubert	15B	3 rd 100m, 2 nd Discus, 1 st SP
Thomas Delaney	15B	2 nd 1500m Walk
Dave Schubert		Gold Medal
Anthony Abdullah		Silver Medal
Mel Robson		Bronze Medal
Doreen Abdullah		Competed
Christine Lopez		Competed

TRANS TASMAN TOUR 2006

On the 5th January this year, NSW Little Athletics made the crossing of the Tasman to defend the Trans Tasman Trophy in Auckland, New Zealand.

Selection in the NSW trials is extremely competitive and St. George had 3 successful Athletes in this team: Alice Iosefo, Under 12, Jacqui Robson, Under 11, Zoe Schubert, and Under 12.

Our Athletes competed in three regional competitions, and the culmination was the Trans Tasman Challenge Cup in Auckland on Sunday the 15th January.

Our girls were very successful and gained medals for the following:

Alice Iosefo

Silver – Shot Put

Silver – Discus

Silver – 4 x 100m Relay

Jacqui Robson

Silver – 100m

Silver – 200m

Silver – 4 x 100m Relay

Zoe Schubert

Gold – 4 x 100m Relay

Bronze – High Jump

The girls enjoyed a wonderful tour. It was a total experience for them, travelling the North Island, visiting many tourist attractions, and constantly meeting and making new friends.

Congratulations again to our 3 Athletes – you were a credit to St. George Little Athletics Club.

A special thank you to Leta Iosefo who accompanied our girls as an official to New Zealand. You did a great job caring and guiding our girls during the tour. Many Thanks.

Dianne Robson



SOUTHERN METROPOLITAN ZONE CHAMPIONSHIPS
(The Ridge Athletics Track – Sat & Sun 28-29 January 2006)

U/7 Boys	Event	Performance	Place	U/7 Girls	Event	Performance	Place
Ben Petrovski	Discus	8.39m	8	Carina Fickeys	50 m	9.9	5
Jacob Rios	Discus	11.33m	2		70 m	13.0	1
	Shot Put	4.6m	7		100 m	19.0	2
	Pack	1min 58.2s	4		Long Jump	2.52	5
Michael Kotevski	70 m	13.2	8	Danea Roubekas	200 m	1min 1.4s	8
	50 m	10.1	3	Grace Robinson	70 m	13.8	5
	100 m	18.8	7		100 m	19.7	4
Nicholas Chan	50 m	9.8	1		200 m	44.6	6
	100 m	17.9	3		Shot Put	4.67	3
	70 m	12.8	4	Isabelle Hancock	Pack Start	2min 6.3s	2
	Long Jump	2.70	4	Jamie Buckridge	Long Jump	2.57	3
Pita Toamatu	50 m	11.0	6	Regina Sefo	50 m	9.7	2
	Shot Put	5.42m	3		70 m	13.1	2
Tyson Kingston	70 m	12.3	1		Long Jump	2.47	6
	100 m	17.6	1		Shot Put	5.71	1
	Pack	1min 58.9s	5				
Zane Stanley	Shot Put	5.31m	4				
	Discus	9.28m	7				

U/8 Boys	Event	Performance	Place	U/8 Girls	Event	Performance	Place
Andrew Abdullah	60m H	12.0	2	Amelia Schubert	Shot Put	6.10	1
	Shot Put	4.42	8		Discus	16.03	1
	200 m	35.7	2		Pack Start	3min 02.0s	8
	400 m	1min 17.7s	1	Emily-Louise Becroft	60m H	14.3	7
Jacob Cesvette	70 m	11.5	2		Long Jump	2.74	6
	100 m	17.0	3		Discus	7.36	9
	200 m	36.3	3	Jamie-Lee Rios	200 m	38.2	4
	Pack Start	2min 43.5s	5		400 m	1min 29.9s	3
Zack Heap	Long Jump	2.76	9		Discus	9.61	5
	Pack Start	2min 44.1s	6	Joanna Kambosos	70 m	12.5	4
					100 m	18.9	8
					200 m	39.3	7
					400 m	1min 31.6s	5
				Tara Lopez	70 m	13.1	8
					Long Jump	2.67	7

