

# **ST GEORGE LITTLE ATHLETICS CENTRE INC**

## **37TH ANNUAL GENERAL MEETING**

### **PEAKHURST BOWLING CLUB**

**Tuesday 20 May 2008**

#### **AGENDA**

1. Distribution of 37<sup>th</sup> Annual Report including Minutes of 2007 AGM
2. Opening of Meeting
3. Apologies
4. Minutes of 36th Annual General Meeting held 22 May 2007
5. President's Opening Address
6. Presentation of 37th Annual Report and Financial Statements
7. Presentation to Retiring Officials
8. Addresses by Invited Guests
9. Election of Officers for the 2008 / 2009 Season
10. Vote of Thanks to Returning Officer
11. General Business
12. Closing of Meeting

## LIFE MEMBERS

Fred Scott	1975	Lou Bulian	1990
Bev Scott	1976	Carol Berell	1991
Peter Williams	1976	Alex Oh (deceased)	1991
Mabs Errington	1979	Lindsay Watson	1991
Gwen Taylor	1981	Barbara Lea	1991
Ray Horton	1981	Albert & Coral Ferraro	1992
Bob Molloy (deceased)	1982	Graham Hawkes	1996
Byron Griffiths	1984	Terry O'Neill	1999
Paul Reeves	1986	Ben Tinker	1999
Joe Watchorn	1986	John Dodson	2000
Bonnie West	1986	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



# **ST GEORGE LITTLE ATHLETICS CENTRE INC**

## **MINUTES OF 36<sup>th</sup> ANNUAL GENERAL MEETING**

### **HELD ON TUESDAY 22<sup>ND</sup> MAY 2007**

### **PEAKHURST BOWLING CLUB**

#### **1. OPENING OF MEETING**

The president opened the meeting at 8:05 pm and welcomed everyone present.

#### **2. ATTENDEES**

Invited Guests: - Kevin Green - MLA Georges River, Councillor Chris Mins - Hurstville City Council, John Bourne - LAANSW, Trevor Hinwood - LAANSW, Terry O'Neill - South Met Zone / Life Member, Heather Mitchell - Port Hacking, Margaret Alexander - Port Hacking, Ray Russell - Port Hacking, Robert Gray - Revesby Workers, Frank Scott - Revesby Workers, Barry Butters - Revesby Workers, Brian Morro - The Athletes Foot Hurstville, Elise Beck - Steerage, Peter and Beth Rooke - Steerage.

Life Members: - John Dobson, Albert and Coral Ferraro, Ray Hortan, Roger Malcolm, Glenda McLoughlin, Bev and Fred Scott, Ian Sheerin, Gwen Taylor, Ben Tinker, Peter Tuziak, Lindsay Watson, Lynne Whatman, Peter Williams,.

Parents (Past and Present): - David Beck, Wendy Cook, Heidi Fisher, Pat and Janet Gorman, Mark Hancock, Joanne Hinson, Graeme Holbeach, Marta Kudla, Christine Lopez, Ray Parkinson, Lisa Rios, Chris Robinson, James Watts, Ian Whatman.

#### **3. APOLOGIES**

Kim Delaney, Mabs Errington, Rhett Gray, Byron Griffiths, Graham Hawkes, Anne Lupton, Vince Nevin, Simon Osborne, Doreen and Anthony Sweeten, Albie Thomas.

#### **4. PRESIDENT'S OPENING ADDRESS**

– as per the Annual Report.

#### **5. MINUTES OF THE PREVIOUS ANNUAL GENERAL MEETING**

Minutes of the 35<sup>th</sup> Annual General Meeting, held 16<sup>th</sup> May 2006 be accepted as a true and accurate record of that meeting.

Moved: Ben Tinker                      Seconded:      Pat Gorman                      Carried

#### **6. PRESENTATION AND ADOPTION OF 36TH ANNUAL REPORT**

The 2006/2007 Annual Report be taken as read, adopted as presented and endorsed.

Moved: Lynne Whatman Seconded:      Terry O'Neill                      Carried

#### **7. TREASURERS REPORT AND FINANCIAL STATEMENTS**

The Treasurers Report, Income and Expenditure Statements and Balance Sheet, were presented for endorsement by the meeting.

Moved: Ray Parkinson                      Seconded:      Joanne Hinson                      Carried

#### **8. ADDRESSES BY GUESTS**

Kevin Greene MP - Member for Georges River.

Seconded the President's thoughts on Cathy Hamer. Most important to see kids with smiles enjoying what they're doing. Participating and enjoyment can be more important than competition results. Congratulations on improved facilities. Encouraging to have volunteers who no longer have attending children.

Chris Mins - Councillor Hurstville City Council.

Good working relationship between St George and Council. Councils need to work with local organisations for continued improvements. Wished for a successful AGM and apologised for having to rush to another meeting.

Mark Hancock – St George LAC Officer for Officials.

Appreciative of those who continue working for the club, despite no longer having children involved. Expressed the need to encourage the parents of current athletes to participate in the running of the club. Thanked Ray Parkinson for his work for the clubhouse.

John Burne - President LAANSW.

Noted that it was a big night for 'thank-yous'. Particularly for the effort and teamwork involved in the clubhouse improvements. Also to Department of Sport And Recreation for their funding. Good to see St George registrations going back up, mirroring the state trend of 39500 registrations. Expressed the need for a synthetic track in the district, citing environmental reasons in addition to the obvious benefits to athletics. Congratulations to Zoe Schubert on her performances at the State Championships and representing St George and NSW at the Nationals. Thank you to the outgoing committee and wished the new executive success in the year ahead.

Terry O'Neill - Zone Co-ordinator South Metropolitan Zone and Life Member.

Good to see so many returning faces still helping. Thanked St George for the support over the years.

Heather Mitchell - President Port Hacking LAC.

Congratulations on a great Annual Report (loved the photos) and on the clubhouse extensions. Thanked St George for always supporting Trans Tasman and other championships. Nice to see red and white at Sylvania on Saturday mornings. Wished the best for the new committee.

Trevor Hinwood - Membership and Development Director LAANSW.

Congratulations on the report and to the incoming committee. Encouraged the use of on-line registration, which should make everybody's life easier. Is working on Under 16 / 17 projects with Athletics NSW. Congratulated St George on an excellent season.

David Beck – St George DAC.

Thanked Lisa Rios for the Annual Report, knowing how much is involved. Noted the need to encourage athletes to keep in the sport through seniors, and the success of those who have.

Peter Tuziak - Life Member.

Moved a vote of thanks to Cathy Hamer and congratulated her family on their handling of her passing. Mentioned the club's achievements, both in competition results and in having around 600 competing athletes. Thanked Ray Parkinson for organising the clubhouse extensions. Noted in his travels that there are two synthetic athletic tracks in Sutherland, but none in St George. There is a need for Hurstville, Rockdale and Kogarah Councils to get together on this. He believes the cost is not so much the issue, as to where to put it. The challenge is to lobby those in power to obtain a dedicated athletics facility for the St George area.

Frank Scott - President Revesby Workers LAC.

Congratulations on having so many kids enjoying themselves. Envious of the new facilities, as Revesby "are still working out of containers".

Ben Tinker - Life Member.

Wished to thank those retiring U15 parents who had contributed much to the club. Noted that Pat Gorman "was as silly as myself" in always turning up very early to set up much needed shelters for competitions.

## **9. PRESENTATION TO DEPARTING SUPPORTERS**

As departing 'Under 15' parents or grandparents, Pat and Janet Gorman, Joanne Hinson, Peter and Beth Rooke were thanked for their significant contribution to the running of the club over a number of years.

## 10. ELECTION OF OFFICERS FOR THE 2006/2007 SEASON

Founding Life Member Fred Scott declared all positions vacant and conducted the Election of Officers. The following were elected:-

President	-	Lynne Whatman
Vice President	-	vacant
Secretary	-	Graeme Holbeach
Treasurer	-	Ray Parkinson
Registrar	-	James Watts
Recorder	-	Heidi Fisher
Assistant Recorder	-	Elise Beck
Officer for Championships	-	Ben Tinker
Officer for Officials	-	vacant
Publicity	-	Lisa Rios
Coaching	-	Peter Tuziak
Canteen	-	Wendy Cook
BBQ	-	vacant
Equipment / Ground Maintenance	-	Chris Robinson
Uniforms	-	to be advised

General Committee

Kim Delaney, Ray Horton, Christine Lopez, Marta Kudla.

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

## 11. CLOSING OF MEETING

The President closed the meeting at 9:00 pm, thanking all for their attendance and inviting all present to partake of the supper being served.

Graeme Holbeach - Secretary



**ZAC HEAP, U10B, COMPETING IN THE 800 RUN AT THE 2007 DRAGON DERBY.**

# **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 37<sup>th</sup> year for St George Little Athletics and to participate in our Annual General Meeting.

This year registrations were down to just under 500 which whilst a little disappointing is a much better number of athletes to manage. This year saw the introduction of the Under 16 and 17 age groups and we had a number of these athletes register. Even allowing for lower numbers and washed out competition nights lost with rain, we have still managed to finish the season in a strong financial state. This year also saw the introduction of the online registration system and thanks to our new Registrar James Watts and Recorder Heide Fisher who were able to very efficiently manage the transfer of all our athletes to this new system.

During the 2007/2008 season St George athletes successfully competed in LAANSW Cross Country and Road Walks, State Relays, Zone, Region and State Carnivals, State Multi's, Trans Tasman and St Georges Basin Annual Dragon Derby.

I would like to extend my appreciation to the athletes who continue to provide us with such pleasure as they compete each Friday nights as we watch them develop their athletic skills and gain confidence as young people. Their parents are a vital part of the club because without them there would be no competition and no club. Under the care of Age Managers, parents run the events for the athletes each Friday night.

Peter Tusiak, who coached many of our athletes, decided to retire from coaching this year. Whilst we certainly miss his contribution we wish him well and thank him for his many years of service. We also continue the ASAP program for our Under 6 and 7 year old athletes and our thanks go to George Costas and Sylvia Seyringer for running this program for us.

Thank you to Hurstville Council for their support, Penshurst RSL for the use of their facilities at no charge and to Peakhurst Bowling Club for the hospitality tonight.

Finally I would like to thank the Executive and members who have the responsibility of running St George. Kim Delaney, Vice President, who is there of a Friday night helping to set up, then laying out the straight track before then starting and for his wise counsel, Graeme Holbeach our efficient Secretary who keeps us all up to date, Ray Parkinson who keeps our accounts and humour in good order, James Watts our Registrar and Heide Fisher our Recorder whose combined computer system skill have ensured all our athletes records have been entered in the online registration system and all results stickers have been produced each week, Paul Byrnes who stepped in late in the season as our Officer of Officials and efficiently persuaded our parents onto the roster for all our competitions, Lisa Rios, Publicity, who not only produced an informative Newsletter each fortnight and produced this report but was the drive behind all our fundraising, Chris Robinson, responsible for our Equipment and Ground Maintenance and who also purchased our BBQ supplies each week, Wendy Cook who managed to run the Canteen and oversee the Uniform Shop, Elise Beck who efficiently managed the distribution of the results to the athletes of a Friday night and Con Pattey who manages our website. Supporting this team are also Christine Lopez, Marta Kudla and Roger Malcolm. We also thank the families of all these people for their support and allowing them the time to devote to St George.

There are two very important people missing from this list who are retiring this year. Firstly Ray Horton, who is leaving after 33 years and there is a separate tribute to Ray in the Report. The second is Ben Tinker who has been a member of St George since 1987, on the executive since 1990, first as Vice President and then Championship Officer since 1993, with only a break of one year where he supported the position. Thank you does not seem enough for the service these two gentlemen have given to St George Little Athletics.

This is also my last year as President as I hand over the responsibility – I have enjoyed my seven years but feel it is the right time to stand down. Over these years we raised sufficient funds to expand our clubhouse, upgrade our equipment and still have a sound financial base and I am confident there is a good team of people ready to continue the proud tradition of St George Little Athletics.

