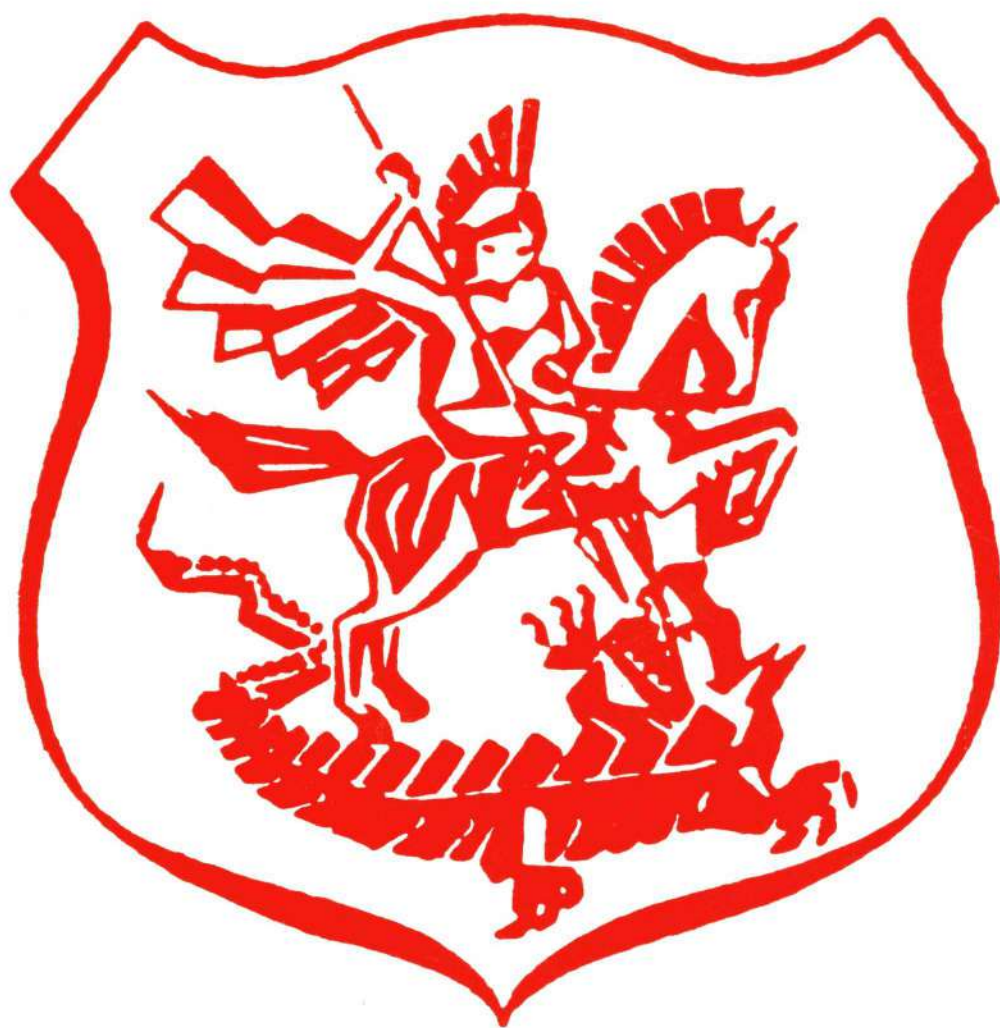


St George

Little Athletics Centre Inc.



**39th Annual Report
2009 - 2010**

ST GEORGE LITTLE ATHLETICS CENTRE INC

39TH ANNUAL GENERAL MEETING

PEAKHURST BOWLING CLUB

Tuesday 4 May 2010

AGENDA

1. Distribution of 39th Annual Report including Minutes of 2009 AGM
2. Opening of Meeting
3. Apologies
4. Minutes of 38th Annual General Meeting held 18 May 2009
5. President's Opening Address
6. Presentation of 39th Annual Report and Financial Statements
7. Presentation to Retiring Officials
7. Addresses by Invited Guests
8. Election of Officers for the 2010 / 2011 Season
9. Vote of Thanks to Returning Officer
10. General Business
11. 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



STGEORGE LITTLE ATHLETICS CENTRE INC
MINUTES OF 38th ANNUAL GENERAL MEETING
HELD ON MONDAY 18TH MAY 2009
PEAKHURST BOWLING CLUB

1. OPENING OF MEETING

The president opened the meeting at 7:48 pm and welcomed everyone present.

2. ATTENDEES

Invited Guests:, Kevin Greene - MLA Georges River, Heather Mitchell - LAANSW and Port Hacking, Margaret Alexander - Port Hacking, Colin Alexander - Port Hacking, Barry Butters - Revesby Workers, Glenyce White - Sutherland, Karen Yerbury - Sutherland.

Life Members:- Gil Baes, John Dobson, Albert Ferraro, Coral Ferraro, Ray Horton, Roger Malcolm, Bev Scott, Fred Scott, Ian Sheerin, Gwen Taylor, Ben Tinker, Lynne Whatman, Peter Williams.

Parents and Supporters:- Debbie Alessio, Elise Beck, Jenny Beck, Paul Byrnes, Winston Chan, Heidi Fisher, Catherine Heap, Graeme Holbeach, Jenny King, Lisa Rios, Chris Robinson, Jocelyn Sheerin, Ian Whatman.

3. APOLOGIES

Councillor Vince Badalati - Hurstville City Council, Trevor Hinwood - LAANSW, Albie Thomas - St George DAC, Ian Lister - Illawong. Simon Osborne - McDonalds South Hurstville, Graham Hawkes - Life Member, Glenda McLoughlin - Life Member, Peter Tuziak - Life Member, Wendy Cook, Kim Delaney, Christine Lopez, Ray Parkinson, James Watts.

4. MINUTES OF THE PREVIOUS ANNUAL GENERAL MEETING

Minutes of the 37th Annual General Meeting, held 20th May 2008 (corrected for Para. 10 Season error) be accepted as a true and accurate record of that meeting.

Moved: Graeme Holbeach Seconded: Roger Malcolm Carried

5. PRESIDENT'S OPENING ADDRESS

As per the Annual Report.

6. PRESENTATION AND ADOPTION OF 38th ANNUAL REPORT

The 2008/2009 Annual Report be taken as read, adopted as presented and endorsed.

Moved: Lynne Whatman Seconded: Ben Tinker Carried

7. TREASURERS REPORT AND FINANCIAL STATEMENTS

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

Moved: Lynne Whatman Seconded: Ben Tinker Carried

8. ADDRESSES BY GUESTS AND OFFICIALS

Kevin Greene - MLA Georges River.

Emphasized that kids enjoying themselves was most important and that there was a tradition of this for 38 years. The club was also people giving generously of their time encouraging children to participate, improving both their physical health and making a contribution to society.

Heather Mitchell - Competitions Director LAANSW.

Congratulations on increasing registrations by more than 50, getting more through to state and having two Trans-Tasman representatives in the difficult 'home' year. Noted increased technology, both in On-Line Registration (incentives for use coming) and the use of photo finish at carnivals (more operators needed).

Colin Alexander - Port Hacking LAC.

Congratulated the club on having a strong financial basis. An 11 per cent increase in registrations, with 186 on-line is a good effort. Annual report up to usual standard.

Karen Yerbury - Sutherland LAC

A most comprehensive Annual Report. Pleased to see the club still going strong, having started her own athletic career at St George.

Barry Butters - Revesby Workers LAC.

Considered St George their traditional rivals and wished good luck for the upcoming season - but not too much good luck with the 'throws'!

9. ELECTION OF OFFICERS FOR THE 2009/2010 SEASON

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

President	-	Paul Byrnes
Vice President	-	Kim Delaney
Secretary	-	Graeme Holbeach
Treasurer	-	Ray Parkinson
Registrar	-	vacant
Recorder	-	Heidi Fisher
Assistant Recorder	-	Elise Beck
Officer for Championships	-	Winston Chan
Officer for Officials	-	vacant
Publicity	-	Lisa Rios
Coaching	-	Lindsay Watson
Canteen	-	vacant
BBQ	-	Stephanie Grosvenor
Equipment / Ground Maintenance	-	Chris Robinson
Uniforms	-	Wendy Cook

General Committee

Debbie Alessio, Catherine Heap, Ray Horton, Toni Hughes, Con Pattey (web site), Sylvia Seyringer, Ben Tinker, Toni Tiscia, Lynne Whatman.

10. VOTE OF THANKS TO RETURNING OFFICER

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

11. CLOSING OF MEETING

The President closed the meeting at 8:18 pm, thanking all for their attendance and inviting all present to partake of the supper being served.

Graeme Holbeach
Secretary

PRESIDENTS REPORT

This year saw many athletes achieve excellent results, not only many personal bests but a number of ground records and centre records were broken as well. All children in the St George Centre are to be congratulated on the manner in which they competed and displayed their sportsmanship towards each other.

Little Athletics is more than a sport, it is a family event. Mums, dads, relatives, carers and the children all have the opportunity to do something together. Parents are involved as helpers and officials and they share many experiences with their children. Our motto is Family, Fun and Fitness which is simple and basic and more enjoyment will be derived from Little Athletics if this motto is always kept in mind.

St George athletes competed in LAANSW State Road Walks and Cross Country, St George Dragon Derby, State Relays, Zone Championship, Region Championship, State Multi Event Championships and State Championships as well as other Little Athletic clubs Gala days. Our results were extremely satisfying with many athletes achieving personal best performances.

My thanks to the athletes who continue to provide us with such pleasure when they compete each Friday night as we watch them develop their skills and confidence as young people throughout the seasons.

Our Annual Presentation Night was once again held at Peakhurst High School on the 29/04/2010. This was a successful night for all. Any trophies that were not collected on the night have been stored at the St George clubhouse and can be collected at the start of the next season.

Friday nights require a lot of parents help. I would like to thank everyone who has helped judging, timing, measuring, serving in the canteen and BBQ, age managers, the parents who put out the equipment and setup, those who help pack everything away at the end of the night and all the other tasks required to run a large centre like St George. Thank you to all those who have helped. Thank you also to those officials who no longer have children attending St George centre and continue to assist on each Friday night.

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

As we contemplate next season, we realise that the Centre cannot run on a Friday night without the help of committee members and parent helpers, so please, when help is required volunteer yourself and lend a hand.

Farewell to our U/15's and U/17s who are leaving us this year. All the best in your future athletics careers. I look forward to seeing the return of our other athletes and their parents in the 2010/2011 season.

Finally, I wish the 2010/2011 committee continued success for the ensuing year.

*Paul Byrnes
President 2008/2009,
St George LAC*

TREASURERS REPORT

The 2009/2010 Treasurers Report was unavailable at time of printing.



**FRIDAY EVENING FUN AT OLDS PARK.
LAUREN CAREY U7 GIRLS PARTICIPATING IN LONG JUMP
WITH THE MANY HAPPY PARENT HELPERS LOOKING ON.**

REGISTARS REPORT

St George Little Athletics Centre had 490 financial members in the 2009/2010 season. From the 575 numbers we were allocated, 74 returned which left us with 501 to account for. With 490 financial athletes, 7 numbers were lost and re-issued, which leaves 1 missing number which cannot be accounted for & I am unable to explain why there is a discrepancy with three numbers.

Looking at the registration methods available to us I have made the following observations/recommendations for next season.

Online regos - paid online

Fastest method for the registrar to process online however this method poses a problem for parents wishing to cancel and receive a refund. LAANSW will not refund their portion of the online payment. To prevent problems of parents being given refunds which result in a loss for the club it may be necessary to alter the online information and inform parents that only a partial refund or no refund will be possible if regos are paid online.

Online registrations - paid at centre

Slightly more time consuming for registrar to process but has the advantage of being able to be refunded in full within the two week trial period.

Centre registrations - paid in cash / cheque

This is a time consuming task to enter online.

The following problems were encountered this season with these registrations.

.Numbers handed out before payment was received. With the current receipts given to parents, the centre does not retain a copy of payments received so when payments were not received on registration, these had to be chased up, based upon notes on registrars master copy.

A method that worked well as the season progressed was to allocate the number but attach it to the enrolment form if payment was not received. This way the child was able to compete immediately and when the parent returned with payment the number was given out.

Downloaded registration forms.

Parents are advised to print out one copy of the form to bring along to the centre but we actually require two copies, one for the centre to retain and one to forward with returns.

Processing the enrolments online involves many many hours at night and on weekends, particularly when the registrar does not have computer access at work. A possible solution to this may be to provide a laptop with internet access at the centre so that once the initial rush of registrations is over registrations could be entered online on a Friday night. Its a time consuming but very simple process.

Hope my recommendations have been helpful.

Jenny Borg

2009/2010 Registrar

RECORDERS REPORT

Congratulation to all our athletes for their fine performances this season.

This year was a truly amazing year for records. I think 2010 St George athletes broke the record for the total number of records broken !!!

Many thanks need to go to the people who helped make the job so much easier. Firstly, I like to thank Elise Beck who comes every week to sort out all the results and hand them out to the athletes. She is always reliable and does this with a smile. Thanks also go to Graham Holbeach, Jak Berry and Helen Torode who help with all the data entry on a weekly basis. For the second year in a row, Jak turned up especially for Multi Night even though her children weren't competing, just to help with the data entry.

A special mention must go to Hame Sele who repeatedly broke his own Shot Put and Discus Records, and also to Grace Robinson who not only broke both ground and centre Shot Put and Discus records, she is now also the State Record Holder for U11 Girls Discus and the State Record Holder for the Multi-Event Point Score which was 4803 points.

I have kept track of the U17 records but haven't included them in the report as they are still in their infancy and are not yet better then the U15 records.

Heide Fisher
Recorder

St George Records 2009/2010



**U9 BOYS HAVING SOME FRIDAY EVENING FUN AT
ST GEORGE LITTLE ATHLETICS CENTRE AT OLDS PARK, PENSHURST**

RECORDERS REPORT

St George Records 2009/2010

Ground Records

Age	Name	Event	Result	Date
U13	Hame Sele	Discus	45.12	18/09/2009
U11	Grace Robinson	Discus	33.78	23/10/2009
U13	Hame Sele	Javelin	32.45	23/10/2009
U13	Hame Sele	Discus	46.09	27/11/2009
U11	Grace Robinson	Discus	34.53	4/12/2009
	Dominique			
U13G	Johnston	Javelin	40.56	27/01/2010
U11	Grace Robinson	Shot Put	14.22	26/02/2010
U8G	Tia La Coste	60mH	11.98	26/02/2010
U8G	Danielle Katzos	Long Jump	3.35m	26/02/2010
U13B	Hame Sele	Shot Put	16.7	12/03/2010
U11G	Grace Robinson	Discus	37.89	12/03/2010
U9B	Sidney Noppen	70m	10.68	12/03/2010
U12B	Hame Sele	Discus	50.04	12/03/2010
U8G	Danielle Katzos	Long Jump	3.4m	12/03/2010
U11G	Grace Robinson	Shot Put	14.4	12/03/2010
U13B	Hame Sele	Javelin	43.8	12/03/2010

Centre Records

U11G	Grace Robinson	Discus	35.62	31/01/2010
U13B	Hame Sele	Discus	46.8	31/10/2010
U11G	Grace Robinson	Discus	36.86	20/02/2010
U11G	Grace Robinson	Shot Put	13.56	20/02/2010
U13B	Hame Sele	Discus	48.32	20/02/2010
U13B	Hame Sele	Javelin	36.3	20/02/2010
U8G	Tia La Coste	60mH	11.35	20/02/2010
U10G	Talia Fisher	100m	14.56	20/02/2010
U12B	Benjamin Alessio	100m	13.02	20/02/2010
U11G	Grace Robinson	Discus	39.03	6/03/2010
U13B	Hame Sele	Javelin	43.28	20/03/2010
U12B	Benjamin Alessio	100m	12.82	20/03/2010
U9B	Sidney Noppen	70m	10.40	20/03/2010
U9B	Sidney Noppen	70m	10.37	20/03/2010
U10G	Talia Fisher	70m	10.50	20/03/2010
U10G	Talia Fisher	70m	10.39	20/02/2010

OFFICER FOR **CHAMPIONSHIPS AND** **SPECIAL EVENTS REPORT**

During the 2009/2010 season, there were many outstanding results achieved by the athletes from St George Little Athletics Centre. Again our throwers did especially well with Hame Sele in the U13 boys being selected for NSW in Discus, Shot Put and Javelin to compete at the Australian Little Athletics Championships in Brisbane. Grace Robinson in the U11 Girls achieved first place at the NSW State Multi Championships at the same time recording a new State record for that event. Grace also again won the U11 girls Shot and Discus events. Congratulations to all our athletes on their achievements this season,

STATE RELAY CHAMPIONSHIPS

Two St George track teams received medals for placing third in their respective age groups - the U9 Boys 4x100m team (Jacob Dol, Aiden Hennesy, Sebastian Herbert and Sidney Noppen) and the U11 Boys 4x 100m Team (Nicholas Chan, Liam Pemberton, Jonathon Powditch and David Finneron).

