

**ST GEORGE LITTLE ATHLETICS CENTRE INC**

**47TH ANNUAL GENERAL MEETING**

**Club Rivers**

**Monday 7<sup>th</sup> May 2018**

**AGENDA**

- Distribution of 47<sup>th</sup> Annual Report including Minutes of 2017 AGM
- Opening of Meeting
- Apologies
- Minutes of 46<sup>th</sup> Annual General Meeting held 25<sup>th</sup> May 2017
- President's Opening Address
- Presentation of 47<sup>th</sup> Annual Report and Financial Statements
- Addresses by Invited Guests
- Election of Officers for the 2018 / 2019 Season
- Vote of Thanks to Returning Officer
- General Business
- Closing of Meeting

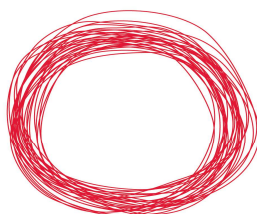
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# LIFE MEMBERS

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 46th ANNUAL GENERAL MEETING

Thursday 25<sup>th</sup> of May 2017, Club Rivers, Riverwood

### 1. OPENING OF MEETING

The President opened the meeting at 8:00pm and welcomed everyone present.

A short slide show was shown with photographic highlights of the 2016/2017 seasons.

### 2. ATTENDEES

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

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

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

### 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 45ndAnnual General Meeting, held 20th May 2016 be accepted as a true and accurate record of that meeting.

Slight adjustments were raised with the previous minutes showing incorrect reference to 44th AGM instead of 45th AGM and Committee for 2014/2015 year instead of 2015/2016 year. These will be corrected.

**Moved:** Lisa Rios

**Seconded:** Bev Scott

Carried with amendments

### 5. PRESIDENT'S OPENING ADDRESS

Notice A Scott being awarded an AM, he was the first STGLAC State Representatives.

Thanked Paul Byrne, departing committee member for his efforts and support.

As per the Annual Report.

### 6. PRESENTATION OF 46th ANNUAL REPORT AND FINANCIAL STATEMENTS

These were presented by Treasurer, Katrina Hammond for adoption. The 2016/2017 Annual Report and Financial Statements be adopted as presented and endorsed.

**Moved:** Terry O'Neill

**Seconded:** Lisa Rios

### 7. ADDRESSES BY GUESTS AND OFFICIALS

David Alt – Representing David 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.

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 5 St.George participants to Trans Tasman participants and Sophia Cibe in national championships good strong financials and reinvestment into equipment and coaching

Kirsten Mitchell

Thanks for invite and thanks to Lynne and Katrina for helping out on the Zone committee. Thanks Avinash Sharma for Zone and Region results work. Good Luck for next season

Michael – Club Rivers

Thanks for becoming a partner of CR, enjoyed the opportunity to be able to help sponsorship and fund additional equipment

Lynne Whatman

On behalf of the Zone co, thanks of the support and congratulations for excellent report and great video.

Kim Delaney – St.George

Thanked Dave Carey for great first year and thanked the club for the invitation to the AGM.

Well done in attracting sponsorships this year and placing the club in a strong financial situation.

STGLAC is a great feeder club for the seniors club and hope for a continuing string partnership.

Mentions Fred Scott's son's great achievement and athletics being a great breeding ground for strong friendships and successful lives.

Fred Scott – Life Member

Congratulations on a successful year and strong financial results. 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 2017/2018 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	-	Theo Latanis
Secretary	-	Daniel Cibe
Treasurer	-	Katrina Hammond
Registrar	-	Cathy Hollamby

### **General Committee Office Holders**

Officer for Championships	-	<i>Vacant</i>
Officer for Officials	-	Lisa Rios
Publicity	-	Richard Batten
Recorder	-	Avinash Sharma
Assistant Recorders	-	Elise Beck & Mathew Murdoch
Equipment / Ground Maintenance	-	<i>Vacant</i>
Coaching	-	Sam Latanis
Canteen / BBQ	-	<i>Vacant</i>
Uniforms	-	Wendy Cook

### **General Committee Supporters**

Keith Taylor, Andrew Macpherson, Lynne Whatman, Lan Cibe, Chris Robinson

## **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**

Special acknowledgement of Ray Horton's support for the club and we wish him all the best The president closed the meeting at 8:38pm, thanking all for their attendance and inviting all present to partake of the supper being served.

# PRESIDENTS REPORT

As the sun sets on the NSW Little Athletics Track and Field Championships, I take the time to write this report, and reflect on the 2017 – 2018 season with its highs and lows.

It was Friday October 20<sup>th</sup>, heading into our seventh week of competition. Things had been humming along okay, registrations were down on last year, but all centres across our zone had similar down trends. Then, I received a phone from council staff to advise me that we would be permitted to use the main oval for athletics for effectively the next four weeks. It was quoted that “immediate maintenance needed to be carried out to allow grade cricket to commence matches on field deemed suitable”. The rest of that day was a blank. “What do we do?”, “how do we fight this?”, “what do I tell the parent group?” These were the things that engulfed our club for the next few weeks. Unfortunately there was no real way to fight and stay on the oval. The decision was made without our consultation or prior notification. So this led to councillors being bombarded with emails and phone calls, letters to the editor of the local paper and generally a huge amount of support from the wider athletics community. I would like to thank everyone who offered their support or who went the extra yards and did something. That something, whether it was an email or phone call to someone or an offer for help I thank you. The outcomes of it all were that after the four weeks maintenance, we were able to use a grass track that would be close to the best in Sydney. Also, Council are now aware of the significance of our centre and will work with us going forward. The other positive to come from this situation is that we have reignited the quest for a stand alone athletics facility within our community. A subcommittee incorporating members from the St George District Athletic Club was formed and have been extremely active with Council, Councillors and members of both State and Federal Government to achieve our goal. Wendy Cook from our centre has been a pillar of strength within this subcommittee and I take this opportunity to thank her immensely for the work she is doing on this project.

Back in June we held a planning day. The outcomes were to attempt to engage more help from the parent group and we did this through the ‘Sign Up’ program. Lisa Rios did a great job setting up our nightly rosters in advance for parents to log in and select their duties. Whilst this was moderately successful we still need to work hard on locking in parents to do set up and pack up on a regular basis. Both of these tasks are left most of the time to committee members and ideally we would prefer parents to assist in these roles. However, going forward we will continue to seek ways to engage the parent group as our centre like all others operates on volunteers to run successfully.

To our sponsors and partners who have been with us during this season I thank you for your ongoing support. To our Gold sponsor Club Rivers, many thanks to your wonderful staff and facilities that we use throughout the year for our meetings, presentation nights, registration days and our annual general meeting. To Rams Revesby and Penshurst Chiropractic you are both wonderful sponsors and I hope our partnership can continue over the coming years. I would like to thank Richard Batten and Lan Cibeil for the work they have done this season with sponsorship, promotion and fundraising.

Registrations were down on last season however that was a consistent trend across all clubs within our zone. Having been relegated to oval 2 last season was potentially a reason for many athletes not returning. As a Club and sport, working on athlete retention should be high on list of priorities going forward. To Cathy Hollamby, you are sensational. I can’t really speak more highly of the quality of person you are and fantastic job you done over the past two seasons. You leave no stone unturned and without doubt the envy of other centres.

Fleur Franich was a slightly late inclusion to our committee this season. That didn’t stop Fleur though, organising our championship events with precision and purpose like she had been doing it for seasons. Thank you Fleur.

Our training groups each week have continued to grow this season not only in numbers but results. Their success can be seen through the high of teams we entered in the State Relay championships and the fantastic results throughout the season in gala days, zone, region, state multi and state championships. Samantha Latanis is to be highly commended for running a great program and will no doubt expand further in future seasons.

Many thanks to ex athlete Jamie-Lee Rios for running our Tiny Tot program again this season. It's fantastic to see these kids actively involved and it is great for their transition into the u6 group next season.

Our 'parent sign up' roster was implemented this year. Lisa Rios worked tirelessly throughout the season, tweaking and refining our system. Whilst we still need more parents hands on in some of the key roles such as set up, pack up and track duties, the system did work in engaging more parents within each group. Many thanks Lisa for your work not only as Officer for Officials but for the many many other roles that go largely unnoticed every week.

The canteen this season was a great success and source of income. A massive thanks to 'Night Manager' Pip Whittaker led the way and did a fantastic job. Pip was ably assisted on most nights by Lan Cibeil, Club Captain Tallis Brown, along with the volunteer staff and bbq chefs (including Nick, Jason and Wayne). A big thank you to Lisa, Theo and Katrina for picking up the various stocks on a Friday and getting it down to the ground so Pip could get things rolling.

Thank you to Andrew and Vice President Theo for your dedication to track marking, running repairs and other equipment duties ....and we haven't even got to Friday yet...plus the huge amount of other run around activities that are needed put together our Friday night competitions.

I would be reticent in not thanking both our Secretary Daniel Cibeil, and our Treasurer Katrina Hammond. You are both pillars of the club and it has been an honour to have worked with you both over the past two seasons.

