

**ST GEORGE LITTLE ATHLETICS CENTRE INC**

**46TH ANNUAL GENERAL MEETING**

**Club Rivers**

**Thursday 25<sup>th</sup> May 2017**

**AGENDA**

- Distribution of 46<sup>th</sup> Annual Report including Minutes of 2016 AGM
- Opening of Meeting
- Apologies
- Minutes of 45<sup>th</sup> Annual General Meeting held 17<sup>th</sup> May 2016
- President's Opening Address
- Presentation of 46<sup>th</sup> Annual Report and Financial Statements
- Addresses by Invited Guests
- Election of Officers for the 2017 / 2018 Season
- Vote of Thanks to Returning Officer
- General Business
- Closing of Meeting

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# LIFE MEMBERS

Fred Scott 1975	Bev Scott 1976	Peter Williams 1976
Mabs Errington 1979	Gwen Taylor 1981	Ray Horton 1981
Bob Molloy 1982 <i>*deceased</i>	Byron Griffiths 1984	Paul Reeves 1986
Joe Watchorn 1986	Bonnie West 1986	Bill L'Strange 1987
Bill Cruickshank 1987	Ian Sheerin 1988	Margaret Zerzvadse 1988 <i>*deceased</i>
Lou Bulian 1990	Carol Berell 1991	Alex Oh 1991 <i>*deceased</i>
Lindsay Watson 1991	Barbara Lea 1991	Albert Ferraro 1992
Coral Ferraro 1992	Graham Hawkes 1996	Terry O'Neill 1999
Ben Tinker 1999	John Dodson 2000	Gil Baes 2001
Roger Malcolm 2001	Lynne Whatman 2001	Glenda McLoughin 2002
Peter Tuziak 2003 <i>*deceased</i>	Kim Delaney 2010	Ray Parkinson 2011
Wendy Cook 2013	Christopher Robinson 2015	

## MINUTES OF 45th ANNUAL GENERAL MEETING

TUESDAY, 17th MAY 2016, SOUTH HURSTVILLE RSL CLUB

### 1. OPENING OF MEETING

The President opened the meeting at 8:05pm and welcomed everyone present.  
A short slide show was shown with photographic highlights of the 2015/2016 seasons.

### 2. ATTENDEES

**Invited Guests:** David Coleman Federal Member for Banks, Heather Mitchell LANSW Board Member, Kirsten Cocker – Port Hacking LAC, Colin & Margaret Alexander Port Hacking LAC, Christine Butters, Erin Austin from Revesby Workers LAC, David Kistle, Secretary - St George District Athletics Club,

**Life Members:-** Albert Ferraro, Coral Ferraro, John Dodson, Roger Malcolm, Susan Malcolm, Glenda McLoughlin, Ian Sheerin, Gwen Taylor, Lynne Whatman, Peter Williams, Ray Parkinson, Wendy Cook, Fred Scott, Bev Scott, Gil Baes, Ben Tinker,

**Parents and Supporters:-** Wayne Marshall, Theo Latanis, Chris Mullen, Lisa Rios, Katrina Hammond, Daniel Cibe, Elise Beck, Matthew Murdoch, David Carey, Sharon Parkinson, Jocelyn Sheerin, Ian Sheerin, Chris Robinson, Phillipa Whittaker, Jamie Lee Rios, Grace Robinson, Sharon Parkinson, Cathy Hollamby, Suzi Petkovski, Leanne Thompson, Sharon Parkinson, Avinash Sharma, Richard Batten, Kerry Lawler

### 3. APOLOGIES

Christine Irwin Sport & Rec Officer Hurstville Council, Neil Sandall- President LANSW, Kirsten Cocker – Port Hacking LAC Karen Herman – Pres Illawong LAC, Mabs Errington LM, Byron Griffiths LM, Paul Byrnes STGLAC, Belinda Markoski STGLAC, , Deb Engelar – Illawong LAC, Candice Carrington, Shona Seeto, Samantha Latanis, Jenny Borg STGLAC, Kim Delaney LM, Lynette Delaney SDAC, Terry O'Neill LM, Gwen Taylor LM, Ray Horton LM

### 4. MINUTES OF THE PREVIOUS ANNUAL GENERAL MEETING

Minutes of the 44<sup>th</sup> Annual General Meeting, held 20th May 2015 be accepted as a true and accurate record of that meeting.

**Moved:** Lynne Whatman

**Seconded:** Wendy Cook

**Carried**

### 5. PRESIDENT'S OPENING ADDRESS

As per the Annual Report.

### 6. PRESENTATION OF 44th ANNUAL REPORT AND FINANCIAL STATEMENTS

The 2015/2016 Annual Report and Financial Statements be adopted as presented and endorsed.

### 7. ADDRESSES BY GUESTS AND OFFICIALS

Dave Coleman – MP for Cook

Presented Grace Robinson with a special award for her achievements in athletics.

Discussed the current plan for Hurstville Council to develop a new athletic facility in Riverwood Park.

Currently the project was open for public comment. Thanked Lisa for her services to the club.

Colin Alexander – Port Hacking LAC

Thanked St.George for the invitation to the AGM and congratulated STGLAC Committee on a great past season. Expressed appreciation for the great slide presentation showing highlights of the season as well as for the strong club finances. Congratulated Grace Robinson in her achievements and wished her all the best for her senior career. Thanked Lynne Whatman in her role as Zone co-ordinator.

Heather Mitchell – LANSW Board Member and Port Hacking LAC

On behalf of the LAC board thanks St.George for a well-run centre. Congratulations to Trans-Tasman participants and especially Grace Elliot for excellent performances at the competition and winning the Garth Rob-

inson award. Advised that there will be a new 300m hurdle event in the coming season. Thanked the club for the invitation.

#### Christine Butters – Revesby Workers LAC

Thanked STGLAC Committee for the invite. Congratulated Lynne Whatman as Zone Coordinator and Katrina Hammond Sth Met Zone Treasurer. Thanked Avinash Sharma for taking on the systems support role at zone competitions.

#### Lynne Whatmann

Congratulations on the photo slide show and for getting involved in the Lions Club Spring Fair at Peakhurst this year to showcase little athletics. Congratulations to old committee and welcome to the incoming committee for 2016/2016 season.

#### David Kistle – St.George

Thanked the club for the invitation to the AGM and also to Lisa Rios for her services to the club as well as to the committee. Thanks also for lobbying for a new synthetic track in the St.George area and congratulations to Grace Robinson for her performances and wishing her all the best for a bright athletic future.

#### Fred Scott – Life Member

Commented on how he was glad to see STGLAC had prospered. That STGLAC continues to be a strong club. Congratulations to the Life Members for the past work they had done. Commented on behalf of the Life Members on how he was proud of the Club and the great work and results the current Committee had achieved. Great focus on athletes in annual report and enjoyed the slide show.

### **8. ELECTION OF OFFICERS FOR THE 2014/2015 SEASON**

Life Member Ray Parkinson declared all positions vacant and conducted the Election of Officers. The following were elected:-

#### **Executive Committee**

President	-	Dave Carey
Vice President	-	Lisa Rios
Secretary	-	Daniel Cibe
Treasurer	-	Katrina Hammond
Registrar	-	Cathy Hollamby

#### **General Committee Office Holders**

Officer for Championships	-	Wayne Marshall
Officer for Officials	-	<i>Vacant</i>
Publicity	-	Richard Batten
Recorder	-	Avinash Sharma
Assistant Recorders	-	Elise Beck & Mathew Murdoch
Equipment / Ground Maintenance	-	Theo Latanis
Coaching	-	Matt Ashton
Canteen / BBQ	-	Candice Carrington
Uniforms	-	Wendy Cook

**General Committee Supporters** - Ray Horton, Kerry Lawler, Pip Whittaker, Suzie Petkovski, Sam Latanis, Fiona Johnston-Mitrevska, Lynne Whatman

### **9. VOTE OF THANKS TO RETURNING OFFICER**

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

### **10. CLOSING OF MEETING**

David Carey, new president elect for the 2016/17 season thanked outgoing president Lisa Rios for her excellent services and dedication to the club.