St George also had numerous track and field teams place in the top 9 placings in finals.

The following teams placed in the top 9 in the State at the 2009 NSW State Relay Championships;

3rd - U9B 4x100m - Jacob Dol, Aiden Hennesy, Sebastian Herbert and Sidney Noppen
3rd - U11B 4x 100m - Nicholas Chan, Liam Pemberton, Jonathon Powditch and David Finneron
4th - U12 Mixed 4x400m - Jaimie-Lee Rios, Jasmine Fisher, Ben Alessio, Luke Parmaxidis
7th - U11G Shot/Discus - Grace Robinson, Charlotte Stewart, Tully Brown, Giselle Parmenter
8th - U8 Mixed 4x200m - Jaimie Lawler, Alex Cameron, Sophia Cibe, Danielle Katzos
9th - U9 Mixed 4x200m - Sidney Noppen, Aiden Hennesy, Caitlin McKenzie, Rachel Mauro
9th - U11G Long/High - Grace Robinson, Charlotte Stewart, Tully Brown, Giselle Parmenter
9th - U13B Long/High - David Hughes, Mark Hunnisett, Peter Finneron

ZONE CHAMPIONSHIPS

St George was represented by over 100 athletes ranging from U7 up to U17's. There were many outstanding results. In the U7's Kai Kamikura (U7 Boys 2nd-50m, 3rd-70m, 2nd-200m, 3rd-discus) & Andrianna Jovanov (U7 Girls 2nd-discus) received medals for their efforts.

We also had 2 athletes break existing Zone Records. Hame Sele (U13boys) broke the discus, shot put and javelin record whilst Grace Robinson (U11girls) broke the shot put and discus record. Over 60% of athletes who competed at Zone qualified for region - an outstanding achievement.

REGION CHAMPIONSHIPS

Fourteen St George athletes qualified through to State Championships out of a total of 67 who qualified for region. Many PB's were achieved by many of our athletes over the weekend and two athletes, Grace Robinson & Hame Sele broke existing Regional records in throws events.

Those to qualify through were:

Sidney Noppen U9, Carly Paramaxidis U9, Talia Fisher U10, Pita Toamotu U11, Grace Robinson U11, Ben Alessio U11, Riley Delaney U15, Megan Heap U14, Luke Paramaxidis U12, Carolena Costas U14, Luke Byrnes U10, Liam Pemberton U11, Marcus Chan U14, Hame Sele U13.

STATE MULTI EVENT

17 athletes competed at the State Multi Championships at Nowra. Congratulations to Grace Robinson, U11 girls, who not only finished first after 6 events over the weekend but also broke the existing State Multi record for U11 Girls.

GIRLS

Tia La Coste U8 - 13th
Sophia Cibeil U8 - 14th
Danielle Katzos U8 - 15th
Talia Fisher U10 - 12th
Phoebe La Coste U10 - 15th
Louisa Hamilton U10 - 28th
Grace Robinson U11 - 1st
Jaimie-Lee Rios U12 - 19th
Jasmine Fisher U12 - 28th
Megan Heap U14 - 15th

BOYS

Ben Lawler U7 - 23rd
Jamie Lawler U8 - 16th
Jared Rios U9 - 27th
Mark Lawler U10 - 34th
Jacob Rios U11 - 31st
Pita Toamotu U11 - 36th
Gianluca Cibeil U11 - 41st

STATE RESULTS

Results from State for St George Athletes are as follows:

Grace Robinson - Shot 1st, Discus 1st
Pita Toamotu - Shot 2nd, Discus 1st
Hame Sele - Shot 1st, Discus 1st, Javelin 1st
Ben Alessio - 100m 2nd, 200m 1st
Talia Fisher - 70m 5th, 100m(7th heat)
Liam Pemberton - Long Jump 5th
Marcus Chan - Discus 7th, Javelin 10th
Luke Paramaxidis - Discus 5th
Sidney Noppen - Long 12th, 70m 3rd, 200m 4th
Riley Delaney - 800m 7th
Carley Paramaxidis - Discus 11th
Luke Byrnes - Shot 4th
Megan Heap - High Jump 7th
Carolena Kostas - 400m NR, 800m 2nd

AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS, BRISBANE.

Hame Sele Shot Put 1st, Javelin 2nd, Discus 3rd

Winston Chan
Championships Officer

OFFICER FOR OFFICIALS REPORT

During the 2009/2010 season the Officer for Officials role was not filled by any one person. The position was looked after by various caretakers on the Committee to ensure that the responsibilities that come with this position are fulfilled. It is hoped that next season we will have a permanent person in this role

On Friday evenings, thank to the many parents and family members who assisted in the many roles that are required to run a full program of events for our athletes. Thank you for your time and patience that you gave and showed to our athletes.

We also thank those of you who officiated as officials at the State Relay Championships, State Multi Championships and at the Zone, Regional & State Championships. Thank you to all parents but especially those parents whose unselfish attitude towards assisting and those who went beyond the call of duty to ensure that St George Little Athletics Centre was not left without an official in our delegated events.

Lisa Rios

&

Winston Chan

2009/2010 Acting Officers of Officials



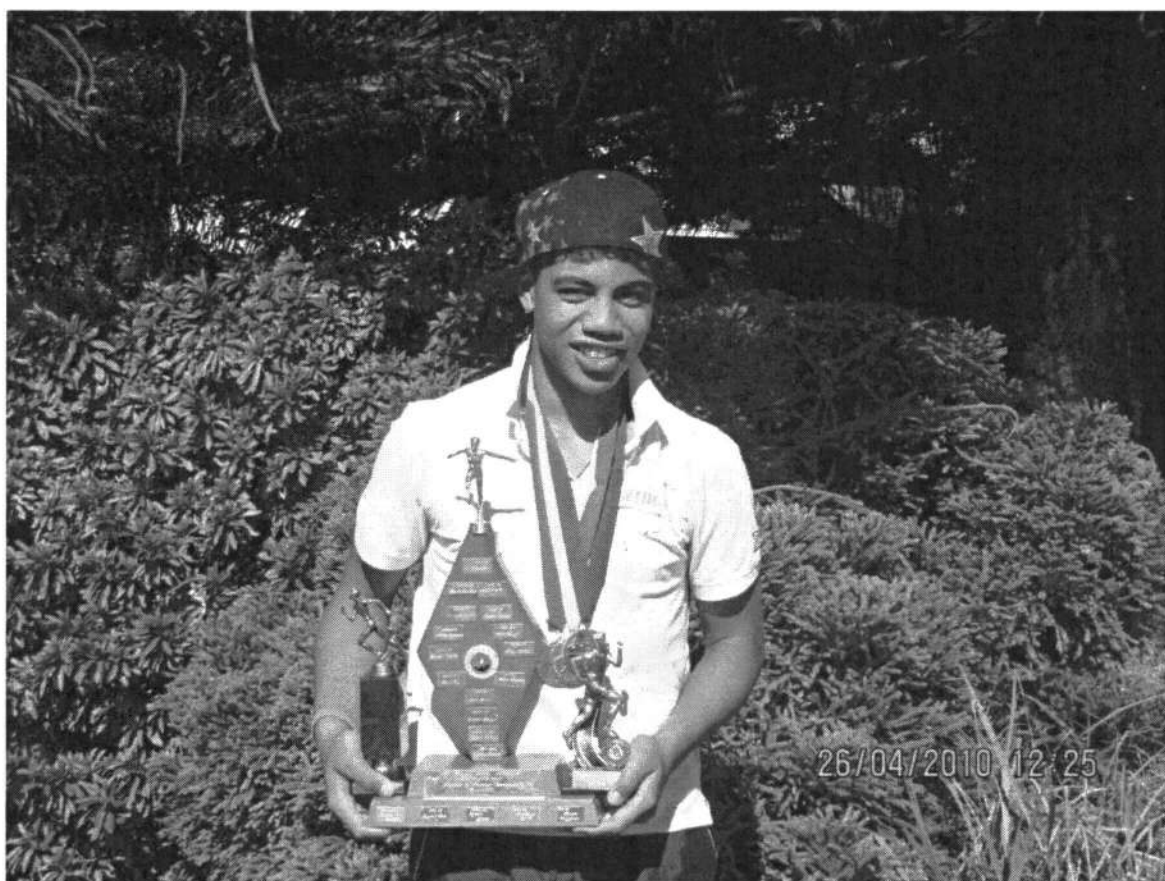
**ST GEORGE ATHLETES IN ACTION AT THE
SOUTHERN METROPOLITAN CHAMPIONSHIPS**

CHAMPION BOY

HAME SELE

U13 BOYS

Hame had a successful season this year. At the Zone Championships, Hame achieved first place in the discus, javelin and shot put. At the Regional Championships he achieved first place in all three events again. At the State Championships he achieved first place in the discus, shot put and javelin. As a result of these fine performances, he has been selected as a member of the NSW LAA team to compete in Brisbane on April 24. Congratulations Hame on an outstanding year!



CHAMPION GIRL **and** **MULTI EVENT AWARD** **GRACE ROBINSON** **U11 GIRLS**

Grace has won both these awards for the second year running. At the Zone Championships Grace achieved first in the discus and shot put events whilst also achieving third in Triple Jump and Fourth in Long Jump. At the Regional Championships she also achieved firsts in the discus and shot put as well as fourth in Triple Jump and ninth in Long Jump. At the State Championships she achieved firsts in the discus and shot put. She also threw ground and centre records for these events during the season. Grace was also a member of the shot/discus relay team at the State Relay Championships. She was also successful in achieving first place at the State Multi Event at Nowra with a record points score. As a result she is awarded both Champion Girl and Multi-Event Award Winner for this year.



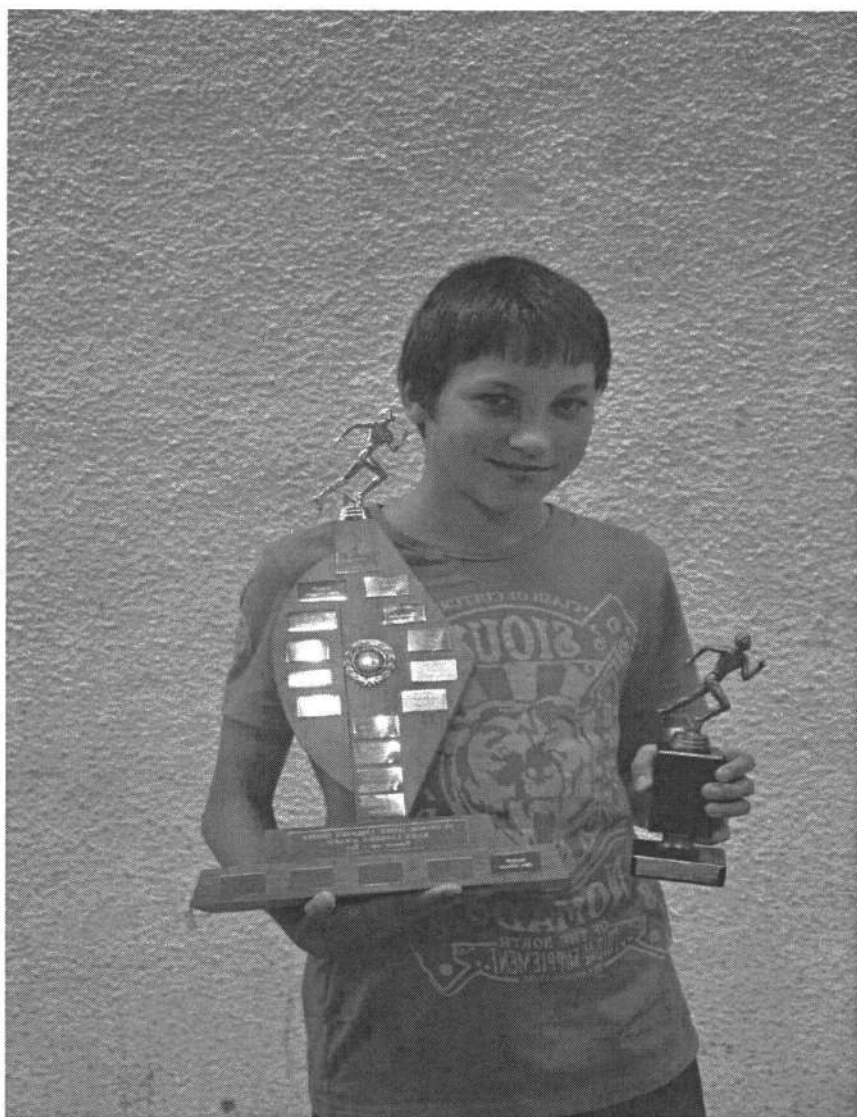
CHAMPION BOY

RUNNER UP

BEN ALESSIO

U12 BOYS

Ben has had another outstanding season with the club. At the Zone Championships Ben achieved firsts in the 100, 200 and 400m events as well as second in the 60m hurdle event. He also anchored the Junior Boys relay to 1st place. At the Regional Championships he also achieved firsts in the 100 and 200m events and sixth in the 60m hurdles. Unfortunately he had to pull out of the 400m due to injury. He again anchored the Junior Boys relay achieve second place. At the State Championships he achieved second in the 100m and first in the 200m events. He was also a member of the U12 mixed 4 x 400m relay team at the State Relay Championships which achieved 4th place.



CHAMPION GIRL

RUNNER UP

CAROLENA KOSTAS

U14 GIRLS

At the Zone Championships Carolena achieved first in the 400m and second in the 800m. At the Regional Championships Carolena achieved second in the 800m and third in the 400m. At the State Championships she achieved seventh in the triple jump and ninth in long jump. Unfortunately Carolena had to pull out of the 400m event at State due to injury but was able to come back and achieve 2nd in the 800m final. Carolena also competed at the 2009 NSW Little Athletics Championships Cross Country Championships and placed 10th.