U/9 Boys	Event	Performance	Place	U/9 Girls	Event	Performance	Place
Darren Naeli	100 m	18.2	9	Chiara Christian	200 m	38.2	7
	Long Jump	2.89	8		400 m	1min 28.8s	6
	Shot Put	5.09	4		800 m	3min 28.9s	5
Davis Petrovski	70 m	13.1	7	Chloe Lopez	100 m	16.6	7
	400 m	1min 26.2s	5		200 m	36.6	4
	800 m	3min 03.2s	2		400 m	1min 26.7s	5
Jayden Okunbor	100 m	17.5	8		Long Jump	3.09	6
	60m Hurdles	12.1	4	Domique Johnston	70 m	12.7	8
	Shot Put	9.02	1		High Jump	1.01	2
	Discus	24.10	1		Shot Put	5.66	2
Matthew Jenkins	100 m	16.5	7	Georgia Grattan	800 m	3min 49.1s	8
	High Jump	1.00	6	Georgia Phillips	100 m	16.6	6
Myles Harrison	400 m	1min 47.5s	7	Marisol Dawson	High Jump	0.99	3
	700m Walk	5min 26.2s	2	Monica Denton	70 m	11.7	6
Peter Sims	400 m	1min 47.6s	8		60m H	11.9	5
				Nikol Velez-Medina	800 m	3min 29.6s	6
				Sally Mulheron	60m H	13.4	7

U/10 Boys	Event	Performance	Place	U/10 Girls	Event	Performance	Place
Aaron Thompson	70 m	11.8	7	Carolena Kostas	400 m	1min 11.7s	1
	60m Hurdles	13.0	7		800 m	2min 48.0s	1
	High Jump	1.15	5		1500 m	5min 47.7s	1
Brodie Stanley	1100m Walk	8min 58.3s	4	Ellie Papalexiou	Discus	13.66	4
	Long Jump	3.38	8	Madelaine Holbeach	70 m	11.0	3
	Shot Put	7.99	4		100 m	15.2	5
	Discus	22.25	2		Long Jump	3.70	3
Gavin Parkinson	Shot Put	3.86	8		High Jump	1.14	1
Jackson Okunbor	100 m	15.8	3	Megan Heap	1500 m	6min 19.0s	5
	60m Hurdles	11.5	2		1100m Walk	7min 26.2s	4
	Long Jump	4.04	2		60m H	13.4	7
	Discus	21.64	4		Long Jump	3.62	4
Jordan Roubekas	70 m	10.9	2	Sinead Sheffield	70 m	12.2	7
	200 m	32.2	2		400 m	1min 21.3s	7
	High Jump	1.17	3		60m H	13.2	4
Matthew Kudla	70 m	11.5	5				
	Long Jump	3.50	7				
	Shot Put	8.34	3				
	Discus	18.59	6				
Oliver Becroft	400 m	1min 25.6s	7				
William Burgess	70 m	11.4	4				
	100 m	16.0	4				
	200 m	33.7	4				
	800 m	3min 09.3s	5				

U/11 Boys	Event	Performance	Place	U/11 Girls	Event	Performance	Place
Alex Johnston	100 m	14.1	1	Alison Abdullah	100 m	15.4	6
	200 m	30.3	1	Barbara Kudla	400 m	1min 20.4s	8
	Long Jump	4.38	1		Long Jump	4.05	3
	Triple Jump	9.15	1		High Jump	1.24	4
Alfred Sefo	Shot Put	10.21	2		Triple Jump	8.34	5
	Discus	19.47	3	Candice Dooley	800 m	2min 46.5s	2
Benjamin Dawson	100 m	15.6	7		1500 m	5min 42.9s	1
	60m Hurdles	11.3	5		1100m Walk	6min 11.5s	2
	Long Jump	3.94	6	Emily Hancock	800 m	2min 52.4s	4
Christopher Caccamo	1100m Walk	8min 59.1s	5		1500 m	5min 50.7s	3
	Triple Jump	8.01	5	Georgia Brady	800 m	3min 05.7s	8
	Discus	14.19	6	Karina Jonhston	Shot Put	6.06	8
Jack Worthington	Long Jump	3.72	7	Kelly Gilbert	60m H	12.0	3
	Shot Put	9.79	3	Naomi Lopez	100 m	15.0	3
Joshua Gray	200 m	34.7	7		200 m	31.8	3
	400 m	1min 16.8s	5		400 m	1min 10.4s	3
	800 m	2min 49.5s	5		Long Jump	3.97	4
	1500 m	5min 57.4s	8	Nicole Janes	High Jump	1.15	7
Paul Caccamo	200 m	34.6	6	Tayla Phillips	400 m	1min 17.1s	6
	1100m Walk	9min 12.7s	6				
	Triple Jump	7.83	7				
	Discus	12.67	7				
Riley Delaney	800 m	2min 45.9s	2				
	1500 m	5min 29.6s	2				
Thomas Menton	800 m	2min 54.7s	6				
	1500 m	5min 48.0s	7				

