

St George

Little Athletics Centre Inc.



48th Annual Report
2018 – 2019

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OUR SPONSORS

GOLD SPONSOR

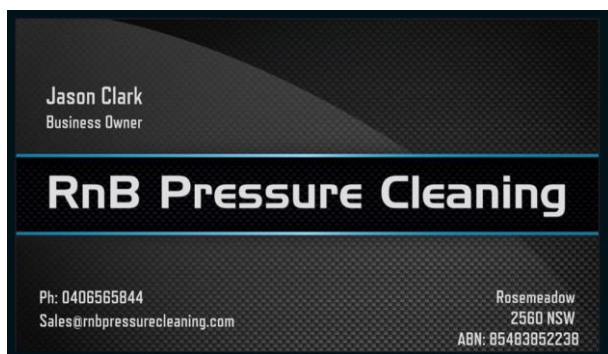


LITTLE SPOON
CAFE

SYDNEYS
BINGO
LOUNGE

红河
RED RIVER
HOUSE

BRONZE SPONSORS



STAYING IN TOUCH

You can connect with St George Little Athletics Centre through the following channels:

- Website: www.stgeorgelac.org.au
Email: info@stgeorgelac.org.au
Team App: <https://stgeorgelac.teamapp.com/>
Facebook: www.facebook.com/stgeorgelittleathletics
Instagram: www.instagram.com/stgeorgelac/

MEETING AGENDA

1. Opening of Meeting
2. Apologies
3. Minutes of 47th Annual General Meeting held on 7th May 2018
4. President's Opening Address
5. Presentation of 48th Annual Report and Financial Statements
6. Addresses by Invited Guests
7. Special Resolution regarding the Name of the Association
8. Special Resolution regarding the Constitution of the Association
9. Special Resolution to confer Life Membership to Lisa Rios
10. Election of Officers for the 2019 / 2020 Season
11. Vote of Thanks to Returning Officer
12. President-Elect's Remarks
13. Closing of Meeting

MINUTES OF THE 47TH ANNUAL GENERAL MEETING

Held Monday 7th May 2018, Club Rivers, Riverwood

1. OPENING OF MEETING

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

A video was then shown highlighting many of the club & representative events at which St George athletes had competed during the season.

2. ATTENDEES

Invited Guests: Heather Mitchell - LANSW Board Member, David Kistle – General Secretary - St George District Athletics Club, Kevin Greene – Mayor Georges River Council, Mark Coure MP – State Member for Oatley, Ryan Morgan (representing David Coleman MP – Federal Member for Banks).

Life Members: Fred Scott, Bev Scott, Terry O'Neill (and Irene O'Neill), Gil Baes, Roger Malcolm (and Susan Malcolm), Lynne Whatman (and Ian Whatman), Ray Parkinson (and Sharon Parkinson), Chris Robinson.

Parents and Supporters: Cathy Hollamby, Theo Latanis, Samantha Latanis, Avinash Sharma, Lisa Rios, Katrina Hammond, Fleur Franich, Daniel Cibe, Elise Beck, Matthew Murdoch, David Carey, Geoff Lindner, Lucy Doan, Phillipa Whittaker, Anna Rizzi, Debbie Elagha, Abbas Rumjahn, Karen Tuqiri, Joe Tuqiri, Michelle Venturino, Philomena Leger, Chris Mitchell, Michelle Paterson, Susan Wright.

3. APOLOGIES

Mabs Errington LM, Kim Delaney LM, Ben Tinker LM, Stuart Jamieson (Club Rivers), John Dodson LM, Michelle Carati.

4. MINUTES OF THE PREVIOUS ANNUAL GENERAL MEETING

Minutes of the 46th Annual General Meeting, held 25th May 2017 be accepted as a true and accurate record of that meeting.

Moved: Lisa Rios

Seconded: Lynne Whatman

Carried.

5. PRESIDENT'S OPENING ADDRESS

The President, David Carey, thanked Club Rivers for sponsorship and making facilities available throughout the year, and Rams Revesby and Penshurst Chiropractic for their support.