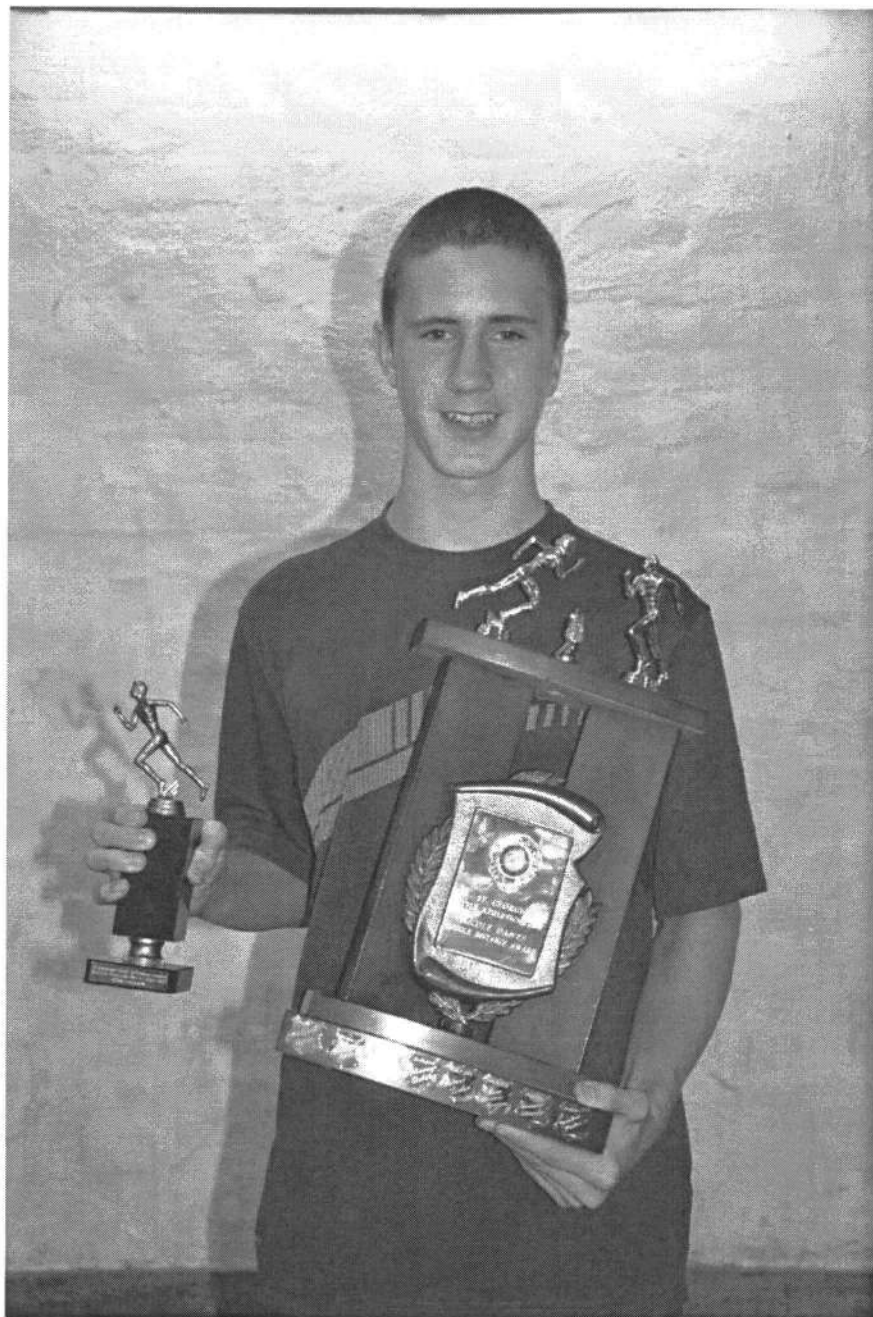


MIDDLE DISTANCE AWARD

RILEY DELANEY

U15 BOYS

Riley is a worthy recipient of this award. At the Zone Championships Riley achieved second in the 800m and 1500m events. At the Regional Championships he achieved third in both the 800m and 10th in the 1500m after being ill for most of the week preceeding these championships. At State he achieved 7th place in the 800m final.

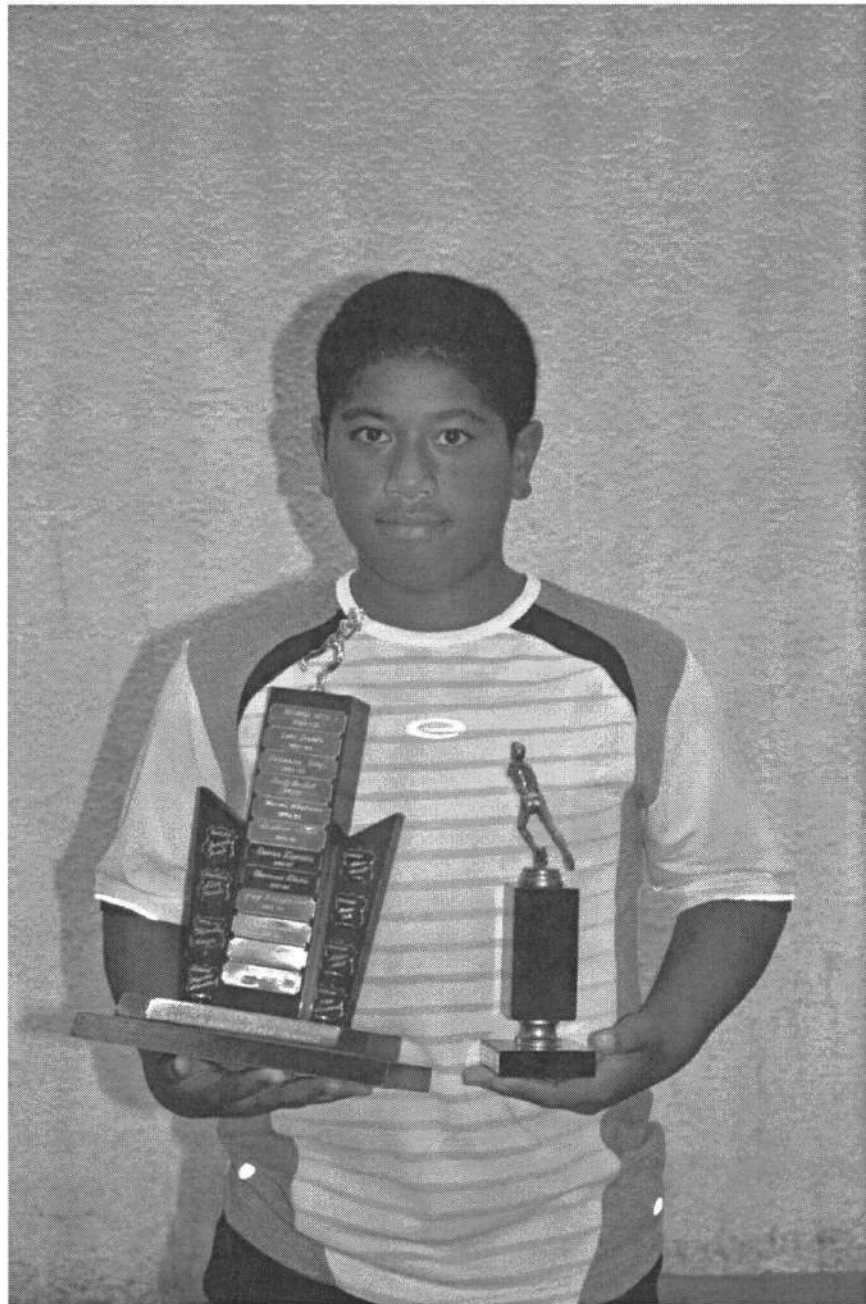


FIELD AWARD

PITA TOAMOTU

U11 BOYS

At the Zone Championships Pita achieved first in the discus and shot put as well as competing in the triple jump and long jump events. At the Regional Championships Pita achieved second in the shot put and first in the discus. At the State Championships to achieve first in discus and second in shot put. Pita was also a member of the shot/discus team at the State Relay Championships. He also competed at the State Multi Event Championships at Lismore. Pita also broke ground and centre records in the shot put during the season.



WALK AWARD

JAIMIE LEE RIOS

U12 GIRLS

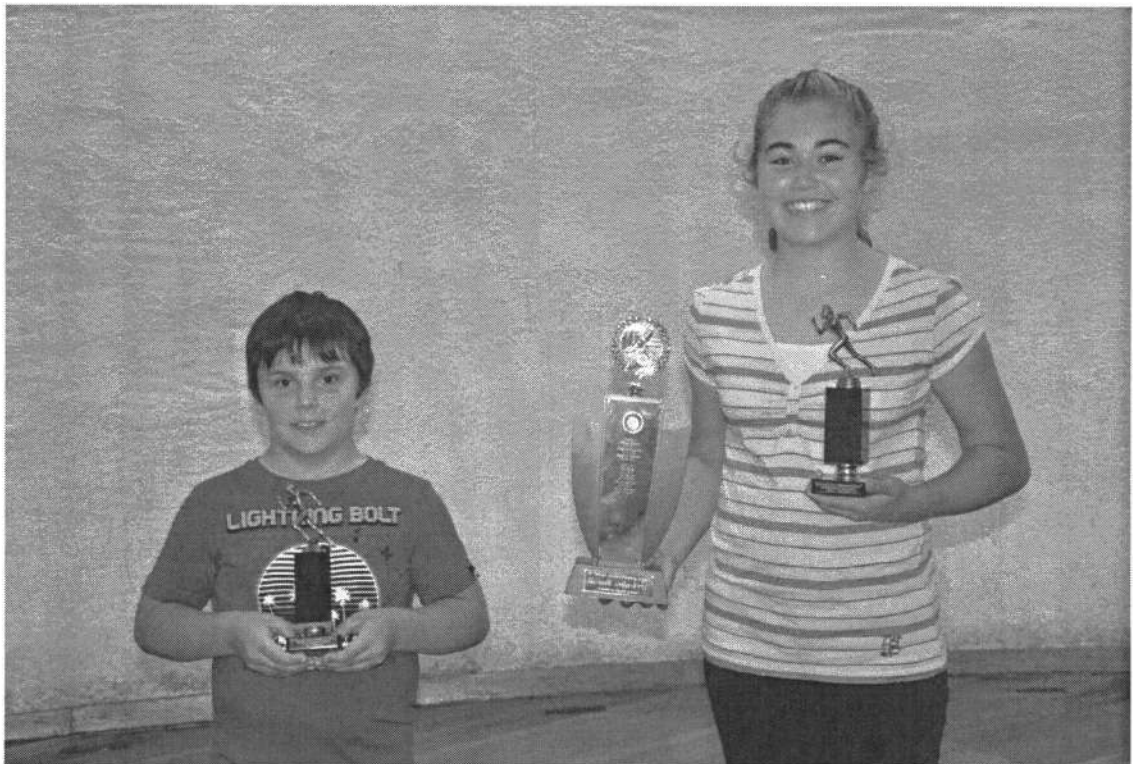
AND

JOSH HUGHES

U9 BOYS

Jaimie-Lee represented the club in numerous events including the walk this year. At the Zone Championships she achieved second in the 1500m walk, first in the shot put as well as third in the discus and 7th in the 200m. At the Regional Championships she achieved fourth in the 1500m walk, fifth in shot put and eighth in discus. At the State Relay Championships she was a member of the under 12 mixed 4 x 400m relay team which achieved 4th place. She also competed in the State Multi Event Championships.

At the Zone Championships Josh represented the club at Shot Put, Discus and 60m hurdles whilst achieving 3rd place in the 700m walk. At the Regional Championships he achieved 4th place in the walk final. He was also a member of the under field relay team at the State Relay Championships. He is a worthy joint recipient of this years walk award.

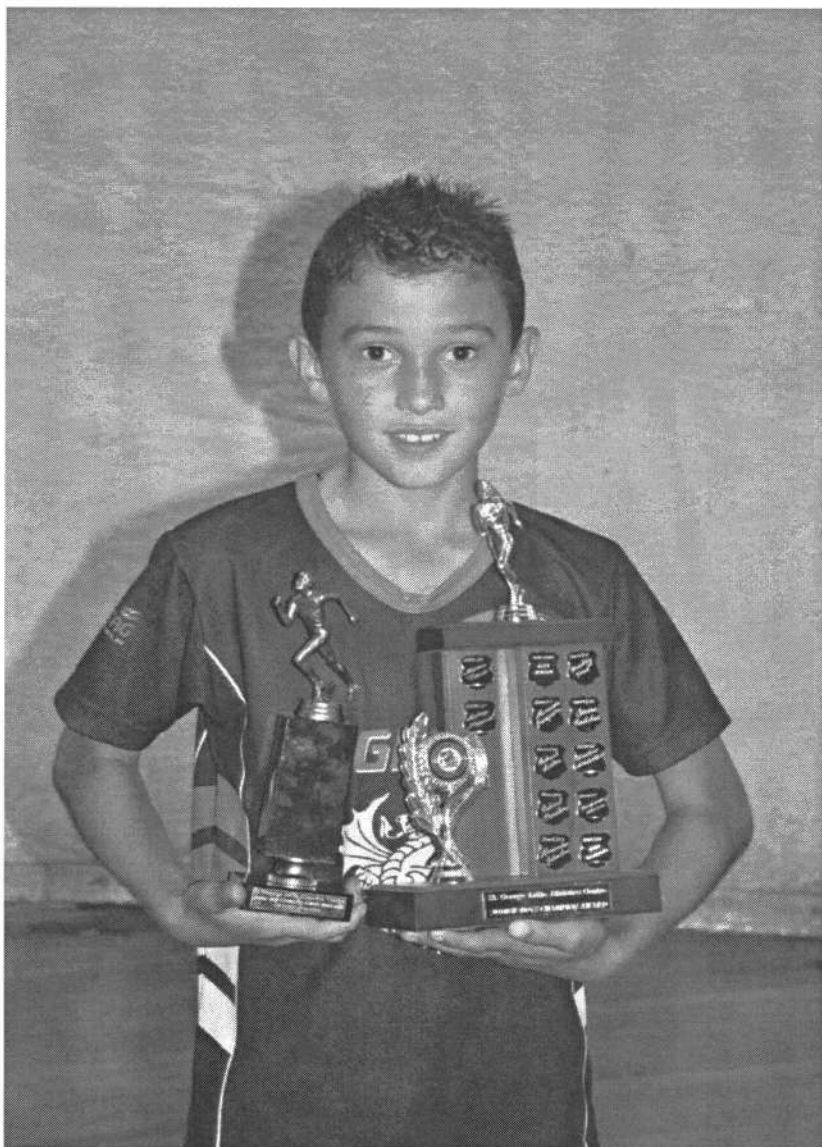


JUNIOR BOY CHAMPION

SIDNEY NIPPEN

U9 BOYS

Sidney has been one of St George's young and upcoming athletes over the past 2 years. At the Zone Championships he achieved first in the 70m, 100m, 200m and Long Jump events and a member of the Junior Boys Relay which came first. At the Regional Championships he achieved first in the 70m and 200m and third in the Long Jump. He was also a member of the Junior Boys Relay team which came second. At the State Championships he was 3rd in the 70m final, 4th in the 200m final and 12th in the Long Jump final. He was also a member of the 4 x 100m relay team at the State Relay Championships which achieved 3rd place.