Through various assistance grants (courtesy of Lan), we were able to purchase a second set of starting gates for the circular track. Thank you to Geoff and Avinash for your work and investigation on the intricacies of the Timing Solutions systems and as a result we have two tracks running almost hiccup free each Friday.

To all other committee members a huge thanks for your contribution this season. To keep the wheels turning within the centre it takes a team effort. So to those I haven't mentioned, Elise, Matt, Wendy, Michelle, Fiona and Chris Robbo a massive thank you.

Since 1988, Lynne Whatman has been involved in our centre at a committee level. For someone to give 30 years service is amazing. As Zone coordinator for the past few seasons, our Zone and Region championships are now considered amongst the best organised events in the state and you are congratulated for such an honour. From a personal perspective thank you for all of your support and the time you have given and hopefully continue to give our centre.

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.

Our outstanding individual performers at the various State Championships included;

- **Kai Hammond** - Triple Gold (1500, 3000 and cross country)
- **Joshua Hewitt** – Double Silver (1500 and 3000m) along with a 5<sup>th</sup> place in the 800m.
- **Dane Mitchell** – Double Silver (800,1500)
- **Bailey-Dean Latanis** - Gold (State Multi) and Bronze(hurdles) along with two 4<sup>ths</sup> (shot and discus) and a two 6<sup>ths</sup> (400 and cross country)
- **Lauren Carey**- Triple Gold (1500, 3000 and cross country) and bronze (800)

- **Sophia Cibe**i- Gold(90 hurdles) plus top 10's in javelin and long jump.
- **Andrea Marshall**- Silver(80m hurdles) and bronze (200m hurdles)
- **Jasmine Franich**- Gold (discus) and bronze(shot put)
- **Sienna Latanis**- Gold (State Multi, 400, 700, shot put and discuss). Sienna will make her long awaited state debut next season when eligible.
- **Lowani Careti**- Silver (State Multi)

I also congratulate Andrea Marshall, Sophia Cibe and Lauren Carey who have been selected by Athletics NSW to join the Target Talent Program(TTP) for this year. It is a great honour for all three athletes as they, along with Kai Hammond and Dane Mitchell have achieved outstanding results in senior and schools events at National level.

On a special note, we had Georgie Latanis and Alexandra Rumjahn pack their bags in January and head across the ditch to compete for NSW against New Zealand in the Trans-Tasman Challenge and also the Colgate Games. Both girls performed outstanding in both events, with Georgie winning an individual silver and bronze, and both girls a relay silver medal in the Trans Tasman challenge. And on another very special note, Joshua Hewitt from our under 13 age group was selected in the NSW team to compete at the Australian Championships. Joshua was injured at the end of last season and wasn't able to run at throughout the winter. I have watched him return from injury and am amazed at his dedication to this sport. His selection marks a great comeback.

This year was the second season of dual membership with Athletics NSW for athletes u12 and upward. Our centre is extremely well represented within the ANSW events and those athletes have benefitted by the strong competition.

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 Championships this season and her role as an official at the Regional and various State Championships. Also thanks to the number of St George parents that took on roles as chiefs and parent helpers at these championships.

I would like to thank the organisations that have helped our centre throughout the season. Kim Delaney, David Kistle, Ray Russell, David Beck and Chris Mullen from the St George District Athletics Club for coming down to assist on some of competition nights, Adam Cummings from Georges River Council for her efforts in helping us throughout the season and once again 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 made within it.

I look forward to the return of all our other athletes and parents in the 2018 - 2019 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 all aspects of running our Centre.



As I sign off as President of St George Little Athletics centre I have one lasting memory. Sitting in the stands at SOPAC watching Jasmine Franich win the u10 state discus championship with a standing throw at her last attempt. The excitement and joy she showed when she realised she had won, and then the skip across the track over to her parents at the fence was something else!!

In concluding I would like to thank my own family for their continued help and support over the past twelve months. Without my family and the support of many close friends along the way, I'm not sure where I would have ended up by now.

**DAVID CAREY**

**ST GEORGE LITTLE ATHLETICS CENTRE – PRESIDENT**

**2017-18**

# VICE-PRESIDENTS REPORT

Our club has had another successful year in 2017/2018. Congratulations to all our athletes who have competed attend and participated in our Friday competition. Thank you to our committee members without your support we wouldn't be able to run our weekly competition.

Thank you to our Tiny Tot manager, parent helpers and age managers for attending and helping throughout the season.

Our centre continues to be represented by athletes at Gala Days, State Relays, Zone, Region, State, State Multi, State Cross Country, NSW Little Athletics Trans-Tasman Challenge and NSW Little Athletics Australian championships.

Congratulations to Lynne Whatman celebrating her 30th year at St George LAC and a special mention to the outgoing committee members for your dedication over the years.

We look forward to the coming season with registrations commencing in August and many changes to NSW Little Athletics including the age group structure.

I wish everyone a successful season 2018/2019.

***Theo Latanis***

***VICE -PRESIDENT - 2017-18***

# TREASURER'S REPORT

It is with pleasure that I present the financial statements of the St George Little Athletics Centre for the 2017/2018 season.

The year was finished with a profit of just over \$2,000, the centre closes the financial period with a financial base which indicates assets, both cash based and in uniform stock (estimate), of just under \$78,000 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 down compared to last year just under \$5,000

Canteen and BBQ was down compared to last year, making a profit of approximately \$5,000. There was not a designated Canteen Manager; despite this we were able to open the canteen every week. 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 at \$55,000 during the year we have purchased another set of gates and was also fortunate enough to receive \$5,500 in donations/sponsorship and a Grant for \$10,000.

Uniform purchases this year was around \$13,000 with sale of uniforms \$7,500. 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 2017-18***

**St. George Little Athletics Centre Inc.**  
**Statement of Income and Expenditure**  
**For the Year Ended March 28, 2018**

<b>Income</b>	<b>2017/2018</b> <b><u>Actual</u></b>	<b>2016/2017</b> <b><u>Actual</u></b>
	\$	\$
Registration	23,304	28,041
Canteen & BBQ	9,352	12,087
Sponsors, Donations and Miscellaneous Income	15,500	21,500
Uniforms	7,491	12,404
Interest and Term Deposit	10,702	- 14,847
Other (including competitions)	2,639	25,931
	68,988	85,115
<b>Expenditure</b>		
Registration Fees and Resignations	4,782	7,494
Canteen & BBQ	4,243	6,047
Float	-	-
Uniforms Purchases	13,962	13,246
Annual General Meeting	1,139	2,511
Bank Charges	133	124
Equipment	16,917	12,817
Ground Marking	1,067	2,497
Park Fees	-	-
End of Season Presentation	-	-
Printing & Stationery	1,372	6,114
Sundry Expenses incl. Course Fees and Advertising	11,395	737
Competitions	4,992	1,513
Trophy	5,827	4,279
Advertising	790	727
Course Fees	-	-
Coaching	300*	1,650
	66,917	59,755
Nett	2,071	25,360
Less previous yrs comp		
Surplus/(Deficit) for the Year	2,071	25,360
Surplus/(Deficit) for the Year	2,071	25,360

\*Tiny Totts

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

**Balance Sheet  
For the Year Ended March 28, 2018**

	<b>2017/2018</b>	<b>2016/2017</b>
	<b><u>Actual</u></b>	<b><u>Actual</u></b>
<b>Current Assets</b>		
	\$	\$
St. George Bank - General Account	45,723	55,242
St. George Bank - Term Deposit	18,379	8,000
Perpetual Trustee - Term Deposit		
Petty Cash		
Inventory - Uniforms (estimate)	20,000	20,000
Paypal	690.00	647
Other Debtors		
Total Current Assets	84,792	83,889
<b>Total Assets</b>	<b>84,792</b>	<b>83,889</b>
<b>Current Liabilities</b>		
Accruals	0	0
Total Current Liabilities	0	0
<b>Equity</b>	<b>0</b>	<b>0</b>
Opening Balance	83,889	58,914
Surplus/(Deficit)	2,071	25,360
Less previous yrs comp		- 1,260
Closing Balance	85,960	83,014
<b>Total Liabilities and Equity</b>	<b>84,792</b>	<b>83,889</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, 2018 and have received sufficient information as to enable me to form the opinion that the financial statements for the year ended 31 March, 2018 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 2018.

# **REGISTRAR'S REPORT**

For the 2017/2018 season we had a total of 331 registered athletes. This number was down on the previous season. At the start of the season we advertised that we would no longer be taking manual registrations and it was great to be able to achieve 100% online registrations for the 2017/2018 season. By only taking online registrations we were able to significantly reduce the amount of data entry and paperwork needing to be returned to Little Athletics NSW. The majority of the registrations occurred at the start of the season but we did continue to take registrations through to early February 2018 with the price discounted initially for multiple/sibling registrations and then further discounted post-Christmas.

Due to our continued partnership with Club Rivers our registration sessions were all held at Club Rivers – two on Saturday afternoons, on the 19 August and 2 September and one on a Wednesday evening, on the 6 September. We also widely advertised that no registrations would be processed on the first night of competition at Olds Park, hence encouraging families to complete the registration process before the start of the season. This worked well and resulted in a more efficient first night of competition.