Paul Byrnes was thanked for helping during Friday nights though not part of the committee.

Lynne Whatman was congratulated on her 30 years volunteering in Little Athletics.

Noted the 50-year anniversary of the club is approaching up and it will be important for the incoming Committee to commence planning for a suitable event to mark the occasion.

Outgoing committee members were thanked for their service, a number of whom had worked for the club for several years.

Trans-Tasman representatives Georgie Latanis & Alexandra Rumjahn were congratulated. Josh Hewitt – representing NSW in the Australian Little Athletics Championships was congratulated. Thanks to Club Captains Tallis Brown and Sophia Cibeil.

Referred to the President's Report in the Annual Report for further remarks.

6. PRESENTATION OF 47TH ANNUAL REPORT AND FINANCIAL STATEMENTS

These were presented by David Carey on behalf of Katrina Hammond for adoption.

The 2017/2018 Annual Report and Financial Statements be adopted as presented and endorsed.

Moved: Katrina Hammond

Seconded: Lisa Rios

Carried.

7. ADDRESSES BY GUESTS AND OFFICIALS

Mark Coure – MP for Oatley

Thanked SGLAC and looks forward to helping with applications for future grants. Noted meetings are occurring with various levels of government to work on a new athletics track for the St. George area.

Ryan Morgan Representing David Coleman – Member for Banks

Looking forward to working together to get a track for the St. George area.
Best wishes for the coming year

Kevin Greene – Mayor of Georges River Council

Congratulations for a great season and long association with Olds Park and the St. George area.
Thanks for the great work the club does in supporting sporting activities for the area.
Also working to identify a future ground, suggesting Bayside Council.

Heather Mitchell – LANSW Board Member and Port Hacking LAC

On behalf of the LA board thanked St. George for a well-run centre. Congratulations to Georgie Latanis and Alexandra Rumjahn for being selected to participate in the Trans-Tasman tour and to Joshua Hewitt in national championships; good strong financials and reinvestment into equipment and coaching. Also noted that 3 St George athletes were identified for the NSW Talent Squad. Congratulations on a great year and all the best to the incoming committee.

David Kistle – General Secretary, St. George District Athletics Club Secretary

Congratulations on an excellent season and has enjoyed working with the present committee

Lynne Whatman – Zone Co-Ordinator

Thanks to parents and chief officials for the Zone and Region championships. Congratulations to the outgoing committee and all the best for the new.

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. Great focus on athletes in annual report and Fred remarked he enjoyed the video presentation shown at the start of the Meeting.

8. ELECTION OF OFFICERS FOR THE 2018/2019 SEASON

Life Member Fred Scott was invited to take the Chair & oversee the election of Officers. He declared all positions vacant and then conducted the Election of Officers. The following were elected:

Executive Committee

President	-	Theo Latanis
Vice President	-	Avinash Sharma
Secretary	-	Geoffrey Lindner
Treasurer	-	Michelle Venturino
Registrar	-	Cathy Hollamby

General Committee Office Holders

Officer for Championships	-	Fleur Franich
Officer for Officials	-	Karen Tuqiri
Publicity	-	<i>Vacant</i>
Competition & Records	-	Avinash Sharma
Recorder	-	Philomena Leger
Equipment / Ground Maintenance	-	Andrew MacPherson
Coaching	-	Sam Latanis
Canteen	-	Debbie Elagha
Uniforms	-	Michelle Carati

General Committee Supporters

Lynne Whatman, Lisa Rios, Anna Rizzi, Chris Mitchell, Elise Beck & Mathew Murdoch

9. VOTE OF THANKS TO RETURNING OFFICER

Daniel Cibeï thanked the Returning Officer Fred Scott for conducting the Election of Officers.

10. CLOSING OF MEETING

Theo Latanis, newly elected president for the 2018/19 season thanked outgoing committee members and thanked members for the honour of being elected president and looked forward to the new season.