U/12 Boys	Event	Performance	Place	U/12 Girls	Event	Performance	Place
Anthony Sefo	200 m	30.8	6	Alice Iosefo	Shot Put	13.44	1
	Long Jump	4.10	7		Discus	33.50	1
	Shot Put	10.19	1	Jessica Duggan	1500 m	7min 16.0s	8
	Discus	30.49	1		60m H	12.6	8
Cameron Nicholls	Shot Put	6.21	7		High Jump	1.25	5
Craig Cook	60m Hurdles	12.4	4	Kate Caccamo	100 m	14.7	3
	High Jump	1.20	6		200 m	30.8	1
Dwayne Brown	100 m	15.3	7		High Jump	1.42	1
	200 m	30.1	3		Triple Jump	10.02	1
	Long Jump	4.24	5	Liana Rose	800 m	3min 04.6s	7
	Triple Jump	9.22	2		1500 m	6min 00.4s	5
Jack Andersen	100 m	15.0	6		1500m Walk	10min 05.8s	2
	200 m	30.7	5		Triple Jump	8.22	8
	400 m	1min 09.2s	3	Nicole Stojanovski	Discus	15.60	8
	High Jump	1.20	6	Rachel Brown	200 m	33.3	7
Tom Denton	100 m	14.8	5	Rachel Mannion	400 m	1min 12.9s	6
	Long Jump	4.77	2	Zoe Schubert	400 m	1min 08.4s	3
	Triple Jump	9.32	1		High Jump	1.42	1
					Shot Put	11.37	2
					Discus	28.51	2

U/13 Boys	Event	Performance	Place	U/13 Girls	Event	Performance	Place
Billy Papalexiou	Discus	23.65	4	Amy Coote	100 m	15.1	6
	Javelin	14.57	6		800 m	2min 51.6s	5
Jason Dooley	100 m	14.1	3		High Jump	1.31	2
	200 m	28.8	3	Becky Nelson	Discus	27.77	1
	400 m	1min 09.8s	4	Elizabeth Paratore	1500m Walk	8min 38.7s	1
	High Jump	1.20	4	Natasha Knopf	100 m	15.6	7
Joel Brady	400 m	1min 11.0s	5		200 m	34.3	8
	800 m	2min 41.3s	5		Long Jump	3.53	5
	1500 m	5min 56.1s	5	Rachel Goodier	100 m	15.0	5
	Triple Jump	7.55	7		800 m	3min 00.3s	8
Stephen Holbeach	100 m	14.1	2		Discus	10.91	9
	Triple Jump	10.33	1	Suzie Sims	200 m	34.2	7
Tye Stanley	1500m Walk	10min 17.8s	1		800 m	3min 19.7s	9
Wade Johnston	200 m	31.1	5				
	400 m	1min 07.4s	3				
	80m Hurdles	16.5	3				
	Long Jump	3.57	6				