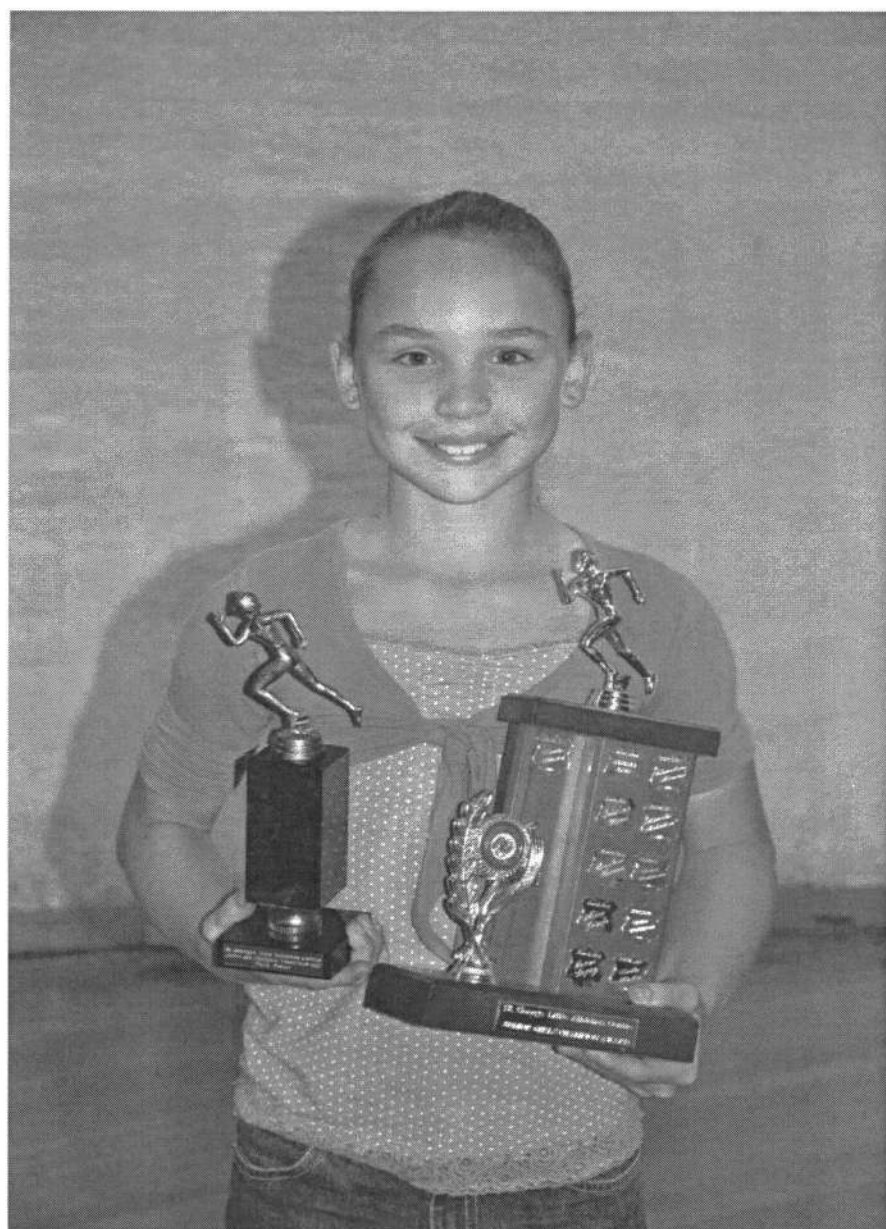


JUNIOR GIRL CHAMPION

TALIA FISHER

U10 GIRLS

At the Zone Championships she achieved first in the 70m, 100m and 200m and fourth in the shot put. At the Regional Championships she achieved third in the 70m, second in the 100m and 6th in the 200m final. At the State Championships she ran 5th in the 70m final and also competed in the 100m heats. She was a member of the 4 x 100m and 4 x 400m relay team at the State Relay Championships. She also competed in the State Multi event.



FRIDAY NIGHT

ENCOURAGEMENT AWARD

JADE KEARSEY

U12 GIRLS

Jade has been involved in Little Athletics for a number of years now. Jade is an athlete who is a keen long distance runner but always tries her best in any event she enters. She is a considerate and polite girl who is always willing to help out when needed. Jade is a popular member amongst the girls in her age group. Jade displays a positive attitude, always displays good sportsmanship and is a deserving recipient of this award.

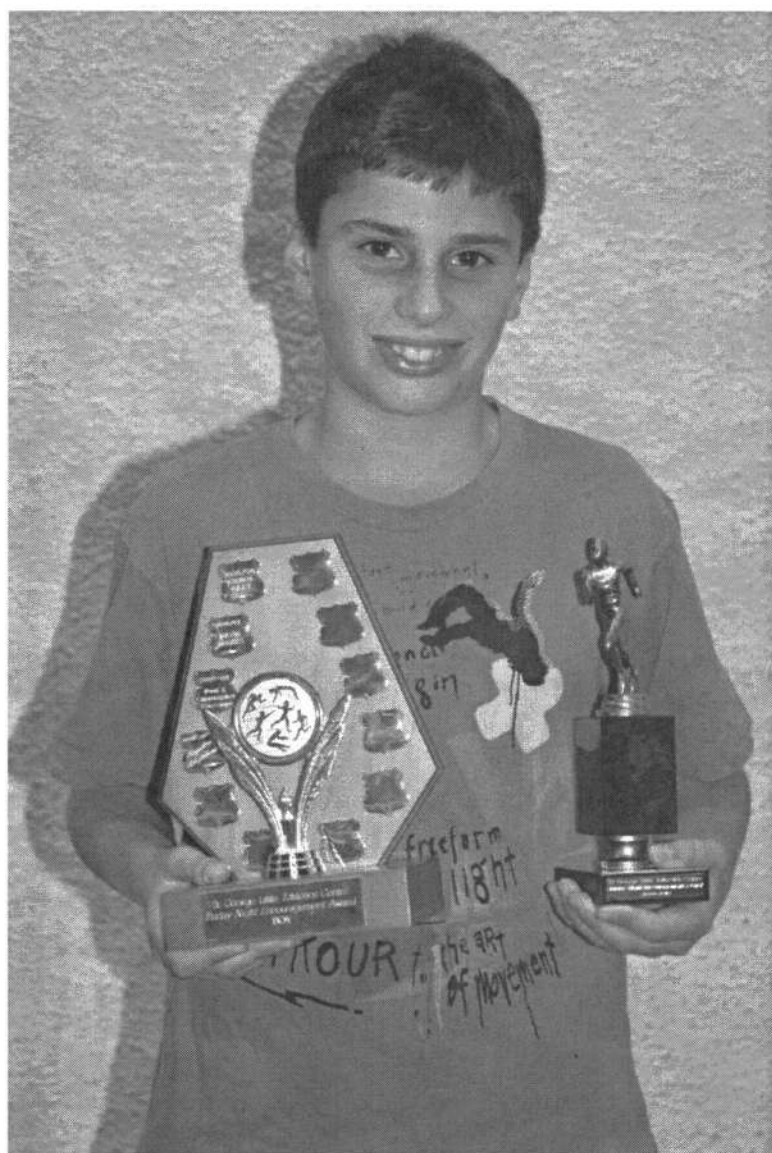
Lisa Rios
U12 Parent



FRIDAY NIGHT ENCOURAGEMENT AWARD MICHAEL PEJOSKI U12 BOYS

Michael has always been an athlete who tries his best in every event. He is always supportive of others, very friendly and a good sport. He is very keen to improve in any event and entered Zone this year in long distance events. He is a popular member of the group and thoroughly deserves this award.

Debbie Alessio
U12 boys Age Manager



MARGARET ZERVADSE

SPORTSMANSHIP AWARD

LUKE PARAMAXIDIS

U12 BOYS

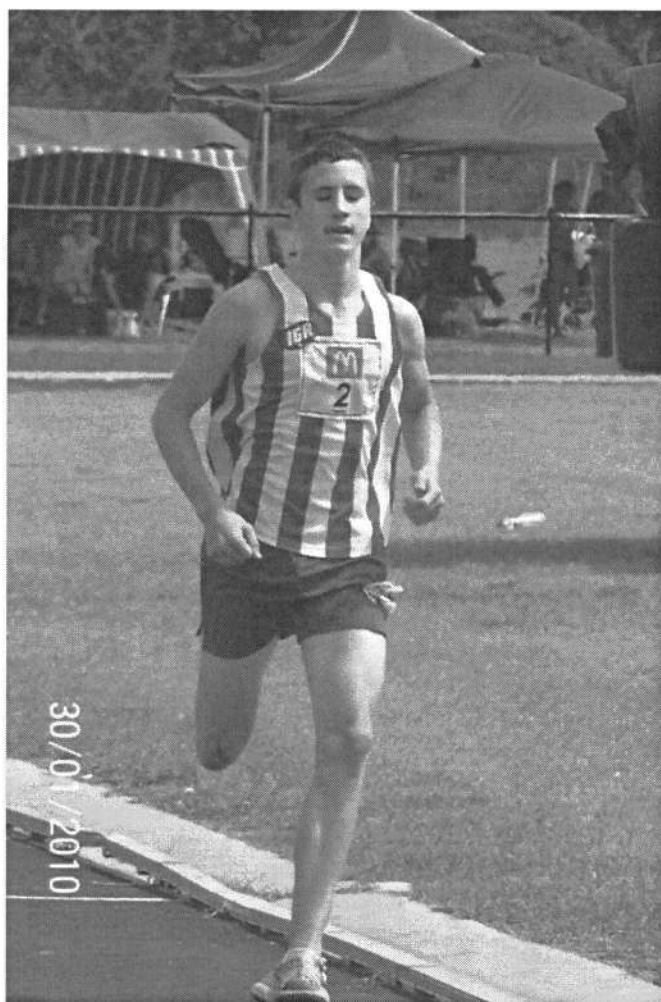
The Margaret Zervadse Sportsmanship award is this year presented to Luke Paramaxidis from the U12 Boys. After qualifying for the U12 boys 400m at Region, Luke offered to give up his chance to run in the final to a fellow St George Athlete who had missed qualification and was named as first reserve runner. This fellow athlete was the previous year's State Champion who had an injury which affected his performance in the heat. Luke believed this fellow athlete deserved the opportunity to defend his State title and was willing to withdraw from the final to give this opportunity to his team mate. Luke personally went and offered up his place to his team mate, which was much appreciated but declined. For such a young person, Luke has shown remarkable consideration, good will and sportsmanship and is a deserving recipient of this award.



10 YEAR AWARD

AWARDED TO ATHLETES WHO HAVE HAD
10 YEARS CONTINUAL SERVICE WITH LITTLE ATHLETICS

**RILEY DELANEY
&
NAOMI LOPEZ**



RILEY DELANEY IN ACTION AT THE 2009/2010 ZONE CHAMPIONSHIPS

5 YEAR AWARD

Matthew Abdullah
Emma Berry
Rhiana Berry
Nathan Bini
Ben Dawson
Marisol Dawson
Emma Day
Amaris Duarte
Tara Frawley
Natayla Jovanov
Brittney Kay
Joshua Knopf
Leo Kostas
Michael Kotevski
Katie Lay
Ben Lewis
James Shalala
Ben Shalala
Nathanael Taylor
Jordon Terzopoulos
Matteo Tiscia
Alexandra Vassiliades
Jacob Wescombe



**BACK ROW: DAVID HUGHES, JAIDEN DAY, EMMA DAY
FRONT ROW: JOVANOV, EMMA BERRY, RHIANNA BERRY, REBECCA SHALALA**

PUBLICITY & SPONSORSHIP

REPORT

The area of Publicity and Sponsorship has again been a position that I have had enjoyed managing this past season. Once again, our newsletter which is published each fortnight keeps our families and athletes informed of upcoming events, athlete results and other information. It can also be found on the Centre's website. I would like to thank the staff at Printworks at Officeworks, Carlton for their assistance in ensuring that our demands for quick service in a short timeframe are met each fortnight, in publishing our newsletter.

Special thanks and appreciation goes to our longtime supporter, Athletes Foot at Westfield Hurstville, in particular, Brian Moro, for his Athletes Foot stores continued association and support to our Centre. We again thank Brian for his store's monetary donation to our Centre this season and his store's "mobile stand" visit to our ground early in the season.

Our thanks also goes to Mr Lindsay Watson who ran two Coaching Clinics for the athletes at St George Little Athletics Centre. Also thank you to Renee Robson who assisted at the January clinic. We thank Lindsay for taking time out from his busy Coaching schedule to provide this opportunity for our athletes and his continuing association with St George Little Athletic Centre.

Our suppliers for our Canteen and BBQ, Bruce Elvey Meats, KB Farm Chickens, Mortdale Bakery as well as K&E Confectionary and Coca Cola are also thanked in meeting our orders on time, throughout this past season.

I would like to also acknowledge and thank Mr Con Pattey, for his assistance in administrating the St George Little Athletics Website during this past year.

Our thanks also go to Winston Chan who organized for his redundant work photocopier to be donated to our Centre which will make future publishing tasks much easier.

Lastly, to all my fellow Committee well done on the great job they have done this past season.

Lisa Rios
Publicity Officer



ST GEORGE ATHLETES AT THE JANUARY COACHING CLINIC
WITH LINDSAY WATSON & RENEE ROBSON

DRAGON DERBY REPORT

What a great day was had by all 34 little athletes and 7 adult athletes from St George Little Athletics Centre who competed last Sunday at the Dragon Derby Gala Day at Sanctuary Point. Those families that stayed at Archers Resort Motel also had a fantastic time and we appreciate Archers Resort Motel's continued support to our Club in discounting accommodation when families book through our Centre. At the Gala day, all athletes, young and older did their best on the day and many tired but happy athletes made their way home on Sunday afternoon, bringing back plenty of ribbons and medals.

Riley Delaney (U15 Boys) was awarded Athlete of the Meet for his outstanding results on the day. Our Master athletes, Catherine and John Heap, Stephanie Grosvenor and Toni Hughes were well supported during their endeavors on the day and can stand tall with their achievements. Kim Delaney and Fernando Rios also did well in their chosen event.

Stephanie Grosvenor also took out the Women's Gum Boot throw, St George taking out the title for the second year running.

Congratulations to all!