Retiring secretary Daniel Cibeï closed the meeting at 8:45pm, thanking all for their attendance and inviting all present to partake of the supper being served.

COMMITTEE REPORTS

PRESIDENT'S REPORT



It's hard to know where to start - it's been a very busy season with so much change – a new Friday Night program structure, new sponsors, exciting funding developments and wonderful athletic performances!

SEASON 2018/2019

This season, 266 athletes registered with our centre. Overall, the number of participating athletes (u6-u17 & attending at least 1 Meet) with St George Little Athletics Centre fell 16%. While most Little Athletics Centres saw some reduction in numbers in 2018/19, we fully expect this trend to reverse at St George given the positive feedback we've received about own program improvements and given that 2020 is an Olympic Year!

Athletics is largely an individual endeavour, and consequently participation levels can be relatively low and variable when compared to team sports.

I'm pleased to report that this season saw an **increase** in overall levels of participation – that is, on average, a larger proportion of the athletes showed up on a Friday Night and they participated in a larger number of events (4.1) than in the prior season (3.5).

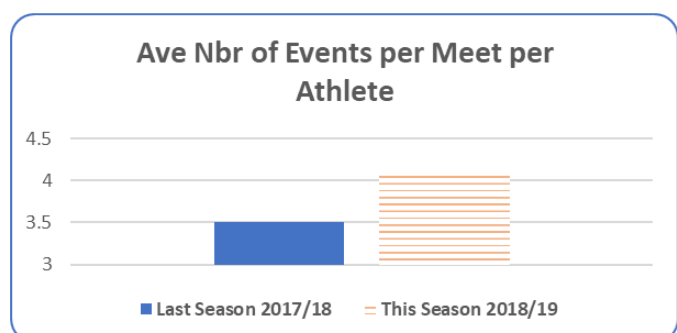
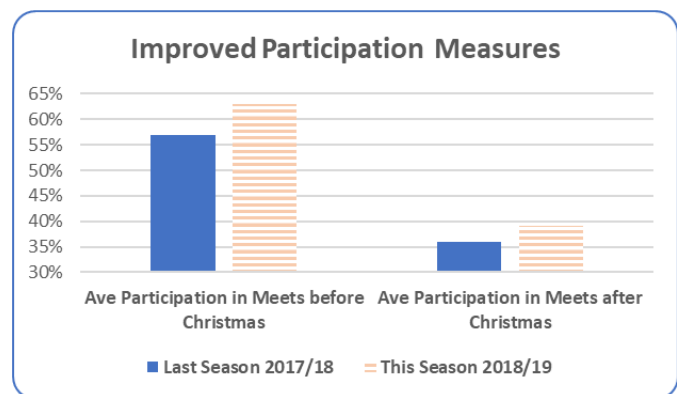
We want to see the highest level of participation possible from all our young athletes and we've sought to encourage higher participation rates through the awards program and regular communication via Newsletters and other media. It's pleasing to see positive results.

Also notable is that 129 athletes gained awards in recognition of high levels of participation. This year, the benchmark for a participation award was participation in 70% of our Meets (with an allowance made for cancellations & special circumstances) and performing in at least 3 Events per Meet.

Two of our athletes participated at every one of our Friday Night competitions – sisters Mareta & Lowami Carati. Well done girls!

In total we delivered 16 Friday Night competitions out of a scheduled 22 week season. Certainly, the weather was unkind this season, with 6 meets cancelled.

Thank you to all our athletes who participated in the Friday Night program. We are extremely proud of your efforts throughout the season and have enjoyed watching you form friendships and participating in all your events and improving so much over the season.



REPRESENTATIVE ACHIEVEMENTS

During our Representative season we had 76 athletes attend the LANSW Southern Metropolitan Zone Championships, 48 athletes attend the LANSW Region 8 Championships and 23 Athletes attended the LANSW State Track & Field Championships. Among many outstanding performances, special mention should be made of **Lauren Carey & Kai Hammond** who both set new **State Records** in the U17 3000m events. Congratulations Lauren & Kai!