Trialists continued – and over the season we had 47 trialists (45 of whom were eligible to go on and register) – of these 17 went on to register, a return rate of 38%. For the 2017/2018 season we had planned a “Bring a Friend Night” on Friday 1 December 2017 where registered athletes could bring a friend along for \$5. Unfortunately this night was not well supported and did not result in any further registrations.

Thank you to everyone at St George Little Athletics Club, the athletes, their families and my fellow Committee Members for their assistance and support during the 2017/2018 season. My thanks also to Trish Bright at Little Athletics NSW who was always available to answer questions and provide much needed support.

***Cathy Hollamby***

***Registrar, 2016/2017***

# OFFICER FOR OFFICIALS REPORT

Just what does the Officer for Officials do?

Little Athletics NSW suggests that at Centre level, the Officer for Officials role is to;

- a) Recruit and organise officials for the safe and efficient conduct of Centre meetings.
- b) Organise officials for participation in instruction, training and examinations.
- c) Organise officials for events conducted by LAANSW and other Centres, in which the Centre participates.
- d) Submit a report to the Annual General Meeting of The Centre.

The 2017-18 season, saw the introduction of an online management tool called Sign Up. STGLAC used a free version of this for the 2017-18 season. This online tool was introduced to help manage our parent helpers on Friday evenings and share the load of assisting to run the evenings competition. Sign Up was also used for the Zone and Region Championships Parent duty roster. Parents were able to choose their roles in advance of the upcoming Friday evening and LANSW Championship competitions. Participants would receive an email reminder and confirmation of what role they had chosen. Participants were also able to remove themselves if they were unable to attend.

The STGLAC Committee had decided that each family of a registered athlete/s from U6 to U17's, was to have a single parent/carer assist a minimum of two times every month/4 weeks. It was estimated before the start of the season that 122 parents or carers are needed for the evening to run smoothly and successfully. Initially, up until the Christmas/New Year break, the duty roster on Friday evenings was made available monthly and enabled to participants to sign up for their chosen role to assist on a monthly basis. After the mid-season break, when participant numbers traditionally drop off, the parent duty roster was available until the end of the season. The call was also made from the mid- season break that parental assistance was needed by all parents in attendance every week, due to lower attendance.

In hindsight, these are some observations from the past season as Officer for Officials and the use of SignUp to manage parent volunteers.

- The online SignUp tool was easy to use and manage. Many of the parents that used it regularly commented on how easy it was to use either on their computer or phone.
- The STGLAC Committee and parent body being able to see who was coming and what roles needed to be covered using SignUp.
- Parents of athletes who had re-registered were happy that such a parent helper roster system was in place to ensure all parents were helping out and being checked upon
- The parent duty rosters that were created for the Zone and Region Championships were well supported and quickly filled by the parents of athletes attending these events. This alone shows how successful the online SignUp tool can be managed, if supported by the parents of athletes. However, many of the parents who signed up for these two rosters unfortunately did not show the same enthusiasm in signing up for duties online for the Friday night parent rosters.
- A small contingent of parents regularly committed to the task of signing on for their Friday evening duties.
- Having the correct contact details of parent body as some do not update this when registering online.
- Less registered athletes than anticipated in the 2017-18 season, especially at the start of the season which in turn required a parent/carer to volunteer more than two weeks per month/4 weeks.

- Parents reluctant to go online to use SignUp. Instead, the majority of parents were signing on for a role when arriving on a Friday evening for competition. When asking parents/carers for feedback on why they were not using the online tool, most parents just replied that they had forgotten to do so or just lazy.
- Very few parents willing to place themselves in a role other than Age Manager or Age Assistant. Again, when asking parents for feedback, many expressed that they were unsure of what to expect. Parents of younger athletes wanted to be with their child.
- Athlete turn up and participation on a Friday evening was always much less than total registrations, which again effects the number of parent helpers required to run and assist in running events overall.
- Some online system anomalies. Most of these were very minimal overall. Some of these included parents signing up online but not being on the printout. Not receiving confirmation or reminder emails of their chosen role. Not being able to delete themselves from a role. When investigating these anomalies, no reason could be found why they may have been happening. Perhaps the user had not used the online tool correctly.
- After the mid-season break, it was decided by the STGLAC Committee, that on Friday evenings, parents were to sign their child/ren in on arrival and out on departure with the Age Manager. This initiative has not only helped with the duty of care of the athletes but also had the added benefit of ensuring parents/carers were not doing a drop and run on Friday evenings. It was also commented by some Age Managers that some parents that had not been seen were now present and assisting.
- SignUp statistics show 79 parents used SignUp online to place themselves on the roster at some time this season, while 118 never went online to use signup. It needs to be noted that some families may have had 2 parents/carers SignUp to access the roster.
- Overall, the majority of parents/carers of athletes showing up on a Friday evening are helping as required on a Friday evening. This was verified by using the attendance sheets of athlete sign in/sign off from the second half of the season, to cross check with parent helpers who had signed in. By far, the most popular role to assist as was Age Group helper. Age Manager was next. Parents were reluctant to do things outside of these roles, so it again was left up to Committee to cover roles such set up, starting, electronic timekeeping and pack up.

So what can be concluded and suggested as we move forward into the 2018-19 season?

- SignUp is a great tool to manage parent helpers. It may be worth investigating to see if upgrading to a user pays version which allows more features would be beneficial.
- Based on this season's registration numbers, a minimum of 3 out of every 4 competition evenings will need a parent to assist per family.
- Look at the parent helper roles created on the SignUp roster this season and discuss if all roles are required or if some roles can be removed.
- Investigate introducing a parent duty refundable deposit for the Friday evening competition, as is done for Championship events. This may help increase athlete participation as parents are required to complete a set number of duties over the whole season.
- Provide at our Centre, simple officiating workshops for parents prior to and during the season. This will hopefully encourage parents to become accredited Level 1 Officials which benefits our athletes and Centre for Friday night competition and also at Championship events. Parents may be more willing to assist in the less desirable duty roles.

- The introduction mid-season of all athletes having to be signed in / signed out of athletes on a Friday evening was a great initiative and should commence from the beginning of the next season. It also helps with cross checking parent volunteers, using the free version of SignUp online.

I would like to thank Michelle Carrati, Cathy Hollamby and Fleur Franich who have assisted me at various times throughout the season with parent sign in on Friday evenings.

To the parents/carer's of athletes who regularly used SignUp as intended, a big thank you for supporting this new initiative.

To all parents/carer's who volunteered on Friday evenings to help run our program of events, especially those who always jumped in without any hesitation, to assist - thank you!

To the 2017-18 STGLAC Committee - thank you and well done for all the many hours you have volunteered to the running of the past season.

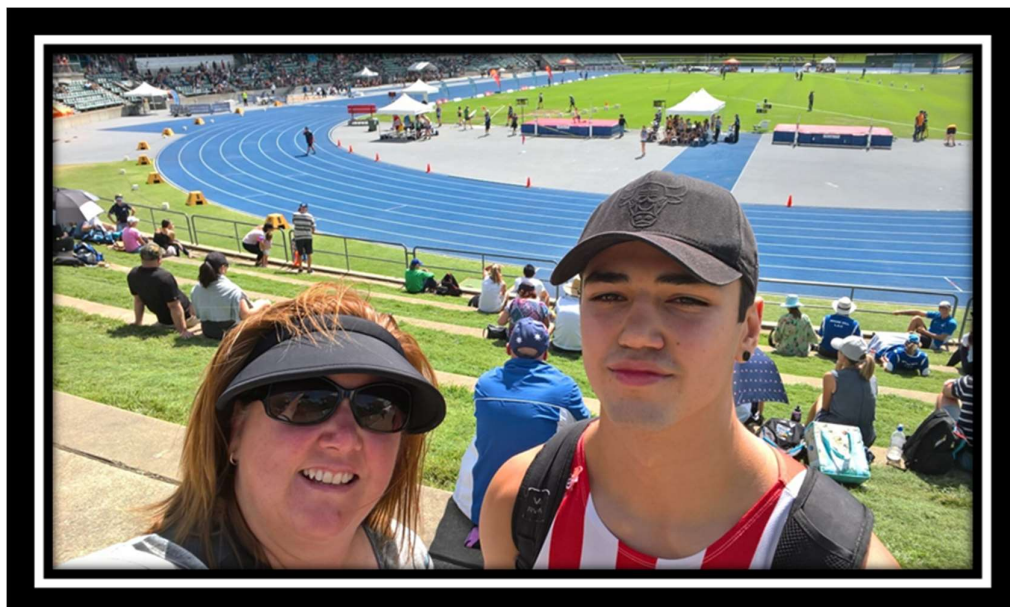
***On a personal note, after 14 seasons with St George Little Athletics Centre, my youngest child's Little Athletics career has concluded. Little Athletics has allowed my family to meet some wonderful people over the years. We have experienced and enjoyed wonderful times and will carry with us many memories from our time at St George LAC and the wider Little Athletics community. To witness the multitude of athletes who have come and gone over the years and see a number of those St George Little athletes now involved in sports on the big stage has been amazing!***

I would like to thank all Committee I have worked alongside, past and present, in my roles as Publicity & Sponsorship Officer, President, Vice President and Officer for Officials, for your friendship and support over the years.