Lisa Rios

Publicity Officer

Results: *Key - * Medal in Track event*

Zac Heap U12b – 5th Discus, LJ, TJav

Megan Heap U14g - *3rd 100m, *3rd 200m, *3rd 400m, 3rd Discus, 1st HJ, 2nd LJ

Grace Robinson U11g - 4th 60mH, 5th 100m, 6th 800m, 6th TJav, 1st Discus U12, 1st SP, 5th LJ U12

Pita Toamotu U11b – 3rd 100m, 5th 200m, 4th TJav, 2nd Discus U12, 1st SP

Madeline Saksida U11g – 3rd 100m, 3rd 200m, *2nd 800m, 5th TJav, 6th LJ U12

Jacob Rios U11b – *3rd 60mH, 4th 100m, 5th 200m, 3rd 800m, *2nd 1100mWalk, Discus, SP, TJav

Jared Rios U9b – 2nd 60mH, *1st 70m, 3rd 100m, 7th 200m, 4th SP, LJ

Jaimie-Lee Rios U12g – 4th 60mH, 1st 100m, *3rd 200m, *1st 1500mWalk, 2nd TJav, 4th Discus, 6th TJ

Taylah Sorrensen-Talbot – 7th 100m, *3rd 1500mWalk, 3rd SP, 7th TJ

Emilio Hidalgo U8b - 4th 700m, 4th 100m, 5th 70m, 4th LJ, 6th Discus, 6th 200m U9

Luke Paramaxidis U12b - *2nd 60mH, *2nd 100m, 1st Discus, 1st SP

Carley Paramaxidis U9g – 4th 60mH, 3rd 100m, 6th 200m, 4th discus, 5th SP

Jason Paramaxidis U6b –

Emily Paramaxidis U6g –

Nathan Bini U10b - *2nd 100m, *1st 800m, 4th LJ

Natayla Jovanov U10g - 6th 60mH, 5th 100m, 8th 200m, 8th 1100mWalk, 9th Discus

Andrianna Jovanov U7g - *3rd 70m, 2nd 100m, 3rd 200m, 1st SP, 3rd LJ

Zac Cameron U10b - *2nd 60mH, *1st 100m, 4th 800m, 3rd Discus, 2nd LJ

Alex Cameron U8b – *1st 60mH, *1st 70m, *2nd 100m, *3rd 700m, 3rd Discus, 2nd LJ

Danielle Katzos – U8g - *1st 60mH, *1st 70m, *1st 100m, 3rd discus, 1st LJ

Amanda Pearson U6g –

David Hughes U13b – 5th 100m, 5th 400m, 6th 800m, 4th 1500mWalk, 4th SP, 5th HJ, 6th TJ

Josh Hughes U9b – 5th 60m H, 4th 70m, 5th 100m, 6th 200m, 6th 800m, 5th 700m Walk, 8th discus

Riley Delaney U15b - *1st 100m, *1st 200m, *1st 400m, *1st 1500m, *1st 1500mWalk, 1st SP, 1st HJ, 1st Jav, 2nd TJ

Blake Grosvenor U12b – *2nd 1500mWalk, 5th Discus, 1st HJ U13, 7th LJ, 5th TJ

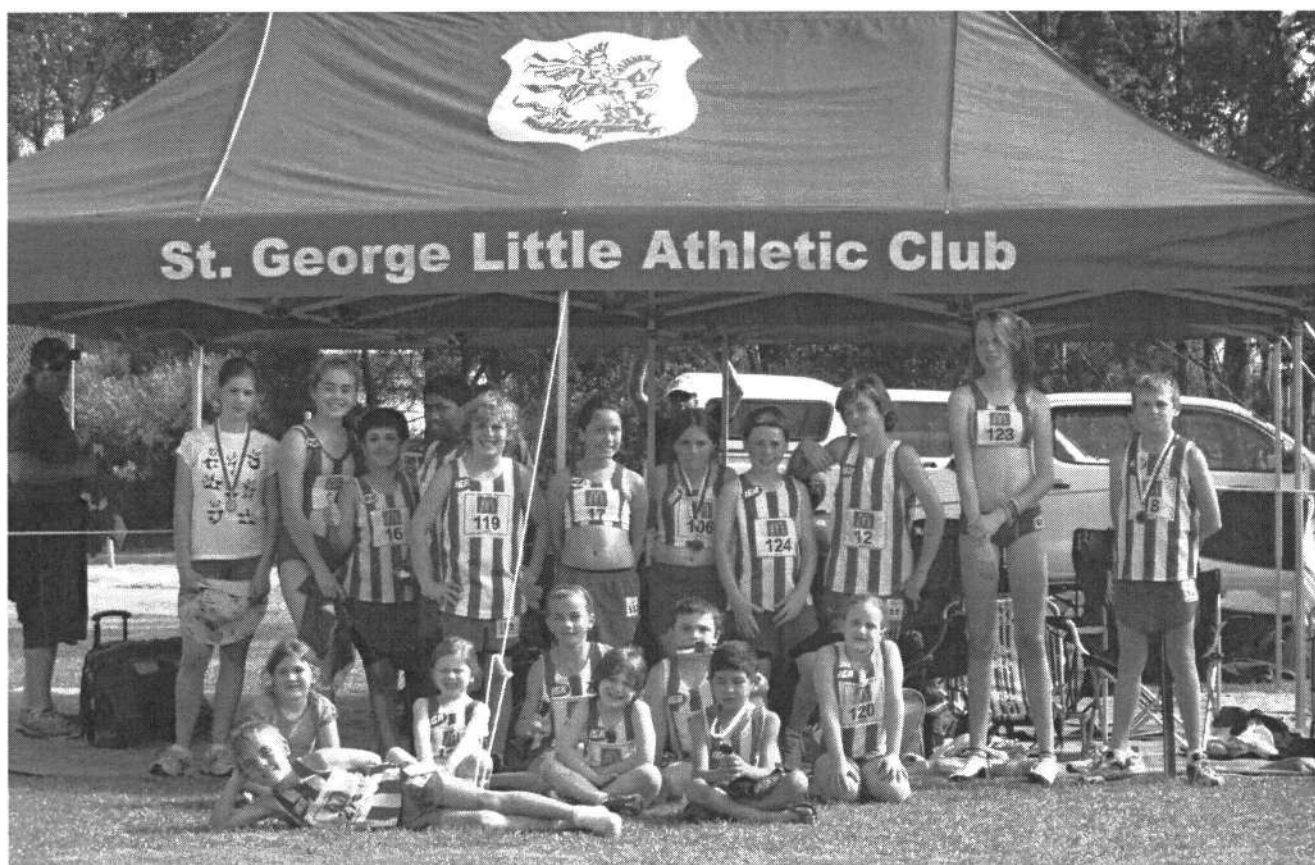
Tully Brown U11g – 3rd 100m, *2nd 100m, *3rd 1100mWalk, 2nd HJ, 4th LJ U1

Tallis Brown U9b - 3rd 60mH, *2nd 100m, 8th 200m, 4th 800m, 6th 700mWalk, 5th Discus U10, 3rd LJ U10

Alexandra Kapsis U8g - *3rd 60mH, 2nd 70m, 3rd 100m

Anthony Kapsis U7b – 4th 400m, *1st 70m, *2nd 100m

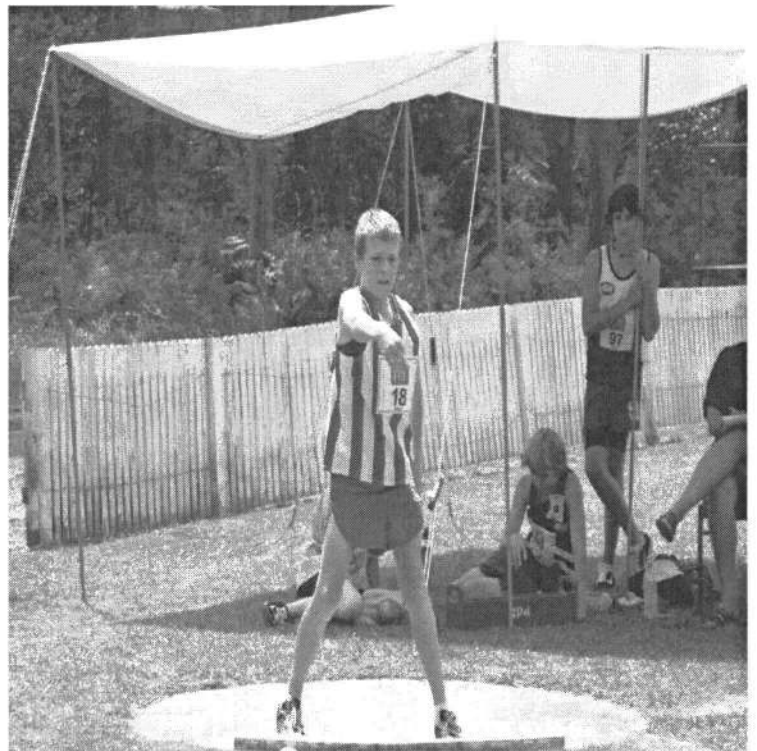
Louisa Hamilton U10g – 3rd 60mH, 4th 100m, 8th Discus, 4th LJ
 Alex Hamilton U6b – 4th 300m, 7th Discus, 6th LJ, 6th 70m, 5th 100m
 Isabell Byrnes U14g – 4th SP, 5th Discus, 4th 400m
 Luke Byrnes U10b – 1st Discus, 2nd SP U11, 1st TJav U11
 Zoe Patty U13g – *2nd 100m, *2nd 200m, *3rd 400m
 Stephanie Patty OpenWomen – 1st 100m, 1st 200m
 Catherine Heap Womens Masters - Pentathlon
 Stephanie Grosvenor Womens Masters – Pentathlon
 Toni Hughes Womens Masters – Pentathlon
 John Heap Mens Masters – Pentathlon
 Kim Delaney Mens Masters – 800m
 Fernando Rios – Mens Masters – 100m



ST GEORGE ATHLETES AT DRAGON DERBY 2009



**STEPHANIE GROSVENOR, CATHERINE HEAP & TONI HUGHES
MASTERS PENTATHLON COMPETITORS AT THE DRAGON DERBY**



THE HUGHES BROTHERS, JOSH AND DAVID IN ACTION AT THE 2009 DRAGON DERBY

STATE RELAY CHAMPIONSHIPS REPORT

Congratulations to all our athletes who participated at the State Relay Championships last weekend at Homebush. A very hot Saturday and Sunday saw some sizzling performances from our St George athletes.

Two St George track teams received medals for placing third in their respective age groups - the U9 Boys 4x100m team (Jacob Dol, Aiden Hennesy, Sebastian Herbert and Sidney Noppen) and the U11 Boys 4x 100m Team (Nicholas Chan, Liam Pemberton, Jonathon Powditch and David Finneron). St George also had numerous track and field teams place in the top 9 placings in finals. Each member of these teams will receive a certificate acknowledging their placing at the 2009 State Relay Championships.

Thank you to those St George parents who helped without question when asked as assistant officials over the weekend. We appreciate your efforts and wish to pass on congratulations from the NSW Officials at changeover two to St George Parents for being on the job and always returning promptly back to the track when required.

A special mention to those athletes in some field teams who competed either on their own or with less than four team members. We admire your efforts and club spirit. These athletes included Carley Parmaxidis U9G, Blake Grosvenor U12B, David Hughes U13B, Peter Finneron U13B, Mark Hunnisett U13B, Taylah Sorrensen-Talbot U13G, Madalaine Taylor U13G and Yosemite Guilmeir U13G.

*Lisa Rios
Publicity Officer*

The following teams placed in the top 9 in the State at the 2009 NSW State Relay Championships;

- 3rd - U9B 4x100m** - Jacob Dol, Aiden Hennesy, Sebastian Herbert and Sidney Noppen
- 3rd - U11B 4x 100m** - Nicholas Chan, Liam Pemberton, Jonathon Powditch and David Finneron
- 4th - U12 Mixed 4x400m** – Jaimie-Lee Rios, Jasmine Fisher, Ben Alessio, Luke Parmaxidis
- 7th - U11G Shot/Discus** – Grace Robinson, Charlotte Stewart, Tully Brown, Giselle Parmenter
- 8th - U8 Mixed 4x200m** – Jaimie Lawler, Alex Cameron, Sophia Cibe, Danielle Katzos
- 9th - U9 Mixed 4x200m** – Sidney Noppen, Aiden Hennesy, Caitlin McKenzie, Rachel Mauro
- 9th - U11G Long/High** - Grace Robinson, Charlotte Stewart, Tully Brown, Giselle Parmenter
- 9th - U13B Long/High** – David Hughes, Mark Hunnisett, Peter Finneron

TRANS TASMAN REPORT

On the 7th January we boarded the plane with many other NSW children and our group leaders. Our flight was the second flight out of three. Our destination was Auckland, New Zealand.

We arrived at the Sacred Heart College where the NSW Team was staying, by bus. We were staying there for 12 days. People who had arrived on the first flight helped us find our dorms. The boys and girls were in different sections. It was different sleeping in dorms, in beds different from your own. We were sleeping in a big room with a lot of kids, but they were like little rooms. We went to many exciting places where we had fun and even learned some interesting New Zealand culture. The museum was very cool. There were many interactive exhibitions. The Maori dance show was the best. Auckland was very nice and clean. The hot pools were amazing with three different temperature pools. They were all thermo spring water. There were a lot of very cool water slides. We didn't want to leave here. Rotarua was a very interesting place. We had a guided tour around the springs and mud pools. Fantastic, but smelly. That night we stayed at a Miri or Mori meeting place. The next day we went to Rainbow Ends. This was like Dreamworld, very cool. In between all this fun we had two athletic carnivals. These were a warm up for the Trans Tasman Challenge against Auckland. The day finally came and it was fierce competition. The NSW team was able to win the Cup. We did very well and won medals in our events. We made a lot of good friends, both Aussie and Kiwi. We had a great time and encourage everybody who can go to go. It is a once in a lifetime experience!

Grace Robinson & Pita Toamotu

U11 Athletes and 2010 NSW Trans Tasman Team Members

GRACE ROBINSON - U11G - Discus 1st – 31.13, Shot Put 1st – 12.55,
Long Jump eq26th – 3.52, Field Relay – 1st

PITA TOAMOTU - U11B - Discus 1st – 30.10, Shot Put 1st – 12.09, Field Relay – 1st



GRACE & PITA WITH THE TRANS TASMAN CHALLENGE CUP

ZONE CHAMPIONSHIPS

REPORT

Congratulations to all our athletes who competed at last weekend's Southern Metropolitan Zone Championships.

St George was represented by over 100 athletes ranging from U7 up to U17's. There were many outstanding results. In the U7's Kai Kamikura (U7 Boys 2nd-50m, 3rd-70m, 2nd-200m, 3rd-discus) & Andrianna Jovanov (U7 Girls 2nd-discus) received medals for their efforts. U7 athletes do not progress to Region.

We also had 2 athletes break existing Zone Records. Hame Sele (U13boys) broke the discus, shot put and javelin record whilst Grace Robinson (U11girls) broke the shot put and discus record. Sixty three U8 to U17 St George athletes qualified through to the Regional Championships that will be held on 20th & 21st February at Campbelltown. Thank you also to all those parents that assisted as officials over the weekend. An acknowledgement of thanks to those parents who worked longer at their duties than was expected, due to late arriving replacements. Your help was greatly appreciated. We wish all those athletes competing at Region the best of luck! Results from Zone can be found on the NSW Little Athletics Website.

Lisa Rios
Publicity Officer



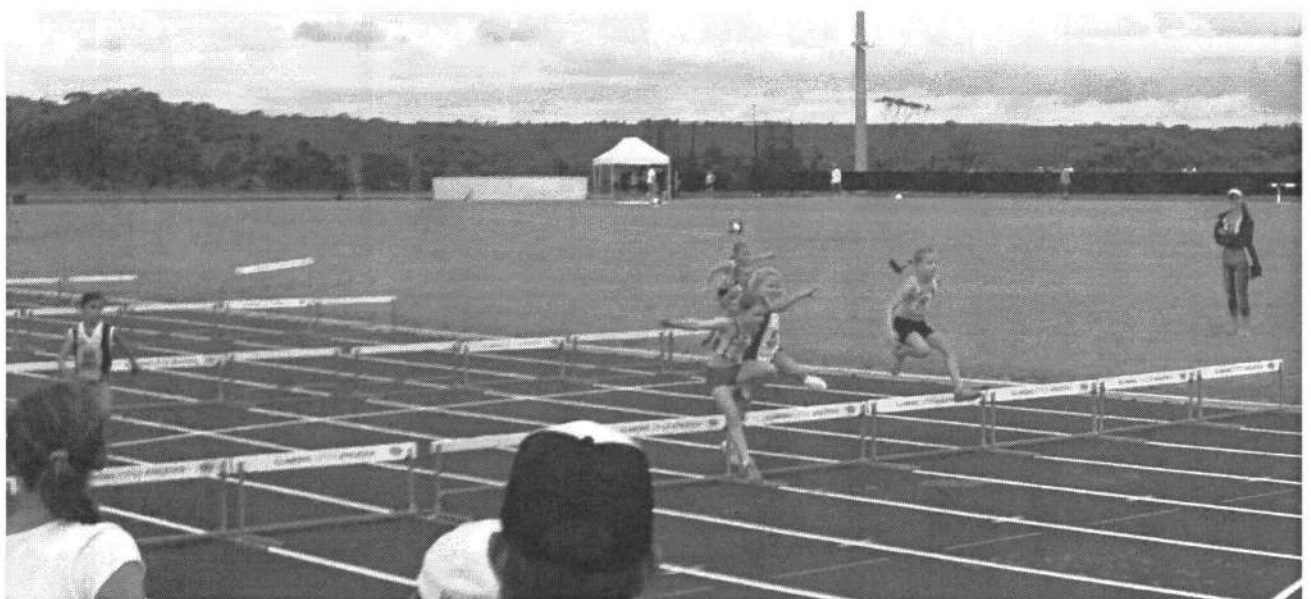
**TIFFANY WONG & SAVANNAH CLEGG, U8 GIRLS,
IN ACTION AT THE ZONE CHAMPIONSHIPS 2010**