Congratulations also to **Dane Mitchell** who gained selection in the LANSW State team and was named Team Captain. Dane's fantastic achievements included placing first in the 800m, 1500m and 3000m events at the LANSW State Championships.

We had twelve representatives at the LANSW State Cross Country Championships (2018) with **Lauren Carey** and **Joshua Hewitt** winning Gold in their events and **Bailey Latanis, Riley Fong** and **Alexander Lindner** winning Gold in the Boys Cross Country Relay Team event.

We had 13 athletes travel to Dubbo to compete in the new look LANSW State Combined Event, where St George took another Gold medal with **Bailey Latanis** winning the U12 boys for the third year in a row. It was also great to see eight Committee Members attend. Thank you to Lynne Whatman who officiated all weekend.

We had only two teams compete at the LANSW State relays gaining fourth place in the Senior Boys middle Distance Relay. We will work hard to increase our participation next season.

The final LANSW Trans Tasman Team for Sydney had seven athletes Trial from St George LAC. **Bailey Latanis** was fortunate enough to be selected in the LANSW team and competed in Sydney in January gaining a Gold medal with his NSW team mates in the 4x400m relay. Congratulations Bailey.

We had one athlete eligible for the ten-year service award. Congratulations **Andrea Marshall** & we wish you every success in the future - we have enjoyed watching you over the years.

APPRECIATION

Finally, I'd like to thank my fellow Committee Members for their continual support and effort throughout the season. It's not an easy position volunteering your time each week to put on an athletics program, and many hours are spent behind the scenes to ensure we execute this each week.

Special congratulations to Lisa Rios who has been nominated for appointment as a Life Member. Lisa has worked tirelessly over the past 15 years at St George LAC and provided the club with experience and knowledge in all areas of athletics.

Geoff Lindner has contributed in several areas filling gaps wherever needed. Pre-season he teamed up with Samantha to 'market' St George Little Athletics to local school communities and to support Samantha's "try before you buy" Trials in August. During the season, Geoff regularly set up the Track Equipment, trained starters and recorders for the Straight Track, attended every Committee meeting and joined me at every Zone and Region Meeting. He also prepared our newsletters and, working closely with Karen & Samantha, helped us to achieve a good standard of communication with our members. And finally, he has worked hard all season to secure substantial government funding for our centre that will see us acquire new equipment and ground facilities, enabling us to offer a much-improved athletic experience to our young athletes. Thank you, Geoff your hard work has not gone unnoticed.

Samantha Latanis has also worked hard, starting with the pre-season "Trials" throughout August for the local community. Samantha prepared a program that enabled children in our area to come and try out athletics before registering. Samantha also conducted several training clinics, delivered regular training sessions throughout the season, organised Committee dinners, and organised the sourcing and preparation of well

over 200 award trophies. And a new innovation this year was the arranging of a Disco that served as an end of season celebration for our athletes and a fundraiser to assist Lauren Carey in her world cross-country campaign (see page 29). Samantha also keeps us up to date via Facebook & Instagram with a seemingly endless supply of photos that bring a lot of enjoyment to our members. Thank you, Sam.

Thank you Avinash Sharma for developing the new program structure and manning the circular track each week; Karen Tuqiri for recruiting, briefing and organising our age managers and helpers each week; Fleur Franich for organising our participation in the major championships; Thank you Anna Rizzi for helping out wherever needed including set up, Pack Up, BBQ & age management; Michelle Carati in the uniform shop and straight track; Michelle Venturino for taking on the Treasurer's role and also working as a regular Age Manager; Philomena for recording all our Field results; Sheila for working in the canteen; Andrew for his close attention in making day to day arrangements with Council & for ensuring our club equipment is in the best condition possible; Cathy Hollamby for managing the registration, transfers and trialists processes during the season; David Kistle for helping in a number of capacities throughout the season, but especially as circular track starter; and a special thank you to Chris and Rachel Lau for managing the canteen & BBQ each week.