U/14 Boys	Event	Performance	Place	U/14 Girls	Event	Performance	Place
Alexander Hinson	90m Hurdles	17.2	7	Alyssa Parkinson	Triple Jump	8.27	3
	Long Jump	4.77	4	Cassandra Mannion	Long Jump	3.66	7
	High Jump	1.47	4	Eve Weston	100 m	14.4	5
Dylan Lopez	Long Jump	4.40	6		200 m	30.0	3
	Shot Put	7.22	3		200m Hurdles	34.5	4
Luke Hamer	100 m	12.0	1		Long Jump	4.35	4
	200 m	24.0	1	Natasha Iosefo	Shot Put	12.22	1
	400 m	52.5	1		Discus	30.24	2
	800 m	2min 18.5s	1				
Matthew Ashton	200m Hurdles	30.4	3				
	Long Jump	5.03	2				
	High Jump	1.49	3				
	Triple Jump	10.14	4				
Matthew Gorman	Long Jump	4.14	7				
	Triple Jump	6.67	7				
	Shot Put	9.40	1				
	Discus	27.33	3				
Matthew O'Gorman	100 m	13.5	7				
	Discus	28.09	2				
Timothy Hogan	400 m	59.2	7				
	800 m	2min 29.9s	4				
	1500 m	5min 18.2s	3				
	3000 m	11min 46.0s	3				
Todd Peters	800 m	2min 33.7s	5				
	1500 m	5min 29.1s	5				
	3000 m	12min 07.7s	4				

U/15 Boys	Event	Performance	Place	U/15 Girls	Event	Performance	Place
Aaron Woodrow	Shot Put	8.56	4	Jessica Goodier	100 m	13.9	5
	Javelin	23.39	4		200 m	29.3	7
Douglas Cook	1500 m	5min 16.7s	6	Sheena Sims	400 m	1min 11.0s	7
Oscar Schubert	Shot Put	11.83	2		800 m	2min 45.4s	3
	Discus	39.27	3		1500 m	5min 50.5s	3
	Javelin	30.13	3	Stephanie Beck	800 m	2min 45.4s	4
Patrick Macpherson	400 m	1min 05.2s	7		1500 m	5min 29.9s	2
	Long Jump	4.74	5		3000 m	12min 05.5s	2
	Triple Jump	9.66	7	Stephanie Pattey	200 m	28.2	4
Thomas Delaney	800 m	2min 18.1s	4		400 m	1min 02.0s	2
	1500 m	4min 50.1s	3				
	3000 m	10min 33.7s	2				
Tim Martel-Rose	Shot Put	9.48	3				
	Discus	27.46	4				
	Javelin	21.37	5				

Junior Boys 4 x 100m Relay	Performance	Place	Junior Girls 4 x 100m Relay	Performance	Place
St George	59.5	2	St George	1min 00.9s	3

Senior Boys 4 x 100m Relay	Performance	Place	Senior Girls 4 x 100m Relay	Performance	Place
St George	53.6	2	St George	56.3	3

REGIONAL CHAMPIONSHIPS
(Bankstown – Sat & Sun 18-19 February 2006)

U/8 Boys	Event	Performance	Place	U/8 Girls	Event	Performance	Place
Andrew Abdullah	200 m	33.6	4	Amelia Schubert	Shot Put	6.93	1
	400 m	1min 15.3s	2		Discus	16.52	1
	60m Hurdles	11.3	2				
Jacob Cesvette	70 m	11.2	5				
	100 m	16.0	6				
	200 m	34.1	6				

U/9 Boys	Event	Performance	Place	U/9 Girls	Event	Performance	Place
Jayden Okunbor	60m Hurdles	11.0	8	Dominique Johnston	Shot Put	5.78	5
	Shot Put	8.37	1				
	Discus	27.38	1				
Myles Harrison	700m Walk	5min 12.5s	5				

U/10 Boys	Event	Performance	Place	U/10 Girls	Event	Performance	Place
Brodie Stanley	Shot Put	7.15	6	Carolena Kostas	400 m	1min 09.9s	1
Jackson Okunbor	Long Jump	3.81	8		800 m	2min 39.1s	1
Jordan Roubekas	200 m	30.5	6	Madelaine Holbeach	1500 m	5min 36.3s	1
	High Jump	1.15	5		70 m	10.7	7
Matthew Kudla	Shot Put	8.17	4		Long Jump	3.84	3
					High Jump	1.10	6
				Megan Heap	1100m Walk	6min 44.7s	5