PARENTS & FRIENDS AT THE 2010 ZONE CHAMPIONSHIPS



LIAM PEMBERTON U11 BOYS IN ACTION – ZONE CHAMPIONSHIPS



TIA LACOSTE U8 GIRLS – 60M HURDLES

SOUTHERN METROPOLITAN ZONE

RESULTS FOR ST GEORGE ATHLETES

CENTRE RESULTS - TOP 8 PLACES
SOUTHERN METROPOLITAN ZONE

LAANSW Carnival System

31 January 2010
Page 1 of 66

Centre: 9 - St George

Age Group: U/7 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Bojan Bogdanoski	95	50M Run	2	9.8	7	9.9	
		70M Run		No Result	9	13.9	
		100M Run	7	18.8			
		Shot Put			6	4.87	
Angus Callinan	305	70M Run		No Result	8	13.9	
		Shot Put			5	5.09	
Riley Jackson	240	Discus			10	5.52	
		Pack Start			7	2-05.1	
		Shot Put			11	3.69	
Kai Kamikura	83	50M Run	2	9.1	2	9.2	
		200M Run	3	38.2	2	37.5	
		70M Run		No Result	3	12.8	
		Discus			3	13.85	
Anthony Kapsis	255	200M Run	4	41.2			
		100M Run					
		50M Run		No Result			
Benjamin Lawler	103	100M Run	5	22.0			
		Long Jump			11	1.80	
		50M Run	7	11.9			
		Pack Start			13	2-37.9	
Ronan Mauro	330	Pack Start			9	2-07.7	
		200M Run		No Result			
Jimmy Nunn	389	100M Run		No Result			
		70M Run					
		200M Run		No Result			
		Long Jump				No Result	

Age Group: U/8 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Liam Bolger	350	Long Jump			14	2.82	
		Shot Put			9	4.46	
		60M Hurdles	6	13.7			
		70M Run	4	12.9	8	13.3	
Alex Cameron	142	100M Run	5	17.7			
		200M Run	5	40.7			
		60M Hurdles	4	13.1			
		Long Jump			12	2.88	

Jamie Lawler	102	Pack Start			9	2-57.0	
		100M Run	1	16.7	5	17.2	
		200M Run	2	39.6	2	37.4	****
		400M Run	5	1-29.8	8	1-38.5	
Luke Marshall	348	Shot Put			3	5.78	****
		100M Run	3	17.4	3	16.8	****
		60M Hurdles	2	12.1	3	11.9	****
		Long Jump			13	2.84	
Jordan Pejoski	128	Shot Put			5	5.00	
		400M Run	5	1-33.1			
		Pack Start			11	3-15.1	
		Discus			6	12.03	
Tristan Rothwell	266	Pack Start			12	3-17.3	

Age Group: U/9 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Tallis Brown	276	60M Hurdles	6	12.8			
		Long Jump			15	2.79	
		High Jump			14	.90	
		200M Run	6	38.8			
Dean Caccamo	414	700M Walk				DISQ	
		Discus			14	9.74	
William Carey	180	800M Run			13	3-43.5	
		400M Run	4	1-39.8			
Jacob Dol	36	400M Run	1	1-14.9	5	1-25.4	
		800M Run			2	2-52.7	****
		Long Jump			3	3.74	****
		200M Run	3	36.4			
Aidan Hennessy	109	70M Run	1	11.0	2	11.0	****
		200M Run	2	34.7	4	36.1	****
Josh Hughes	19	60M Hurdles	5	13.5			
		Discus			13	11.54	
		700M Walk			3	7-39.8	****
		Shot Put			10	4.06	
Luke Hunnisett	33	100M Run	5	19.6			
Sean Karkoulas	29	400M Run		No Result			
		800M Run			10	3-15.8	
		60M Hurdles	3	12.3	4	11.7	****
		High Jump			13	.90	
Jay McGowan	86	60M Hurdles	3	12.2	5	11.8	
		100M Run	4	17.5			
Sidney Noppen	309	100M Run	1	14.6	1	15.2	****
		70M Run	1	11.0	1	10.7	****
		Long Jump			1	3.92	****
		200M Run	1	33.7	1	33.2	****
Will Nunn	388	70M Run		No Result			
		Shot Put				No Result	
		100M Run		No Result			

CENTRE RESULTS - TOP 8 PLACES
SOUTHERN METROPOLITAN ZONE

LAANSW Carnival System

31 January 2010
 Page 3 of 66

Cristian Patolo-Vitale	470	Shot Put			3	7.05	****
		Discus			2	22.66	****
Jared Rios	16	Shot Put			9	4.95	
		70M Run	4	11.9	8	12.1	
		Long Jump			14	2.86	
		Discus			12	12.88	
Rhys Young	458	800M Run			4	2-59.0	****
		400M Run	4	1-19.7		No Result	
		High Jump			7	1.00	

Age Group: U/10 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Ethan Bergan	71	High Jump			15	1.00	
		Long Jump			6	3.73	
		70M Run	1	11.2	5	10.9	
Nathan Bini	327	800M Run			6	2-56.5	
		400M Run	2	1-16.9	3	1-16.9	****
		70M Run	3	11.8			
Jack Boyling	322	400M Run	5	1-22.8			
		60M Hurdles	5	14.5			
		High Jump			13	1.00	
		200M Run	3	36.2			
Luke Byrnes	31	60M Hurdles	6	15.2			
		Shot Put			1	10.59	****
		Discus			9	15.89	
Zachary Cameron	141	70M Run	1	11.0	1	10.7	****
		High Jump				No Result	
		200M Run	1	34.0	2	33.1	****
		100M Run	1	14.6	1	14.6	****
Leopold Kostas	219	800M Run			11	3-14.6	
		1500M Run			9	6-22.2	
		1100M Walk			4	9-41.4	****
		400M Run	5	1-24.2			
Mark Lawler	101	Discus			16	11.00	
		800M Run			14	3-53.3	
		200M Run	6	42.1			
		1100M Walk				DISQ	
Iavor Nikolaev	260	Long Jump			11	3.46	
		800M Run			7	3-00.3	
		1500M Run			2	5-52.8	****
		Discus			4	18.88	****
Nathanael Taylor	222	60M Hurdles	1	11.9	1	11.4	****
		200M Run	2	33.5	6	33.4	
		Shot Put			5	7.43	
		100M Run	1	15.0	3	15.0	****

CENTRE RESULTS - TOP 8 PLACES
SOUTHERN METROPOLITAN ZONE

LAANSW Carnival System

31 January 2010
Page 4 of 66

Matteo Tiscia	100	70M Run	2	11.0	2	10.8	****
		100M Run	2	14.9	5	15.0	
		Long Jump				No Result	
Riley Wanless	92	60M Hurdles	4	12.6			
		100M Run	2	14.9	2	14.9	****
		Long Jump			4	3.99	****
		400M Run	2	1-19.1	6	1-23.3	

Age Group: U/11 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Nicholas Chan	455	200M Run	1	31.7	6	32.1	
		Triple Jump			1	8.54	****
		100M Run	2	14.8	5	14.6	
		Long Jump			2	4.20	****
David Finneron	226	60M Hurdles	3	11.7	7	11.8	
		200M Run		No Result			
		High Jump			11	1.10	
		100M Run	4	14.9	6	14.9	
Daniel Mauro	328	1500M Run			6	6-06.7	
		400M Run	4	1-21.4			
		60M Hurdles	5	13.0			
		Triple Jump			9	6.79	
Tom Nunn	387	400M Run		No Result			
		1500M Run				No Result	
		800M Run				No Result	
		100M Run		No Result			
Liam Pemberton	342	200M Run	1	29.9	1	30.4	****
		60M Hurdles	2	11.0	4	11.2	****
		100M Run	1	14.1	1	13.9	****
		Long Jump			1	4.58	****
Jonathan Powditch	372	Long Jump			9	3.83	
		60M Hurdles	1	10.7	1	10.5	****
		400M Run	6	1-21.5			
		200M Run	5	32.7			
Jacob Rios	15	Shot Put			2	9.15	****
		800M Run			7	3-05.8	
		400M Run	2	1-11.9	4	1-10.6	****
		1100M Walk			2	7-12.6	****
Pita Toamotu	24	Shot Put			1	12.05	****
		Discus			1	31.43	****
		Triple Jump			11	6.28	
		Long Jump			13	3.37	

Age Group: U/12 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Benjamin Alessio	343	400M Run	1	1-04.2	1	1-05.3	****
		100M Run	1	13.3	1	13.4	****
		200M Run		No Result	1	28.7	****
		60M Hurdles		No Result	2	11.0	****
Patrick Butler	426	100M Run	4	15.8			
		1500M Run			6	6-14.7	
		200M Run					
		800M Run			6	3-08.1	
Blake Grosvner	12	Discus			6	19.88	
		Shot Put			8	7.27	
		1500M Walk			2	9-57.1	****
		High Jump			3	1.28	****
Zack Heap	124	800M Run			9	3-20.3	
		Shot Put			10	6.19	
Rick Kamikura	82	1500M Run			8	6-25.2	
		Triple Jump			6	7.37	
		800M Run			7	3-12.8	
		Shot Put			11	5.35	
Anthony Khoury	483	1500M Run			4	5-54.2	****
Jeremy Lay	295	Triple Jump				No Result	
		High Jump			5	1.26	
		100M Run		No Result			
		Long Jump			8	3.82	
Benjamin Lewis	171	200M Run		No Result	7	33.2	
		Triple Jump			5	7.55	
Luke Parmaxidis	119	Discus			3	31.27	****
		200M Run		No Result	5	30.7	
		100M Run	3	14.6	6	14.7	
		400M Run	1	1-10.9	3	1-10.5	****
Michael Pejoski	127	1500M Run			9	6-44.9	
		800M Run			10	3-28.3	
		Triple Jump			8	7.04	
		1500M Walk				DISQ	

Age Group: U/13 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
John Finneron	150	400M Run	4	1-20.3	8	1-22.1	
		High Jump			6	1.25	
		80M Hurdles			5	16.2	
		100M Run	6	14.7			
		200M Run	6	35.7			
		200M Hurdles				No Result	
David Hughes	18	Long Jump			10	2.96	
		Triple Jump			8	6.91	
		High Jump			7	1.20	

**CENTRE RESULTS - TOP 8 PLACES
SOUTHERN METROPOLITAN ZONE**

LAANSW Carnival System

31 January 2010
Page 6 of 66

David Hughes	18	Discus	7	13.84	
		Javelin	7	12.88	
		Shot Put	6	8.62	
Mark Hunnisett	32	Javelin	6	14.14	
		800M Run	10	3-10.8	
		1500M Run	7	6-23.8	
		400M Run	5	1-23.1	
James Nielsen	349	80M Hurdles		No Result	
		800M Run		No Result	
		Discus		No Result	
		Long Jump		No Result	
		100M Run		No Result	
Michael Petrovski	345	200M Run		No Result	
		400M Run		No Result	
		Triple Jump		No Result	
		800M Run		No Result	
Hame Sele	376	Discus	1	46.80	****
		Shot Put	1	14.87	****
		Javelin	1	44.47	****

Age Group: U/14 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
William Burgess	441	High Jump			2	1.51	****
		200M Run		No Result	5	27.6	
		Triple Jump			1	10.61	****
		200M Hurdles				No Result	
		90M Hurdles			4	14.7	****
		100M Run		No Result		No Result	
Marcus Chan	454	100M Run		No Result	3	13.0	****
		Discus			1	32.32	****
		Shot Put			2	9.42	****
		Javelin			1	35.26	****
Joshua Foon	500	100M Run		No Result	4	13.0	****
		200M Run		No Result	3	27.4	****
		Long Jump			7	4.54	
		Shot Put			3	7.35	****
Wesley Ho	68	Long Jump			5	4.78	
		90M Hurdles			6	16.9	
		Discus				No Result	
		High Jump				No Result	

Age Group: U/15 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Riley Delaney	2	3000M Run				No Result	
		1500M Run			2	5-00.9	****

CENTRE RESULTS - TOP 8 PLACES
SOUTHERN METROPOLITAN ZONE

LAANSW Carnival System

31 January 2010

Page 7 of 66

Riley Delaney	2	800M Run	2	2-18.6	****
Joshua Knopf	5	Triple Jump	2	11.02	****
		Long Jump	2	5.35	****
James Shalala	7	3000M Run	2	11-04.6	****
		1500M Run	4	5-16.1	****

Age Group: U/17 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Jack Andersen	8	100M Run				No Result	
		Long Jump				No Result	
		High Jump				No Result	
		200M Run				No Result	
		Triple Jump				No Result	
Ian Rubasha	423	100M Run				No Result	
		200M Run				No Result	
		400M Run				No Result	

Age Group: Junior Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
. St. George	9991	4 x 100 Relay			1	58.7	****

Age Group: Senior Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
. St.George	9993	4 x 100 Relay				No Result	

Age Group: U/7 Girls

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Giannon Borg	225	70M Run	5	13.9			
		100M Run	5	19.5			
		50M Run	6	15.2			
		Shot Put			5	3.47	
Lauren Carey	181	200M Run	4	43.6			
		100M Run	5	19.8			
		Pack Start			5	2-12.0	
		Long Jump			5	2.36	
Lily Hook	213	100M Run	4	18.8			
		70M Run	5	13.5			
		200M Run	4	41.6	5	41.7	
		50M Run	4	9.8			
Andrianna Jovanov	107	Shot Put			6	3.37	
		50M Run	4	10.3			
		Discus			2	9.19	
		Long Jump			9	2.14	

Vanessa Wong	498	100M Run	No Result			
		70M Run	5	14.4		
		Long Jump			8	2.21
		50M Run	No Result			

Age Group: U/8 Girls

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Savannah Fisher	23	200M Run		No Result			
		400M Run	4	1-31.0	7	1-36.2	
		Pack Start				No Result	
		Long Jump			10	2.45	
Alexandra Kapsis	254	400M Run		No Result			
		60M Hurdles		No Result			
		100M Run					
Danielle Katzos	359	60M Hurdles	2	13.0	4	12.8	****
		100M Run	3	16.9	1	16.6	****
		Long Jump			5	3.03	
		70M Run	1	12.0	1	12.2	****
Tia La Coste	316	Long Jump			1	3.33	****
		Shot Put			1	6.13	****
		60M Hurdles	1	12.5	1	11.8	****
		100M Run	3	17.7	4	17.0	****
Alexandra Tims	442	Discus			6	8.80	
		200M Run	4	38.8	3	38.1	****
		100M Run	2	17.1	5	17.1	
		Long Jump			2	3.10	****

Age Group: U/9 Girls

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Clare Callinan	304	200M Run	1	38.5	3	38.2	****
		60M Hurdles	6	12.8			
		Shot Put			5	4.45	
Savannah Clegg	64	Shot Put			8	3.67	
		70M Run	3	12.5	5	12.6	
		100M Run	5	17.1			
Lauren Hook	212	800M Run			5	3-32.9	
		100M Run	4	17.5			
		400M Run	3	1-36.7			
Hannah Jackson	239	Shot Put			9	3.50	
		200M Run	3	41.1			
Janice Lewis	420	200M Run		No Result			
		100M Run	3	17.1			
Rachel Mauro	329	400M Run	2	1-21.5	1	1-22.6	****
		60M Hurdles	6	13.1			
		800M Run			2	3-09.8	****