I would like to thank and congratulate Emily MacPherson & Connell Hadzinickitas for serving as our Club Captains this season. You have proven to be great role models for our younger athletes.



CLUB CAPTAINS EMILY MACPHERSON & CONNELL HADZINICKITAS

I'd also like to thank Georges River Council for delivering a wonderful grass surface on the main oval each week; and also our Local Members David Coleman MP and Mark Couré MP who have been enthusiastic supporters of St George Little Athletics for a number of years.

I would like to thank our two new sponsors who joined us this year. **RnB Pressure Cleaning** assisted us with cleaning and provided a BBQ to welcome our new members. Thank you, Jason and Monique.

Thank you also to **FAST Squad** for the St George athlete wristbands which were given out at registration, the raffle donations and assistance in the prizes at all of the coaching clinics. Thank you, Samantha.

I would especially like to thank our wonderful Gold Sponsor - **Club Rivers** - for their third year of sponsorship of our Centre. We sincerely appreciate not just your financial support, but also the extensive use of club facilities for meetings, our Presentation Event, the Disco and our AGM – all of which were provided to us at no cost. Thank you, Stuart, Mel and all the team at Club Rivers.

In conclusion, I would like to encourage all our athletes to stay active, to participate safely in and enjoy all your sporting endeavours, but especially athletics, which is the foundation of all sports. We hope to see everyone back in 2019/2020 for a bigger and better season. We appreciate your loyalty and commitment to St George LAC.

Cheers

Theo Latanis
President 2018/19

SECRETARY'S REPORT



I am pleased to provide this report to Members overviewing the formal activities of your Committee during 2018/19 and highlighting a number of exciting new developments.

COMMITTEE

The work of the Committee commenced soon after the last AGM with a transition process from the previous committee, involving revised arrangements at the bank and a handover of financial records, keys and other materials, as well as a detailed stock-take of athletic uniforms and athletic equipment. Annual reporting requirements to both Little Athletics NSW and to the NSW Department of Fair Trading (which administers the legislation under which we operate as a Registered Association) were fulfilled.

The first Monthly Meeting of the Committee was held in June 2018, with the focus being the setting of priorities for the year ahead. We set as our primary goal to improve the delivery of the Friday Night program and while we recognise many short-comings remain, we believe we have delivered a program that ran more smoothly, which drew a larger proportion of the membership to attend, and to participate in more events, than the previous year. The quality of the program we can deliver is an essential ingredient to promoting participation in the sport of athletics.

Your Committee met every month, sent representatives to the Little Athletics NSW conference and to every monthly meeting of our Zone & Region organising Committees. And of course, the Committee constitutes the core of volunteers to plan & execute our Competition evenings and manage our participation in championship & representative events. As hard-working as your Committee has been, we always need more help, particularly to fill the many regular roles required at our Friday Competition evenings.

ATHLETICS FACILITIES

Members may be aware that your Committee has, for several years, advocated with all levels of Government for the establishment of a synthetic athletic track in the St George area. While Federal and State Governments supported this initiative and pledged substantial financial resources to deliver it, Georges River Council – while supporting the initiative in principle - subsequently concluded that no acceptable site could be identified in the Local Government Area.

While we have not wavered in our advocacy for a synthetic track, we also believe we cannot stand still. Consequently, with the strong support of our local Federal Member, Mr David Coleman, and in conjunction with our partner senior athletics Club, St George District Athletic Club (SGDAC), we have sought and obtained a Federal Grant of up to \$500,000 to improve the facilities available to our athletes at the grounds we currently use.

Specifically, our intention is to deploy these funds to: Acquire an extensive complement of new athletic & other support equipment, replace all the athletic field stations at Olds Park including Discus, Shot Put & Long/Triple Jump, and improve the lighting & public address system at Olds Park. We also propose to fund an electronic Timing solution for SGDAC to utilise in conducting the cross-country program and, subject to Bayside Council's support, to fund an upgrade for a section of the cross-country course at Ramsgate.