Finally, I wish the incoming executive and committee every success for the ensuing season.

**LYNNE WHATMAN**  
**PRESIDENT**



**2008 DRAGON DERBY CARNIVAL "ATHLETE OF THE MEET"**  
**BENJAMIN ALESSIO – STGLAC**



## **RAY HORTON**

### **THANK YOU FOR YOUR 32 YEARS SERVICE TO ST GEORGE LITTLE ATHLETICS 1975 - 2008**



Our Club is 39 years old and Ray has been a continuous volunteer of our club for 32 of those years. Ray first became involved with St George Little Athletics when he registered his two eldest boys in the 1975/76 season when the club's grounds were at Evatt Park in Lugarno.

Ray has moved with the club from Lugarno to Jubilee Oval, Kogarah, then to Bay Street, Rockdale before moving to its current home at Olds Park, Penshurst

In 1981, Ray received his Life Membership of St George. In 1982, Ray became Place Judge and Timekeeper for our Long Distance track. When his children left Little Athletics, Ray stayed, and has stayed and has been with us ever since.

From 1988 to the present season Ray has been the starter of the long distance races. Ray is one of the first people to arrive on Friday nights. He is there to set up and still there to pack up. In his entire 32 years at St George you can count on one hand the number of nights he has missed – he is there, rain, hail or shine.

His Little Athletics volunteering has not been restricted to St George; he has also been assisting at Zone and Region since 1977. From 1977 to 1981, Ray helped with equipment. In 1982, he started as assistant marshal and in 1994 was appointed Chief Marshal, a position he still fulfilled during this past season.

Now at 85 years young Ray feels it is time to gracefully retire. We will miss him and trust that he will come and visit us now and again. The St George Club is very proud to have a member like Ray.



# **TREASURER'S REPORT**

It is with pleasure that I present the financial statements of the St George Little Athletics Centre for the 2007/2008 season.

In a year that has seen numerous nights either cancelled, or significantly affected by wet weather, the Centre has achieved a sound financial result. Whilst finishing its financial year with a modest profit 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 \$58,000. 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 steady progress as it brought to near completion its clubhouse extensions and moved to improve some of the equipment used within the facility. At the same time the club has maintained both its expenditure levels on the equipment needed to maintain the standards expected by our member athletes and parents and to continue to provide the appropriate rewards to our athletes through trophies and competition opportunities.

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. Despite this, previous season's uniform purchases have offset the costs in this area in this season and the uniform margin on sales is significant but in line with trends from past years.

As the club's three main streams are based significantly in attendance at the centre, a reduction in registration numbers and wet weather sees an automatic reduction in income to the Centre. Despite dedicated efforts of those few who plan and support these areas, the accounts for 2007/2008 show the impact that reduced numbers and wet weather can have on such a critical income source to our centre.

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 further 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, have to date been allocated to the extension of the Centre's storage facilities. With the end in sight and final balance payments not expected to be significant, the club remains sound to refocus on outcomes more directly aimed at the athletes and competition.

I have many people to thank for making the position of Treasurer easier than 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 thank you to Wendy Cook who took on dual roles of both Uniforms and Canteen during the season.

I additionally wish to thank James Watts as our new Registrar who spent countless hours working with LAA NSW and my penchant for new systems to explore new models for registration and payments including online and email registrations.

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

Ray Parkinson - Treasurer

# St. George Little Athletics Centre Inc.

## Statement of Income and Expenditure For the Year Ended March 31, 2008

Income		2008	2007
		<u>Actual</u>	<u>Actual</u>
		\$	\$
Registration		38,539	47,597
Canteen	Note 1	7,024	11,459
BBQ	Note 1	8,911	14,313
Sponsors, Donations and Miscellaneous Income		21,324	4,181
Uniforms		11,696	15,443
Interest		1,551	1,486
Other (including competitions)		1,386	1,490
Preston Fund Raising		0	1,092
		<hr/>	<hr/>
		90,431	97,061
<b>Expenditure</b>			
Registration Fees and Resignations		16,674	20,762
Canteen	Note 1	6,848	7,668
BBQ	Note 1	6,199	8,541
Uniforms Purchases		6,042	12,702
Annual General Meeting		1,616	1,707
Bank Charges		217	247
Electricity		0	0
Equipment		7,658	5,098
Ground Marking		559	373
Insurance		0	519
Park Fees		1,980	1,450
End of Season Presentation		0	55
Postage		91	35
Printing & Stationery		2,017	1,632
State Conference		736	803
Sundry Expenses incl. Course Fees and Advertising		22,290	36,636
Telephone		320	456
Competitions		3,576	4,883
Trophy		4,937	4,790
Preston Expenses		0	3,159
		<hr/>	<hr/>
		81,760	111,516
Surplus/(Deficit) for the Year		<hr/> <hr/>	<hr/> <hr/>
		8,671	(14,455)

*St. George Little Athletics Centre Inc.*

**Balance Sheet**  
**For the Year Ended March 31, 2008**

	<b>2008</b>	<b>2007</b>
	<b><u>Actual</u></b>	<b><u>Actual</u></b>
<b>Current Assets</b>		
	\$	\$
St. George Bank - General Account	20,602	13,069
St. George Bank - Term Deposit	18,041	17,063
St. George Bank - Preston Account	0	22
Perpetual Trustee - Term Deposit	6,397	6,057
Petty Cash	300	300
Inventory - Uniforms	12,805	12,963
Other Debtors	0	0
Total Current Assets	58,145	49,474
<b>Total Assets</b>	<b><u>58,145</u></b>	<b><u>49,474</u></b>
<b>Current Liabilities</b>		
Accruals	<u>0</u>	<u>0</u>
Total Current Liabilities	0	0
<b>Equity</b>	<b>0</b>	<b>0</b>
Opening Balance	49,474	63,929
Surplus/(Deficit)	8,671	(14,455)
Closing Balance	58,145	49,474
<b>Total Liabilities and Equity</b>	<b>58,145</b>	<b>49,474</b>

I report that I have examined the Books and Records of the St George Little Athletics Centre Inc. for the year ended March 31, 2008 and have received sufficient information as to enable me to form the opinion that the financial statements for the year ended 31 March, 2008 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 2008.

David Hamer CA  
May 2008

**Note 1**

**Summary of Major Fundraising Activities**

		\$	\$
Canteen	Income	7,024	11,459
	Expenditure	<u>6,848</u>	<u>7,668</u>
	Profit/(Loss)	176	3,790
BBQ	Income	8,911	14,313
	Expenditure	<u>6,199</u>	<u>8,541</u>
	Profit/(Loss)	2,711	5,772

# **REGISTRAR'S REPORT**

There were a number of significant changes to the registration processes this year with new age groups being added, online systems being introduced, a different approach to registration forms being tried, and a new registrar being let loose.

First, some numbers.

## **Registrations by age**

This year was well down on registrations on the 2006/7 season with a total for this year of 496 compared to 584 last year; this drop in numbers was spread across all age groups. Once again the trend of more girls than boys joining continued with 58 more girls than boys registering this season compared to 28 more girls than boys last season.

AGE GROUP	GIRLS	BOYS	TOTAL
Under 6	27	35	62
Under 7	39	36	75
Under 8	34	19	53
Under 9	38	32	70
Under 10	31	24	55
Under 11	36	20	56
Under 12	25	19	44
Under 13	19	19	38
Under 14	14	5	19
Under 15	12	6	18
Under 16	2	2	4
Under 17	0	2	2
TOTALS	277	219	496

## **New age groups**

This was the first season in which we registered under 16 and 17 athletes and we had a total of 6 registrations in these groups. The announcement that we were accepting these age groups wasn't made until close to the start of the season so athletes may not have been aware of the change.

I expect to see more athletes in these age groups in future seasons.

## **Online registration system**

At the start of this season LAA NSW engaged an organisation called Clubs Online to provide centre's with an online registration system. While this system has a lot of potential we did not make full use of it primarily due to its late release by LAA NSW and the time necessary to integrate it into our club's normal processes.

This year we had a small number of athletes register and pay online and a few others utilise the online registration process but chose to pay the old fashioned way.

The system does offer great potential and all details of this year's athletes are up to date in the system so next season we can make better use of the online registration function and also the email capabilities to promote registrations.

## **New registration forms**

In an attempt to expedite the registration process and to also simplify the management of registrations we tried pre-printing registration forms for all athletes registered in the 2006/7 season. The idea being that if an athlete was registered last season all the parent had to do was check the details on the form and sign it.

We were initially told we could get away from having to send hard copy registration forms to LAA NSW by merging these re-registration details into the Clubs Online system automatically. This later proved incorrect with hardcopy forms being required by LAA NSW so the pre-printed forms didn't end up saving us much time and effort.

### New Registrar

The new registrar managed to get through the season without causing any serious issues, mainly due to the help and support of the other committee members.

Given the next season will be in an Olympic year we can expect a jump in the number of registrations. I have some ideas to make it easier to register for next season including making better use of the online system and accepting registrations by post.

Lastly I would like to thank my fellow committee members for their help with registrations this year.

James Watts  
Registrar



2007/08 ZONE CHAMPIONSHIPS  
U7 GIRLS PACK START MEDAL PRESENTATION  
1ST CAATELYN MCKENZIE, 2ND SIERRA BLATTMAN



TALIA FISHER, U8G, IN ACTION AT THE 2007 DRAGON DERBY.

# RECORDERS REPORT

Congratulations to all St George athletes on their performances this season. They were truly amazing.

This year was a challenging year for the recorder. Firstly, there was a computer meltdown early in the season which required a new computer, and with that, new setup procedures etc. The second major issue was the two new age groups of 16's and 17's. New fields had to be added to record all the details and then it was a matter of tracking the performances as many new personal bests became the new record for that age group.

I would like to thank Roger Malcolm for his assistance with the computer and a big thank you to Elise Beck for sorting and distributing the results each week.

This year a total of 7 ground and 7 centre records were broken. In tradition with the last few years, it is again the field records that tumbled more frequently. A special mention goes to Grace Robinson who repeatedly broke her own record and to Benjamin Alessio who had some amazing performances at the Region and State Championships.

Heide Fisher  
Recorder

St George Records 2007/2008

## Ground Records

Grace Robinson	U9 Girls	Shot Put	8.77m
Grace Robinson	U9 Girls	Shot Put	10.00m
Grace Robinson	U9 Girls	Discus	27.21m
Hame Sele	U11 Boys	Discus	37.18m
Pitu Toamotu	U9 Boys	Shot Put	9.96m
Pitu Toamotu	U9 Boys	Shot Put	10.17m
Talia Fisher	U8 Girls	70m	11.65secs

## Centre Records

Pita Toamotu	U9 Boys	Shot Put	10.55m
Grace Robinson	U9 Girls	Shot Put	9.08m
Benjamin Alessio	U 10 Boys	70m	9.7 secs
Benjamin Alessio	U 10 Boys	100m	13.6 secs
Benjamin Alessio	U 10 Boys	200m	28.0 secs
Benjamin Alessio	U 10 Boys	200m	27.31 secs
Benjamin Alessio	U 10 Boys	400m	63.13 secs



# **OFFICER FOR CHAMPIONSHIPS AND SPECIAL EVENTS**

The 2007-2008 season was a good one for the St George club, our younger athletes showing the future of athletics within St George looks in great shape.

Some of the things that stood out for me during the season were the outstanding performances of Benjamin Alessio which saw him breaking long held club records and gaining four first places at the State Titles. The throwers doing especially well gaining medals at the State Titles State Relays and Dragon Derby and the performance of the younger athletes at the State Multi Titles.

I would like to thank those who stood in as Team Managers at the various carnivals Lisa Rios, Paul Byrnes and Graham Holbeach for a job well done.

This being my last report after 15 years in the Championships position, I would like to thank everybody who has helped me over the years especially Lyn Whatman. I have had an enjoyable time in this position but think it is time to hand over to a person with new ideas and wish them the best in the coming season.