The president closed the meeting at 9:05pm, thanking all for their attendance and inviting all present to partake of the supper being served.

# PRESIDENTS REPORT

Season 2016 – 2017 is best described as a season extreme highs and extreme lows.

Looking back over the season just gone, the amount of work needed by volunteers to keep our centre flowing throughout the season is enormous. So without hesitation, I would like to thank ALL of the volunteers that have contributed throughout season 2016 - 2017 in any shape or form.

Following last year's Annual General Meeting, the newly formed committee set some goals, with the major one being to try and increase the centres income via partnerships within the community, sponsorships and sporting grants. I must say the work carried out by Richard Batten and Lan Cibeil in this area has been nothing more than spectacular.

Our centre was successful in gaining 2 gold member sponsors in Club Rivers and BlueFit Sports. The added bonus being that Club Rivers have committed to a three year deal, therefore we have another two great years ahead of us with Club Rivers being on board.

We also gained a number of 'bronze' member sponsors. Rams Revesby, Penshurst Chiropractic and C.R Advanced Tutoring all came on board this season. The flow on effect from having our sponsors was the benefits we were able to pass onto our athletes and members. The Rams Revesby multi-night being one event in particular that generated excitement and the kids were presented with an array of Rams merchandise including woolly money boxes, slippers, pyjamas and much more. We look forward to renewing these sponsorships in the upcoming season and beyond.

Again through the hard work of Lan and Richard, we were successful in obtaining a Sporting Grant for equipment upgrade. In doing so, we have built an excellent relationship with local State member Mark Coure. Mark visited our centre on a Friday evening early in the season and saw the standard of some of the facilities and realised that they have been neglected over the years and it was time to renew and revitalise most of them. Mark was also present at our presentation evening, and we thank him for making his time available and to present some of the major awards for the season.

Being an Olympic year, registrations were up on last year, although not as high as previous Olympic seasons. Our Tiny Tots continue to grow as a group and it is a credit to ex athlete Jamie-Lee Rios for running this program enthusiastically each Friday. Without stealing the thunder from her report, I would like to take this opportunity in congratulating Cathy Hollamby on an outstanding year. Her attention to detail, organisation on registration days and Friday evenings and liaising with Little Athletics NSW throughout the year was first class.

Another area the committee looked at was grass roots coaching for our new and younger athletes. Each Wednesday afternoon a session was run under the guidance of Samantha Latanis. Early numbers were small, but as the season progressed, anywhere between 20 and 30 athletes descended on Olds Park to learn and improve their running, throwing and jumping skills. The feedback from parents and athletes was extremely positive and we look forward to growing this aspect of our centre in the coming seasons. Well done to Samantha and her assistant Lauren for a fantastic season.

I would like to acknowledge the enormous job Theo Latanis has done this season. Theo is first to arrive and on most weeks, last to leave on a Friday. He tirelessly does the setup and packing away of the equipment, and he can also be seen marking the track and field areas mid-week. The amount of hours he has spent at Olds Park this season will have gone mostly unnoticed to the general member; however as a committee we greatly appreciate the outstanding job that you have done this season.

On the championships front, our centre has been very well represented this season at all of the major events on the calendar. We had some exceptional results this season, with our athletes winning medals at all of the carnivals from the Cross Country back in June to the State Championships in March. On a special note, we had 5 athletes selected to compete for NSW against New Zealand in the Trans-Tasman challenge in Campbelltown during January. That is an outstanding achievement being a home series and we had more representatives than any other centre within our zone. And on a very special note, our under 15 athlete, Sophia Cibeï was selected in the NSW multi team that competed at the Australian Championships in April just gone. What made this even more special was that Sophia battled back from a stress fracture injury early in the season to make the team. A big vote of thanks to our Championship Officer Wayne Marshall. It is a tireless job with many hours of work required and as usual Wayne has put in a mighty effort. Unfortunately due to work commitments Wayne will be standing down next season and hopefully we can find a replacement that is as diligent and passionate as Wayne.

This year was the first season of dual membership with Athletics NSW for athletes u12 and upward. It was great to see a number of these athletes compete and be successful in both forms of competition and I feel athletes and athletics will benefit from this amalgamation.

As you are aware, the action for the bulk of our athletes happens on a Friday evening between September and March. Our centre was dealt a body blow some three weeks prior to the season commencing. We were advised that we were not able to use the main oval that normally would cater for all of our track events. This was disappointing to say the least. We were not consulted leading up to the notification, nor were we compensated for a loss of venue and its benefits. The result was that we had to move our tracks to the outside oval and operate on a less than adequate facility. Less than adequate in terms of poor lighting, poor surface, a less than 400m track, only one discus cage that could be used and an area that was very crowded creating many, many safety issues. Unfortunately this started the ball rolling, and one hiccup led to another. Equipment failures, bad weather, a lack of volunteers and a new results system had us all very embarrassed by season's end. I would like to apologise for what on some nights was total disarray and what appeared to be a terrible organisation. On the positive side of things, it has made us as a committee take a good hard look at the way we do things and as a result one of the first things the new committee voted in will be doing is having a planning day to focus specifically on the better running of the Friday night competitions. The other good news is that we have it in writing from Council that we shall be returning to the main oval in the coming season.

Another disappointing announcement early in the season was Georges River (Hurstville) Council's withdrawal of the Riverwood Park athletics facility development application. Apparently there were upwards of 500 objections, on various grounds of noise, parking and loss of community space. Hard to fathom how an athletics track could generate more noise and parking issues than weekend soccer and weeknight oztag. We do however continue to liaise with David Coleman to find an alternate suitable venue.

It was great to see the continuing support from our volunteers that don't have children competing at the centre. Elise Beck, Matthew Murdoch, Chris Robinson and Lynne Whatman all work tirelessly and without their assistance and knowledge we would be a lot worse off. Lynne Whatman in particular is to be commended for her outstanding job as Southern Metropolitan Zone Coordinator. Her efforts are no more evident than in the successful running of the Zone and Regional championships this season. Also thanks to the number of St George parents that took on roles as chiefs and parent helpers at these championships.

The canteen this season went very well even considering the lost weeks of competition. To Candice Carrington our Canteen manager and her band of helpers in particular Pip Whittaker and Lan Cibeï a job very well done. After two years in the roll, it is unfortunate that Candice will not be returning next season and given the great job you have done over the past two seasons, you will be sorely missed.

From a committee perspective, to our Treasurer Katrina, thank you for keeping us in line when we went to go overboard with our spending as well as maintaining our books meticulously. To Daniel our secretary, great job mate especially keeping our paperwork up to date, our meetings in line and doing a lot of the troubleshooting jobs.

I would like to wish Matt Ashton all the best in his future endeavours. Matt has been coaching at our centre for a number of years and has put the polish on many of our fine athletes in that time but he has now moved on so we wish him the best.

Another absentee this season was Ray Horton. Ray has finally caught up with us and he is now unable to attend our Friday nights. However, you may spot him in Penshurst shopping centre from time to time so make sure you say hello and wish him all the best.

I would like to thank the organisations that have helped our centre throughout the season. Kim Delaney, Ray Russell, David Beck and Chris Mullen from the St George District Athletics Club for coming down to assist on some competition nights, Christine Irwin from Georges River Council for her efforts in helping us throughout the season and Club Rivers for use of their rooms for our monthly meetings, registration days and presentation night.

To all the wonderful people who have served with me this season on the St George Little Athletics Committee, I offer you my sincere thanks and appreciation for the time, dedication and the professionalism you volunteer in your roles, to ensure that St George Little Athletics Centre continues to be a place for families to be involved in the Sport of Little Athletics. My thanks as always also goes to your families who allow you time to devote to your role.

Farewell to our U17 athletes who leave us. I would thank you for your time at St George and the contribution you have made to our centre. I take this opportunity to encourage you to stay in athletics. It's a great sport and there are many friends to be made within it.