SECRETARY G LINDNER ANNOUNCING SECURING OF FEDERAL GRANT FUNDS, IN THE PRESENCE OF MAX BAIL, REPRESENTING MR DAVID COLEMAN.

Several people deserve acknowledgement for their contribution to this outcome. I want to particularly mention Georges River Council officers, in particular Laurie O'Connor (Director, Assets & Infrastructure), and his staff for their support of the initiatives at Olds Park, and Chris Stratford (President) and David Kistle (General Secretary) from SGDAC for their collaboration & support in preparing the grant application. And Lisa Rios should also be recognised for her efforts in previous years to press the case with the federal government that athletics deserves more financial support.

COUNCILLOR SUPPORT



I would also like to acknowledge the financial support provided by Mortdale Ward Councillors Warren Tegg & Con Hindi to address a number of needs at Olds Park.

Councillor Tegg secured a grant of \$1,200 to help off-set our Line Marking expenses, which are now the largest operating expense we face each year.

Councillor Hindi supported a grant of \$45,000 to upgrade the building that houses our canteen and equipment. This latter project will see installation of a new and enlarged awning, repairs and painting to the exterior of the building and the enlargement and renovation of the canteen.

In each case, councillors chose to support us with discretionary funds, and we are grateful for the assistance.

Geoff Lindner
Secretary 2018/19



**UNDER CONSTRUCTION - A NEW
COVERED OUTDOOR AREA INSTALLED AT
OUR FACILITIES BUILDING**

TREASURER'S REPORT



It is with pleasure that I present the financial statements of the St George Little Athletics Centre for the 2018 /2019 season.

The year finished with a profit of just over \$13,000. The centre closes the financial period with a financial base which includes assets, both cash-based and in uniform stock (estimate), of approximately \$98,000. This figure does not include the centre's equipment asset base.

The Term Deposit has matured and been transferred into the main cheque account to provide a float for planned expenditure associated with the Federal Grant.

Income is derived through three main sources, Registrations, Canteen / BBQ and Uniforms. Registrations for this year were down compared to last year by around \$6,300. This reflects the decision to not offer Tiny Tots and also reduced registrations in the U6 – U17 age groups.

Canteen and BBQ was down compared to last year, making a profit of approximately \$4,000. Debbie Elagha was the Canteen Manger until November, and Rachel Lau then stepped into the role unofficially enabling us to operate the canteen every week.

Line Marking is now the major cost to the centre. The very large increase over previous years reflects the impact of intensive maintenance of the main oval by Georges River Council which reduces the lifetime of our lines to less than 1 week.

We have not made any major purchases during the year and we were also fortunate enough to receive \$6,200 in sponsorships/grants. In addition, our two bronze sponsors each provided in-kind donations of goods and services.

In 2019/20, we expect to receive substantial grant funds from the Commonwealth government which will be expended to upgrade both equipment and ground facilities. According to the ATO it appears likely that St George Little Athletics Centre will incur GST expenses in conjunction with the grant, which will see some depletion of our cash balance.

The 2017/18 Financial Statements included an estimate of Uniform inventory of \$20,000 however this appears to have been an understatement, as a stocktake performed shortly after the end of that year determined a value of approximately \$29,000 based on 2017/18 sell prices. For 2018/19 the sell prices were increased slightly, and on this basis, opening inventory value is increased to \$32,000. Given the size of the inventory, no uniform purchases (except for State Uniforms) were required this year. State Uniforms purchased for approximately \$2,100 were supplied at no cost to Athletes qualifying for the State championships, and our regular uniform sales totalled \$6,585. Limited uniforms will be required to be purchased in the upcoming season.

The centre remains financial and positioned to 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.