Looking forward, I would encourage parents with athletes involved, to think about joining the STGLAC Committee. This ensures our Centre continues to grow and evolve well into the future.

To the incoming 2018-19 STGLAC Committee, all the very best for the upcoming season!  
Thanking you!

***Lisa Rios***  
***Officer for officials 2017-18***



**LISA RIOS AND JARED RIOS**



# RECORDERS REPORT

During the last season we have upgraded to a second set of timing gates, which has had teething issues but as we have had assistance from our new volunteer Geoff Lindner, who has managed to fix our issues with uneven grounds, this has fixed a lot of our problems and with the recent software updates, these have made the system more stable.

We are now in a position to have all our track events run through electronic timings and all pack events will be new ground records as the old ones were hand held manual times.

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.

I would like to thank my parent volunteer Lyne Deus who came and helped enter results and who each week took the remainder of the un-entered results home 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 4 to 6 hours of data entry to complete just the field results.

A big thank you to Geoff Lindner who ran the straight track and was at the ground at 4 pm every Friday to ensure the track was setup and ready to go.

Our Friday night competitions would not have been possible if our Vice president Theo latanis and equipment manager Andrew MacPherson had not given up their times every Friday from 4 pm till 9:30 pm to ensure the equipment was out and setup for the night to start at 6 pm and then to pack up after the competition was done. Without these gentlemen we would not have had a Friday night competition to run.

## NEW RECORDS – Season 2017/2018

### Ground Records

<b>Athlete</b>	<b>Event</b>	<b>Record</b>	<b>Date Set</b>	<b>Gender</b>	<b>Age Group</b>
Lowami Carati	Discus	17.83	09-03-18	Female	7
Sienna Latanis	400m	1:21.24	16-03-18	Female	8
Sienna Latanis	60m Hurdles	11.30	05-01-18	Female	8
Sienna Latanis	Long Jump	3.44	24-11-17	Female	8
Sienna Latanis	100m	16.58	03-11-17	Female	8
Sienna Latanis	200m	36.81	15-09-17	Female	8
Bailey Dean Latanis	70m	10.22	09-03-18	Male	10
Bailey Dean Latanis	400m	1:09.63	09-02-18	Male	10
Bailey Dean Latanis	200m	30.70	05-01-18	Male	10
Bailey Dean Latanis	60m Hurdles	10.66	05-01-18	Male	10
Bailey Dean Latanis	Discuss	36.60	09-03-18	Male	10
Jacob Fong	400m	1:09.12	08-12-17	Male	11
Lili MacPherson	Javelin	31.78	16-03-18	Female	12
Isabella Knezevic	200m	30.38	19-01-18	Female	12

Dane Mitchell	400m	1:07.91	24-01-18	Male	12
Miloshka Sharma	400m	1:07.96	24-11-17	Female	13
Miloshka Sharma	200m Hurdles	34.20	16-02-18	Female	13
Conor Ryan	200m	28.50	09-03-18	Male	13
Conor Ryan	400m	1:02.55	24-11-17	Male	13
Andrea Marshall	200m	28.74	09-03-18	Female	14
Andrea Marshall	80m Hurdles	13.10	09-03-18	Female	14
Andrea Marshall	200m Hurdles	32.25	16-02-18	Female	14
Lauren Carey	400m	1:08.93	24-01-18	Female	15
Jade Johnston-Mitrevska	Long Jump	5.05	09-03-18	Female	17
Jade Johnston-Mitrevska	Triple Jump	10.84	09-03-18	Female	17
Nicola Yarrow	100m	13.73	24-01-18	Female	17
Chloe Gentle	400m	1:07.37	10-11-17	Female	17
Jordan Pejoski	400m	1:02.27	06-10-17	Male	17

***Avinash Sharma***

***Registrar, 2017/2018***

# CHAMPIONSHIPS OFFICER

## REPORT

### AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS 2017

The Australian Little Athletics Track and Field Championships were held at SOPAC 22-23<sup>rd</sup> April 2017. Congratulations to Sophia Cibe, who was chosen in the NSW U15 team. Sophia came 11<sup>th</sup> in the heptathlon and won a **GOLD** medal in the mixed 4x100m relay. Congratulations Sophia!!

### NSW CROSS COUNTRY CHAMPIONSHIPS

The NSW Cross Country Championships were held at Upjohn Park, Rydalmere on 2<sup>nd</sup> of July, 2017. St George had 16 athletes compete. Results were;

U7G 800m - Sienna Latanis **GOLD**  
Alyssa Karaman 22<sup>nd</sup>

U9B 1500m – Bailey Dean Latanis 6<sup>th</sup>  
Riley Fong 12<sup>th</sup>  
Cameron Marshall 36<sup>th</sup>  
Marco Venturino 27<sup>th</sup>

**U9 BOYS TEAM WON THE BRONZE MEDAL**

U10G 1500m - Alyssa Trinh 40<sup>th</sup>

U11G 2000m - Sienna Wright 13<sup>th</sup>  
Georgie Latanis 19<sup>th</sup>  
Lili MacPherson 20<sup>th</sup>

**U11 GIRLS TEAM WON THE SILVER MEDAL**

U12G 3000m - Eloise Carey **SILVER**

U12B 3000m - Aidan Karaman 15<sup>th</sup>

U14G 3000m - Grace Elliott 16<sup>th</sup>

U15G 4000m – Lauren Carey **GOLD**  
Emily MacPherson 24<sup>th</sup>

U16B 4000m - Kai Hammond 9<sup>th</sup>

The 2018 NSW Cross Country Championships will be held on Sunday 8<sup>th</sup> of July at Integral Energy Park, Dapto. Entries are open now via the LANSW website and close 9am, Wednesday 4<sup>th</sup> of July

## NSW LITTLE ATHLETICS STATE RELAY

This season we had a massive 83 athletes from 43 teams to compete in the NSW State Relay event, that was held at SOPAC on the weekend of 18<sup>th</sup>-19<sup>th</sup> November. This was the first “big” event for some of our junior athletes, and they enjoyed the great atmosphere of the team event. Many of our senior athletes competed in both track and field teams, with our U17 athletes competing setting a great example and competing in every relay on offer. Congratulations to all athletes who competed. Having so many athletes there fostered a great team environment. It was wonderful for the competitors to hear their team mates cheering for them in the stands. Results were,

### U8

Girls 4x100 - (Alyssa Karaman, Sienna Latanis, Maggie Maree, Ivy Sutton) finished 17<sup>th</sup>

Boys 4x100 - (Billy Elagha, Jeriah Leger, Tifii Mhando, Kenta Suzuki-Koh) DQ

Mixed 4x200 – (Sienna Latanis, Tifii Mhando, Maggie Maree, Kenta Suzuki- Koh) finished 14<sup>th</sup>

### U9

Mixed 4x200 – (Petra Fransen, Beiden Kotoroc, Jone Tuqiri, Petra Zajakovski) finished 23<sup>rd</sup>

### U10

Girls Throws – (Jasmine Franich, Mareta Carati, Charlotte Stirling- Smith) won **BRONZE**

Girls Jumps – (Mareta Carati, Mia Hyndes, Latifa Harakeh) finished 15<sup>th</sup>

Girls 4x100 – (Latifa Harakeh, Rayyan Harakeh, Gabriella Knezevic, Amelia Spiropoulos) finished 18<sup>th</sup>

Boys Throws A – (Jovan Leger, Dominic Schofield, Marco Venturino) finished 19<sup>th</sup>

Boys Throws B – (Sunny Hona, Alexander Lindner, Cameron Marshall) finished 22<sup>nd</sup>

Boys Jumps A – (Jovan Leger, Dominic Schofield, Marco Venturino) finished 11<sup>th</sup>

Boys Jumps B – (Sunny Hona, Alexander Lindner, Cameron Marshall) finished 15<sup>th</sup>

Boys 4x100 – (Riley Fong, Henry Grygiel, Bailey Dean Latanis, Zain Moussa) finished 13<sup>th</sup>

Mixed 4x400 – (Riley Fong, Latifa Harakeh, Bailey Dean Latanis, Amelia Spiropoulos) finished 9<sup>th</sup>

### U11

Girls 4x100 – (Mia Christiansen, Alanna Griffiths, Tiana Petkovski, Mali Stanton) finished 12<sup>th</sup>

Boys Throws – (Isaac Chand, Ricky Fransen, Eugene Sampson) finished 15<sup>th</sup>

Mixed 4x400 – (Henry Daniel, Jacob Fong, Tiana Petkovski, Mali Stanton) finished 11<sup>th</sup>

Jnr girls middle distance – (Sienna Latanis, Havana Rayner, Amelia Spiropoulos, Tiana Petkovski) DQ

Jnr boys middle distance – (Kenta Suzuki-Koh, Jone Tuqiri, Bailey Dean Latanis, Jacob Fong) finished 13<sup>th</sup>

### U12

Girls Throws – (Georgie Latanis, Lili MacPherson, Alexandra Rumjahn) finished 5<sup>th</sup>

Girls Jumps A – (Amelia Kirby, Isabella Knezevic, Lili MacPherson) finished 12<sup>th</sup>