I look forward to the return of all our other athletes and parents in the 2017 - 2018 season and hope that you will be rewarded with special moments and memories as you watch your child continue to develop their athletic skills and fitness, make friends and have fun. Parents, please remember that your help is greatly needed and most appreciated in the many aspects of running our Centre.

It is a timely reminder as well, that the committee work on encouraging parents of younger age groups to consider seeking election on the committee with a number of our current Committee members' children coming to the end of their little athletics careers. Now is the time for those of us who are in this situation to work closely with interested parents and pass on our knowledge and experience to a new generation of parents to ensure the continued success of St George Little Athletics centre well into the future.

Finally, I would like to again thank my own family, for their continued help and support over the past twelve months. It has been a massive learning curve but one that I have enjoyed and I am looking forward to challenges that present themselves in the coming seasons.

**DAVID CAREY**  
**PRESIDENT - 2016-17**



# VICE-PRESIDENTS REPORT

Congratulations to all our athletes on an outstanding season. St George had a fantastic season at Little Athletics NSW Championship events such as Zone, Region and State, with many of our athletes achieving personal bests and gaining outstanding results. Our athletes on a Friday night also are to be congratulated on their performances throughout the season and a huge thank you to those parents who unselfishly and regularly volunteered their time to assist on Friday nights and at Championship events.

After having the honour of being President for the previous 6 years, I would also like to congratulate Dave Carey on accepting the role of President at the last Annual General Meeting. With my youngest child's time in Little Athletics finishing at the end of the next season in 2017-18, I had been advocating for a few seasons, the necessity for others to step up into executive roles on the committee with a number of current committee members children's time in Little Athletics coming to an end. My thought is that whilst the experienced committee still have a season or two left, newer parents considering nominating for a committee role can be reassured that they are not jumping into a position without support available to them from experienced personnel. So, it was fantastic that Dave notified me just before the 2015-16 AGM that he was ready to step up and seek nomination as President after previously fulfilling the Vice-Presidents role. Dave has done a tremendous job in his first year of President even though he and the committee experienced many challenges throughout the season such as ground issues and electronic equipment problems, just to name a couple. Dave worked tirelessly behind the scenes trying to ensure issues would be resolved. I wish him continued success and hope the season ahead is a great deal smoother.

Well done to our newest Committee members, Cathy Hollamby, Richard Batten. What fantastic finds you are for our Committee. Also, to Samantha Latanis, with athlete Lauren Carey's assistance, for providing such a positive and fun atmosphere at Wednesday afternoon coaching sessions. Our athletes loved attending. Great results! Also a big thank you to Candice Carrington who has run our canteen & BBQ for the past two seasons. Candice announced that she and daughter Tiana will leave Little Athletics after this season. Best wishes to the family ahead!

As mentioned in the Presidents report, we owe a great deal of thanks to Lan Cibeil who played a major role in gaining sponsorship for our centre and applying for sporting grants to pay for equipment upgrades. This is a time consuming process and St George Little Athletics Centre owes a great deal of gratitude to Lan for all the time she dedicated and being so successful in these areas.

To all our hard working 2016-17 Committee, thank you for all that you have contributed this season. To our incoming 2017-18 Committee, I wish you every success for a fabulous season.

To our Sponsors, thank you for all your support in 2016-17. St George Little Athletics hopes your association with us will continue.

A special mention of thanks to our local State Member for Oatley, Mark Coure MP and Federal Member for Banks, David Coleman MP for all the support you have given to St George Little Athletics Centre this past season. We hope your support continues as we strive for a permanent year round athletics facility in the St George area.

To those athletes and families leaving us, I wish you continued success and happiness in your pursuits in life.

I look forward to a successful season ahead!

**LISA RIOS**

**VICE -PRESIDENT - 2016-17**

# **TREASURER'S REPORT**

It is with pleasure that I present the financial statements of the St George Little Athletics Centre for the 2016/2017 season.

The year was finished with a profit of just over \$27,000, the centre closes the financial period with a financial base which indicates assets, both cash based and in uniform stock (estimate), of just under \$84,000. This figure does not include the centre's equipment asset base nor future cash injection. Income is derived through three main sources, Registrations, Canteen / BBQ and Uniforms.

Registrations for this year were up compared to last year just under \$4,000

Canteen and BBQ was up compared to last year, making a profit of approximately \$6,000. Candice will not be doing the canteen next year - she will be missed. The Region championships were held in December, there was one week of competition for that month.

At the beginning of the season, our bank balance was not very healthy as we purchased a new starting gate for \$11,000. We took \$15,000 out of the term deposit to assist with this. We have been fortunate enough this year we to receive \$11,500 in donations and a Grant from Georges River council for \$10,000.

We received back a bond for deposit held when the building was being repaired this amount was \$3,200

Uniform purchases this year was around \$13,000 with sale of uniforms \$12,000. Uniform remains an area of our Centre's operation which is designed to break even and not to profit from our member's purchases.

The centre remains financial and positioned to continue to increase and improve the facilities and opportunities offered to our members.

In closing, I would like to thank all committee members for their help and support this year.

**KATRINA HAMMOND**  
**TREASURER 2016-17**

**St. George Little Athletics Centre Inc.**  
**Statement of Income and Expenditure**  
**For the Year Ended March 28, 2017**

	2016/2017	2015/2016
<b>Income</b>	<u>Actual</u>	<u>Actual</u>
	\$	\$
Registration	28,041	24,265
Canteen & BBQ	12,087	8,248
Sponsors, Donations and Miscellaneous Income	21,500	200
Uniforms	12,404	7,984
Interest and Term Deposit	-	340
Other (including competitions)	25,931	960
	<hr/>	<hr/>
	85,115	41,997
<b>Expenditure</b>		
Registration Fees and Resignations	7,494	5,518
Canteen & BBQ	6,047	5,491
Float	-	-
Uniforms Purchases	13,246	14,904
Annual General Meeting	2,511	-
Bank Charges	124	127
Equipment	12,817	4,255
Ground Marking	2,497	1,743
Park Fees	-	5,810
End of Season Presentation	-	87
Printing & Stationery	6,114	3,426
Sundry Expenses incl. Course Fees and Advertising	737	1,085
Competitions	1,513	2,165
Trophy	4,279	5,728
Advertising	727	933
Course Fees	-	-
Coaching	1,650	1,720
	<hr/>	<hr/>
	59,755	52,992
<b>Nett</b>	<hr/>	<hr/>
	25,360	(10,995)
Less previous yrs comp mny	<hr/>	<hr/>
Surplus/(Deficit) for the Year	25,360	- 10,995
	<hr/>	<hr/>
Surplus/(Deficit) for the Year	25,360	(10,995)

**St. George Little Athletics Centre Inc.**

**Balance Sheet**

**For the Year Ended March 28, 2017**

	<b>2016/2017</b>	<b>2015/2016</b>
	<b><u>Actual</u></b>	<b><u>Actual</u></b>
<b>Current Assets</b>		
	<b>\$</b>	<b>\$</b>
St. George Bank - General Account	55,242	16,402
St. George Bank - Term Deposit	8,000	22,850
Perpetual Trustee - Term Deposit		
Petty Cash		
Inventory - Uniforms (estimate)	20,000	20,000
Paypal	646.70	
Other Debtors		
Total Current Assets	83,889	59,252
<b>Total Assets</b>	<b><u>83,889</u></b>	<b><u>59,252</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	58,914	63,707
Surplus/(Deficit)	25,360	- 10,995
Less previous yrs comp mny	- 1,260	
Closing Balance	83,014	52,712
<b>Total Liabilities and Equity</b>	<b>83,889</b>	<b>58,914</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, 2017 and have received sufficient information as to enable me to form the opinion that the financial statements for the year ended 31 March, 2017 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 2017.

# **REGISTRAR'S REPORT**

I was enjoying dinner after one of the days of competition at the 2016 State Multi in Dubbo when one of the St George Little Athletics Committee members told me that the current Registrar, Jenny, was standing down after six years and they were looking for a new Registrar and would I do it?! Before I knew it I have attended the Annual General Meeting and had been voted in (unopposed!) as the new Registrar for the 2016/2017 season.