Ben Tinker  
Championships Officer



**ST GEORGE LITTLE ATHLETICS CENTRE AT THE 2007 DRAGON DERBY CARNIVAL AT  
SANCTUARY POINT, ST GEORGES BASIN, 11TH NOVEMBER 2007.**



# **OFFICER FOR OFFICIALS REPORT**

This season, 2007/2008, many parents took up the challenge and assisted in many roles to get through the Friday evening program of events. Thank you to all those who volunteered for all the non-committee positions e.g. Track Marshalls, Recorders, Starters, Timekeepers, Judges, BBQ helpers, Set-up/Pack-up and Computer operators. For without these people's continued help throughout the season, we would never have completed all Friday night events.

It has been three years since parents began helping to manage the various events by being an Age-Manager or one of their assistants. The process has been proven to be a resounding success because parents are now able to learn all about the requirements for all the events their child takes part in. Previously, parents were required to work at one specific area each second night throughout the season. There is, however, a need for more parents to do the Basic Event Instruction Course. This course will benefit any parent who would like to know more about how to instruct children in basic coaching of all events and how to officiate at all little athletic events at a local centre level.

Despite the rain at the Zone and Regional championships and the dry weather at State Championships and the State Multi Event, all the events were successfully rostered and duties were carried out by the parents of the athletes concerned.

Thank you, to all those who assisted to help make the events a success.

Paul Byrnes  
Officer for Officials



**2007/08 ZONE CHAMPIONSHIPS  
U7 GIRLS 200m MEDAL PRESENTATION  
1ST CATELYN MCKENZIE, 3RD EBONY GOULD**

# PUBLICITY AND SPONSORSHIP REPORT

St George Little Athletics Centre again, thanks its sponsor, Athletes Foot at Westfield Hurstville and in particular Brian Moro, for his stores continued support of our centre. As well as a generous monetary donation, Athletes Foot also donated a \$200 voucher for Nike shoes, to use in our Christmas Raffle. Another initiative was through STGLAC families purchasing school shoes from Athletes Foot Hurstville store and in return a percentage of the sale would be made back to the club for every pair sold.

Officeworks Carlton continued its support with a donation of stationary (pens) and reduced costs in printing of the red handbook and photocopy costs for our fortnightly newsletter. Officeworks Carlton also kindly donated a portable phone towards our Christmas raffle. I would like to acknowledge the assistance provided to me by Officeworks Carlton store manager, Scott Perkins, during the season.

Our Christmas raffle raised a small amount of revenue, through selling tickets over a few weeks to the families that attended Friday evening competition. We thank those families who supported our raffle.

Our fortnightly newsletter continues to keep STGLAC families informed of centre information, upcoming events and results of our athlete's achievements in carnivals and championship events. The newsletter continues to be an important means of communication with the parents of our athletes.

I would also like to acknowledge the fantastic job that was done by all our hardworking 2007/08 committee members in their respective roles.

Lisa Rios.

Publicity and Sponsorship Officer



**THE ATHLETES  
FOOT,  
HURSTVILLE**

**LEVEL 2, WESTFIELD HURSTVILLE  
PH: 9579 6600  
SPONSOR OF ST GEORGE LITTLE  
ATHLETICS CENTRE**



**OFFICEWORKS CARLTON**

**385 – 395  
PRINCES HIGHWAY, CARLTON  
PH: 9546 5977**

**SUPPORTER OF ST GEORGE LITTLE ATHLETICS CENTRE**

**2007 / 2008**  
**CHAMPION BOY**  
**BENJAMIN ALESSIO**  
**U10 BOYS**



**Benjamin is an athlete with a big future in front of him.**

**At the State Championships, he gained 1<sup>st</sup> place in 70m, 100m, 200m and 400m, setting Centre records in the 200m and 400m. These records had stood for 22 years.**

**At the Regional Championships, 1<sup>st</sup> in 70m, 100m, 200m, 400m and setting Centre records in the 70m, 100m and 200m.**

**At the Zone Championships 1<sup>st</sup> in 70m, 100m, 200m and 400m.**

**Benjamin also was a member of the junior relay team who placed 2<sup>nd</sup> at Zone and 3<sup>rd</sup> at the Regional Championships.**

**At the St Georges Basin Dragon Derby Benjamin gained 6 first places and was named Athlete of the meet.**

**Congratulations on a great season!**

**2007/ 2008**  
**CHAMPION GIRL**  
**CAROLENA COSTAS**  
**U12 GIRLS**



Last year, Carolina took out the middle distance award. This year with consistent results, she has taken out this award.

At the Zone Championships, 2<sup>nd</sup> in the 800m, 2<sup>nd</sup> in the 1500m and 4<sup>th</sup> in the 400m

At the Regional Championships, 3<sup>rd</sup> in the 800m and 3<sup>rd</sup> in the 1500m.

At the State Championships, 3<sup>rd</sup> in the 800m and 3<sup>rd</sup> in the 1500m.

Carolina achieved 1<sup>st</sup> place in the St George Multi Night Competition and represented at the State Cross Country where she came third.

At the All Schools competition, winning the 800m then going on to represent at the National Titles, gaining third place. An outstanding result for an outstanding athlete.

Congratulations!



**2007 / 2008**  
**CHAMPION BOY 2**  
**RUNNER UP**  
**(Kurt Landers Award)**  
**STEPHEN HOLBEACH**  
**U15BOYS**



For the second year running Stephen has taken out this award. He is an athlete who gives 100% when representing at championships or at our Friday night competition

At the Zone Championships 1<sup>st</sup> in Triple 1<sup>st</sup> in Long Jump 1<sup>st</sup> in 200m, 2<sup>nd</sup> in 400m and 2<sup>nd</sup> in senior boys relay.

At the Regional Championships, 1<sup>st</sup> in Triple Jump 2<sup>nd</sup> in 200m, 2<sup>nd</sup> in 400m and 3<sup>rd</sup> in Long Jump.

At the state Titles, 5<sup>th</sup> in the 400m, 6<sup>th</sup> in Long Jump and 7<sup>th</sup> in 200m and competed in Triple Jump. To make it to the State Titles in four events is a big achievement.

Stephen also during the season represented St George at the State Relay Titles and came 1<sup>st</sup> at the St George Multi night.

A very worthy recipient of this award.

**2007 /2008**  
**CHAMPION GIRL**  
**RUNNER UP**  
**ALICE IOSEFO**  
**U14 GIRLS**



Once again Alice has taken out one of our major awards with consistent results during the season.

At the Zone Championships 1<sup>st</sup> in Shot Put -1<sup>st</sup> in Discus and 3<sup>rd</sup> in Javelin.

At the Regional Championships, 2<sup>nd</sup> in Shot Put and 3<sup>rd</sup> in Discus.

At the State Championships, 3<sup>rd</sup> in Shot Put and though sustaining an injury during Discus, gained 7<sup>th</sup> place.

Alice represented at the St Georges Dragon Derby winning the Shot Put and coming 2<sup>nd</sup> in the U/15 Discus.~

Congratulations the centre is proud of you.

**2007 / 2008**  
**JUNIOR BOY CHAMPION**  
**PITA TOAMOTU**  
**U9 BOYS**



**Pita won this award with some outstanding results in the throws events this season.**

**At the Zone Championships, 1<sup>st</sup> in Shot Put and 2<sup>nd</sup> in Discus.**

**At the Regional Championships, 1<sup>st</sup> in Shot Put and 1<sup>st</sup> in Discus.**

**At the State Titles 1<sup>st</sup> in Shot Put and 10<sup>th</sup> in Discus.**

**Pita was a member of the U/9 boys Shot – Discus team who won the gold medal at the State Relay Championship. He also represented St George at the State Multi Championships and St Georges Basin Dragon Derby.**

**During the season Pita also set new ground and centre records for the Shot put.**

**Congratulations on a great season!**



**2007 / 2008**  
**JUNIOR CHAMPION GIRL**  
**&**  
**MULTI EVENT AWARD**  
**(Alleyn Gainsford Award)**  
**GRACE ROBINSON**  
**U9 GIRLS**



**Grace had an outstanding season in athletics and can look forward to many more.**

**At the Zone Championships 1<sup>st</sup> in Shot Put and 1<sup>st</sup> in Discus**

**At the Regional Championships 1<sup>st</sup> in Shot Put and 1<sup>st</sup> in Discus**

**At the State Titles 1<sup>st</sup> in Shot Put and 1<sup>st</sup> in Discus**

**During the season she set Ground Records for the Shot Put twice and Discus.**

**A Centre record for Shot Put, Zone and Region Records for Shot Put and also set new Shot Put and Discus records at the St Georges Basin Dragon Derby.**

**Representative at the State Relay Championships in track relays.**

**Grace also came 4<sup>th</sup> out of 52 competitors at the State Multi Titles, scoring 4519 points, the highest placed St George athlete at the Multi Championships.**

**Grace is an athlete with an enormous amount of potential, her all round ability has stood out all season, not only is she a top thrower but also does well in the running events**

**As can be seen, a worthy winner of these awards!**

**2007 / 2008**  
**MIDDLE DISTANCE AWARD**  
**(NICOLE DAWES AWARD)**

**RILEY DELANEY**  
**U13 BOYS**



Riley is a middle distance runner with great potential. His continued improvement and never give up attitude will see him go a long way in athletics.

At the Zone Championships 1<sup>st</sup> in the 800m 1<sup>st</sup> in 1500m and 1<sup>st</sup> in the 3k

At the Regional Championships 1<sup>st</sup> in the 3k 2<sup>nd</sup> in 800m and 2<sup>nd</sup> in the 1500m

At the State Championships, while competing in the 1500m, he sustained an injury making it impossible for him to contest the 800m and 3km events.

Riley also represented at the St Georges Basin Dragon Derby and came 2<sup>nd</sup> at the St George Multi night.

A very worthy winner of this award!

**2007 / 2008**  
**FIELD AWARD**  
**(CHRIS KNIGHT AWARD)**

**HAME SELE**  
**U11 BOYS**



**Hame has taken out this award with some great results this season.**

**At the Zone Championships 1<sup>st</sup> in Shot Put and 1<sup>st</sup> in Discus.**

**At the Regional Championships 1<sup>st</sup> in Shot Put and 1<sup>st</sup> in Discus.**

**At the State Championships 1<sup>st</sup> in Shot Put and 1<sup>st</sup> in Discus.**

**During the season, Hame also set Ground Records in the Discus. His Age Managers say he is always willing to give the other boys a hand with helpful advice, and in there eyes he is a very humble champion.**

**Congratulations!**



**2007 / 2008**  
**WALK AWARD**

**TYE STANLEY**  
**U15 BOYS**



For the second year running, Tye has taken out this award. He again had to do this event against no opposition at club level but still went on to the State Championships.

At the Zone Championships 2<sup>nd</sup>

At the Regional Championships 1<sup>st</sup>

At the State Championships 5<sup>th</sup>

We wish him every success in the future with his race walking endeavors.

Congratulations!

**2007 / 2008**  
**REBECCA ORR**  
**ENCOURAGEMENT AWARD**  
**BOY**

**JACOB RIOS**  
**U9 BOYS**



Jacob is an athlete who will be a force for St George in the future as it showed in his results this season.

Jacob represented at the Zone and Regional Championships in both running and throwing events, reaching the final in the 400m at Region.

At the State Relay Championships, he was a member of the gold medal winning U/9 Shot /Discus Team.

At the State Multi Championships he came 12<sup>th</sup> out of 35 competitors, scoring 4550 points.

At the St George Multi Night he gained 2<sup>nd</sup> place and also competed at the St Georges Basin Dragon Derby.