CENTRE RESULTS - TOP 8 PLACES
SOUTHERN METROPOLITAN ZONE

LAANSW Carnival System

31 January 2010
Page 9 of 66

Catelyn Mckenzie	250	400M Run	3	1-27.0	4	1-24.5	****
		200M Run	2	38.0	1	37.5	****
		60M Hurdles	4	12.2	3	11.9	****
		800M Run			8	3-39.5	
Carley Parmaxidis	120	Shot Put			3	5.20	****
		Discus			2	16.43	****
		Long Jump			10	2.87	
		70M Run	5	12.7			
Bianca Powditch	373	60M Hurdles	4	12.7	6	12.6	
		Discus			9	9.17	
		Long Jump			8	3.05	
		400M Run	4	1-29.0			
Tiffany Wong	497	70M Run	2	11.6	2	11.7	****
		Long Jump			2	3.20	****
		100M Run		No Result			
		Discus			7	10.12	
Chantal Yu	392	Long Jump				No Result	
		70M Run		No Result			
		Discus				No Result	

Age Group: U/10 Girls

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Chermay Chaves	67	400M Run	2	1-22.9	3	1-23.4	****
		200M Run	5	36.2			
		70M Run		No Result			
		100M Run	6	16.4			
Talia Fisher	22	100M Run	1	14.9	1	14.7	****
		200M Run	1	33.6	1	31.7	****
		Shot Put			4	5.20	****
		70M Run	1	10.9	1	10.9	****
Tara Frawley	77	Discus				No Result	
		High Jump				No Result	
Louisa Hamilton	72	100M Run	5	16.7			
		70M Run	3	11.9			
		60M Hurdles	2	12.2	2	12.3	****
		Long Jump			3	3.70	****
Natalya Jovanov	106	Long Jump			15	2.56	
		Discus			5	12.69	
		1100M Walk			4	9-57.0	****
Brittany Kay	279	200M Run		No Result			
		High Jump				No Result	
		Shot Put				No Result	
		1100M Walk				No Result	
Phoebe La Coste	315	Discus			4	16.97	****
		60M Hurdles	1	12.2	7	13.3	

**CENTRE RESULTS - TOP 8 PLACES
SOUTHERN METROPOLITAN ZONE**

LAANSW Carnival System

31 January 2010
Page 10 of 66

Phoebe La Coste	315	70M Run	2	11.5	7	11.9	
		Shot Put			2	6.16	****
Faith Patolo-Vitale	469	Discus			2	19.52	****
		Shot Put			3	6.10	****
Freya Torode	308	800M Run			2	2-59.8	****
		1500M Run			8	6-48.9	
Celia Tulau	50	100M Run	3	16.2			
		Long Jump			9	3.36	
		High Jump			9	1.00	
		60M Hurdles	3	13.0	8	13.3	

Age Group: U/11 Girls

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Maddison Boyling	323	100M Run	2	15.3	6	15.8	
		High Jump			3	1.25	****
		200M Run	5	33.7	7	34.6	
Tully Brown	275	High Jump			5	1.19	
		60M Hurdles	4	12.4	8	13.0	
		100M Run	4	15.7			
		Long Jump			5	3.92	
Selina Ho	66	Long Jump			13	2.87	
		1500M Run			6	7-26.2	
		800M Run			11	3-42.4	
		Shot Put				No Result	
Iva Nikolaev	259	Shot Put				No Result	
		Long Jump			10	3.59	
		1500M Run			3	6-24.5	****
		800M Run			5	3-06.3	
Giselle Parmenter	57	Triple Jump			10	7.06	
		100M Run	5	16.9			
		High Jump				No Result	
		400M Run	4	1-26.1			
Grace Robinson	25	Shot Put			1	13.14	****
		Triple Jump			3	7.97	****
		Long Jump			4	3.94	****
		Discus			1	35.62	****
Madeleine Saksida	198	200M Run	3	32.6	5	32.7	
		400M Run	2	1-12.6	2	1-12.9	****
		800M Run			2	2-51.7	****
		Triple Jump			4	7.77	****
Rebecca Shalala	114	High Jump			7	1.10	
Charlotte Stewart	244	Discus			7	10.39	
		100M Run	5	17.1			
		Triple Jump			12	6.53	

Age Group: U/12 Girls

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Dyone Bettiga	509	Shot Put			4	9.02	****
		Discus			2	21.90	****
Chrystal Christie	62	Triple Jump				No Result	
		Discus				No Result	
		100M Run		No Result			
		Long Jump				No Result	
Leyla-Zehra Erdogan	96	100M Run		No Result			
Jasmine Fisher	21	Triple Jump				FOULS	
		800M Run			2	2-48.1	****
		Long Jump			6	4.11	
		100M Run	3	15.1	8	14.8	
Jade Kearsey	76	1500M Run				No Result	
Jaimie-Lee Rios	14	1500M Walk			2	9-42.4	****
		200M Run	4	32.9	7	33.5	
		Shot Put			1	9.66	****
		Discus			3	20.98	****

Age Group: U/13 Girls

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Nicole Abdullah	417	100M Run		No Result	8	15.9	
		200M Run		No Result	6	31.4	
		Long Jump			7	4.28	
Chiara Christian	274	400M Run		No Result	5	1-09.7	
		800M Run			4	2-54.4	****
Dominique Johnston	347	High Jump			5	1.25	
		Discus			5	20.74	
		200M Hurdles		No Result	3	34.0	****
		80M Hurdles		No Result	5	17.5	
		Shot Put			4	8.14	****
		Triple Jump			6	8.39	
Zoe Pattey	424	100M Run		No Result	3	13.8	****
		200M Run		No Result	5	30.9	
Alexandra Rothwell	265	800M Run			5	2-58.8	
Taylah Sorrensen	17	80M Hurdles		No Result	8	19.2	
		200M Run					
		Discus			11	15.14	
		800M Run				No Result	
		Long Jump				No Result	
Madalane Taylor	224	1500M Walk				DISQ	
		Triple Jump			8	7.16	
		Javelin			11	5.87	

**CENTRE RESULTS - TOP 8 PLACES
SOUTHERN METROPOLITAN ZONE**

LAANSW Carnival System

31 January 2010

Page 12 of 66

Madalane Taylor	224	1500M Run		No Result
		Shot Put	7	6.33
		Discus	10	15.97
		Long Jump	10	3.23
Sidney Tulau	49	Long Jump	8	3.83
		80M Hurdles	No Result	7 18.9
		High Jump		No Result
		Shot Put	8	5.52
		100M Run	No Result	7 15.6

Age Group: U/14 Girls

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Claudia Butters	20	Discus			6	14.97	
		800M Run				No Result	
Isabel Byrnes	30	Shot Put			4	6.27	****
		Javelin			6	10.35	
		Discus			7	12.58	
Megan Heap	123	Javelin			3	17.75	****
		Long Jump				No Result	
		Shot Put			3	7.52	****
		Triple Jump			1	9.34	****
		High Jump			2	1.40	****
		Discus			3	19.37	****
Madelaine Holbeach	11	Triple Jump			2	9.24	****
		Long Jump			3	4.53	****
Carolena Kostas	218	400M Run			1	1-03.7	****
		800M Run			2	2-33.2	****
Katie Lay	294	100M Run		No Result		No Result	
		Shot Put				No Result	
		Long Jump				No Result	
		High Jump				No Result	

Age Group: U/15 Girls

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Naomi Lopez	1	200M Run			5	28.8	
		100M Run				No Result	

Age Group: U/17 Girls

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Kate Caccamo	413	Long Jump				No Result	
		High Jump				No Result	
		Triple Jump				No Result	
Elysse Jones	10	200M Run			2	29.4	****
		Javelin			3	32.24	****
		Long Jump			2	4.57	****

Age Group: Junior Girls

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
. St. George	9990	4 x 100 Relay			3	1-02.5	

Age Group: Senior Girls

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
. St. George	9992	4 x 100 Relay			4	55.0	



DAVID HUGHES GETTING READY AT HIGH JUMP
AT THE 2009/2010 ZONE CHAMPIONSHIPS

REGIONAL CHAMPIONSHIPS

REPORT

Congratulations to all our athletes who competed at the weekend's Regional Championships at Campbelltown.

Fourteen St George athletes qualified through to State Championships in a March. Many PB's were achieved by many of our athletes over the weekend and two athletes, Grace Robinson & Hame Sele broke existing Regional records in throws events.

Thank you to those parents who assisted as Officials at the discus over the weekend. A special mention and thank you to Peter McKenzie who officiated at Discus for four discus events on Saturday due to other St George parents not showing up for their duty. Also we would like to acknowledge David Chaves and Craig Hamilton who also officiated at extra discus age groups. The Committee would like to thank these Parents for their time and generous nature. It is unfortunate that some Parents still do not come forward or turn up for duties at these events, when it is advertised well in advance.

Lisa Rios

Publicity Officer

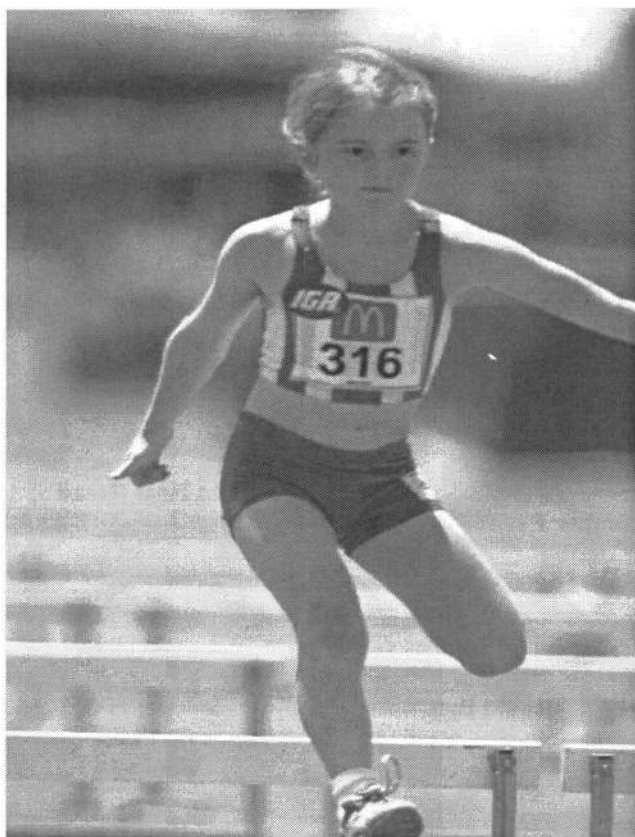
The following athletes will be competing at the State Championships at Homebush in March.

We wish them well!

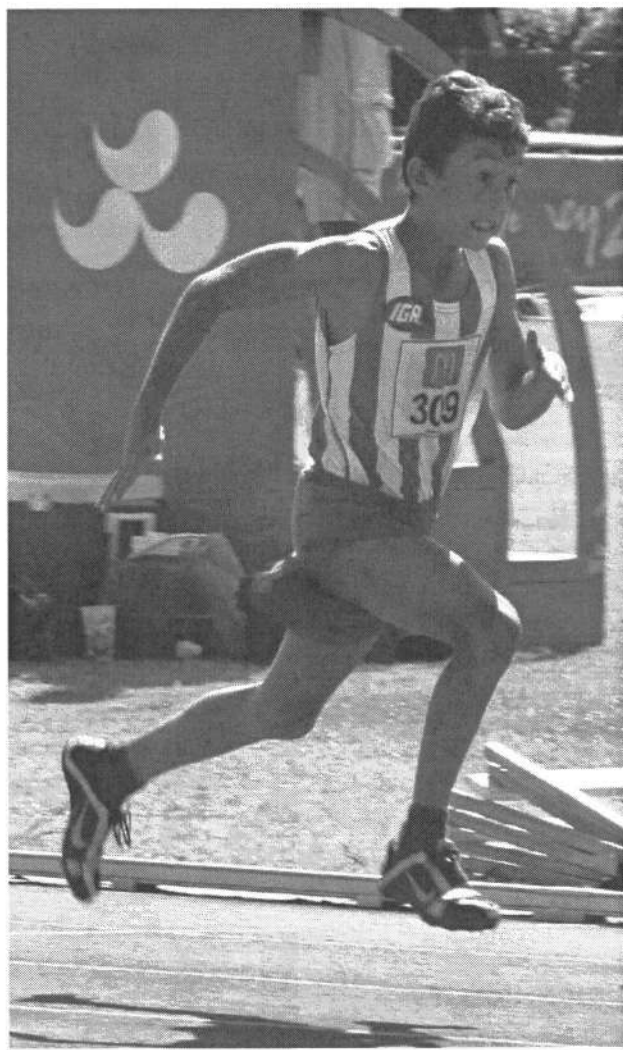
Sidney Noppen U9, Carly Paramaxidis U9, Talia Fisher U10, Pita Toamotu U11, Grace Robinson U11, Ben Alessio U11, Riley Delaney U15, Megan Heap U14, Luke Paramaxidis U12, Carolena Costas U14, Luke Byrnes U10, Liam Pemberton U11, Marcus Chan U14, Hame Sele U13.



**PITA TOAMOTU RECEIVING MEDALS AT THE
2009/2010 REGIONAL CHAMPIONSHIPS, CAMPBELLTOWN.**



TIA LACOSTE AT THE REGION CHAMPIONSHIPS



SID NOPPEN IN ACTION U9 BOYS

REGION 3

RESULTS FOR ST GEORGE ATHLETES

**CENTRE RESULTS - TOP 8 PLACES
REGION 3**

LAANSW Carnival System

22 February 2010
Page 30 of 118

Centre: 9 - St George

Age Group: U/8 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Jamie Lawler	102	200M Run	8	36.5			
Luke Marshall	348	60M Hurdles	3	11.71	4	11.75	
		Shot Put			3	6.09	
		100M Run	5	16.55			

Age Group: U/9 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Jacob Dol	36	Long Jump			4	3.58	
		800M Run				No Result	
		400M Run		No Result			
Josh Hughes	19	700M Walk			4	5-29.1	
Sean Karkoulas	29	60M Hurdles		No Result			
Sidney Noppen	309	70M Run	1	10.3	1	10.2	****
		100M Run		No Result			
		200M Run	1	30.4	1	30.4	****
		Long Jump			3	3.60	****
Cristian Patolo-Vitale	470	Discus			6	21.78	
		Shot Put			5	6.96	
Rhys Young	458	800M Run				No Result	

Age Group: U/10 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Ethan Bergan	71	Long Jump			11	3.46	
Nathan Bini	327	400M Run	6	1-16.39			
Luke Byrnes	31	Shot Put			2	9.58	****
Zachary Cameron	141	70M Run	2	10.4	4	10.1	
		100M Run	2	14.45	5	14.33	
		200M Run	6	31.0			
Leopold Kostas	219	1100M Walk			9	8-50.8	

Iavor Nikolaev	260	Discus			11	18.44
		1500M Run			12	6-00.43
Nathanael Taylor	222	60M Hurdles		No Result		
		100M Run		No Result		
Matteo Tiscia	100	70M Run	3	10.6	5	10.3
		100M Run	3	14.31	7	14.50

Age Group: U/11 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
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CENTRE RESULTS - TOP 8 PLACES REGION 3

LAANSW Carnival System

22 February 2010
Page 31 of 118

Nicholas Chan	455	Triple Jump			13	8.04	
		Long Jump			9	3.96	
Liam Pemberton	342	60M Hurdles	5	11.32	6	11.10	
		100M Run	3	13.96	6	14.03	
		Long Jump			1	4.61	****
		200M Run	4	28.9	5	28.7	
Jacob Rios	15	1100M Walk			5	6-40.1	
		400M Run	3	1-10.84	8	1-14.25	
		Shot Put			6	8.86	
Pita Toamotu	24	Shot Put			2	12.11	****
		Discus			1	33.51	****