Firstly my thanks to the outgoing Registrar, Jenny Borg, for taking the time to show me the ropes and providing me with plenty of handover advice and information. Secondly, my thanks to my fellow Committee Members who also provided me with advice and support throughout the season. Lastly, my thanks to Trish Bright at Little Athletics NSW who was always available to answer questions and provide much needed support.

For the 2016/2017 season – an Olympic year! – we had a total of 443 registered athletes. The majority of registrations were online and at the start of the season but we did continue to take registrations throughout the season – with the price discounted initially for online and multiple registrations and then further discounted post-Christmas. An aim for the 2017/2018 season is to increase online registrations to as close as possible to 100%, thereby reducing the amount of manual entry required and paperwork needing to be returned to Little Athletics NSW.

Due to our partnership with Club Rivers we tried something new this year – holding our registration sessions on a Saturday afternoon at Club Rivers, as opposed to a Friday evening at Olds Park. These sessions were held on Saturday 20 and 27 August and proved to be quite successful. Unfortunately a number of families didn't take up the opportunity to attend these registration sessions, but rather leaving the finalising of registration and collecting of numbers until our first night of competition – Friday 9 September (2 September was washed out) and were then faced with large lines and their children missing most of the first night of competition. Therefore all families are strongly encouraged for the 2017/2018 session to ensure they attend a registration session at Club Rivers – they will be held on Saturday 19 August and Saturday 2 September 2017.

Trialists continued – and over the season we had 61 trialists – of these 35 went on to register, a return rate of 57%. For the 2016/2017 season we had planned a "Bring a Friend Night" where registered athletes could bring a friend along for \$5. Unfortunately this night was washed out and it was too late in the season for it to be rescheduled. It is proposed that this night be scheduled again for the 2017/2018 season and be held earlier in the season, possibly then encouraging some more registrations.

Thank you to everyone at St George Little Athletics Club, the athletes, their families and my fellow Committee Members for an enjoyable first season as Registrar. Looking forward to 2017/2018.

***Cathy Hollamby***  
***Registrar, 2016/2017***

# RECORDERS REPORT

During the last season we have upgraded to new timing gates , which has had teething issues but as the system gets a bit more mature and stable, it will be the way forward as it has the ability to have results up straight to the web and accessible by members, with no more print outs needed .

Data is accessible via portable devices such as smart phones, data is stored in the cloud and will be there for the athlete and their families to be able to track and see their progress past and current as we continue to capture data over the years.

Now that the software that runs the gates and presents the data on the cloud has been setup with all records and a season's data, moving forward the process should be straight forward.

The plan is to get a second set of gates to cover the circular track which would enable us to have all track event results on the web by end of competition on the night, with only the field events having to be manually entered. For that effect we have three laptops configured to enable manual data entry on the night by parent volunteers as they are handed in.

I would like to thank the three parent volunteers who came and helped enter results and to the one volunteer , a grandmother of 3 of our athletes who each week took the reminder of the un-entered results home every week to enter the data. Just to give you a perspective of the amount of effort it takes to get one competition night's data entered into the system, it on average takes 10 to 12 hours of data entry to complete.

NEW RECORDS – Season 2016/2017

## Ground Records

Athlete	Event	Record	Date Set	Gender	Age Group
Sienna Latanis	50m	9.27	10-03-17	Female	7
Sienna Latanis	100m	17.46	10-03-17	Female	7
Sienna Latanis	200m	38.52	10-03-17	Female	7
Sienna Latanis	Long Jump	3.30	13-01-17	Female	7
Sienna Latanis	Discus	17.30	24-02-17	Female	7
B. Latanis	60m Hurdles	10.47	24-02-17	Male	9
B. Latanis	Long Jump	4.10	24-02-17	Male	9
B. Latanis	Discus	29.45	10-03-17	Male	9
L. Carey	3000m	10.30.0	10-03-17	Female	14
J.Awad	3000m	10.28.0	10-03-17	Male	17
Jazmine Di Palma	200m	30.03	03-02-17	Female	17

## Centre Records

Event	Record	Athlete	Date	Age	Gender
70m (ET)	11.48	J.Batten	(01/17)R	8	Male
100m (ET)	15.65	J.Batten	(01/17)R	8	Male
800m (ET)	2:34.95	B.Latanis	(03/17)S	9	Male
60mH (ET)	10.22	B.Latanis	(01/17)R	9	Male
800m (ET)	2:25.65	G.Elliott	(03/17)S	12	Female
80mH (ET)	12.99	A.Gambrell	(03/17)S	13	Male
80mH (ET)	12.95	A.Marshall	(03/17)S	13	Female
800m (ET)	2:12.29	K.Hammond	(03/17)S	14	Male
1500m (ET)	4:32.92	K.Hammond	(03/17)S	14	Male
3000m (ET)	9.42.85	K.Hammond	(03/17)Z	14	Male
200m (ET)	26.57	E.Petkovski	(03/17)S	14	Female
400m (ET)	59.12	E.Petkovski	(03/17)S	14	Female
1500 (ET)	4.49.28	E. Carey	(03/17)S	14	Female
3000m (ET)	09.56.54	J.Awad	(03/17)S	17	Male

Congratulations to all athletes that have broken the previously existing records and set new records during the season. If we have missed any, we will endeavour to have that fixed before the new season starts.

***Avinash Sharma***  
***Registrar, 2016/2017***

# **CHAMPIONSHIPS OFFICER**

## **REPORT**

### **State Cross Country Championships**

In winter of 2016 the club had 12 athletes compete at the State cross country championships at Kembla Joggers Cross Country Park, Darkes Rd. West Dapto.

Results were:

#### **U8 Boys (800m)**

Bailey Latanis finished 6th

#### **U10 Girls (1500m)**

Georgie Latanis finished 16th

Alexandra Rumjahn finished 33rd

Stephanie Tour finished 42nd

#### **U11 Girls**

Grace Elliott won gold

Eloise Carey won silver

Miloshka Sharma finished 12th

Charlotte O'Neill finished 15th

In the teams event the girls won gold.

#### **U11 Boys (2km)**

Joshua Hewitt finished 2nd

Aidan Karaman finished 18th

#### **U14 girls (3km)**

Lauren Carey finished 2nd

She was also part of the St.George District team that finished 3rd.

#### **U15 Boys (4km)**

Kai Hammond finished 9th

Congratulations to all the athletes that competed and many thanks to those parents that made the effort to get their child to the event. Hopefully this year we can manage to get more athletes to compete and therefore have a few more teams involved.

For those that wish to compete at the State Cross country this year it will be held on Sunday July 2 at Upjohn Park, Kirby St. Rydalmere. - There is a \$10 entry fee for U7-11 and a \$20 entry fee for U12 and older this championship. Entries are open now via the LANSW website and close Wednesday 28th June at 5.00pm.



## **STATE RELAY REPORT**

This season we had 50 athletes from the club, who made up 17 teams, who participated at the State Relay Championships at Homebush during the month of November. Each athlete represented themselves and the club magnificently and hopefully the experience was enjoyed by all concerned. From a results point of view as a club we managed to come away with a silver and 2 bronze medals. There were some other good results.

Junior girls middle distance (Petra Zajakovski, Georgia Tsui, Tiana Petkovski, Georgie Latanis) finished 10th

Senior girls middle distance (Eloise Carey, Andrea Marshall, Lauren Carey, Alicia Langley) finished 6th

U12 mixed 4x400m (Grace Elliott, Miloshka Sharma, Joshua Hewitt, Conor Ryan) finished 6th

U14 mixed 4x400m (Emilia Petkovski, Charlotte Tsui, Kai Hammond, Nicholas Atkinson) won bronze

U15 girls 4x100m (Jade Johnston-Mitrevska, Alicia Langley, Nicola Yarrow, Danielle Katzos) finished 7th

U9 girls throws team (Jasmine Franich, Mareta Carati, Lani De Cean) won silver

U15 girls jumps team (Jade Johnston-Mitrevska, Rebecca O'Dea, Danielle Katzos) finished 9th

U15 boys jumps team (Liam Bolger, Jordan Pejowski, Luke Marshall) won bronze

U17 boys throws team (Tyler Seeto, Jared Rios, Luke Byrnes) who finished 4th

Congratulations to all athletes that participated at this event, you not only did your club proud but you did yourself and your families proud. There were a couple of athletes who don't make it to individual State Championships that were able to win a State medal at this event. Well done.