**A worthy winner of this award!**

**2007 / 2008**  
**REBECCA ORR**  
**ENCOURAGEMENT AWARD**  
**GIRL**  
**MEGAN HEAP**  
**U12 GIRLS**



**Megan is one of our up and coming all round athletes.**

**At the State Multi Championships she came 12<sup>th</sup> out of 43 of the best athletes in the State, scoring 4535 points.**

**Megan also represented N.S.W. in New Zealand in the Trans Tasman Event.**

**At the Zone and Regional Titles, she competed in the High Jump, Long Jump and Discus, going on to represent at the State Championships in the High Jump.**

**Megan also competed at the St Georges Basin Dragon Derby with good results.**

**Congratulations on a top season!**



**2007 / 2008**  
**FRIDAY NIGHT ENCOURAGEMENT AWARD**  
**BOY**  
**PAUL AND CHRISTOPHER CACCAMO**  
**U13 BOYS**



**The Caccamo twins, Christoper and Paul, are polite, demonstrate consistent effort, have a great attitude and always try their best to improve in every event. They get on well with the other kids, are helpful and always follow directions.**

*Albert Shalala  
U13 boys Age Manager*



**2007 / 2008**  
**FRIDAY NIGHT ENCOURAGEMENT AWARD**  
**GIRL**  
**MADELINE SAKSIDA**  
**U9 GIRLS**



**Madeline showed a constant determination and courage to improve, winning the multi night event and representing St George at Zone, Regional and State Relay Championships with improvements in times and placings for her events. Madeline worked well with the team and individually and achieved PB's and improvement every week throughout the season. Madeline encouraged her peers to try their best and often cheered them to help them along. This example allowed other U9 girls improve along side her. Madeline always encouraged her teammates, while pushing past her limits. It's great to see such a young person find a goal and strive to achieve it.**

*Dimitri Zaloumes*  
*U9 girls Age Manager*

**2007 / 2008**  
**SPORTSMANSHIP AWARD**  
**(Margaret Zerzvadse Award)**  
**DAVID HUGHES, U11 BOYS**  
**AND**  
**SALLY MULHERON, U11 GIRLS**



DAVID HUGHES AND SALLY MULHERON PICTURED WITH STGLAC LIFE MEMBER RAY HORTON

**Sally Mulheron** – Competing at the Zone Championships in the hurdles, an officials recording error saw Sally left out of the hurdles final, when she had qualified in 8th fastest place. The error was not realised until the hurdles final had taken place. Rather than lodge a protest for a re-run of the final, which St George was entitled to do on Sally's behalf, Sally agreed to being acknowledged as a finalist in the hurdles and forfeit the opportunity to better her time and overall placing in the hurdles final. This indeed was a generous gesture on her behalf and a noteworthy show of sportsmanship.

**David Hughes** – At this years State Relay Championships, David entered to compete in the U11 boys Field Relays. A team of four was entered. Leading up to the Relay Championships and his teammates withdrawing for various reasons, no replacements could be found. Most athletes would have chosen not to compete at a team event under such circumstances. David though, still attended and competed for St George, achieving PB's and managing not to finish in last place in one of his team events. David has set an example for other athletes of St George, of a keen athlete with tremendous club spirit.

## 5 YEARS SERVICE AWARD

Matthew Ashton  
Dyone Bettega  
Emma Breen  
Rachel Brown  
Christopher Caccamo  
Paul Caccamo  
Henry Coleman  
Erica Coote  
Jessica Duggan  
Kaitlin Harris  
Korina Johnson  
Wade Johnson  
Jade Kearsey  
Thomas Menton  
Sally Mulheron  
Carla Papac  
Michael Pejoski  
Grace Sakr  
Nicole Stojanovski  
Madalanne Taylor  
Ewan Watts



**5YEAR AWARD RECIPIENTS WHO ATTENDED PRESENTATION NIGHT 2008**

**BACK ROW:** Paul Caccamo. Christoper Caccamo, Korina Johnson , Wade Johnson

**FRONT ROW:** Madalanne Taylor, Jade Kearsey Sally Mulheron, Michael Pejoski, Dyone Bettega, Erica Coote.



# DRAGON DERBY REPORT

Thirty One St George athletes ranging in ages from Tiny Tots to Masters Athletes competed at the St Georges Basin Dragon Derby Athletics Gala Day at Sanctuary Point Oval. Several Families took advantage of a short break holiday and stayed on the Saturday night at Archers Resort at Nowra. For some, this was a first time experience of Dragon Derby weekend, and all newcomers had a fantastic weekend, at Archers Resort and on the day of competition itself at Sanctuary Point. All have said that they will be back again next year. Thank you to our STGLAC stalwarts, Lynne Whatman and Ben Tinker, who travelled down early Saturday and set up the "St George sitting area" for all our athletes and families to take advantage of on the Sunday and also played host to those St George families at Archers Resort, Nowra on the Saturday. Thank you also to Michael and Leta Iosefo who also played hosts and cooked the BBQ and provided salads for all to enjoy for dinner on the Saturday evening. Again we appreciate Lynne and Ben's expertise and efforts for running the shot put all day on behalf of STGLAC at the Dragon Derby. The carnival itself was an awesome day, held in brilliant weather. Our 3 Master Athletes who competed in all events, John and Katherine Heap and Matthew Shepherd did exceptionally well, along with Kim Delaney and Chris Mullen who ran a great 800m. Congratulations to John Heap taking out the Masters title. Their bodies may have paid the price for the efforts on Monday morning though! All our little athletes achieved great results also, with many PB's being achieved on the day. Grace Robinson (U9girls) broke the Shot Put record for the U9 girls and also broke the U10 girls Discus record. All our participating athletes won many ribbons, medals and a trophy or two to take home after a fun day of athletics.

## The following results were achieved:

*(Results reported by athletes to STGLAC Team Manager. Some results for track are achieved in Heats only, not overall. Field positions are overall result);*

Tiny Tot's - Cooper Shepherd

Tiny Tot's - Nicole Sefo

U6G Savannah Fisher 70m-4th, 100m-2nd, 300m-3rd, Long Jump-3rd

U7B Jared Rios 100m-5th, 200m-5th, 500m-5th, Shot Put-4th, Long Jump-8th Put-1st NR, HJ-9th

U9G Regina Sefo Hurdles-3rd, 70m-2nd, 100m-4th, 200m-2nd, HJ-5th

U9B Pita Toamotu Hurdles-8th, U10 Discus-1st, Shot Put-1st

U9B Jacob Rios Hurdles-7th, 70m-5th, 100m-4th, 200m-4th, 800m-2nd, U10 Discus-5th, SP-5th, HJ-Eq4th

U10G Jaimie-Lee Rios Hurdles-5th, 70m-5th, 100m-3rd 3rd, 800m-5th, Walk-3rd, U11 SP-2nd, HJ-5th, LJ-10th

U10G Jasmine Fisher Hurdles-4th, 70m-4th, 200m-4th, 800m-6th, walk-5th, Long Jump-6th

U10G Dyone Bettega Hurdles 8th, 70m, 100m, Discus-4th, Long Jump-7th

U10G Samantha Alessio 70m, Discus, Long Jump

U10B Ben Alessio Hurdles-1st, 70m-1st, 100m-1st, 200m-1st, 800m-1st, Long Jump-1st

U10B Zac Heap Hurdles-5th, 100m-4th, 200m-5th, 800m-5th, Discus-7th, Long Jump-7th

U11G Taylah Sorrensen-Talbot Hurdles-5th Walk 10th, Turbo Javelin-5th, Shot Put-5th

U10G Zoe Patty Hurdles, 100m, 200m, Long Jump

U11B Hame Sele Discus-1st, Shot Put-1st, hurdles, 100m, 200m, turbo javelin, Long Jump

U12G Megan Heap Hurdles-2nd, 100m, 200m, 800m-5th, Turbo Javelin-7th, Discus-2nd, SP-2nd, LJ-3rd

U13B John Semrany 100m-5th, 400m-4th, 800m-3rd, Shot Put-7th, HJ-5th, TJ-5th

U13B Thomas Mullen 400m-3rd, 800m-2nd, Shot Put-6th, High Jump-5th, Triple Jump-6th

U13B Alfred Sefo 100m, 200m, 400m, U14 Discus, Shot Put-1st, Triple Jump

U14G Girls Alice Iosefo Shot Put-1st, Discus-2nd, Walk, 100m, 200m, Long Jump

U14B Anthony Sefo Discus-1st, 100m, 200m, 400m, Long Jump, U15 Shot Put

Masters Women- Catherine Heap

Masters Men - John Heap Men's Winner

Master Men - Matt Shepherd

Open 800m - Kim Delaney

Open 800m - Chris Mullen



**2008 DRAGON DERBY. ST GEORGE ATHLETES COMPETING IN THE U10G DISCUS.  
DYONE BETTEGA, JAIMIE-LEE RIOS, JASMINE FISHER, SAMANTHA ALESSIO  
AND AT BACK GRACE ROBINSON.**



**JACOB RIOS IN ACTION IN THE U9 BOYS 100m &  
JAIMIE-LEE RIOS IN THE U10 GIRLS SHOT PUT  
AT THE DRAGON DERBY 2008.**





**MATTHEW SHEPPARD, JON HEAP AND CATHERINE HEAP.  
COMPETED IN THE MASTERS EVENTS AT THE 2007 DRAGON DERBY.  
JON HEAP TOOK OUT THE MENS TITLE.**



**MICHAEL IOSEFO, BUSY AT THE BBQ, ENSURED THAT ALL ST GEORGE ATHLETES  
AND PARENTS STAYING OVERNIGHT IN NOWRA WERE WELL FED FOR SUNDAYS  
COMPETITION AT THE DRAGON DERBY CARNIVAL.**



**TRAINING AND COMPETITION STARTS EARLY FOR OUR VERY YOUNG ST GEORGE LITTLE ATHLETES.  
L-R: SAVANNAH FISHER, TWO LITTLE SEFO'S & COOPER SHEPPARD.**



# **STATE RELAY REPORT**

Congratulations to all our competing teams at the 2007 State Relay Championships. Each team competed with great spirit and enthusiasm on the day. Many thanks to those parents from the junior teams on the Saturday who fulfilled our allocated duties assigned to our centre for the weekend. This is a really fun day for all the athletes who compete as it is one of the only Championships where they get to compete as a team.

Congratulations to our U9 Boys Field team in the Shot Put/ Discus Relay team who placed 1st at the NSW State Relay Championships. The team consisted of Jacob Rios, Pita Toamotu, Zane Stanley & Louis Zacharopoulos.

The following teams placed in the top 8 in their age groups:

U9 boy's 4x100m team – 5th (Nicholas Chan, Tyson Kingston, Jonathon Powditch, Liam Pemberton)

U8 Mixed 4x200m team – 5th (Talia Fisher, Laura Sieb, Matteo Tischia, Nathaniel Taylor)

U10 Girls long/high team – 7th (Jaimie-Lee Rios, Margaret Zacharopoulos, Carla Papac, Jasmine Fisher)

U8 Boys long jump team – 7th (Luke Byrnes, Jacob Botic, Zean Harris, Iavor Nikolaev)

U8 boy's shot/discus team – 6th (Luke Byrnes, Jacob Botic, Zean Harris, Iavor Nikolaev)

U15 girl's 4x100m team -7th (Somer Logan, Keira Lake, Knopf, Bintu Colley, Evelyn Adu)

U15 boys 4x100 team – 6th (Stephen Holbeach, James Gwynne, Wade Johnson, Joel Brady)

A special mention to David Hughes who was the only competitor in his U11 boys field teams but still competed and showed fantastic club spirit in doing so and proudly wore the colours of STGLAC. Well done to all our athletes on their achievements at the State Relays.



**JACOB RIOS & PITA TOAMOTU, MEMBERS OF THE GOLD WINNING U9 BOYS SHOT/DISCUS RELAY TEAM. GETTING IN PRACTICE FOR THE STATE RELAYS AT THE 2007 DRAGON DERBY.**



# TRANS TASMAN 2008

In January this year I had the opportunity to travel with the NSW Little Athletics team on the Trans Tasman Tour to New Zealand.