Girls Jumps B – (Georgie Latanis, Sia Pizzardi, Alexandra Rumjahn) finished 22<sup>nd</sup>

Girls 4x100 – (Aleisha Foundotos, Amelia Kirby, Isabella Knezevic, Alexandra Rumjahn) finished 10<sup>th</sup>

Boys 4x100 – (Ethan Casey, Cameron Fry, Cameron Jones, Dane Mitchell, Zain Moussa) finished 19<sup>th</sup>

Mixed 4x400 – (Aleisha Foundotos, Georgie Latanis, Zain Moussa) finished 7<sup>th</sup>

### U13

Boys Throws A – (Luke Carati, Emmanuel Tseros, Gabriel Tseros) finished 8<sup>th</sup>

Boys Throws B – (Aidan Karaman, Dylan Krsnik, Michael Sampson) finished 17<sup>th</sup>

Boys Jumps – (Dylan Krsnik, Conor Ryan, Gabriel Tseros) finished 16<sup>th</sup>

Boys 4x100 – (Aidan Karaman, Dylan Krsnik, Conor Ryan, Gabriel Tseros) finished 15<sup>th</sup>

Mixed 4x400 – (Eloise Carey, Joshua Hewitt, Conor Ryan, Miloshka Sharma) finished 5<sup>th</sup>

### U14

Girls Throws – (Emily MacPherson, Andrea Marshall, Mia Topen) finished 12<sup>th</sup>

Girls Jumps – (Asma Fofanah, Emily MacPherson, Andrea Marshall) finished 14<sup>th</sup>  
Girls 4x100 – (Asma Fofanah, Emma Harlow, Andrea Marshall, Mia Topen) finished 14<sup>th</sup>

#### U15

Boys Throws – (Dylan Ford, Kai Hammond, Solomon Tuqiri) finished 8<sup>th</sup>  
Mixed 4x400 – (Dylan Ford, Kai Hammond, Emilia Petkovski, Charlotte Tsui) finished 4<sup>th</sup>

#### U17

Girls Throws – (Sophia Cibej, Jade Johnston-Mitrevska, Rebecca O’Dea) finished 8<sup>th</sup>  
Girls Jumps – (Sophia Cibej, Jade Johnston-Mitrevska, Rebecca O’Dea) finished 12<sup>th</sup>  
Girls 4x100 – (Sophia Cibej, Annika Haller, Jade Johnston-Mitrevska, Nicola Yarrow) finished 8<sup>th</sup>  
Boys Throws – (Liam Bolger, Tallis Brown, Jared Rios) finished 9<sup>th</sup>  
Boys Jumps – (Liam Bolger, Tallis Brown, Jordan Pejoski) finished 9<sup>th</sup>  
Boys 4x100 – (Liam Bolger, Tallis Brown, Jordan Pejoski, Jared Rios) finished 7<sup>th</sup>  
Mixed 4x400 – (Liam Bolger, Sophia Cibej, Chloe Gentle, Jordan Pejoski) finished 11<sup>th</sup>

Snr girls middle distance – (Georgie Latanis, Eloise Carey, Lauren Carey, Emily MacPherson) finished 9<sup>th</sup>  
Snr boys middle distance – (Dane Mitchell, Joshua Hewitt, Dylan Krsnik, Kai Hammond) finished 6<sup>th</sup>

### **ZONE CHAMPIONSHIPS**

This year saw 93 athletes compete at the Southern Metropolitan Zone Championships at The Ridge Athletics Track, Barden Ridge, over the weekend of 15<sup>th</sup>-17<sup>th</sup> of December. Congratulations to all of the athletes who competed. We had some wonderful results and many records were broken. Congratulations to our U7 athletes who, in their first carnival, achieved some fantastic results! 6 GOLD MEDALS!!!! Results of the athletes who made the finals of their events are listed below.

#### U7 Girls

Lowami Carati – **GOLD** in long jump, **GOLD** in discus and **GOLD** in shot put  
Zoe De Cean – 14<sup>th</sup> in 500m  
Audrey Grygiel – 5<sup>th</sup> in shot put  
Madena Moussa – **GOLD** in 500m, 4<sup>th</sup> in 100m, 5<sup>th</sup> in 70m and 200m  
Sarah Wang – 15<sup>th</sup> in 500m  
Natalija Zrno – 6<sup>th</sup> in shot put,

#### U7 Boys

Flynn Manley – **GOLD** in long jump, 7<sup>th</sup> in 100m and 500m  
Novak Petkovski – **GOLD** in shot put, 7<sup>th</sup> in 50m  
Alex Pili – 5<sup>th</sup> in 50m and 70m, 6<sup>th</sup> in 100m  
Judah Searles – 6<sup>th</sup> in 50m, 7<sup>th</sup> in 70m, 8<sup>th</sup> in long jump

#### U8 Girls

Sienna Latanis – 1<sup>st</sup> in 700m, discus and shot put, 2<sup>nd</sup> in 400m breaking **zone record**  
Maggie Maree – 2<sup>nd</sup> in shot put  
Mischa Saunders – 8<sup>th</sup> in 800m  
Ivy Sutton – 7<sup>th</sup> in 60m hurdles, 7<sup>th</sup> in long jump

#### U8 Boys

Kevin He – 11<sup>th</sup> in 700m  
Jeriah Leger – 7<sup>th</sup> in discus  
Tifii Mhando – 5<sup>th</sup> in shot put, 7<sup>th</sup> in long jump

#### U9 Boys

Jake Batten – 8<sup>th</sup> in the 70m, 7<sup>th</sup> in the 100m, 7<sup>th</sup> in the 200m  
Taoko Samson – 1<sup>st</sup> in long jump, 2<sup>nd</sup> in 100m, 3<sup>rd</sup> in 70m, 5<sup>th</sup> in high jump  
Mitchell Searles – 9<sup>th</sup> in high jump

Jone Tuqiri – 5<sup>th</sup> in discus, 7<sup>th</sup> in 800m

#### U10 Girls

Mareta Carati – 2<sup>nd</sup> in shot put and discus

Jasmine Franich – 1<sup>st</sup> in shot put and discus

Latifa Harakeh – 6<sup>th</sup> in high jump, 12<sup>th</sup> in 800m

Rayyan Harakeh – 8<sup>th</sup> in high jump, 11<sup>th</sup> in 800m

Mia Hyndes – 8<sup>th</sup> in shot put

Gabrielle Knezevic – 7<sup>th</sup> in 200m

Alannah Roberts – 13<sup>th</sup> in 800m

Amelia Spiropoulos – 4<sup>th</sup> in 400m, 5<sup>th</sup> in 800m, 6<sup>th</sup> in discus, 9<sup>th</sup> in 1500m

#### U10 Boys

Riley Fong – 2<sup>nd</sup> in 100m, 3<sup>rd</sup> in 800m

Henry Grygiel – 5<sup>th</sup> in 60m hurdles, 7<sup>th</sup> in 200m, 12<sup>th</sup> in high jump

Bailey Dean Latanis – 1<sup>st</sup> in 60m hurdles, discus and shot put, 3<sup>rd</sup> in 400m

Jovan Leger – 7<sup>th</sup> in long jump, 8<sup>th</sup> in discus

Alexander Lindner – 11<sup>th</sup> in 800m

Cameron Marshall – 5<sup>th</sup> in high jump

Zain Moussa – 10<sup>th</sup> in 800m, 12<sup>th</sup> in high jump

Luka Pili – 5<sup>th</sup> in discus, 6<sup>th</sup> in long jump, 8<sup>th</sup> in shot put

Dominic Schofield – 8<sup>th</sup> in 400m and high jump

Marco Venturino – 14<sup>th</sup> in 800m

#### U11 Girls

Tiana Petkovski – 5<sup>th</sup> 100m and 400m, 6<sup>th</sup> in 200m and 800m

Charlotte Taylor – 2<sup>nd</sup> in javelin, 4<sup>th</sup> in discus, 5<sup>th</sup> in shot put, 9<sup>th</sup> in triple jump

#### U11 Boys

Henry Daniel – 3<sup>rd</sup> in 1500m, 4<sup>th</sup> in 400m and 800m, 6<sup>th</sup> in 200m

Jacob Fong – 1<sup>st</sup> and **zone record** in 800m, 2<sup>nd</sup> in 400m and 1500m

Eugene Samson – 7<sup>th</sup> in 60m hurdles and high jump

#### U12 Girls

Aleisha Foundotos – 2<sup>nd</sup> in 100m, 3<sup>rd</sup> in 400m, 4<sup>th</sup> in 200m

Amaal Harakeh – 9<sup>th</sup> in 1500m, 12<sup>th</sup> in 800m

Amelia Kirby – 2<sup>nd</sup> in long jump, 7<sup>th</sup> in 100m

Isabella Knezevic – 2<sup>nd</sup> in triple jump, 3<sup>rd</sup> in 200m, 4<sup>th</sup> in long jump, 5<sup>th</sup> in 100m

Georgie Latanis – 2<sup>nd</sup> in 400m, 800m and discus, 3<sup>rd</sup> in shot put