Michelle Venturino
Treasurer 2018/19

St. George Little Athletics Centre Inc.
Statement of Income and Expenditure
For the Year Ended March 31, 2019

	2018/2019	2017/2018
Income	<u>Actual</u>	<u>Actual</u>
	\$	\$
Registration	16,997.95	23,304.38
Canteen & BBQ	8,083.10	9,352.15
Sponsors, Donations & Misc Income	6,200.00	15,500.00
Uniforms	6,585.00	7,491.00
Interest	415.85	10,701.61
Other (including competitions)	932.00	2,639.00
Stock (Uniform) Revaluation	5,415.00	
	<hr/> 44,628.90	<hr/> 68,988.14
Expenditure		
Registration Fees and Resignations	240.00	4,782.00
Canteen & BBQ	4,012.69	4,242.76
Uniforms Purchases	2,126.80	13,961.83
Annual General Meeting	1,487.10	1,138.60
Bank Charges	130.80	132.50
Equipment	4,174.16	16,916.62
Ground Marking	11,244.55	1,067.00
End of Season Presentation	506.45	-
Printing & Stationery	537.47	1,372.09
State Conference	919.00	-
Sundry Expenses incl. Course Fees	1,307.66	11,394.60
Competitions	1,425.00	4,991.68
Trophy	3,172.81	5,827.47
Advertising	-	790.00
Coaching *	-	300.00
	<hr/> 31,284.49	<hr/> 66,917.15
Nett	<hr/> 13,344.41	<hr/> 2,070.99
Less previous yrs comp money	<hr/> -	<hr/> -
Surplus/(Deficit) for the Year	<hr/> 13,344.41	<hr/> 2,070.99
Surplus/(Deficit) for the Year	<hr/> <hr/> 13,344.41	<hr/> <hr/> 2,070.99

* Tiny Tot Program (2017/18)

St. George Little Athletics Centre Inc.
Balance Sheet
For the Year Ended March 31, 2019

	2018/2019	2017/2018
	<u>Actual</u>	<u>Actual</u>
Current Assets	\$	\$
St. George Bank - General Account	71,881.66	45,722.95
St. George Bank - Term Deposit Matured	-	18,379.30
Petty Cash	150.00	
Inventory - Uniforms (estimate)	25,415.00	20,000.00
Paypal	690.18	690.18
Other Debtors		
Total Current Assets	<u>98,136.84</u>	<u>84,792.43</u>
 Total Assets	 <u>98,136.84</u>	 <u>84,792.43</u>
 Current Liabilities		
Accruals	-	-
Total Current Liabilities	<u>-</u>	<u>-</u>
 Equity		
Opening Balance	84,792.43	83,889.08
Surplus/(Deficit)	<u>13,344.41</u>	<u>2,070.99</u>
Closing Balance	<u>98,136.84</u>	<u>85,960.07</u>
 Total Assets and Liabilities	 98,136.84	 84,792.43

INDEPENDENT REVIEW REPORT

I have examined the books and records of St George Little Athletics Centre Inc and have found that they have been prepared in a competent manner to reflect the operations of the Centre.