Over 12 days we took part in Zone Carnivals, and sightseeing around Auckland, before taking on the New Zealand athletes in the Challenge Cup Carnival.

Training and competing went side by side with educational and cultural activities on the tour itinerary. Trips to Auckland Museum, Te Puia Cultural Centre at Rotorua, and an overnight stay in a Marae ranked highly. Being welcomed by the Maoris was a very moving experience. The camaraderie amongst the athletes, the singing and chanting on the buses, and the many and varied day trips made it a very interesting trip!

As an Assistant Section Manager with one of the girls groups, I was kept busy organising, and 'mothering' the group, but was also able to share their highlights and watch them grow with the experience. If you have the opportunity to go on tour in the future, as an athlete or a section assistant, my advice is to DO IT! You won't regret it.

Three St George athletes took part in this year's tour - David Hughes (U11), Megan Heap (U12) and Joshua Kasparian (U12).

"I really enjoyed meeting Jared my Kiwi buddy, and we have kept in touch with letters and e-mails. I liked our day at Rainbows End fun park too. I met some nice people, and I was happy to improve both my 1500m and Long Jump (twice) PB's while on tour". (David)

"Competing at the carnivals and meeting all the athletes from other clubs and New Zealand was great. I enjoyed the fun parks and especially going to Waiwera Hot Springs. I improved my High Jump PB while on tour. I would definitely recommend the tour to other athletes". (Joshua)

"I had a fantastic time on the Trans Tasman it was definitely one of the best things I have ever done. I got a PB in my long jump, and got chosen for the B field relay team. Some of the best things had to be Rainbows End, a Theme Park, pick up an Aussie day and the athletics. The Trans Tasman is a brilliant thing that I would recommend to everyone". (Megan)

Toni Hughes  
(Mum of David - U11's)



**ST GEORGE ATHLETES - 2008 NSW TRANS TASMAN REPRESENTATIVES**  
FRONT: DAVID HUGHES - U11 BOYS, TONI HUGHES (SECTION MANAGER), MEGAN HEAP- U12 GIRLS  
BACK: JOSHUA KASPARIAN - U12 BOYS

# ZONE CHAMPIONSHIPS REPORT

An interesting weekend of weather was experienced by those athletes & parents who attended the Southern Metropolitan Zone Championships at “the Ridge” athletics track last weekend. Saturday saw everyone almost experience four seasons in one, while Sunday was a day of rain. But the Championships go on no matter what the weather conditions. Our 151 competing St George Little Athletes achieved fantastic results, whether it was qualifying for Region, qualifying into a final or simply doing their very best on the day. We had 67 athletes from U8's to U15's qualify for the Regional Championships to be held in a week's time at Sylvania. In the Under 7's, four girls, Sierra Blattman, Savannah Clegg, Ebony Gould and Catelyn McKenzie and three boys, Jared Rios, Jacob Dol and Sebastian Herbert won medals in their various events. Under 7's do not compete at Region. Our two boys relay teams qualified for the Regional Championships and we had 4 athletes, Pita Toamotu, Hame Sele, Joshua Knopff, and Grace Robinson break existing Zone records. A very good effort indeed! Thank you to all those parents who completed their duties and a special thank you to those parents who did an extra shift on behalf of those parents who failed to show for their duties. To those parents who had a duty on Sunday, a special thank you to those of you who were out in the rain but managed to get through it with a smile. A special thank you to our Officer for Officials, Mr Paul Byrnes who drew up the roster, ensured that parents were informed of where and when they would be needed and spent the weekend chasing any parent who forgot to get to their duty on time. Paul also filled in doing duties for parents on Sunday afternoon who did not show. A special mention to Moira Bettega, who ensured St George athletes checked in and were in correct uniform. Thank you also to Chris Robinson, Lisa Rios, Michael and Leta Iosefo, lead by club stalwart Ben Tinker who erected the gazebos on the Friday afternoon, that provided the much needed and appreciated shade and shelter from the weather for St George athletes and parents.



ST GEORGE ATHLETES AND PARENTS  
EXPERIENCED VERY WET CONDITIONS DURING  
THE RUNNING OF SUNDAYS 2007/08  
ZONE PROGRAM.



JARED RIOS IS PRESENTED WITH THE  
BRONZE MEDAL IN THE U7 BOYS DISCUS  
AT THE 2007 / 08 SOUTHERN METROPOLITAN.  
ZONE CHAMPIONSHIPS

# SOUTH METROPOLITAN ZONE RESULTS FOR ST GEORGE ATHLETES

**Centre:** 9 - St George

**Age Group:** U/7 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Dean Caccamo	54	Discus			8	8.79	
		Pack Start			9	2-12.8	
		Shot Put			10	2.76	
		Long Jump			11	1.88	
William Carey	283	70M Run	7	16.8			
		Long Jump			12	1.59	
		Pack Start			10	2-57.7	
Jacob Dol	288	100M Run	1	18.3	1	17.9	
		Pack Start			3	1-53.2	
		Long Jump			4	2.55	
		Discus			6	12.11	
Sebastian Herbert	233	200M Run	3	38.3	4	37.0	
		100M Run	2	18.9	2	17.9	
		70M Run	1	12.9	1	12.9	
		Discus			7	12.06	
Sean Karkoulas	294	200M Run	6	42.9			
		100M Run	7	20.6			
		Pack Start				No Result	
		70M Run		No Result			
Jared Rios	29	Shot Put			6	4.63	
		Discus			3	13.26	
		70M Run	6	13.9			
		200M Run	6	42.1			
Matthew Whittet	85	50M Run		No Result	7	10.7	
		Long Jump			7	2.53	
		Shot Put			9	3.52	

**Age Group:** U/8 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Num Burnett	184	60M Hurdles		No Result	6	14.0	
		200M Run	6	46.1			
		Pack Start			12	3-14.2	
		400M Run	6	1-47.1			
Luke Byrnes	57	70M Run	5	14.4			
		Long Jump			9	2.58	
		Discus				No Result	
		Shot Put			1	7.31	****
Lachlan Crawford	484	Pack Start			6	2-52.4	
		400M Run	5	1-28.9			
Leopold Kostas	172	Long Jump			8	2.64	
		60M Hurdles		No Result	7	14.4	
		400M Run	3	1-23.7	4	1-26.2	****
		Pack Start			2	2-40.9	****

Jayden Shepherd	348	Discus				No Result	
		100M Run	5	21.8			
		Long Jump			12	2.25	
		60M Hurdles		No Result	9	16.1	
Nathanael Taylor	361	100M Run	1	16.7	3	17.3	****
		400M Run	1	1-20.7	2	1-21.0	****
		Pack Start			1	2-38.8	****
		200M Run	1	36.4	3	36.1	****
Matteo Tiscia	290	70M Run	1	11.9	1	11.9	****
		200M Run	1	36.1	1	35.4	****
		Long Jump			1	3.23	****
		100M Run	1	16.7	1	16.5	****

#### Age Group: U/9 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Nicholas Chan	175	100M Run	1	15.2	2	15.4	****
		Long Jump			7	3.34	
		70M Run	2	11.1	2	11.2	****
		200M Run	2	33.0	3	33.7	****
Tyson Kingston	381	100M Run	5	16.3	8	17.2	
		Long Jump			11	3.02	
		60M Hurdles	4	11.6	7	11.7	
		200M Run		No Result			
Ben Petrovski	188	200M Run	4	36.0			
		800M Run			11	3-14.4	
		400M Run	2	1-22.7	8	1-26.7	
		High Jump				No Result	
Jonathan Powditch	266	70M Run	5	11.7			
		Long Jump			5	3.39	
		60M Hurdles	1	10.8	1	10.8	****
		100M Run	3	16.2			
Jacob Rios	28	400M Run	2	1-15.5	2	1-13.3	****
		Discus			4	16.71	****
		700M Walk				DISQ	
		800M Run			5	2-55.3	
Zane Stanley	186	Discus			8	14.03	
		Long Jump			12	2.98	
Pita Toamotu	168	Shot Put			1	10.55	****
		70M Run	8	13.9			
		100M Run	7	19.6			
		Discus			2	18.77	****

#### Age Group: U/10 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Benjamin Alessio	344	100M Run	1	14.1	1	14.2	****
		400M Run	1	1-08.4	1	1-07.0	****
		70M Run	1	10.3	1	10.3	****
		200M Run		No Result	1	29.5	****
Scott Armstrong	338	1500M Run			7	6-33.4	
		200M Run		No Result	7	37.4	
		400M Run	6	1-28.9			
		70M Run	7	12.6			

Nut Burnett	183	1500M Run			8	6-37.8	
		400M Run	6	1-28.9			
		100M Run	6	17.7			
Blake Grosvenor	358	High Jump			5	1.15	
		Discus				No Result	
		60M Hurdles					
		Shot Put			4	6.93	****
Zack Heap	111	800M Run			3	3-01.7	****
		Discus			5	20.78	
		Shot Put			5	6.36	
		400M Run	4	1-22.2	5	1-21.3	
Benjamin Lewis	145	200M Run		No Result	5	35.1	
		70M Run	1	11.3	4	11.3	****
Ted Patroulias	202	800M Run			6	3-14.8	
		60M Hurdles		No Result	7	12.9	
		100M Run	2	15.8	4	15.5	****
		70M Run	3	11.3	5	11.4	
Michael Pejoski	58	Shot Put			11	5.26	
		Discus			11	12.15	
		1500M Run			9	6-57.9	
		800M Run			8	3-24.4	
Ewan Watts	22	100M Run	6	17.8			
		200M Run					
		800M Run			9	3-35.4	
		1500M Run				No Result	

**Age Group:** U/11 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Hayden Ebb	243	Triple Jump			3	8.66	****
		60M Hurdles		No Result	3	11.6	****
		200M Run	4	32.7			
		100M Run	7	15.5			
David Hughes	61	High Jump			7	1.10	
		Discus			8	14.75	
		Triple Jump			8	7.56	
		1500M Run			9	6-23.4	
Peter Kearsey	96	800M Run			10	3-26.6	
Brodie Mellor	443	800M Run				No Result	
		1500M Run				No Result	
		400M Run	3	1-15.4	4	1-10.8	****
		Shot Put			2	10.78	****
Luke Mrakovcic	190	Long Jump			3	4.15	****
		Triple Jump				No Result	
		200M Run	2	31.5	5	31.1	
		100M Run	3	15.0	4	15.1	****
James Nielsen	245	1500M Run			7	6-01.3	
		60M Hurdles		No Result	6	12.7	
		800M Run				No Result	
		100M Run		No Result			
Davis Petrovski	187	400M Run	4	1-15.7	8	1-20.1	
		1500M Run			6	5-50.9	
		800M Run			5	2-52.5	
		200M Run	7	35.4			

Hame Sele	333	Shot Put			1	12.18	****
		Long Jump				No Result	
		100M Run	6	17.6			
		Discus			1	28.91	****
Mitchell Whittet	83	Triple Jump				No Result	
		Long Jump			12	2.78	
		Discus			5	16.11	
		Shot Put			4	7.61	****

#### Age Group: U/12 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
William Burgess	137	High Jump				No Result	
		200M Run	5	31.8		No Result	
		100M Run		No Result	5	14.7	
		60M Hurdles			8	11.6	
Yianni Economou	492	800M Run			5	2-51.5	
		400M Run	4	1-19.7	8	1-21.0	
		Triple Jump				No Result	
Kurt Joyner	441	100M Run		No Result	1	14.3	****
		60M Hurdles			7	11.3	
		400M Run	1	1-03.3	2	1-04.8	****
		Long Jump			1	4.70	****
Joshua Kasparian	141	Long Jump			7	4.15	
		200M Run	2	30.7	2	30.3	****
		800M Run				No Result	
		100M Run		No Result	2	14.4	****
Gavin Parkinson	26	Shot Put			4	4.16	****
Jordan Roubekas	383	800M Run				No Result	
		Triple Jump			6	8.68	
		100M Run		No Result	4	14.5	****
		Long Jump			3	4.36	****
Jordan Seib	80	400M Run	4	1-12.9	7	1-17.5	
		1500M Run			7	6-17.7	
		200M Run	3	33.4		No Result	
		800M Run			7	3-00.8	
Brodie Stanley	185	Discus			2	23.69	****
Aaron Thompson	133	High Jump				No Result	
		Triple Jump			3	8.87	****
		Long Jump			9	4.13	
		200M Run	2	31.6	6	32.9	