U/11 Boys	Event	Performance	Place	U/11 Girls	Event	Performance	Place
Alex Johnston	100 m	13.7	2	Barbara Kudla	Long Jump	3.87	7
	200 m	28.7	4		High Jump	1.34	5
	Long Jump	4.54	2	Candice Dooley	800 m	2min 39.7s	3
	Triple Jump	9.50	1		1500 m	5min 25.5s	2
Alfred Sefo	Shot Put	10.34	2		1100m Walk	6min 00.7s	4
	Discus	23.18	8	Emily Hancock	1500 m	5min 56.3s	8
Riley Delaney	800 m	2min 37.5s	3	Kelly Gilbert	60m Hurdles	11.3	6
	1500 m	5min 28.8s	4	Naomi Lopez	100 m	14.1	5
					200 m	29.3	5
					400 m	1min 10.9s	6

U/12 Boys	Event	Performance	Place	U/12 Girls	Event	Performance	Place
Anthony Sefo	Shot Put	8.74	7	Alice Iosefo	Shot Put	13.29	2
					Discus	30.32	4
				Kate Caccamo	200 m	29.6	6
					High Jump	1.45	1
					Triple Jump	10.34	1
				Zoe Schubert	High Jump	1.45	3
					Shot Put	10.90	4
					Discus	13.29	3

U/13 Boys	Event	Performance	Place	U/13 Girls	Event	Performance	Place
Billy Papalexiou	Discus	27.39	6	Amy Coote	High Jump	1.35	7
Jason Dooley	100 m	13.2	6		1500m Walk	8min 00.5s	2
	200 m	28.3	7				
Stephen Holbeach	Triple Jump	10.22	1				
Tye Stanley	1500mWalk	9min 32.4s	2				

U/14 Boys	Event	Performance	Place	U/14 Girls	Event	Performance	Place
Alexander Hinson	Long Jump	4.69	8	Eve Weston	Long Jump	4.41	7
Luke Hamer	100 m	11.2	1	Natasha Iosefo	Shot Put	11.67	1
	200 m	22.4	1		Discus	32.05	4
	400 m	53.8	1				
	800 m	2min 16.5s	1				
Matthew Ashton	200m Hurdles	29.3	6				
	Long Jump	4.86	7				
	High Jump	1.50	4				
Matthew Gorman	Shot Put	8.83	5				
	Discus	30.61	6				
Matthew O'Gorman	Discus	30.19	7				
Timothy Hogan	1500 m	5min 09.6s	8				
	3000 m	11min 27.2s	5				
Todd Peters	3000 m	11min 39.3s	8				

U/15 Boys	Event	Performance	Place	U/15 Girls	Event	Performance	Place
Oscar Schubert	Shot Put	12.03	3	Sheena Sims	800 m	2min 40.0s	7
	Discus	43.98	3		1500 m	5min 29.3s	8
Thomas Delaney	800 m	2min 18.1s	6	Stephanie Beck	800 m	2min 44.4s	8
	1500 m	4min 36.8s	4		1500 m	5min 13.7s	6
	3000 m	10min 26.3s	2		3000 m	11min 53.7s	6
				Stephanie Pattey	400 m	1min 01.1s	3

Junior Boys 4 x 100m Relay	Performance	Place
	57.4	3
Senior Boys 4 x 100m Relay	Performance	Place
	52.7	4



Cathy Hamer (Relay Coach) with the Junior Boys 4 x 100m Relay Team

STATE CHAMPIONSHIPS

(Sydney Athletics Centre - Homebush – Sat & Sun 18-19 February 2006)