The club would like to thank those parents that volunteered on the day for parent duty roster along with our LANSW official, Lynne Whatman.

## **ZONE CHAMPIONSHIPS REPORT**

This season the club had 109 U7 to U17 athletes compete at the Southern Metropolitan Zone Championships in mid-December at Barden Ridge. Congratulations to all those athletes that competed, in what was a successful carnival for many athletes, especially as we had a few compete with injuries. The athletes achieved some great results, with many personal bests recorded. The results below are athletes that made the final of events with medals only handed out for the U7 age group.

### **U7 girls**

Ruby Zulic finished 7th in both the 50m and 100m and 8th in the 70m

Sienna Latanis won gold in the 500m pack start, discus and shot put and silver in the 200m

Ivy Sutton finished 6th in the long jump

### **U7 boys**

Ronan O'Neill won silver in the shot put, he finished 4th in the 500m pack start and 6th in the discus

Ethan Mueller finished 7th in the 500m pack start

Shaun Liang finished 5th in shot put

Jeriah Leger finished 6th in shot put

Kauri Phillips finished 8th in shot put

**U8 girls**

Audrey Snook finished 4th in shot put and 7th in the 70m

Ulalei Sio finished 8th in the 100m

Petra Zajakovski finished 6th in the 200m and 4th in the 400m

Vienna Strauss finished 4th in the 700m pack start and 5th in the 60m hurdles

Rylee Helm finished 2nd in shot put and 4th in the discus

Ruby Topen finished 8th in the shot put

**U8 boys**

Jake Batten finished 3rd in the 100m, 4th in the 70m and 200m and 7th in the 700m pack start

Alex Kennerson finished 5th in both the 70m and 200m and 6th in the long jump

Lucas Bennett finished 4th in shot put, 7th in the 70m and 8th in the 100m

Jone Tuqiri finished 5th in shot put, 6th in discus and 9th in the 700m pack start

**U9 girls**

Eden Taciak finished 3rd in the 70m, 100m, 200m and long jump

Georgia Tsui finished 3rd in the 400m and 5th in the 800m

Alanah Roberts finished 12th in the 800m

Claudia Petkovski finished equal 4th in the high jump and 8th in discus

Olive Kirby finished equal 7th in the high jump

Jasmine Franich finished 1st in shot put and discus

Mareta Carati finished 2nd in shot put and discus

**U9 boys**

Henry Grygiel finished 7th in both the 70m and high jump, 8th in the 100m and 10th in the 800m

Zain Moussa finished 6th in the 400m

Bailey Dean Latanis finished 1st in both the 60m hurdles and discus, 2nd in both the 800m and high jump

Riley Fong finished 3rd in the 800m

Marco Venturino finished 14th in the 800m

Cameron Marshall finished 6th in the 60m hurdles

**U10 girls**

Alyssa Trinh finished 7th in the final of the 70m, 13th in the 800m and 9th in the 1500m

Tiana Petkovski finished 2nd in the 400m and 800m

Eleanor Aros finished 7th in the 400m

Hannah O'Dwyer finished 7th in shot put

Charlotte Taylor finished 1st in discus

**U10 boys**

Henry Daniel finished 5th in both the 800m and 1500m and 6th in the 400m

Liam Gabriel finished 6th in the 800m, 8th in both the 400m and 1500m

Jacob Fong finished 2nd in the 800m and 3rd in the 1500m

**U11 girls**

Isabella Knezevic finished 1st in triple jump and 2nd in the 100m, 200m and long jump  
Aleisha Foundotos finished 2nd in the 400m, 3rd in the 200m and 4th in the 100m  
Amelia Kirby finished 5th in the long jump and 7th in the 100m and 60m hurdles  
Katerina Stojkovski finished 8th in the 200m and 7th in the 400m  
Alexandra Rumjahn finished 1st in the 400m  
Georgie Latanis finished 1st in discus, 2nd in the 800m, 5th in the 1500m and 4th in the shot put  
Sienna Wright finished 2nd in the 1500m and 5th in the 800m  
Lili Macpherson finished 1st in javelin and 8th in the 1500m  
Sia Pizzardi finished 8th in the long jump

**U11 boys**

Mohamed Moussa finished 4th in the 800m and 5th in the 400m  
Sam Batten finished 8th in the 400m and 11th in the 800m  
Cameron Jones finished 8th in the 1500m and 12th in the 800m  
Marcus Kursar finished 3rd in shot put and 13th in the 800m  
Zachary Awad finished 6th in the javelin, 7th in shot put and 8th in discus  
Mitchell Langley finished 2nd in the javelin and 6th in shot put

**U12 girls**

Miloshka Sharma finished 2nd in the 400m, 5th in the 200m and 8th in the 60m hurdles  
Zoe Taciak finished 6th in the 200m  
Eloise Carey finished 6th in triple jump, 8th in the 400m and 800m and 7th in the 1500m  
Grace Elliott finished 2nd in the 1500m and 3rd in the 800m  
Charlotte O'Neill finished 12th in 1500m  
Madeleine Chubb finished 1st in discus and 2nd in both the shot put and javelin  
Tiana Carrington finished 8th in javelin

**U12 boys**

Joshua Hewitt finished 3rd in both the 800m and 1500m and 4th in the 400m  
Aidan Karaman finished 8th in both the 800m and 1500m

**U13 girls**

Andrea Marshall finished 1st in the 80m hurdles, 3rd in the 200m hurdles, 2nd in the 200m and 5th in the 100m  
Asma Fofanah finished 8th in long jump and 4th in shot put  
Mia Topen finished 2nd in javelin and 7th in both the shot put and discus

**U13 boys**

Aiden Gambrell finished 1st in the 80m hurdles, 2nd in the 200m and 3rd in the triple jump  
Lachlan Wolfe finished 4th in the high jump, 5th in the 400m, 8th in long jump and 9th in the 800m  
Henry Ray finished 2nd in the javelin, 6th in discus and 8th in the 400m  
Solomon Tuqiri finished 2nd in both the shot put and discus

**U14 girls**

Lytic Parcarey finished 3rd in the 100m and 6th in the 200m  
Charlotte Tsui finished 1st in the 800m, 3rd in the 400m and 5th in the 200m  
Emilia Petkovski finished 2nd in the 400m and 3rd in the 200m  
Lauren Carey finished 1st in the 1500m and 3000m, 2nd in the 800m and 5th in the 400m  
Jasmine Awad finished 6th in the shot put and 8th in discus

**U14 boys**

Emmanuel Vlachos finished 3rd in both the 100m and 200m

Nicholas Atkinson finished 2nd in both the 90m hurdles and 200m hurdles and 6th in the 400m

Kai Hammond finished 1st in both the 800m and 3000m (zone record) and 2nd in the 1500m

**U15 girls**

Jade Johnston-Mitrevska finished 5th in the 100m and long jump and 6th in triple jump

Danielle Katzos finished 8th in the 100m and 7th in the 200m

Alicia Langley finished 4th in the 400m, 800m and the long jump

Sophia Cibej finished 3rd in the 90m hurdles, 3rd in javelin and 6th in long jump

Rebecca O'Dea finished 2nd in discus, 3rd in the high jump and 5th in both the triple jump and shot put

**U15 boys**

Liam Bolger finished 2nd in both the 100m and shot put and 3rd in both long jump and triple jump

Alex Cameron finished 1st in the 200m and 4th in the 100m

Luke Marshall finished 3rd in the 300m hurdles, 4th in the 100m hurdles, 6th in both the 200m and long jump along with 8th in the 100m

Jordan Pejowski finished 2nd in the 200m, 3rd in discus and 4th in both the long jump and triple jump

**U17 girls**

Jazmine Di Palma finished 2nd in triple jump, 3rd in long jump and 7th in the 100m

Caitlyn Hammond finished 6th in the 1500m and 5th in the 3000m

**U17 boys**

Jordan Awad finished 2nd in the 3000m and 4th in the 1500m

Tallis Brown finished 5th in triple jump and 8th in long jump

Luke Byrnes finished 1st in shot put and 2nd in both the discus and javelin

Tyler Seeto finished 3rd in the javelin, 4th in shot put and 5th in the discus

Jared Rios finished 3rd in shot put

Both the junior girls and junior boys 4x100m relay teams finished 4th. The senior girls 4x100m relay team finished 3rd to qualify for regions, something that had not been achieved for a few years.