#### Age Group: U/13 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Mark Armstrong	337	3000M Run			5	12-37.0	
		High Jump			5	1.30	
		200M Run		No Result	4	31.6	****
		400M Run		No Result	4	1-11.6	****
Christopher Caccamo	52	Long Jump			6	3.61	
		Javelin				No Result	
Paul Caccamo	53	Javelin				No Result	
		Long Jump			5	3.74	



Benjamin Dawson	324	Javelin			No Result	
		Triple Jump		4	10.01	****
		80M Hurdles			No Result	
		100M Run	No Result	6	14.5	
Riley Delaney	36	800M Run		1	2-28.8	****
		3000M Run		1	10-56.2	****
		1500M Run		1	5-07.3	****
Alex Johnston	174	100M Run	No Result	1	13.7	****
		Javelin		7	13.51	
		Triple Jump		2	10.65	****
		200M Run				
Joshua Knopf	114	100M Run	No Result	2	13.7	****
		Triple Jump		1	10.95	****
		Discus		4	23.26	****
		200M Run				
Thomas Mullen	38	800M Run		5	2-54.0	
		3000M Run			No Result	
		1500M Run		7	5-52.4	
Alfred Sefo	19	Discus			No Result	
		200M Run	No Result	5	32.3	
		Shot Put		1	11.46	****
		100M Run				
James Shalala	41	Long Jump			No Result	
		1500M Run		5	5-37.1	
James Shalala	41	3000M Run		3	11-42.4	****
		Triple Jump		7	8.88	
David Watts	21	200M Run	No Result	6	34.6	
		80M Hurdles		4	19.8	****
		High Jump			No Result	
		400M Run	No Result	5	1-13.7	

#### Age Group: U/14 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Jarrod Parkinson	25	Discus				No Result	
		Long Jump			7	3.14	
Anthony Sefo	18	100M Run			8	14.4	
		200M Run	2	29.1	2	26.8	****
		400M Run				No Result	
		Shot Put			1	11.76	****

#### Age Group: U/15 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Matthew Ashton(16)	17	Triple Jump				No Result	
		High Jump				No Result	
		200M Run		No Result		No Result	
		100M Run		No Result	2	12.2	****
Joel Brady	483	Discus			9	17.32	
		1500M Run			5	5-09.8	
		800M Run			3	2-25.5	****
		400M Run		No Result	4	1-05.5	****

Douglas Cook(17)	50	800M Run 1500M Run		No Result No Result	
James Gwynne	11	100M Hurdles 200M Hurdles	2 2	17.2 29.0	**** ****
Stephen Holbeach	7	Triple Jump 400M Run Long Jump 200M Run	 No Result  No Result	12.41 55.1 5.48 25.3	**** **** **** ****
Wade Johnson	1	1500M Run 200M Run 400M Run 100M Hurdles	  No Result 4	5-11.9  1-01.9 19.1	  **** ****
Tye Stanley	3	1500M Walk	2	9-48.6	****

**Age Group:** Junior Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
. St George	5001	4 x 100 Relay			2	59.6	****

**Age Group:** Senior Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
. St. George	5003	4 x 100 Relay			2	54.2	****

**Age Group:** U/7 Girls

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Sierra Blattman	208	Pack Start 70M Run	 3	 13.7	2 5	2-03.7 14.2	
Savannah Clegg	98	100M Run 50M Run 70M Run Discus	2  1	19.4  13.7	6 2 3 7	20.1 9.9 13.8 7.23	
Ebony Gould	82	100M Run Long Jump 200M Run 70M Run	1  3 2	19.3  42.7 13.6	3 1 3 2	19.4 2.46 40.6 13.8	
Hannah Jackson	301	70M Run 100M Run 200M Run 50M Run	5 7 7	16.3 24.1 52.7	   6	   11.5	
Catelyn McKenzie	165	Long Jump 200M Run 100M Run Pack Start	 1 2	 38.7 19.3	3 1 1 1	2.32 38.7 19.0 1-59.5	

**Age Group:** U/8 Girls

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?		
Lea Benjamin	62	60M Hurdles	6	14.0	8	1-40.6 No Result			
		400M Run	4	1-42.4					
		Discus							
Chermay Chaves	227	70M Run	5	13.2	12	2.78			
		Shot Put							
		200M Run	4	44.2					
Louisa Denton	353	70M Run	6	13.5					
		100M Run	7	19.4					
		60M Hurdles	8	17.0					
Talia Fisher	46	100M Run	2	17.6	5	17.5			
		Long Jump			1	3.05	****		
		200M Run	1	37.8	3	37.0	****		
		70M Run	2	12.4	2	12.2	****		
Rebecca Janes	94	60M Hurdles	6	14.4					
		Long Jump						5	2.81
		70M Run	4	13.1				7	13.1
		Pack Start						10	3-12.6
Natalya Jovanov	410	Discus			11	6.87			
		Shot Put			11	2.80			
Brittany Kay	31	Discus	5	1-46.4	10	7.03			
		400M Run			4	4.41			
		Shot Put							
Taylah Mellor	444	400M Run Pack Start	3	1-35.1	5	1-31.7 No Result			
Claire Ollivain	127	400M Run	5	1-42.8					
		Discus			12	5.98			
		Shot Put			10	3.11			
Laura Seib	81	Pack Start	2	40.1	6	2-56.7	****		
		200M Run			6	39.6			
		Long Jump			4	2.83			
		100M Run			6	18.6			
Freya Torode	181	Pack Start			3	2-48.5	****		
Laura Wilson	113	60M Hurdles	8	14.2	11	2.39			
		Long Jump							

**Age Group:** U/9 Girls

<b>Athlete Name</b>	<b>Number</b>	<b>Event</b>	<b>Heat Place</b>	<b>Heat Result</b>	<b>Final Place</b>	<b>Final Result</b>	<b>Qual?</b>
Emma Berry	397	800M Run			12	3-53.4	
		Long Jump			19	1.99	
Rhianna Berry	396	Discus			11	No Result	
		Shot Put				2.81	
Jamyka Blattman	207	800M Run	3	35.7	5	3-15.1	
		200M Run			8	36.9	
Giselle Kilner-Parmenter	269	Long Jump			14	2.61	
	269	High Jump			10	.90	

Grace McDonnell	179	Long Jump			7	3.07	
		400M Run	4	1-28.8			
		800M Run				No Result	
Grace Robinson	167	200M Run	5	36.4	7	36.6	
		100M Run	4	17.0	7	17.1	
		Shot Put			1	9.08	****
		Discus			1	21.58	****
Danea Roubekas	384	Shot Put			7	3.97	
		200M Run		No Result			
		60M Hurdles	5	13.3			
Madeleine Saksida	206	60M Hurdles	3	12.0	6	12.0	
		200M Run		No Result			
		800M Run			3	3-11.4	****
		400M Run	2	1-22.5	2	1-20.8	****
Regina Sefo	20	70M Run		No Result			
		60M Hurdles	2	12.4	7	12.2	
		Shot Put			2	6.35	****
		100M Run	3	17.2			
Rebecca Shalala	42	Discus				No Result	
		High Jump			5	.97	
Whitney Sheffield	240	70M Run	6	14.0			
		400M Run	7	1-39.5			
Rachel Whittet	84	Discus			4	13.91	****
		60M Hurdles	4	12.7			
		High Jump			3	1.03	****

**Age Group:** U/10 Girls

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Chloe Ashton	78	100M Run	7	17.9			
		200M Run	5	39.1			
		70M Run	7	12.7			
		400M Run	6	1-35.5			
Dyone Bettega	460	Discus			2	19.49	****
		Long Jump			12	2.74	
		100M Run	8	17.9			
		70M Run	6	12.3			
Erica Coote	140	200M Run	6	39.0			
		Long Jump				No Result	
Casey Day	394	200M Run	6	43.3			
		800M Run			9	3-40.6	
Jasmine Fisher	45	70M Run	5	12.0			
		100M Run	4	16.8	7	16.9	
		Long Jump			3	3.33	****
		1100M Walk				DISQ	
Jade Kearsey	97	1100M Walk				No Result	
		1500M Run			7	6-43.2	
Carla Papac	147	High Jump			7	.95	
		800M Run			3	2-56.7	****
		400M Run	1	1-16.6	2	1-14.9	****
		1500M Run			3	6-06.6	****



Jaimie-Lee Rios	27	1100M Walk			3	7-36.3	****
		Discus				No Result	
		Shot Put			2	6.77	****
		400M Run	2	1-17.6	6	1-18.4	
<b>Age Group: U/11 Girls</b>							
Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Seraphina Brown	459	60M Hurdles	4	13.1	8	13.1	
		Discus			6	16.50	
		Shot Put			7	6.10	
Chiara Christian	100	800M Run			8	3-07.9	
		200M Run	4	33.8	8	34.5	
		400M Run	1	1-18.3	5	1-18.6	
		1500M Run			9	6-38.5	
Monica Denton	352	200M Run	4	34.5			
		Triple Jump			5	8.21	
		Long Jump			9	3.36	
		High Jump			9	1.15	
Kristin Economou	493	800M Run			4	2-52.9	****
		1500M Run			5	6-01.2	
		400M Run	2	1-19.6	6	1-20.7	
Georgia Grattan	86	Triple Jump			15	6.18	
		400M Run	6	1-30.0			
		Discus			10	9.74	
Dominique Johnston	438	60M Hurdles	4	12.3	6	12.0	
		High Jump			12	1.05	
		Shot Put			2	7.95	****
		Triple Jump			10	7.47	
Sally Mulheron	99	60M Hurdles	7	15.6	8	13.1	
		Long Jump			12	3.27	
Mary Nawaikabakaba	254	Long Jump			3	3.86	****
		100M Run	3	15.2		No Result	
		High Jump			5	1.20	
		200M Run	1	31.8	2	31.2	****
Zoe Pattey	55	100M Run	3	15.9	6	15.9	
		Long Jump				No Result	
		200M Run		No Result			
Alexandra Rothwell	247	1500M Run			11	6-48.1	
		400M Run	4	1-30.6			
		800M Run			10	3-26.3	
Taylah Sorrensen-Talbot	30	800M Run			12	3-46.0	
		1100M Walk				DISQ	
		Shot Put				No Result	
		Discus			11	7.90	
Madalanne Taylor	360	100M Run	5	16.8			
		Shot Put			9	4.52	
		60M Hurdles	5	13.6			
		Discus			12	7.55	
Belinda Thompson-White	209	Triple Jump			14	6.48	
		100M Run	7	17.9			
Ruby Torode	500	1500M Run			1	5-35.7	****

**Age Group:** U/12 Girls

<b>Athlete Name</b>	<b>Number</b>	<b>Event</b>	<b>Heat Place</b>	<b>Heat Result</b>	<b>Final Place</b>	<b>Final Result</b>	<b>Qual?</b>
Claudia Butters	217	Triple Jump			9	6.16	
		Shot Put			7	6.50	
		800M Run			13	3-21.4	
Isabel Byrnes	56	Discus			8	12.54	
		Shot Put			8	6.16	
		1500M Walk				DISQ	
Megan Heap	110	High Jump			4	1.27	****
		Long Jump			4	4.00	****
		800M Run			11	3-11.2	
		Discus			4	17.98	****
Madelaine Holbeach	44	Triple Jump			2	8.79	****
		Long Jump			3	4.20	****
		100M Run	3	14.4	5	14.4	
		High Jump				No Result	
Carolena Kostas	171	Long Jump				No Result	
		400M Run		No Result	4	1-16.7	****
		800M Run			2	2-36.1	****
		1500M Run			2	5-21.3	****
Steph Kyrgias	452	High Jump			6	1.20	
		800M Run				No Result	
		100M Run	6	15.7			
		200M Run					
Lois O'Loughlin	280	Discus				No Result	
		200M Run					
		High Jump				No Result	
		Triple Jump			6	7.16	
Sinead Sheffield	239	100M Run	7	15.7			
		Triple Jump			7	6.87	
		400M Run		No Result	5	1-19.6	
		200M Run		No Result	8	34.4	