Age	Event	Performance	Place
U/9 Boys			
Jayden Okunbor	Shot Put	9.14	1
	Discus	25.06	4
U/10 Girls			
Carolena Kostas	400 m	1min 11.0s	7
	800 m	2min 38.5s	3
	1500 m	5min 17.1s	2
Madelaine Holbeach	Long Jump	3.66	14
U/11 Boys			
Riley Delaney	800 m	2min 43.2s	11
Alex Johnston	Long Jump	4.58	7
	Triple Jump	10.05	2
Alfred Sefo	Shot Put	10.35	7
U/11 Girls			
Candice Dooley	800 m	2min 37.4s	8
	1500 m	5min 36.7s	9
U/13 Boys			
Tye Stanley	1500m Walk	9min 52.0s	8
Stephen Holbeach	Triple Jump	10.42	8
U/13 Girls			
Elizabeth Paratore	1500m Walk	7min 33.6s	3
U/14 Boys			
Luke Hamer	100 m	11.2	1
	200 m	22.6	1
	400 m	51.7	1
U/15 Boys			
Thomas Delaney	3000 m	10min 12.4s	8
Oscar Schubert	Shot Put	11.84	10
	Discus	35.07	13
U/15 Girls			
Stephanie Pattey	400m	58.5	3



STATE CROSS COUNTRY & ROAD WALKS CHAMPIONSHIPS 2005

On Sunday July 3, 2005 The State Cross Country & Road Walks Championships were held at the University of Western Sydney (Macarthur Campus), Campbelltown. This annual event is the last calendar event held each year by LA NSW. There is no entry fee and registrations are taken on the day.

Medals are awarded to both the individuals and teams that place 1st, 2nd and 3rd in each event. Teams are made up from the first three athletes from each center that finish their event formed the team for that center. Only one Boys and one Girls team is allowed per age group from each Club.

This event provides an excellent opportunity to compete at a State Championship event and is available to all registered LA's under 7 to Under 15. All athletes competing need to be in full center uniform, including center number, registration number and age patch.

Our numbers were surprisingly down this year considering the event was held within the Sydney Metropolitan Area. However those that made it to the Championships had a super day. With LA's competitors coming from centers spread all over the State resulted in some great close competition taken place, throughout the day.

The courses set out were fairly tough on the day but all our athletes competed in the best of spirits. Our Club best results on the day came from our walking champ Katrina Biteznik who came second to win the Silver Medal in the 2km Under 15 Girls road walk and Nam Currie Nguyen who just missed out on bronze medal by a whisker on the finish line, coming fourth in the Under 15 boys 3 Km race. Thomas Delaney also ran a fine race in the Under 14 boy's 3 Km coming in seventh.

A State Championship Certificate is awarded on the day to all competitors who finish in any event in the top eight positions.

U10 Boys 1500M Cross Country

Joshua Grey	16 th
Riley Delaney	34 th

U14 Boys 3000M Cross Country

Thomas Delaney	7 th
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U13 Boys 2000M Cross Country

Tim Hogan	14 th
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U15 Boys 3000M Cross Country

Nam Currie Nguyen	4 th
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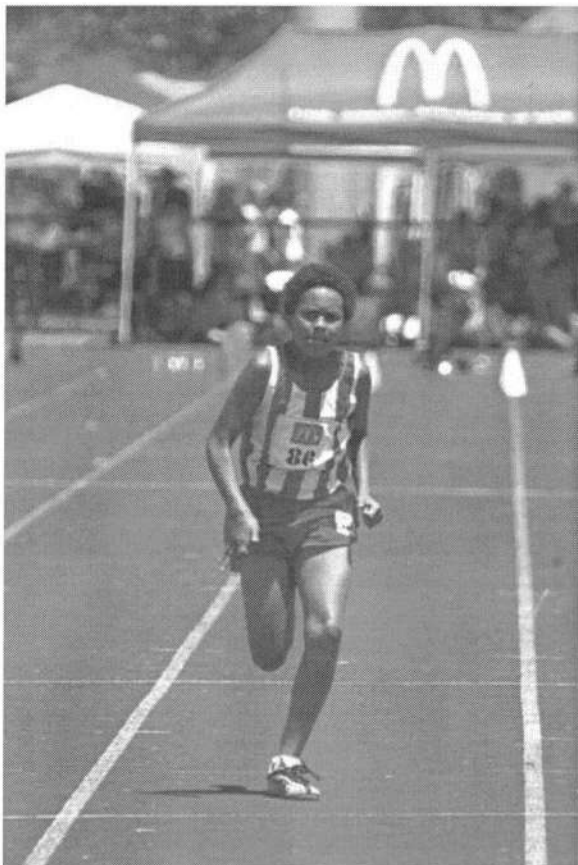
U14 Girls 3000M Cross Country

Stephanie Beck	15 th
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U15 Girls 2000M Road Walk

Katrina Biteznik	2 nd
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STATE MULTI CHAMPIONSHIPS



Fifteen athletes represented St George at the State Multi Championships in Cessnock.