Of the 99 athletes who were eligible for Regional Championships (U8 and above) we had 79 qualify through to the Regional Championships, many athletes for multiple events.

To all athletes, especially those that experienced Zone Championships for the first time hopefully you had fun and achieved any goals you may have set yourselves.

Many thanks to all the parent helpers who assisted throughout the weekend as required and also thank you to those who acted as Chief Officials at field events and those who were on the starting panel for the weekend.

## **REGIONAL CHAMPIONSHIPS REPORT**

In late January the 79 athletes who had qualified, tracked back to Sylvania for the Regional Championships, the all-important qualifying event for State Championships. Unfortunately due to injury and unavailability we had 73 athletes compete. The following results are for those athletes that didn't automatically qualify for that event but still made the final of the Regional Championships.

### **U8 girls**

Vienna Strauss finished 11th in the 800m

Rylee Helm finished 6th in shot put

Audrey Snook finished equal 7th in shot put

### **U8 boys**

Jake Batten won silver in the 200m, bronze in the 70m and finished 4th in the 100m

### **U9 girls**

Eden Taciak finished 7th in the 70m and 8th in the 100m

Georgia Tsui finished 15th in the 800m

Olive Kirby finished equal 8th in high jump

Mareta Carati won silver in shot put and finished 5th in discus

Jasmine Franich won gold in the shot put

### **U9 boys**

Bailey Dean Latanis won gold in both the 60m hurdles and discus, finished 5th in both the 800m and the high jump

Riley Fong finished 7th in the 800m

Henry Grygiel finished equal 7th in high jump

### **U10 girls**

Tiana Petkovski won bronze in the 400m and finished 6th in the 800m

Charlotte Taylor won silver in the discus

### **U10 boys**

Jacob Fong finished 6th in the 800m and 4th in the 1500m

### **U11 girls**

Alexandra Rumjahn won silver in the 400m

Aleisha Foundotos finished 4th in the 400m

Isabella Knezevic won gold in the long jump, finished 8th in the 100m, 7th in the 200m and 4th in triple jump

Sienna Wright finished 4th in the 1500m and 8th in the 800m

Georgie Latanis won silver in the discus, finished 4th in the 800m, 10th in the 1500m and equal 6th in shot put

Amelia Kirby finished 6th in long jump

Lili Macpherson won gold in the javelin

### **U11 boys**

Mohamed Moussa finished 7th in the 800m

**U12 girls**

Eloise Carey finished 9th in the 1500m and 12th in the 800m

Grace Elliott won silver in the 1500m and bronze in the 800m

Madeleine Chubb won bronze in both the discus and javelin

**U12 boys**

Joshua Hewitt won bronze in both the 800m and 1500m

**U13 girls**

Andrea Marshall won gold in the 80m hurdles, bronze in the 200m hurdles, finished 8th in the 100m (missed out on State Champs. For that event by 0.03 sec and 6th in the 200m

Asma Fofanah finished 5th in shot put

Mia Topen finished 8th in shot put

**U13 boys**

Aiden Gambrell won gold in the 80m hurdles

Lachlan Wolfe finished 6th in the 400m

Solomon Tuqiri won silver in shot put and bronze in the discus

Henry Ray finished 6th in javelin

**U14 girls**

Emilia Petkovski won gold in the 400m and silver in the 200m

Charlotte Tsui won gold in the 800m and silver in the 400m

Lauren Carey won gold in both the 1500m and 3000m and silver in the 800m

**U14 boys**

Emmanuel Vlachos finished 8th in the 100m

Kai Hammond won gold in the 800m, 1500m and 3000m

Nicholas Atkinson won silver in the 200m hurdles and bronze in the 90m hurdles

**U15 girls**

Jade Johnston-Mitrevska won gold in both the long jump and triple jump

Rebecca O'Dea finished 4th in high jump and 8th in discus

Alicia Langley finished 9th in the 800m

Sophia Cibej won bronze in the javelin and finished 4th in the 90m hurdles

**U15 boys**

Liam Bolger won bronze in triple jump, finished 4th in shot put, 8th in the 100m and long jump

Alex Cameron finished 4th in the 200m and 7th in the 100m

Jordan Pejoski won bronze in discus, finished 4th in triple jump, 6th in the 200m and 7th in long jump

Luke Marshall finished 7th in the 200m, 6th in the 100m hurdles and 5th in the 300m hurdles

**U17 girls**

Caitlin Hammond finished 5th in the 3000m and 9th in the 1500m

### **U17 boys**

Jordan Awad won silver in the 3000m

Jared Rios finished 6th in shot put

Luke Byrnes won bronze in shot put, finished 5th in discus and 4th in the javelin

Tyler Seeto finished 8th in both the discus and javelin

The senior girls 4x100m relay team finished a credible 4th

By the end of the carnival, in which we are in one of the hardest regions in the State, of the 65 that were eligible to qualify for State Championships we had 29 athletes who qualified, (16 of those automatically). Once again a big thank you to all the parent helpers that assisted over the weekend and also thank you to those parents who officiated either as Chiefs at field events or those on the starting panel.

### **TRANS-TASMAN CHALLENGE**

In January this year we had 5 athletes selected for the NSW team to compete against a North Island of New Zealand team in the Trans- Tasman Challenge which is for U11-12 athletes. This event took place at Campbelltown Sports Centre. Those 5 athletes, Georgie Latanis, Isabella Knezevic, Madeleine Chubb, Eloise Carey and Joshua Hewitt all had a wonderful experience (as can be read with Madeleine Chubbs report). As a club we had one of the largest contingents from any club in NSW. From a result point of view Georgie Latanis was part of the gold medal winning team in the U11 mixed field relay, she also finished 4th in the U11 discus and 10th in the shot put. Madeleine was part of the U12 mixed field relay team that won silver, she also finished 4th in the U12 girls discus and 9th in the shot put. Eloise Carey finished 4th in the U12 girls 800m, 5th in the 1500m and was part of the 4x400m relay team who finished 4th. Isabella Knezevic was part of the 4x100m U11 girls relay team which finished 3rd, she also finished 6th in the long jump, 11th in the high jump and 5th in her heat of the 200m. Joshua Hewitt won a silver medal as part of the 4x400m U12 boys relay team, he also finished 4th in the 800m, 5th in the 400m.

A great effort by all these athletes who represented their State and club with honour.

Next year the Trans-Tasman Challenge will be held at Mt.Smart stadium, in Auckland, New Zealand. If any U11-12 athletes next season are interested more information can be sought via the Championships Officer or via the LANSW website. From a personal point of view it's a once in a lifetime experience.

### **STATE MULTI CHAMPIONSHIPS REPORT**

At the start of March we had 14 athletes compete at the State Multi Championships at Hunter Stadium, Newcastle. The athletes competed to the best of their abilities and once again there were some impressive results and several personal bests were obtained.

### **U7 girls**

Sienna Latanis won gold. The result was not determined until the final event, the pack start.

### **U8 boys**

Jone Tuqiri finished 22nd out of 48 participants, a good effort.