Age Group: U/12 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
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Benjamin Alessio	343	400M Run	5	1-10.74			
		100M Run	1	13.09	1	13.02	****
		60M Hurdles	3	11.31	6	11.15	
		200M Run	1	27.0	1	26.2	****
Blake Grosvenor	12	1500M Walk			6	10-45.94	
		High Jump			5	1.35	
Anthony Khoury	483	1500M Run				No Result	
Luke Parmaxidis	119	Discus			2	33.64	****
		400M Run	4	1-10.15	6	1-09.86	

Age Group: U/13 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
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Hame Sele	376	Discus			1	48.32	****
		Javelin			1	36.30	****
		Shot Put			1	15.27	****

Age Group: U/14 Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
William Burgess	441	Triple Jump			4	10.79	
		90M Hurdles		No Result			
		High Jump			9	1.45	
Marcus Chan	454	Discus			3	33.34	****
		Javelin			3	31.25	****
		100M Run		No Result			
		Shot Put			4	9.72	
Joshua Foon	500	200M Run		No Result			
		100M Run		No Result			
		Shot Put				No Result	

**CENTRE RESULTS - TOP 8 PLACES
REGION 3**

LAANSW Carnival System

22 February 2010
Page 32 of 118**Age Group: U/15 Boys**

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Riley Delaney	2	800M Run			3	2-11.9	****
		1500M Run			10	5-10.34	
Joshua Knopf	5	Triple Jump				No Result	
		Long Jump				No Result	
James Shalala	7	3000M Run			5	11-18.03	
		1500M Run				No Result	

Age Group: Junior Boys

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
St. George	9991	4 x 100 Relay			2	57.6	

Age Group: U/8 Girls

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Tia La Coste	316	Shot Put			8	4.84	
		60M Hurdles	1	11.73	1	11.35	
		Long Jump			2	3.13	
		100M Run	5	16.66	8	17.50	
Alexandra Tims	442	200M Run	3	35.8	8	36.3	
		Long Jump			4	3.03	
		100M Run	4	16.87			

Age Group: U/9 Girls

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Clare Callinan	304	200M Run	8	38.7			
Rachel Mauro	329	400M Run	2	1-19.76	6	1-22.85	
		800M Run			8	3-16.3	
Catelyn McKenzie	250	400M Run	6	1-26.92			
		200M Run	8	36.3			
		60M Hurdles	5	12.22			
Carley Parmaxidis	120	Shot Put			8	5.04	
		Discus			3	18.26	****
Tiffany Wong	497	70M Run	5	11.4	7	11.6	
		Long Jump			8	3.30	

Age Group: U/10 Girls

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Chermay Chaves	67	400M Run	8	1-22.81			
Talia Fisher	22	70M Run	3	10.7	3	10.3	****
		Shot Put				No Result	
		200M Run	4	31.0	6	31.1	
		100M Run	2	14.56	2	14.60	****

**CENTRE RESULTS - TOP 8 PLACES
REGION 3****LAANSW Carnival System**22 February 2010
Page 33 of 118

Louisa Hamilton	72	Long Jump			12	3.35	
		60M Hurdles	6	12.18			
Natalya Jovanov	106	1100M Walk			11	9-29.7	
Phoebe La Coste	315	Discus				FOULS	
		Shot Put			8	6.08	
Faith Patolo-Vitale	469	Shot Put				No Result	
		Discus				FOULS	
Freya Torode	308	800M Run				No Result	

Age Group: U/11 Girls

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Maddison Boyling	323	High Jump			4	1.25	
Iva Nikolaev	259	1500M Run			9	6-21.10	
		800M Run				No Result	
Grace Robinson	25	Shot Put			1	13.56	****
		Discus			1	36.86	****
		Long Jump			9	3.81	
		Triple Jump			4	8.50	
Madeleine Saksida	198	400M Run		No Result			
		800M Run			7	2-49.5	

Age Group: U/12 Girls

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Dyone Bettega	509	Shot Put			9	8.95	
		Discus			5	21.93	
Jasmine Fisher	21	800M Run			9	2-48.3	
Jaimie-Lee Rios	14	1500M Walk			4	9-18.61	
		Discus			8	19.92	
		Shot Put			5	9.34	

Age Group: U/13 Girls

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Chiara Christian	274	800M Run			12	2-52.4	
Dominique Johnston	347	200M Hurdles	5	34.56			
		Shot Put			8	7.38	
Zoe Pattey	424	100M Run	4	13.81			

Age Group: U/14 Girls

Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Isabel Byrnes	30	Shot Put				No Result	
Megan Heap	123	High Jump			3	1.45	****

**CENTRE RESULTS - TOP 8 PLACES
REGION 3****LAANSW Carnival System**22 February 2010
Page 34 of 118

Megan Heap	123	Javelin			4	17.57	
		Shot Put			5	7.66	
		Triple Jump			5	9.20	
		Discus			7	20.98	
Madelaine Holbeach	11	Long Jump				No Result	
		Triple Jump				No Result	
Carolena Kostas	218	400M Run		No Result	3	1-01.14	****
		800M Run			2	2-24.3	****

Age Group: U/17 Girls

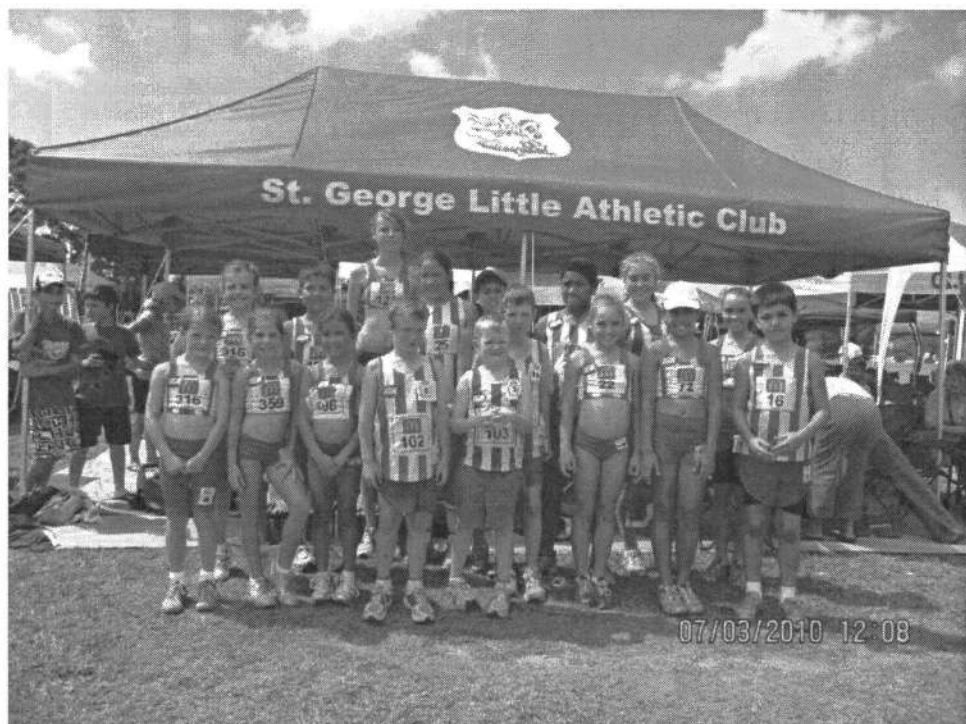
Athlete Name	Number	Event	Heat Place	Heat Result	Final Place	Final Result	Qual?
Elysse Jones	10	Long Jump			4	4.35	
		200M Run	3	28.7		No Result	
		Javelin			4	29.86	

STATE MULTI CHAMPIONSHIPS REPORT

Congratulations to all our 17 athletes who competed at the State Multi Championships at Nowra last weekend. Each athlete is to be congratulated for the efforts in representing our Centre. The weather was warm and we had some outstanding achievements on over the weekend. Congratulations to Grace Robinson, U11 girls, who not only finished first after 6 events over the weekend but also broke the existing State Multi record for U11 Girls. Thank you to our Parents for their help at officiating at shot put over the weekend and a special thanks to Lynne Whatmann who organized accommodation, took down the Club's Shade Shelter and early on the Friday saved the area it was set up as well as officiating all weekend as one of NSWLAA State Officials.

Lisa Rios
Publicity Officer

GIRLS	AGE	PLACE	BOYS	AGE	PLACE
Tia La Coste	U8	13 th	Ben Lawler	U7	23 rd
Sophia Cibe	U8	14 th	Jamie Lawler	U8	16 th
Danielle Katzos	U8	15 th	Jared Rios	U9	27 th
Talia Fisher	U10	12 th	Mark Lawler	U10	34 th
Phoebe La Coste	U10	15 th	Jacob Rios	U11	31 st
Louisa Hamilton	U10	28 th	Pita Toamotu	U11	36 th
Grace Robinson	U11	1 st	Gianluca Cibe	U11	41 st
Jaimie-Lee Rios	U12	19 th			
Jasmine Fisher	U12	28 th			
Megan Heap	U14	15 th			



ST GEORGE LITTLE ATHLETES AT THE 2010 STATE MULTI CHAMPIONSHIPS



**GRACE ROBINSON, U11 GIRLS
1ST PLACE AT THE 2009/2010 STATE MULTI CHAMPIONSHIPS AND
NEW STATE RECORD HOLDER**



ST GEORGE LITTLE ATHLETES AT THE STATE MULTI CHAMPIONSHIPS IN NOWRA



**JACOB RIOS, U11 BOYS SHOT PUT IN ACTION IN
SHOT PUT AT THE STATE MULTI CHAMPIONSHIPS IN NOWRA**



**GRACE ROBINSON, U11 GIRLS
STATE MULTI'S, NOWRA
THE FINAL EVENT – 800M**



**GRACE ROBINSON U11 GIRLS
STATE MULTI WINNER
WITH ALVIN UMADHAY FROM NSWLAA**



**PITA TOAMOTU IN ACTION AT THE NSWLAA
STATE MULTI CHAMPIONSHIPS IN THE U11 BOYS 60M HURDLES**



JAIMIE-LEE RIOS IN ACTION AT THE STATE MULTI'S U11 LONG JUMP



STATE MULTI'S U9 BOYS 100M – JARED RIOS



TALIA FISHER – STATE MULTI'S U10 GIRLS 800M



JASMINE FISHER – U12 GIRLS DISCUS - STATE MULTI'S



STATE MULTI'S NOWRA MARCH 2010

STATE CHAMPIONSHIPS

REPORT

St George Little Athletics was represented by 14 athletes at the NSWLAA State Championships held at Sydney Olympic Park Athletic Stadium at Homebush on the 19th, 20th, 21st March 2010. St George Athletes performed extremely well with 5 athletes coming away with a total of 7 gold and 3 silver medals. Hame Seles outstanding performance in the U13 Boys at the State Championships and also those throughout the season in throwing events saw him being selected to represent NSW at the Australian Little Athletics Championships to be held in Brisbane.

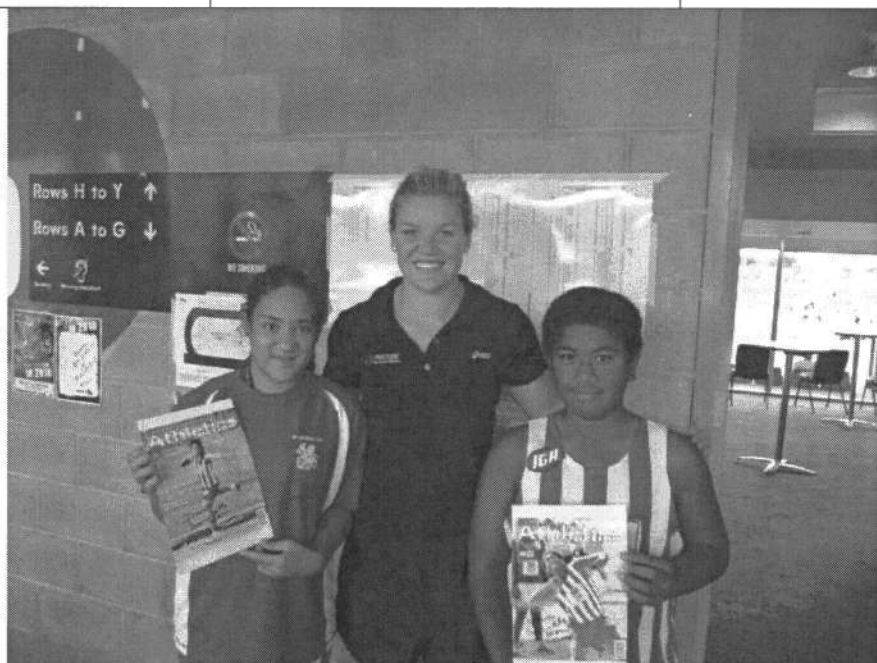
Grace Robinson also won the Shot and Discus in the U11 Girls, Pita Toamotu was first in the U11 Boys Discus and Ben Alessio won the U12 Boys 200m event. Pita also placed second in Shot puts and Carolena Kostas was second in the U14 girls 800m.

Thanks, also goes to our parents for assisting as required over the weekend as officials.

Lisa Rios

Publicity Officer

GRACE ROBINSON – U11G Shot 1 st , Discus 1 st	PITA TOAMOTU – U11B Shot 2 nd , Discus 1 st	HAME SELE – U13B Shot 1 st , Discus 1 st , Javelin 1 st
BEN ALESSIO – U12B 100m 2 nd , 200m 1 st	TALIA FISHER – U10G 70m 5 th , 100m(7 th heat)	LIAM PEMBERTON – U11B Long Jump 5 th
MARCUS CHAN – U14B Discus 7 th , Javelin 10 th	LUKE PARAMAXIDIS – U12B Discus 5 th	SIDNEY NOPPEN – U9B Long 12 th , 70m 3 rd , 200m 4 th
RILEY DELANEY – U15B 800m 7 th	CARLEY PARAMAXIDIS – U9G Discus 11 th	LUKE BYRNES – U10B Shot 4 th
MEGAN HEAP – U14G High Jump 7 th	CAROLENA KOSTAS – U14G 400m NR, 800m 2 nd	



GRACE ROBINSON & PITA TOAMOTU AT THE NSW STATE CHAMPIONSHIPS WITH AUSTRALIAN DISCUS THROWER, DANI SAMUELS

20009/2010
ST GEORGE LITTLE
ATHLETIC CENTRE
STATE REPRESENTATIVES



BACK ROW: Grace Robinson, Riley Delaney, Megan Heap, Hame Sele, Marcus Chan
FRONT ROW: Sidney Noppen, Luke Byrnes, Pita Toamotu, Ben Alessio, Liam Pemberton, Talia Fisher

ABSENT: Carolena Kostas,
BELOW: Luke Paramaxides, Carley Paramaxides





PITA TOAMOTU 1ST - U11 BOYS SHOT PUT



GRACE ROBINSON IN ACTION



DANI SAMUELS PRESENTS GRACE ROBINSON WITH HER GOLD MEDAL FOR AT THE 2009/2010 NSWLAA STATE CHAMPIONSHIPS

AN U15'S FAREWELL.....

I have competed in St George Little Athletics Club for 10 years and have enjoyed every moment of being there.

It was great to make so many friends.

The best part about Little A's was learning the different events, not only because you learnt something but we all had our laughs during it. It was great to excel in my running, jumping and throwing as it has improved components of my fitness.

We all knew that the main reason for being at Little Athletics was to have fun and not be so serious about everything which was why little athletics is so great.

Riley Delaney

2009/2010 U15 Athlete



**RILEY DELANEY WAS NAMED ATHLETE OF THE MEET
AT THE 2009 DRAGON DERBY GALA DAY**

NOTES