Lili MacPherson – 2<sup>nd</sup> in javelin, 5<sup>th</sup> in 800m and 1500m

Sia Pizzardi – 6<sup>th</sup> in 800m, 8<sup>th</sup> in 1500m

Alexandra Rumjahn – 1<sup>st</sup> in 400m, 2<sup>nd</sup> in 200m

#### U12 Boys

Zacary Awad – 7<sup>th</sup> in discus, 8<sup>th</sup> in javelin

Cameron Jones – 7<sup>th</sup> in 800m

Dane Mitchell – 1<sup>st</sup> and **zone record** in 800m, 1<sup>st</sup> in 1500m, 4<sup>th</sup> in 400m

Finley Saunders – 7<sup>th</sup> in 1500m, 8<sup>th</sup> in 60m hurdles and 800m

#### U13 Girls

Eloise Carey – 3<sup>rd</sup> in 3000m, 4<sup>th</sup> in 800m, 5<sup>th</sup> in 1500m

Madeleine Chubb – 1<sup>st</sup> in discus, 2<sup>nd</sup> in shot put, 6<sup>th</sup> in javelin

Miloshka Sharma – 2<sup>nd</sup> in 400m, 3<sup>rd</sup> in 200m hurdles, 4<sup>th</sup> in 200m, 7<sup>th</sup> in 80m hurdles

#### U13 Boys

Luke Carati – 6<sup>th</sup> in shot put

Joshua Hewitt – 1<sup>st</sup> in 800m, 2<sup>nd</sup> in 1500m, 2<sup>nd</sup> in 3000m breaking **zone record**

Aidan Karaman – 7<sup>th</sup> in 1500m and 3000m, 9<sup>th</sup> in 800m

Reuben Maree – 6<sup>th</sup> in 100m, 8<sup>th</sup> in triple jump

Conor Ryan – 2<sup>nd</sup> in 400m breaking **zone record**, 2<sup>nd</sup> in 100m

Michael Samson – 6<sup>th</sup> in discus and javelin, 9<sup>th</sup> in shot put

#### U14 Girls

Emily MacPherson – 3<sup>rd</sup> in 1500m, 5<sup>th</sup> in 800m, 6<sup>th</sup> in javelin

Andrea Marshall – 1<sup>st</sup> and **zone record** in 80m hurdles, 1<sup>st</sup> in 200m hurdles, 3<sup>rd</sup> in 100m and 200m

#### U14 Boys

Aidan Gambrell – 1<sup>st</sup> in 90m hurdles and 200m hurdles, 3<sup>rd</sup> in high jump

Connell Hadzinickitas – 1<sup>st</sup> in shot put, 4<sup>th</sup> in discus

Solomon Tuqiri – 1<sup>st</sup> in discus, 2<sup>nd</sup> in shot put, 4<sup>th</sup> in javelin, 6<sup>th</sup> in long jump

#### U15 Girls

Jasmine Awad – 4<sup>th</sup> in shot put, 5<sup>th</sup> in discus

Lauren Carey – 1<sup>st</sup> and **zone record** in 800m, 1<sup>st</sup> in 1500m and 3000m

Emilia Petkovski – 1<sup>st</sup> in 100m, 200m and 400m

#### U15 Boys

Kai Hammond – 1<sup>st</sup> and **zone records** in 1500m and 3000m

Emmanuel Vlachos – 5<sup>th</sup> in 100m and 200m

#### U17 Girls

Sophia Cibej – 1<sup>st</sup> and **zone records** in 100m hurdles and long jump, 1<sup>st</sup> in shot put, 3<sup>rd</sup> in javelin, 4<sup>th</sup> in high jump, 6<sup>th</sup> in 200m

Chloe Gentle – 2<sup>nd</sup> in 800m and 1500m, 3<sup>rd</sup> in 400m

Jade Johnston-Mitrevska – 1<sup>st</sup> in triple jump, 2<sup>nd</sup> in long jump, 3<sup>rd</sup> in high jump, 7<sup>th</sup> in 100m and 200m

Danielle Katzos – 7<sup>th</sup> in long jump

Rebecca O'Dea – 3<sup>rd</sup> in discus, 4<sup>th</sup> in shot put, 5<sup>th</sup> in high jump

Nicola Yarrow – 2<sup>nd</sup> in high jump, 6<sup>th</sup> in 400m, 8<sup>th</sup> in 100m

#### U17 Boys

Liam Bolger – 8<sup>th</sup> in 100m, 6<sup>th</sup> in long jump

Tallis Brown – 6<sup>th</sup> in 100m, 5<sup>th</sup> in long jump

Jordan Pejoski – 4<sup>th</sup> in 200m, 400m and long jump

Jared Rios – 2<sup>nd</sup> in shot put,

Girls 9-12 4x100m relay – Gabriella Knezevic, Isabella Knezevic, Mischa Saunders and Latifa Harakeh finished 5<sup>th</sup>

Boys 9-12 4x100m relay – Riley Fong, Jacob Fong, Taoko Samson and Bailey Dean Latanis finished 4<sup>th</sup>

Girls 13-17 4x100m relay – Andrea Marshall, Emilia Petkovski, Miloshka Sharma and Jade Johnston-Mitrevska finished 2<sup>nd</sup>

### **TRANS TASMAN CHAMPIONSHIPS**

The Trans Tasman Championships were held between the 14<sup>th</sup> and 16<sup>th</sup> of January at Mt Smart Stadium in Auckland. Two of our U12 athletes were selected in the NSW team and had a wonderful experience. Congratulations to Georgie Latanis and Alexandra Rumjahn. Their results were,

Georgie Latanis – **SILVER** in 800m, **SILVER** in 4x400m relay, **BRONZE** in 1500m, 8<sup>th</sup> in discus, 15<sup>th</sup> in Shot Put.

Alexandra Rumjahn – **SILVER** in 4x400m relay, 12<sup>th</sup> in 800m, 2<sup>nd</sup> in the 400m semi-final, but did not run in the final, 6<sup>th</sup> in the 200m semi final

## **REGIONAL CHAMPIONSHIPS**

The Region 8 Championships were held at the Ridge Athletics Track, Barden Ridge on the weekend of the 3<sup>rd</sup> and 4<sup>th</sup> of February. St George had 64 athletes qualify in 160 individual events. Congratulations again to all of the athletes who competed, we had a very successful weekend with records broken, many athletes automatically qualifying for the State Championships and many PBs broken. We won 27 gold medal, 6 silver medals and 18 bronze medals. Results of athletes finishing in the top 8 are listed below

### **U8 Girls**

Sienna Latanis – **GOLD** and **regional record** in 400m, **GOLD** in discus, **GOLD** in shot put, **GOLD** in 700m  
Maggie Maree – 8<sup>th</sup> in shot put

### **U9 Boys**

Taako Samson – **GOLD** in long jump, **BRONZE** in 100m, 4<sup>th</sup> in 70m  
Jake Batten – 8<sup>th</sup> in 100m

### **U10 Girls**

Jasmine Franich – **GOLD** in discus, **GOLD** in shot put  
Mareta Carati – **BRONZE** in shot put

### **U10 Boys**

Bailey Dean Latanis – **GOLD** in shot put, **SILVER** in discus, **SILVER** in 60m hurdles, 4<sup>th</sup> in 400m  
Riley Fong – **BRONZE** in 100, 5<sup>th</sup> in 800m  
Luka Pili – 8<sup>th</sup> in long jump

### **U11 Girls**

Charlotte Taylor – **BRONZE** in javelin  
Tiana Petkovski – 5<sup>th</sup> in 800m, 6<sup>th</sup> in 400m

### **U11 Boys**

Jacob Fong – **SILVER** in 1500m, **BRONZE** in 400m, 4<sup>th</sup> in 800m  
Henry Daniel – 7<sup>th</sup> in 1500m

### **U12 Girls**

Georgie Latanis – **BRONZE** in discus, 4<sup>th</sup> in shot put, 5<sup>th</sup> in 800m, 7<sup>th</sup> in 400m  
Lili MacPherson – **BRONZE** in javelin, 7<sup>th</sup> in 1500m  
Alexandra Rumjahn – **BRONZE** in 400m, 5<sup>th</sup> in 200m  
Isabella Knezevic – 6<sup>th</sup> in 100m, 6<sup>th</sup> in 200m, 7<sup>th</sup> in triple jump  
Aleisha Foundotos – 8<sup>th</sup> in 400m

### **U12 Boys**

Dane Mitchell – **GOLD** in 800m, **GOLD** in 1500m, **BRONZE** in 400m

### **U13 Girls**

Madeleine Chubb – **GOLD** in discus, **BRONZE** in shot put, 6<sup>th</sup> in javelin  
Miloshka Sharma – 5<sup>th</sup> in 400m, 6<sup>th</sup> in 200m hurdles  
Eloise Carey – 5<sup>th</sup> in 3000m, 7<sup>th</sup> in 800m

### **U13 Boys**

Joshua Hewitt – **GOLD** in 1500m, **GOLD** in 3000m, **GOLD** in 800m  
Conor Ryan – **BRONZE** in 400m, 4<sup>th</sup> in 100m  
Aidan Karaman – 8<sup>th</sup> in 3000m