**Age Group:** U/13 Girls

<b>Athlete Name</b>	<b>Number</b>	<b>Event</b>	<b>Heat Place</b>	<b>Heat Result</b>	<b>Final Place</b>	<b>Final Result</b>	<b>Qual?</b>
Bronte English	289	3000M Run			5	13-24.4	
Kelly Gilbert	49	200M Hurdles		No Result	3	34.4	****
		Long Jump				No Result	
		80M Hurdles		No Result	5	17.2	
Nicole Janes	93	Javelin			5	14.55	
		100M Run					
		Discus			6	16.72	
Korina Johnson	79	High Jump			12	1.25	
		Discus			5	16.84	
		Shot Put			4	6.09	****
		Long Jump				No Result	
Naomi Lopez	34	Javelin			4	18.01	****
		400M Run		No Result			
		200M Run	3	29.6	5	29.4	
		100M Run		No Result	3	13.9	****

Stephanie Walpole	316	Discus		7	14.38	
		Shot Put		1	7.45	****
		Javelin		8	10.93	
Emily West	75	1500M Run		4	6-01.9	****
Emily Wilson	112	Long Jump		4	4.14	****
		100M Run	No Result	7	14.9	
		80M Hurdles	No Result	9	18.6	
		Javelin		6	12.82	

**Age Group:** U/14 Girls

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Rachel Brown	180	Triple Jump			8	8.06	
		Long Jump			12	3.61	
		400M Run		No Result	8	1-13.2	
		200M Run	5	31.7	8	31.6	
Kate Caccamo	51	Long Jump			1	4.54	****
		Triple Jump			1	10.27	****
		High Jump			3	1.43	****
		200M Run		No Result			
Alice Iosefo	448	Long Jump			13	3.23	
		Shot Put			1	12.64	****
		Discus			1	33.43	****
		Javelin			3	21.63	****
Elysse Jones	131	Triple Jump			7	8.62	
		200M Run	3	30.4	5	30.1	
		100M Run		No Result	8	14.6	
		Long Jump			5	4.33	
Rachel Mannion	134	400M Run		No Result	5	1-09.7	
		200M Hurdles			6	38.0	
		Triple Jump				No Result	
Philippa Nawaikabakaba	253	Shot Put				No Result	
		High Jump			7	1.25	
		Triple Jump				No Result	
		Long Jump			9	3.83	
Kelly Ng	495	80M Hurdles			8	19.4	
		400M Run					
		200M Run		No Result			
		100M Run		No Result	10	16.4	

**Age Group:** U/15 Girls

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Evelyn Adu	496	Discus				No Result	
		High Jump			3	1.44	****
		800M Run				No Result	
		Long Jump			9	3.32	
Bintu Colley	494	90M Hurdles			3	18.0	****
		100M Run			3	13.8	****
		200M Run		No Result	3	29.9	****
		400M Run					

Amy Coote	4	800M Run		No Result		
		400M Run	No Result	2	1-05.0	****
		200M Run	No Result	4	30.2	****
		High Jump			No Result	
Rachel Goodier	6	Javelin			No Result	
		1500M Walk			No Result	
		200M Run				
		100M Run			No Result	
Natasha Knopf	15	100M Run		6	15.3	
Sabrina Momi	60	Long Jump		5	4.13	
		800M Run		4	2-42.8	****
		400M Run	No Result	3	1-05.1	****
		200M Run				

**Age Group: Junior Girls**

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
. St. George	5000	4 x 100 Relay			5	1-04.0	

**Age Group: Senior Girls**

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
. St. George	5002	4 x 100 Relay			5	56.8	

**KEY**

\*\*\*\* Regional Championships Qualification



**RILEY DELANEY IN ACTION IN THE U13 BOYS HIGH JUMP AT THE DRAGON DERBY**



# **REGIONAL CHAMPIONSHIPS REPORT**

Congratulations to all our St George athletes who participated at last weekend's Regional Athletic Championships. St George Little Athletics Centre had fantastic results overall, with 17 athletes qualifying for the State Championships to be held at Sydney Olympic Park Athletic Stadium, Homebush on the 15th & 16th March 2008. Our athletes will compete against other athletes who have also qualified from other regions from all over NSW. All our 57 athletes competed very well with many achieving personal bests in their events and/or being a top eight finalist. Regional records along with St George LAC centre records were broken by our athletes. In the U8's two of our athletes, Luke Byrnes and Matteo Tiscia won medals in their events (U8's do not compete at the State Championships) and Grace Robinson broke the existing Region 3 Shot Put record in the U9 girl's age group. Our Junior boys relay team, Nicholas Chan U9, Ben Alessio U10, Luke Mrakovcic U11 and Aaron Thompson U12, just missed qualifying for the State Championships, placing third. They all ran a fantastic relay and were just pipped on the line for second place. Our Senior boy's team was unable to take their place in the relay as we did not have the required athletes from the appropriate age groups available on the day.

## **STATE CHAMPIONSHIP QUALIFIERS**

**U9B** - Nicholas Chan, Jonathon Powditch, Pita Toamotu

**U9G** - Grace Robinson

**U10B** - Ben Alessio

**U10G** - Carla Papac

**U11B** - Brodie Mellor, Hame Sele

**U12G** - Megan Heap, Madeline Holbeach, Carolena Kostas

**U13B** - Riley Delaney, Joshua Knopf

**U14G** - Kate Caccamo, Alice Iosefo

**U15B** - Stephen Holbeach, Tye Stanley



**Junior Boys Relay Team, Regional Championships 2008. The team achieved 3rd place.**

**L-R: Nicholas Chan U9, Luke Mrakovcic U11, Aaron Thompson U12 and Ben Alessio U10.**

# SOUTH METROPOLITAN REGION RESULTS FOR ST GEORGE ATHLETES

**Age Group:** U/8 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Luke Byrnes	57	Shot Put			2	6.86	
Leopold Kostas	172	Pack Start			9	2-36.4	
		400M Run	4	1-22.2	8	1-25.0	
Nathanael Taylor	361	200M Run	6	34.2			
		Pack Start			5	2-31.9	
		100M Run	4	16.8			
		400M Run	4	1-20.5	7	1-20.2	
Matteo Tiscia	290	70M Run	1	11.2	1	11.1	
		100M Run	2	15.8	3	15.8	
		Long Jump			9	3.02	
		200M Run	2	33.8	4	33.1	

**Age Group:** U/9 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Nicholas Chan	175	200M Run	4	31.1	6	32.3	
		70M Run	2	10.8	2	10.5	****
		100M Run	1	15.1	4	15.2	
Jonathan Powditch	266	60M Hurdles	3	11.0	3	10.9	****
Jacob Rios	28	Discus			9	15.26	
		400M Run	2	1-13.2	8	1-15.2	
Pita Toamotu	168	Discus			1	25.47	****
		Shot Put			1	8.89	****

**Age Group:** U/10 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Benjamin Alessio	344	100M Run	1	14.0	1	13.6	****
		70M Run	1	10.2	1	9.7	****
		200M Run	1	28.0	1	28.0	****
		400M Run	1	1-06.1	1	1-05.7	****
Zack Heap	111	800M Run			12	3-00.3	
Benjamin Lewis	145	70M Run	6	11.2			
Ted Patroulias	202	100M Run	6	15.0			

**Age Group:** U/11 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Hayden Ebb	243	60M Hurdles	3	11.2	8	11.5	
		Triple Jump			8	8.51	
Brodie Mellor	443	400M Run	3	1-10.2	2	1-08.8	****
		Shot Put			2	10.37	****

Luke Mrakovcic	190	100M Run	5	14.8			
		Long Jump			7	4.13	
Hame Sele	333	Shot Put			1	12.90	****
		Discus			1	29.23	****
Mitchell Whittet	83	Shot Put			9	8.00	

**Age Group:** U/12 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Joshua Kasparian	141	200M Run		No Result			
		100M Run	6	14.3			
Brodie Stanley	185	Discus			9	19.09	
Aaron Thompson	133	Triple Jump			4	9.46	

**Age Group:** U/13 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Mark Armstrong	337	400M Run	6	1-09.8			
		200M Run	6	30.0			
Benjamin Dawson	324	Triple Jump			6	9.55	
Riley Delaney	36	3000M Run			1	10-40.5	****
		800M Run			2	2-24.3	****
		1500M Run			2	4-53.3	****
Joshua Knopf	114	Triple Jump			3	10.33	****
		Discus			13	22.04	
		100M Run	4	13.7		No Result	
James Shalala	41	3000M Run			6	11-11.2	

**Age Group:** U/14 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Anthony Sefo	18	Shot Put				No Result	
		200M Run					

**Age Group:** U/15 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Joel Brady	483	800M Run			6	2-24.7	
		400M Run	4	1-01.7	7	1-00.7	
James Gwynne	11	100M Hurdles		No Result	7	16.6	
		200M Hurdles	3	29.4	5	29.4	
Stephen Holbeach	7	Triple Jump			1	11.84	****
		200M Run	2	25.5	2	24.0	****
		400M Run	3	1-00.4	2	53.9	****
		Long Jump			3	5.75	****
Wade Johnson	1	400M Run	3	1-00.7	6	1-00.2	
		100M Hurdles					
Tye Stanley	502	1500M Walk			1	9-09.9	****

**Age Group:** Junior Boys

<b>Athlete Name</b>	<b>Number</b>	<b>Event</b>	<b>Heat Place</b>	<b>Heat Result</b>	<b>Final Place</b>	<b>Final Result</b>	<b>Qual?</b>
St George .	5001	4 x 100 Relay			3	57.5	

**Age Group:** U/8 Girls

<b>Athlete Name</b>	<b>Number</b>	<b>Event</b>	<b>Heat Place</b>	<b>Heat Result</b>	<b>Final Place</b>	<b>Final Result</b>	<b>Qual?</b>
Talia Fisher	46	200M Run	4	36.0	6	36.1	
		70M Run	5	11.7	7	11.6	
		Long Jump			5	3.13	
Brittany Kay	31	Shot Put			8	4.62	
Laura Seib	81	Long Jump			15	2.57	
Freya Torode	181	Pack Start			11	2-53.1	

**Age Group:** U/9 Girls

<b>Athlete Name</b>	<b>Number</b>	<b>Event</b>	<b>Heat Place</b>	<b>Heat Result</b>	<b>Final Place</b>	<b>Final Result</b>	<b>Qual?</b>
Grace Robinson	167	Shot Put			1	8.85	****
	167	Discus			1	24.54	****
Madeleine Saksida	206	400M Run	5	1-19.7			
		800M Run			11	3-08.6	
Rachel Whittet	84	High Jump			8	.95	
		Discus			14	5.13	

**Age Group:** U/10 Girls

<b>Athlete Name</b>	<b>Number</b>	<b>Event</b>	<b>Heat Place</b>	<b>Heat Result</b>	<b>Final Place</b>	<b>Final Result</b>	<b>Qual?</b>
Dyone Bettega	460	Discus			7	18.95	
Jasmine Fisher	45	Long Jump			13	3.27	
Carla Papac	147	800M Run				No Result	
		1500M Run			3	5-48.1	****
		400M Run	3	1-16.1	6	1-15.1	
Jaimie-Lee Rios	27	1100M Walk			5	7-26.9	
		Shot Put			4	6.59	