Once again the parents and children enjoyed a fun filled weekend away.

Congratulations to all athletes who competed. We had 3 athletes in the top 8. Jackson Okunbor taking out the U10 Boys Title, Zoe Schubert 4th in U12 Girls and Naomi Lopez 7th in the U11 Girls.

Well Done!

<u>Name</u>	<u>Age Group</u>	<u>Placing</u>	<u>Score</u>
Jackson Okunbor	U10 Boys	1 st	4988
Jayden Okunbor	U9 Boys	16 th	4601
Amelia Schubert	U8 Girls	17 th	3838
Zoe Schubert	U12 Girls	4 th	5337
Oscar Schubert	U15 Boys	29 th	3736
Joana Kambosos	U8 Girls	14 th	3933
Zack Heap	U8 Boys	29 th	3662
Megan Heap	U10 Girls	22 nd	4029
Ella Harrison	U11 Girls	65 th	1829
Myles Harrison	U9 Boys	37 th	3402
Alice Iosefo	U12 Girls	32 nd	4293
Natasha Iosefo	U14 Girls	38 th	2969
Chloe Lopez	U9 Girls	29 th	3812
Naomi Lopez	U11 Girls	7 th	4625
Madeline Holbeach	U10 Girls	20 th	4075

FRIDAY NIGHTS



AN U15 FAREWELL

Little Athletics was a great experience. There were lots of fun people, and it was a wonderful way to spend a Friday night. *(Insert tears here)*

By Sophie

Little Athletics was the funniest way to spend a Friday night. Freezing in the cold or boiling hot we were all out there having fun with our great friends we have here at the centre. **By Robyn**

Little Athletics was fun and enjoyable. The people there were great and were heaps of fun to be around. One more thing **GO DRAGONS!!!**

By Catherine

I started little athletics in the U13s. Since then I have made some friends and have had lots of fun competing in events and socialising with people. Little Athletics is great fun and has also helped me become a better Athlete. **By Patrick**

I've really enjoyed Little A's! It's been great for the short time I've spent here. I like the fact that we can compete and have fun at the same time with all our friends.☺ The people that manage all of us go through a lot of effort to help us out and I wouldn't change a thing! I'm gonna miss it here. **By Stephanie P**

Little Athletics has been so much fun. It has been such a great experience. There is nothing better then spending your Friday afternoons with your friends down at Old Park. We have always had so much fun no matter what we do. I know we are all going to miss it a lot. **By Trishika**

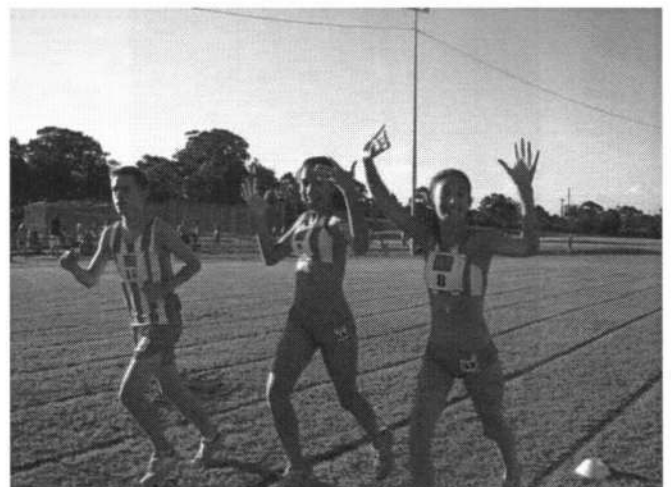
I've had a great experience at Little Az. It's been fun I've made lots of friends my whole 10 years has made me feel like I made a difference to the programme **By Tim (Big Hulk)**