### **U9 Girls**

Mareta Carati finished 20th and Dunja Radulovic finished 38th in their age group, no doubt giving it 100% effort.

### **U9 Boys**

Bailey Dean Latanis finished with a gold medal after securing enough points in the last event to overtake the child that was 1st at the time.

Luka Pili finished 23rd and Marco Venturino 35th in a very large age group. Great effort boys.

### **U11 Girls**

Georgie Latanis finished 5th out of the 28 athletes in her age group, a great effort.

### **U12 Boys**

Vidan Radulovic finished 28th in his age group, a good effort.

### **U15 Girls**

Sophia Cibej finished with a silver medal and thereby securing her position on the NSW team for the National Championships. Congratulations Sophia.

Jade Johnston-Mitrevska finished 6th and Rebecca O'Dea finished 13th in the age group, a great effort from all the girls.

### **U15 Boys**

Liam Bolger and Jordan Pejoski finished 10th and 11th respectively, a great effort by both boys.

Once again it was another successful carnival for all athletes and hopefully those of you that experienced State Multi's for the first time had an enjoyable experience. Hopefully next year we will see an increase in numbers for the event.

## **STATE CHAMPIONSHIPS REPORT**

Towards the end of March the representative athletic season culminated in the NSW Little Athletics State Championships which were held at SOPAC at Homebush. As previously mentioned we had 29 athletes that qualified to represent the St.George club, an increase from the previous season. But unfortunately only 28 competed due to injury. The club had a successful championship as the 28 competing athletes managed to collect a total of 11 medals, shared amongst 7 athletes, which consisted of 4 gold, 2 silver and 5 bronze. There were many outstanding efforts and personal bests set at State Championships.

### **U9 girls**

Jasmine Franich won gold in the shot put

### **U9 boys**

Bailey Dean Latanis won gold in the 60m hurdles and silver in the discus

### **U13 girls**

Andrea Marshall won bronze in the 60m hurdles

### **U12 girls**

Grace Elliott won bronze in both the 800m and 1500m

### **U14 girls**

Lauren Carey won gold in the 3000m and bronze in the 1500m

### **U14 boys**

Kai Hammond won gold in the 3000m and silver in the 1500m



**U15 girls**

Sophia Cibeï won bronze in the 90m hurdles

Of the non-medallists we had another 8 athletes make their final. This is a sensational result. Congratulations to all the athletes that competed at State championships you did yourselves and your club proud. May we continue to improve in the future, remembering to have fun along the way.

To those U17 athletes leaving us this year we hope that you have enjoyed the Championship meets over the years and wish you all the best with any further endeavours in the future.

A big thank you to those parents who completed centre duties over the weekend.

Thank you to those parents who officiated as Chiefs or starters along with our LANSW official on the day Lynne Whatman.

Without parental involvement in all the events during the season none of this would be possible, so from the Club and the athletes a big thank you to all the volunteers.

***Wayne Marshall***  
***Championships Officer***

# **GROUND & EQUIPMENT**

## **OFFICER REPORT**

The season didn't start as planned from a ground person's perspective as we were relegated to the outer grounds within weeks of our commencement this created many hurdles I needed to clear.

We came up against some major issues this season including the timing gates and lighting but with the hard work from our committee members these issues are well on the way to being sorted for next season.

It is a massive commitment to ensure the ground is set up and ready to go by 6pm each Friday night with minimal assistance. I would just like to thank Chris Robinson and Avinash Sharma for their assistance throughout the season, more hands make light work.

Please remember all committee members are volunteers and any assistance setting up and packing up is greatly appreciated. Looking forward to regaining the main oval next season.

***Theo Latanis***

## **CANTEEN AND BBQ REPORT**

The first half of the season saw a change in pie/sausage roll suppliers from 'Loftus Pies' to 'House of Pie' due to a lower cost price for both items, the informal feedback from customers were that the products were larger in portion and tasted much nicer. The club was also approached by a coffee van operator who commenced sales in the park however did not attend the second half of the season. We trialled 'Zoooper Dooper' ice blocks in the canteen and were a great success especially on hot days.

The canteen anticipated the attendance of the 'White Wings' food truck to assist with the production and sale of cupcakes and sausage sizzles, with all profits going towards the club, however due to wet weather competition was cancelled on our first night of the season and were not able to secure another date with White Wings. This was the first of many cancelled Friday nights in the season that undoubtedly impacted canteen profits for the season.

Pip and Lan were a driving force behind the canteen shutters and on occasions were joined by parent helpers Nick, Sarah, Lyn and Jenneane. The use of the team app to enlist parent helpers was useful; the response from parents was overwhelming and some nights we had to knock back help. I recall the night we lost power and the resourcefulness of the canteen helpers was unbelievable; at one point we had 5 iPhone torches to help guide us through the dark.

We continued with the same low price list of items as we have done for the past three plus years, a number of customers commented on the low prices.

It is with great regret that Tiana and I will not return to the club next season due to a focus on education and employment commitments. I would like to thank the committee members, parent helpers and athletes in supporting us through our time in the club and making us feel a part of the STGLAC family.

***CANDICE CARRINGTON***

# COACHING REPORT

Congratulations to all our athletes this season. We have had some fantastic results at club, zone, regional, state, state multi, state cross country, Trans-Tasman and national level.

I would like to take this opportunity to thank our long standing coach Matt Ashton on his commitment over the past years and the support Matt has given to our athletes over this time. Matt will be missed by the committee and we wish Matt all the best in his future endeavours.

We have provided coaching every Wednesday throughout the season at Old's Park at a cost of \$5 per athlete and coached in the following events sprints, long jump, discus and shot put. The athletes improved throughout the season with their fitness, technique, speed, strength and gained improvements in Friday night competition.

The money raised was well spent on purchasing throwing equipment for the club, trophies for our Trans-Tasman athletes, zone record holders, state team member, perpetual sprinters award and coach's awards. We also contributed towards the zone caps and Trans-Tasman athletes tops.

I would like to thank Lauren Carey for her assistance on Wednesdays and for the committed athletes who turned up each Wednesday.

In conclusion I can happily report that all our athletes enjoyed each session gaining new friends, confidence and new skills.

Hoping to see everyone back next session and we welcome any newcomers.

***Samantha Latanis***  
***Coaching 2016-2017***

**CHAMPION GIRL**  
**& Middle Distance Award**

**Lauren Carey**



After a number of years of toiling away and biding her time, the 2016-17 seasons was a great success for Lauren.

Competing in the revamped cross country championships, she finished as the second u13 girl in a gruelling 3000m race.

Leading into the season, Lauren brought her winter and school track season form into both the zone and regional championships, winning gold in the 1500 and 3000m and silver in the 800m at both carnivals.

At the State Championships, she won gold in the 3000m, dominating the field in the last 600m to win by over 20 seconds. A bronze medal followed in the 1500m and an 8<sup>th</sup> place in the 800m.

Similarly to Kai Hammond, she has competed at senior level for NSW won a bronze medal in the 3000m at the National championships.

Lauren was also joint winner of the clubs middle distance award.

**CHAMPION BOY**  
**& Middle Distance Award**  
**Kai Hammond**



Kai has had a wonderful 2016-17 season this year following on from his previous successes.

A growth spurt during the middle of 2016 saw Kai return to the start of the season taller and leaner. The fluid, graceful running action now more powerful saw Kai hit the ground running, dominating the distance events at zone breaking the zone record in the 800, 1500 and 3000m.

More success continued at the regional carnival, with Kai again winning the treble (800, 1500 & 3000m). At the State championships he capped off his fine season with a win in the 3000m and a silver medal in the 1500m.

Away from Little Athletics Kai has continued his success in the senior divisions, being selected for NSW to compete at the Australian Championships in the 3000m.

Kai was also joint winner of the clubs middle distance award.

## CHAMPION GIRL - RUNNER UP

# Sophia Cibeï



Sophia is an amazing athlete across many disciplines and like Joshua Hewitt, she too had a major injury battle early in the season. Her battles with a stress fracture, associated rehabilitation and a loss of training hours saw Sophia behind most of her competitors throughout the season.