**Age Group:** U/11 Girls

<b>Athlete Name</b>	<b>Number</b>	<b>Event</b>	<b>Heat Place</b>	<b>Heat Result</b>	<b>Final Place</b>	<b>Final Result</b>	<b>Qual?</b>
Kristin Economou	493	800M Run			9	2-50.5	
Dominique Johnston	438	Shot Put			10	6.90	
Mary Nawaikabakaba	254	Long Jump			6	4.07	
		200M Run	5	30.8			
Ruby Torode	500	1500M Run			6	5-38.3	



**Age Group: U/12 Girls**

<b>Athlete Name</b>	<b>Number</b>	<b>Event</b>	<b>Heat Place</b>	<b>Heat Result</b>	<b>Final Place</b>	<b>Final Result</b>	<b>Qual?</b>
Megan Heap	110	Long Jump			9	3.96	
		Discus			8	18.86	
		High Jump			2	1.39	****
Madelaine Holbeach	44	Long Jump			5	4.36	
		Triple Jump			2	9.44	****
		100M Run	4	14.0	6	14.0	
Carolena Kostas	171	800M Run			3	2-34.5	****
		1500M Run			3	5-11.6	****

**Age Group: U/13 Girls**

<b>Athlete Name</b>	<b>Number</b>	<b>Event</b>	<b>Heat Place</b>	<b>Heat Result</b>	<b>Final Place</b>	<b>Final Result</b>	<b>Qual?</b>
Kelly Gilbert	49	200M Hurdles	5	35.3			
Korina Johnson	79	Shot Put				No Result	
		Javelin			10	12.69	
Naomi Lopez	34	100M Run	4	13.9	7	13.4	
Stephanie Walpole	316	Shot Put			6	7.10	
Emily West	75	1500M Run			7	5-46.2	
Emily Wilson	112	Long Jump			15	3.79	

**Age Group: U/14 Girls**

<b>Athlete Name</b>	<b>Number</b>	<b>Event</b>	<b>Heat Place</b>	<b>Heat Result</b>	<b>Final Place</b>	<b>Final Result</b>	<b>Qual?</b>
Kate Caccamo	51	High Jump			5	1.46	
		Triple Jump			1	10.83	****
		Long Jump			3	4.81	****
Alice Iosefo	448	Shot Put			2	12.29	****
		Discus			3	32.33	****
		Javelin				No Result	

**Age Group: U/15 Girls**

<b>Athlete Name</b>	<b>Number</b>	<b>Event</b>	<b>Heat Place</b>	<b>Heat Result</b>	<b>Final Place</b>	<b>Final Result</b>	<b>Qual?</b>
Sabrina Momi	60	400M Run	2	1-05.3	4	1-04.3	
		800M Run			5	2-37.4	

**KEY**

\*\*\*\* State Championships Qualification

# STATE MULTI CHAMPIONSHIPS REPORT

Congratulations to our 8 St George athletes who competed at the State Multi Championships last weekend at Orange. Whilst Sydneysiders woke to a rainy Sunday, visitor's to Orange experienced two days of fantastic weather, great hospitality and terrific athletic competition. All our families had a great time and many are already looking forward to next year. Our St George athletes all had fantastic personal results over the weekend and gave great team support to each other when competing. We may have had only a small number of athletes and parents at the ground, but we certainly were one of the most enthusiastic with support for our athletes. Thank you to Ben Tinker and Lynne Whatman for grabbing a prime position and setting up the shelter and Ben for acting as our centre official on both days. Next years Multi Championships are being held in Lismore and there is already an early commitment from 3 families, to travel and compete at next years Multi Championships.

## RESULTS

AGE GROUP	NAME	POINTS	PLACE
U7B	Jared Rios	3650pts	13th out of 28
U8G	Lea Benjamin	2831pts	32nd out of 45
U9G	Grace Robinson	4519pts	4th out of 52
U9B	Jacob Rios	4550pts	12th out of 35
U9B	Pita Toamotu	3935pts	23rd out of 35
U10G	Jaimie-Lee Rios	3943pts	18th out of 48
U11G	Taylah Sorrensen-Talbot	3191pts	50th out of 60
U12G	Megan Heap	4535pts	12th out of 43



**ST GEORGE LITTLE ATHLETE REPRESENTATIVES AT THE 2007/08 STATE MULTI CHAMPIONSHIPS.**

Front: Grace Robinson, Taylah Sorrensen-Talbot, Jared Rios, Lea Benjamin, Megan Heap, Jaimie-Lee Rios.

Back: Pita Toamotu and Jacob Rios.



**4TH PLACED, GRACE ROBINSON, U9 GIRLS.  
AT THE STATE MULTI CHAMPIONSHIPS PRESENTATION.**



**UP EARLY, READY FOR DAY 2 OF COMPETITION AT THE 2007/08 STATE MULTI CHAMPIONSHIPS, ORANGE.  
GRACE ROBINSON, TAYLAH SORRENSEN-TALBOT, JAIMIE-LEE RIOS, JARED RIOS, JACOB RIOS & PITA TOAMOTU.**

# STATE CHAMPIONSHIPS REPORT

St George Little Athletics Centre was represented by 17 athletes at the NSW Little Athletics State Championships, held at Sydney Olympic Park Athletic Stadium, Homebush, on the 15th & 16th March 2008, with five of our athletes winning medals. Benjamin Alessio, U10 boys, took out first place in all four sprint events he competed in, which is truly a remarkable result. Our throwers went particularly well with Grace Robinson taking double gold in the U9 girls shot put and discus, Pita Toamotu gold in the U9 boys shot put and Hame Sele, double gold in the U11 boys shot and discus. Carolena Costas won two medals in her middle distance events and Alice Iosefo again performed well in shot put. All our athletes performed to the best of their ability over the weekend. Congratulations to each athlete on their achievements.

## St George Athletes - NSWLAA State Championship Results 2008

	GIRLS		BOYS
U9G	GRACE ROBINSON 1st Shot Put 8.09M 1st Discus 24.96	U9B	NICHOLAS CHAN 70m heat - 4th, 10:85
U10G	CARLA PAPAC 13th 1500m 5:53:94	U9B	JONATHON POWDITCH 60m Hurdles - 10:56 qualified for final but missed marshalling call & did not compete.
U12G	MEGAN HEAP 14th High Jump 1.30M	U9B	PITA TOAMOTU 1st Shot Put 9.61 10th Discus 23.29
U12G	MADELEINE HOLBEACH 6th Triple Jump 9.59M	U10B	BENJAMIN ALESSIO 1st 70m 9:77 1st, 100m 13:45 1st 200m 27:31 1st 400m 1:03:13
U12G	CAROLENA COSTAS 2nd 800m 2:26:97 3rd 1500m 5:11:82	U11B	BRODIE MELLOR 4th Shot Put 11.32 400m heat - 7th 1:08:04
U14G	KATE CACCAMO 4th Triple Jump 10.74M 11th Long Jump 4.55M	U11B	HAME SELE 1st Shot Put 12.38, 1st Discus 35.49
U14G	ALICE IOSEFO 3rd Shot Put 12.28M 7th Discus 33.96M	U13B	RILEY DELANEY 1500m (sustained injury, DNF) 800m (no start), 3000m (no start)
		U13B	JOSHUA KNOPF 13th Triple Jump 10.01M
		U15B	STEPHEN HOLBEACH 5th 400m 55:03 Long Jump 6th 5.80M 7th 200m 24:00 Triple Jump- fouls
		U15B	TYE STANLEY 5th 1500m Walk 9:21:47



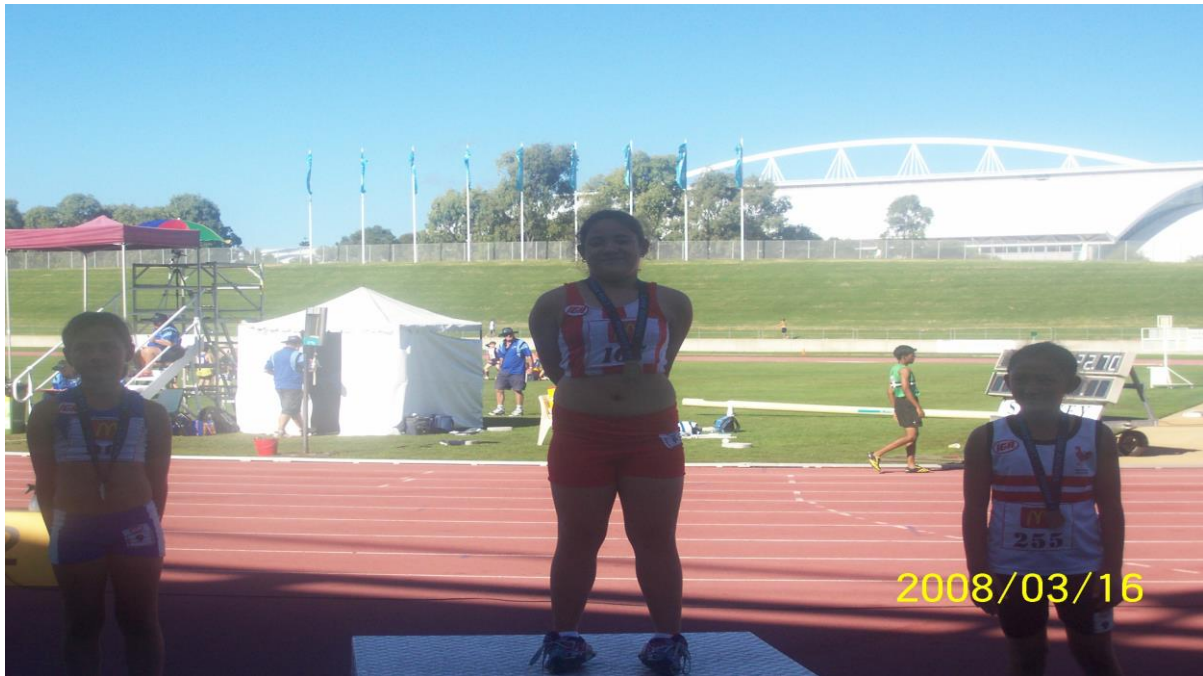
## **2007/08 ST GEORGE LAC - STATE CHAMPIONSHIP REPRESENTATIVES**



**FRONT:** BEN ALESSIO, PITA TOAMOTU, NICHOLAS CHAN, GRACE ROBINSON, JONATHON POWDITCH  
**MIDDLE:** TYE STANLEY, HAME SELE, ALICE IOSEFO, JOSHUA KNOPF, STEPHEN HOLBEACH  
**BACK:** MADELEINE HOLBEACH, RILEY DELANEY, KATE CACCAMO, MEGAN HEAP, CAROLENA COSTAS



**2007/08 STGLAC CHAMPION BOY, BEN ALESSIO.  
IN ACTION AT THE 2007 DRAGON DERBY IN THE 100M, ONE OF THE MANY EVENTS  
IN WHICH HE TOOK FIRST PLACE.**



**GRACE ROBINSON AT THE 2007/08 STATE CHAMPIONSHIPS MEDAL PRESENTATION  
FOR THE U9 GIRLS SHOT PUT.**



**U9B 2007/08 STATE CHAMPIONSHIPS SHOT PUT GOLD MEDALIST, PITA TOAMOTU.**



**2007/08 UNDER 15'S, FINAL FRIDAY EVENING OF  
COMPETITION  
OLDS PARK, MARCH 7TH, 2008.**



Photo (from left to right)  
Top: Evelyn Adu, Sabrina Momo, Amy Coote and Michelle  
Middle: Patrick, James Gwynne, Joel Brady, Wade Johnson, Stephen Holbeach  
Front: Doug Cook (U17)

**“Being in the U15's was quite a fun experience. Made many friends, enjoyed every Friday and kept my fitness up. Even though we all took the races and other field events very seriously, we still managed to have fun in between the events. The people there are amazingly friendly and help you wherever you need help. I loved it.”**

*James Gwynne.  
U15 athlete  
2007/2008 season*