### **U14 Girls**



Andrea Marshall – **GOLD** in 80m hurdles, **GOLD** in 200m hurdles, **BRONZE** in 200m  
Emily MacPherson – 4<sup>th</sup> in 800m, 6<sup>th</sup> in javelin, 7<sup>th</sup> in 1500m

#### U14 Boys

Connell Hadzinickitas – **SILVER** in shot put, 7<sup>th</sup> in discus  
Solomon Tuqiri – **BRONZE** in discus  
Aidan Gambrell – 6<sup>th</sup> in 200m hurdles, 8<sup>th</sup> in 90m hurdles

#### U15 Girls

Lauren Carey – **GOLD** and **regional record** in 3000m, **GOLD** in 1500m, **GOLD** in 800m  
Emilia Petkovski – **GOLD** in 200m, **GOLD** in 400m, **BRONZE** IN 100m  
Jasmine Awad – **BRONZE** in discus, 5<sup>th</sup> in shot put

#### U15 Boys

Kai Hammond – **GOLD** and **regional record** in 1500m, **GOLD** in 3000m  
Emmanuel Vlachos – 4<sup>th</sup> in 100m, 7<sup>th</sup> in 200m

#### U17 Girls

Sophia Cibeil – **GOLD** and **regional record** in 100m hurdles, **GOLD** in long jump, **GOLD** in shot put, **SILVER** in javelin, 4<sup>th</sup> in high jump, 5<sup>th</sup> in 200m  
Jade Johnston-Mitrevska – **GOLD** in triple jump, **BRONZE** in long jump, **BRONZE** in high jump  
Chloe Gentle – **SILVER** in 1500m, 4<sup>th</sup> in 400m  
Rebecca O'Dea – 4<sup>th</sup> in shot put, 5<sup>th</sup> in discus

#### U17 Boys

Jared Rios – **BRONZE** in shot put  
Jordan Pejowski – 4<sup>th</sup> in triple jump, 8<sup>th</sup> in long jump  
Liam Bolger – 6<sup>th</sup> in long jump

### **STATE MULTI EVENT**

13 athletes made the trek to Jubilee Park, Wagga Wagga, on 3<sup>rd</sup>-4<sup>th</sup> of March. Athletes U14 and younger competed in 6 events, and athletes U15 and U17 competed in 7 events, and were awarded points on the results they achieved in each event. A great time was had by everyone at a more relaxed carnival environment than the other championships. Congratulations to everyone who competed. Results are as follows

U7G – Lowami Carati won **SILVER**

U8G – Sienna Latanis won **GOLD**

U9B – Jake Batten finished 10<sup>th</sup>, Jone Tuqiri finished 17<sup>th</sup>

U10G – Mareta Carati finished 16<sup>th</sup>

U10B – Bailey Dean Latanis won **GOLD**, Marco Venturino finished 21<sup>st</sup>

U12G – Georgie Latanis finished 4<sup>th</sup>, Lili MacPherson finished 13<sup>th</sup>

U12B – Sam Batten retired injured

U14G – Emily MacPherson finished 10<sup>th</sup>

U14B – Solomon Tuqiri finished 7<sup>th</sup>

U17G – Rebecca O'Dea finished 8<sup>th</sup>

### **STATE TRACK AND FIELD CHAMPIONSHIPS**

The Little Athletics 2017-18 season culminates with the State Track and Field Championships, which was held at SOPAC from 23<sup>rd</sup>-25<sup>th</sup> of March. 27 athletes qualified in 53 events, however, only 26 athletes competed. We had a very successful championships, achieving 16 medals, shared by 8 athletes, and increase of 5 medals on last years effort, with less athletes competing than last year. Our medals included 6 gold, 5 silver and 5 bronze. Many other athletes also achieved PBs and improved significantly on their results from region.

Congratulations to all of our representative athletes. We are very proud of all of you, and all of the results are listed below

U9B

Taoko Samson finished 11<sup>th</sup> in the 70m, 12<sup>th</sup> in long jump and 14<sup>th</sup> in the 100m

U10G

Jasmine Franich won **GOLD** in discus and **BRONZE** in shot put

Mareta Carati finished 7<sup>th</sup> in shot put

U10B

Bailey Dean Latanis won **BRONZE** in discus and finished 4<sup>th</sup> in the 60m hurdles, 4<sup>th</sup> in shot put and 6<sup>th</sup> in the 400m

Riley Fong finished 11<sup>th</sup> in the 800m

U11G

Charlotte Taylor finished 14<sup>th</sup> in javelin

U11B

Jacob Fong finished 10<sup>th</sup> in the 800m, 17<sup>th</sup> in the 1500m and 12<sup>th</sup> in the 400m

U12G

Lili MacPherson won **BRONZE** in javelin

Georgie Latanis finished 11<sup>th</sup> in discus

Alexandra Rumjahn finished 6<sup>th</sup> in the 400m

U12B

Dane Mitchell won **SILVER** in the 800m, **SILVER** in the 1500m and finished 13<sup>th</sup> in the 400m

U13G

Eloise Carey finished 4<sup>th</sup> in the 3000m, 6<sup>th</sup> in the 1500m and 8<sup>th</sup> in the 800m

Madeleine Chubb finished 8<sup>th</sup> in discus

Miloshka Sharma finished 14<sup>th</sup> in the 400m

U13B

Joshua Hewitt won **SILVER** in the 1500m, **SILVER** in the 3000m and finished 5<sup>th</sup> in the 800m

Conor Ryan finished 10<sup>th</sup> in the 400m

U14G

Andrea Marshall won **SILVER** in the 80m hurdles and **BRONZE** in the 200m hurdles

Emily MacPherson finished 12<sup>th</sup> in javelin

U14B

Connell Hadzinickitas finished 9<sup>th</sup> in shot put

Solomon Tuqiri finished 20<sup>th</sup> in discus (injured)

U15G

Lauren Carey won **GOLD** in the 3000m, **GOLD** in the 1500m and **BRONZE** in the 800m

Emilia Petkovski finished 4<sup>th</sup> in the 400m and 14<sup>th</sup> in the 200m

U15B

Kai Hammond won **GOLD** in the 1500m and **GOLD** in the 3000m

U17G

Sophia Cibej won **GOLD** in the 100m hurdles and finished 4<sup>th</sup> in long jump, 8<sup>th</sup> in shot put and 8<sup>th</sup> in javelin

Jade Johnston-Mitrevska finished 6<sup>th</sup> in the triple jump and 11<sup>th</sup> in the long jump

U17B

Jared Rios finished 13<sup>th</sup> in shot put

**A BIG CONGRATULATIONS GOES TO JOSHUA HEWITT WHO WAS SELECTED INTO THE NSW STATE TEAM THAT WILL COMPETE IN THE AUSTRALIAN CHAMPIONSHIPS AT THE GOLD COAST IN LATE APRIL. WE ARE VERY PROUD OF YOU AND WISH YOU GOOD LUCK!!!**

Thank you to all of the parents who completed their allocated duties at the various championships. Without you, the events cannot go ahead. A special thank you to the parents who offered to do extra duties when others did not show.

Thank you to the parents who also officiated at the various championships as Chiefs or starters.

Thank you to Samantha Latanis and Michelle Carati who assisted me as Team Manager, your help was invaluable

It's been a steep learning curve, but I have enjoyed this season as Championships Officer. It has been fantastic to see the athletes, at each stage of competition, having fun, achieving PBs and being the best athlete they can be.

***Fleur Franich  
Championships Officer 2017-18***

# COACHING REPORT

Congratulations to our athletes on a fantastic season, your dedication to training and Friday nights has been sensational, I'm extremely proud to be the coach of such a great bunch of athletes.

I'm very impressed with your efforts at training and with friendships and support throughout the training group.

Keep smile and enjoying your athletics as success can be measured by fun, friendships, participation and achievements.

***Samantha Latanis***  
***Coach 2017-2018***



**2017/2018**  
**AWARD WINNERS**

# **CHAMPION BOY**

## **KAI HAMMOND**

Kai has had another wonderful season.

He has continued on his great work from previous seasons, dominating the middle distance events at zone, region and state. Some of the most exciting races this season have involved Kai and great rival Patrick Cantlon from Sutherland.

At zone, Kai broke the 1500m and 3000m records in the winning both events.

At region he produced similar results, breaking the 3000m region record and capturing both the 1500m and 3000m titles.

At the State titles, his smooth free flowing action was again on display as he sat off the pace in both the 1500m and 3000m before unleashing a powerful finish to capture both titles.

Away from Little Athletics Kai has continued his success in the senior and school carnivals, representing NSW at the Australian Cross Country, All-Schools and Junior Championships.

Whilst we don't see Kai competing often on a Friday night, he has been a wonderful contributor and ambassador to our centre over a number of seasons. He is there most weeks, helping out mum with the banana delivery and pestering me to see if anything needs help with during the set up. He also puts up his hand when asked to compete at State Relay time, competing to the best of his ability and showing pride in the red and white singlet.

## **RUNNER UP: JOSHUA HEWITT**

Joshua was injury stricken at the end of last season and had the winter off completely. No running, no training was the specialists orders.