Despite these setbacks, she was able to crawl her way through zone and region and into the State championships for both the hurdles and javelin events. Given all that happened, her results were outstanding. A 4<sup>th</sup> place in javelin and a bronze medal in the 90m hurdles.

Sophia also competed at the State-Multi Championships and grabbed a silver medal for her growing collection. An outstanding achievement by her, and one that didn't go unnoticed by state selectors. Sophia capped off a great comeback by being selected in the NSW u15 Multi team to compete at the Australian titles. At these championships, she finished a highly credible 11<sup>th</sup> and was instrumental in gaining a team's win for New South Wales.

## CHAMPION BOY - RUNNER UP

# Joshua Hewitt



Josh had an injury plagued season but when fit, produced some outstanding results.

He was runner up in cross country championships in July and brought that form into the season with him. Despite injuries beginning to niggle away, at zone he managed to place 4<sup>th</sup> in the 400m and 3<sup>rd</sup> in both 800 and 1500m. At region, he was again 3<sup>rd</sup> in both the 800 and 1500m events.

By the time State came around, his injuries woes deepened, but tough as nails as he is, he managed a highly credible 7<sup>th</sup> in the 1500 and 11<sup>th</sup> in the 800m.

On top of these performances, Joshua competed at the Trans-Tasman Challenge for NSW.

**JUNIOR GIRL CHAMPION**  
**& Multi Event Award**

**Sienna Latanis**



Our No.1 for the 2016-17 and didn't she do that number justice!

Being only in the u7 means your representative season is limited to zone and State-Multi. But this couldn't stop Sienna making every post a winner every time she entered an event.

She was outstanding at zone winning the shot put, 500m and discus, with discus being in a new zone record. She also finished 2<sup>nd</sup> in the 200m.

At State-Multi, she smashed the field winning gold with a score of 5177 points.

On a Friday night, Sienna can be seen trying her heart in all events and she was successful in breaking numerous ground and centre records this season.

Sienna was also the winner of the clubs Multi Athlete award.



**JUNIOR BOY CHAMPION**  
**& Sprinter/Hurdler Award**

# Bailey-Dean Latanis



What a stellar year Bailey-Dean has had! Where do I start?

Running gamely with his arm in a plaster cast, Bailey-Dean came in 6<sup>th</sup> at the Cross Country Championships.

Once fully armed, Bailey-Dean took on all-comers in his chosen events.

At zone he won the 60m Hurdles, discus and finished 2<sup>nd</sup> in the high jump and 800m (breaking the zone record). At region, he again finished 1<sup>st</sup> in the 60m hurdles and discus and finished 5<sup>th</sup> in both 800m and high jump. At the State Championships, Bailey-Dean excelled. He won gold in the 60m Hurdles, silver in the discus and an outstanding 6<sup>th</sup> in the 800m.

Not to be finished yet, Bailey-Dean also competed at the State-Multi event winning gold in his division and scoring a high 5144 points.

He also broke ground and centre records throughout the season.

Bailey-Dean was also successful in winning the clubs Sprinter/Hurdler award in its inaugural season.

What an outstanding season!!

## FIELD AWARD

# Jasmine Franich



Jasmine has been an emerging thrower over the past few seasons and this season took her game to a new level.

Early in the season Jasmine was a member of the silver medal winning state relay throws team.

Then onto zone, and Jasmine finished 1<sup>st</sup> in shot put and discus.

At region, she finished 1<sup>st</sup> in shot put and 12<sup>th</sup> in discus, and at State, she was successful in winning the gold medal in shot put.

An outstanding season from Jasmine.

**REBECCA ORR**

**ENCOURAGEMENT AWARD GIRL**

**Rebecca O'Dea**



Rebecca is a girl that always puts her hand up to compete wherever she can. She has been a member of relay teams as well as competing in zone and regional championships. Keep at it Rebecca as your best years are ahead of you.

**REBECCA ORR**

**ENCOURAGEMENT AWARD BOY**

# Riley Fong



Riley is an emerging athlete who runs anything from 100m to the longer races.

As he develops over the coming years I think we will see a high quality athlete capable of competing at a high level.

## **PRESIDENTS AWARD**

*The President's Award is awarded to an athlete who participated for the majority of the season on Friday Nights at Olds Park and participated to the best of their ability.*

*Well done to the following recipients!*

**Jone Tuqiri**

**Jordan Awad**

**Rayyan Harakeh**

**Sarah Chapman**

**Latifa Harakeh**

**Lucy Chub**

## **10 YEAR SERVICE AWARD**

**Luke Marshall**

**Jordan Pejoski**

**Dannielle Katsos**

**Tallis Brown**

**Sophia Cibe**

**Please note:**

*No athletes were eligible for Margaret Zervadse Sportsmanship Award, Walk Award or 12 year service award in 2016-17.*

*The Friday Night Boy & Girls Encouragement Awards have been replaced by Presidents Awards.*



# LANSW STATE RELAYS

## 2016 STATE RELAY REPRESENTATIVES





# ZONE CHAMPIONSHIPS

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS THE RIDGE ATHLETICS TRACK BARDEN RIDGE



# REGIONAL CHAMPIONSHIPS

REGION 8 TRACK & FIELD CHAMPIONSHIPS Sylvania Waters Athletic Track, Sylvania





# TRANS TASMAN CHALLENGE

JANUARY - 2017



Isabella Knezevic, Georgie Latanis, Maddie Chubb, Joshua Hewitt, Eloise Carey



# Trans-Tasman Challenge, January 2017

Hello, my name is Maddie and I was one of the five athletes from St George Little Athletics that was selected to take part in the NSW Trans-Tasman Challenge held in January 2017 in Sydney. Also selected were Georgie and Isabella from the U11 girls, Eloise from the U12 girls and Josh from the U12 boys. To be selected in the NSW Trans-Tasman team you had to be in the U11 or U12 age group. There was a trial held to determine who would get in the team and at the trial you had to do a minimum of two track and two field events. Based on the results at the trial they worked out the 25 U11 girls, 25 U11 boys, 25 U12 girls and 25 U12 boys, as well as 4 reserves for each age group, who would make up the Trans-Tasman team. Every year they rotate the Trans-Tasman Challenge, one year it is held in Sydney, and the other year in Auckland, New Zealand. In 2017 it was Sydney's term to host.

There was lots of hard work and effort put into the Trans-Tasman Challenge by both the parents, committee members and athletes. In the lead up to the Challenge Day there was a Gala Day Carnival held on the Thursday and then on the Friday the NSW children had the opportunity to "Pick up a Kiwi" and take them out for the day. I took out a lovely girl named Nadja and we had lots of fun going to Taronga Zoo, then up Sydney Tower and then for a swim in the evening. Taking Nadja out for the day was a good chance to make friends and learn about them, their country and their culture.

On the Sunday it was Challenge Day and it was both fun and competitive! There was a march past in the morning and then the events started. I came 11<sup>th</sup> in the shot put, 4<sup>th</sup> in the discus and 2<sup>nd</sup> in the Field Relay. Trans-Tasman was a great experience and I would encourage everyone to try out for the team when they are in the U11 and U12 age group.

Maddie Chubb

U12 Girls

Trans-Tasman Team Member, 2017

# STATE MULTI CHAMPIONSHIPS





# STATE CHAMPIONSHIPS

## ST GEORGE LAC STATE REPRESENTATIVES 2016-2017





# WEDNESDAY COACHING



# FRIDAY NIGHT FUN





# PRESENTATION NIGHT

## Club Rivers



# **NOTES**

## **ELECTION OF 2017-2018 STGLAC COMMITTEE**

**President**

**Vice President**

**Secretary**

**Treasurer**

**Registrar**

**Recorder**

**Assistant Recorders**

**Officer for Championships**

**Officer for Officials**

**Publicity**

**Coaching**

**Canteen**

**BBQ**

**Equipment / Ground Maintenance**

**Uniforms**

**General Committee**