Since I started Little Athletics I have had great fun. Little athletics has also given me a number of opportunities like going down to Preston in Melbourne for the annual Preston challenge. Thank-you to our age manager, Mrs Worthington for putting up with us all in our final year. **By Stephanie B**

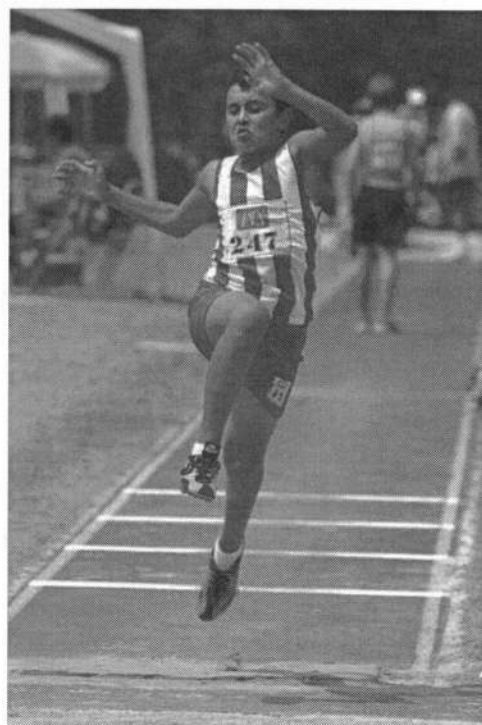
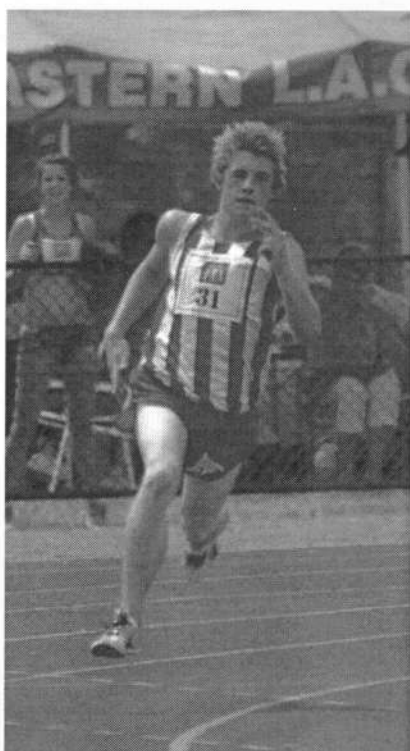
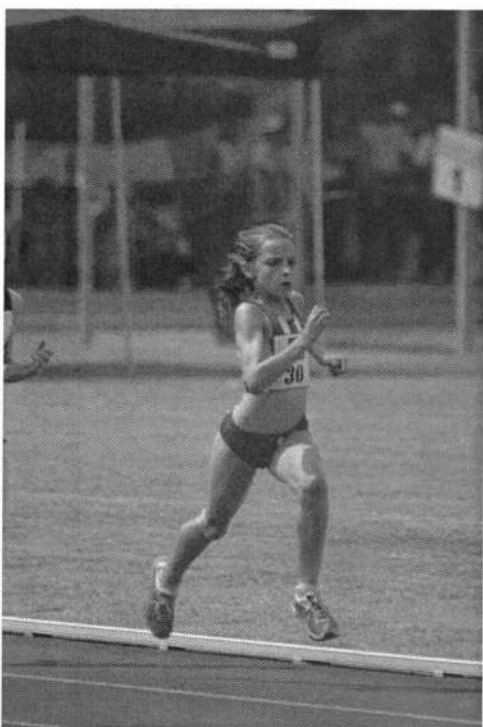
Little Athletics was a great way to spend a Friday afternoon. It was a great experience. And there were funny people to spend time with. **By Jessica**

Little Athletics was great! I met some great friends, which made the experience more enjoyable. Even though some nights we had to sit in the cold I still had fun. **By Sheena**

THE EVER ASTONISHING UNDER 15'S



Region



EXECUTIVE COMMITTEE

2006/2007 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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