He returned from injury as the season commenced, regaining his confidence as the weeks progressed.

Throughout this time I was able to witness first hand his dedication and commitment to his training and preparation. He had the 'eye of tiger' and his results in reflection at the seasons end are a credit to him.

At the zone championships, competing in the three middle distance events, Josh won the 800m and finished second in both the 1500 and 3000m.

At region, with another 7 weeks of preparation under his belt, he won all three middle distance events.

Notably his effort on the 800m to come from behind was a show of true grit and courage.

With his confidence high, Josh arrived at the State titles knowing that he was in much better shape than last season. He produced three super runs, taking silver in both the 1500 and 3000m and a close up 5<sup>th</sup> in the 800m.

Following on from these great performances, Joshua was announced as a member of the NSW team to tackle the Nationals in late April. It is an outstanding honour for Josh and a true reward for hard work and being able to ride the highs and the lows over the past year. Joshua's name will now be included in the honour roll of our centre and be amongst some of the best athletes to ever to don the red and whites

## **CHAMPION GIRL**

### **LAUREN CAREY**

Lauren continued on from her efforts last season with another successful year.

Way back in July, she won the Little A's cross country title at the tricky Rydalmere course.

Leading into the season, Lauren brought her winter form into both the zone and regional championships, winning gold in the 800, 1500 and 3000m at both carnivals. She set a zone record in the 800m and regional record in the 3000m.

At the State Championships, she was successful in defending her 3000m title, narrowly missing the State record. She also won the 1500m leading. In the 800m, an event that she traditionally hasn't done well in, she snuck a bronze medal in great blanket finish where the top 4 all finished within a second of each other.

Another dual athlete, Lauren has done well representing NSW in Cross Country, Schools and Athletics Australia events throughout the summer. Her performances at these carnivals have earned her selection in the Talent Target Program run by Athletics NSW.

We wish you all best for the ensuing years.

### **RUNNER UP: ANDREA MARSHALL**

Andrea has been a terrific athlete for a number of years.

This season however, could be considered a break out year as her performances have definitely gone to the next level.

At club level, Andrea has established new ground records in a number of sprinting and hurdling disciplines and she took that form onto the representative stage.

At zone, Andrea won both the 80m and 200m hurdles and finished the 3<sup>rd</sup> in the 100m and 200m sprints. She set a zone record in the 80m hurdles.

Onto to region, and she continued her dominance in the hurdles events, taking gold in both. Also she picked up a bronze in the 200m and a 6<sup>th</sup> placing in the 100m.

At State, in a highly competitive field, Andrea won bronze in the 200 hurdles and grabbed an unlucky silver in the 80m event in what was a bob of the head finish.

With our older athletes now having dual membership with Athletics NSW, Andrea competed at many of the senior events throughout the summer. Her highlight coming with a 4<sup>th</sup> placing in the Australian Junior Titles in the 80m hurdles.

Andrea has also been successful in making the Target Talent Program run by ANSW.

Andrea is also the winner of our clubs Sprinter Hurdler Award for this season.

## **CHAMPION JUNIOR BOY**

### **BAILEY-DEAN LATANIS**

Another superb season from Bailey-Dean, continuing on from last year and culminating in back to back gold medals at the State Multi Championships.

Throughout the entire season, Bailey-Dean represented the club with honour in all of the events on the calendar.

Bailey-Dean finished 6<sup>th</sup> at the cross country in arguably the closest age group competing. The twisty Rydalmere course saw the top eight runners all within 30 seconds of the winner.

At zone he won the 60m Hurdles, discus and shot put, and finished a close 3rd in the 400m.

At region, he finished first in shot put, 2<sup>nd</sup> in both the hurdles and discus and 4<sup>th</sup> in the 400m. This qualified Bailey for four events at the State titles, an outstanding achievement.

At the State Championships, Bailey-Dean was again a high achiever. He finished with a bronze medal in discus and 4th in both hurdles and shot put and was a finalist in the 400m eventually finishing 6<sup>th</sup>.

As mentioned, he was outstanding at the State Multi in Wagga Wagga he retained title with a great score of 5090 points.

He also broke various ground and centre records throughout the season and competed in the State Relay Championships.

What an outstanding season and thoroughly deserving of the Champion Junior Boy award.

## **CHAMPION JUNIOR GIRL**

### **SIENNA LATANIS**

What can I say? Words are hard to describe just how wonderful a season Sienna has had.

Like brother Bailey-Dean, Sienna represented our centre with pride and passion in all of the events on the calendar.

Starting back in the Cross Country, Sienna made light work of the Rydalmere course winning the gold medal comfortably by eight seconds.

That form continued on into the track and field season. At zone, she blitzed them. Gold medals in the 700m pack start, shot put and discus efforts coupled with a silver in the 400m (albeit breaking the zone record in the process).

At Region, she did the clean sweep winning all four events. In the 400m, she turned the tables on her zone rival and in turn smashed the region record by just under two seconds.

Unfortunately as an under 8 athlete, region is as far as you can progress, however SOPAC and the State titles await next season.

At the State-Multi event, she retained her title from twelve months ago. Her last event, the 700m pack start, she started in second on the points table and produced arguably the run of the carnival, narrowly missing a state record and taking the win.

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. She also competed at the State Relay Championships along her age group friends.

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



## **MIDDLE DISTANCE AWARD**

### **DANE MITCHELL**

A new member of our centre this season, it didn't take long for Dane to turn heads with his fluid running style and his dominant performances.

Competing at his first zone event, Dane won both the 800 and 1500m races, setting a new zone record in the 800. He also finished 4<sup>th</sup> in the 400m.

At region, after an improved 4<sup>th</sup> placing in the 400m, Dane dominated the field in both the 800 and 1500m races. Off to State, brim full of confidence, Dane raced terrifically well, finishing up with silver medals in both the 800 and 1500m races. During the season, Dane was also successful in finishing 4<sup>th</sup> in the Australian PSSA u11 1500m title.

We have had a long history of outstanding middle distance runners and I can see Dane continuing this tradition in the coming seasons.

## **FIELD AWARD**

### **JASMINE FRANICH**

Jasmine continues to improve in her throwing each season.

Early in the season, Jasmine formed part of the bronze medal winning throws team at the State Relay Championships.

The major carnivals ticked around and Jasmine was continually practicing, working on her technique and honing her skills. At zone and region she won both the discus and shot put events.

Onto the State Titles, and Jasmine was outstanding. She won gold in dramatic circumstances in the discus. It was 'the' highlight of the year from my view point, one of those 'you had to be there moments' to appreciate the agony and the ecstasy of it. The last paragraph of my president's report sums it all up.

Jasmine also backed it up the next day taking bronze in the shot put, throwing a PB with her last throw to do so. An outstanding season from Jasmine.

## **REBECCA ORR ENCOURAGEMENT AWARDS**

### **BOY: JOVAN LEDGER**

Jovan is an emerging athlete who competes very well in the sprints, jumps and throwing events. He made it through to region in the long jump and narrowly missed a State jersey when he finished a highly respectable 9<sup>th</sup>. Jovan is making a name for himself with the effort he puts in at training and I feel in the coming years if he keeps improving he will develop into a high quality athlete capable of competing at a high level.

### **GIRL: JASMINE AWAD**

Jasmine has been a member of our centre for a few years now. During the past two seasons, Jasmine has found a new level of confidence which has seen a vast improvement in her athletics. She did extremely well at zone and region this season in both discus and shot put, narrowly missing out on state qualification for both events. Jasmine frequently attends the mid-week training sessions and I feel that with a continuation of hard work and more experience will Jasmine flourish in these throwing events over the coming seasons.

## **MARGARET ZERZVADSE SPORTSMANSHIP AWARD**

### **SAM BATTEN**

It's tough when you travel 6 hours to compete over a weekend only to get injured in the very first event. Unfortunately that's what happened to Sam at the State Multi Event in Wagga Wagga this season.

However, showing great sportsmanship and character, Sam didn't sit around and mope for the rest of the weekend. No in a wonderful selfless act of true sportsmanship, he picked himself up and used the rest of the weekend to help our other athletes warm up, make sure they got to their event on time and became leader of the St George cheer squad.

Truly deserving of this award, I congratulate you Sam.

# **The Season in Pictures!**

# LANSW STATE RELAYS



U/12 boys



U/13 & U/14 Boys





# ZONE CHAMPIONSHIPS

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



Jrn girls relay



Jrn boys relay



Senior Girls relay



# REGIONAL CHAMPIONSHIPS





# TRANS TASMAN CHALLENGE



# STATE MULTI CHAMPIONSHIPS



# STATE CHAMPIONSHIPS

## ST GEORGE LAC STATE REPRESENTATIVES 2017-2018









# CROSS COUNTRY



# WEDNESDAY COACHING





# FRIDAY NIGHT FUN







## GALA DAYS



# **NOTES**

## **ELECTION OF 2018-2019 STGLAC COMMITTEE**

### **Executive:**

President

Vice President

Secretary

Treasurer

Registrar

### **General Committee:**

Competition & Records

Recorder

Championships

Officer for Officials

Publicity

Coach

Canteen

Equipment / Ground Maintenance

Uniforms

### **Supporters:**