Angelo Cazouris CPA

2/19 Restwell St
Bankstown NSW 2200

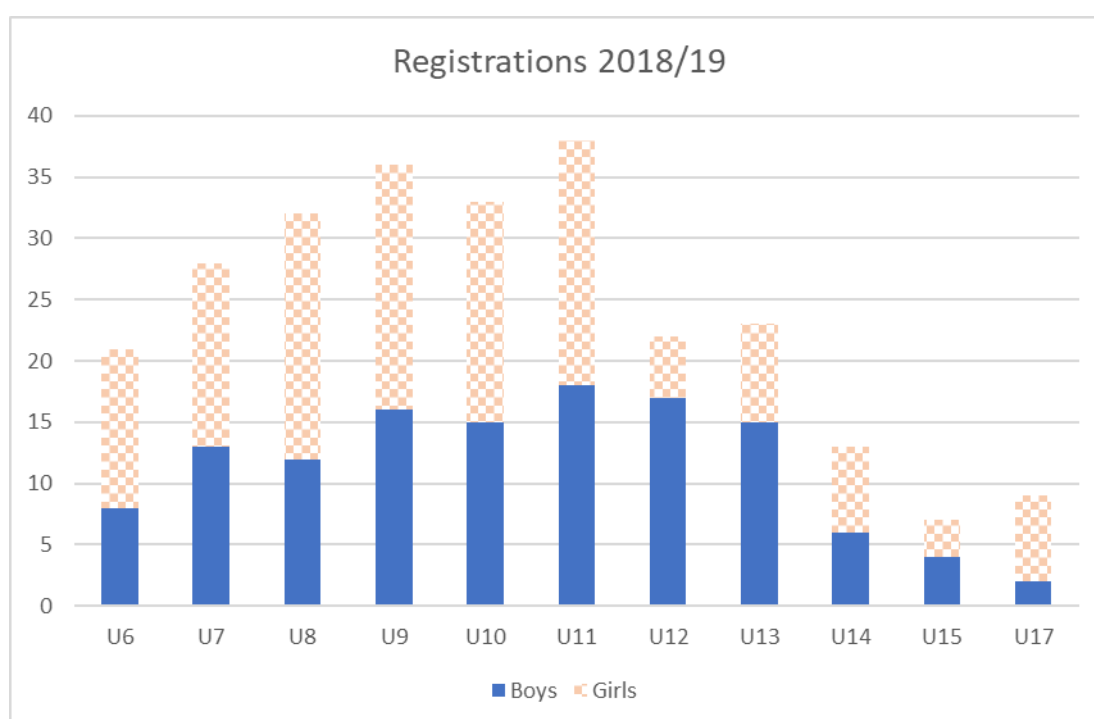
Ph: (02) 9099-2545

REGISTRAR'S REPORT



For the 2018/2019 season we finished the year with a total of **262** registered athletes. This number is down on previous seasons. The below table shows our 262 athletes by age group and gender.

At the start of the season Little Athletics NSW advised that all online registrations had to be paid online. This followed on from manual registrations being eliminated in the previous season. By only taking prepaid online registrations we were able to significantly reduce the amount of data entry and paperwork needing to be returned to Little Athletics NSW. In addition, there was no need for cash / cheque handling during the busy registration period and no reconciliations were required to be provided to Little Athletics NSW throughout the season for cash / cheque payments.



The majority of the registrations occurred at the start of the season, but we did continue to take registrations through to the end of 2018. We offered discounted registrations post-Christmas but received no further registrations in 2019.

Registration is a two-part process – athletes must first register and pay online, and then they must attend in person to collect their athlete number (and provide proof of age for new athletes). Our registration pack pick-up afternoons were all held during August 2018 and early September 2018 and coincided with “come and try” sessions for new athletes. These sessions were held on a Friday afternoon at Olds Park, Penshurst. These registration pack pick-ups were quite successful with most athletes picking up their number prior to the start of the season, but some sessions were affected by adverse weather conditions (thunderstorms). For the second year in a row we 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 in most cases and resulted in a more efficient first night of competition.

Trialists were encouraged and over the season we had 24 trialists – of these 8 went on to register, a return rate of 33%.

Thank you to everyone at St George Little Athletics Centre, the athletes, their families and my fellow Committee Members for their assistance and support during the 2018/2019 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 2018/19

COMPETITION & RECORDS OFFICER'S REPORT



During this season we have had much better success with our electronic timing gates which now cover both straight and circular track, thanks in large part to Geoff Lindner who, together with Theo Latanis, would arrive at the ground around 4 pm each Friday with a bucket of sand, a shovel and a spirit-level to ensure all the bases of the timing gates were level and in a straight line. This is important to ensure the gates work properly every time.

This enabled us to start on time and capture all the results from the races, and together with several nights of perfect weather and ground conditions saw a lot of records broken. Some records were broken by the same athlete multiple times during the season, while in other age groups multiple athletes broke the same record and watching this tussle between the athletes and seeing them raise the bar week in week out was fascinating to watch.

This year we tried to get the younger age groups to finish early in order of priority from u6 to u8 with the senior athletes being the last to finish the evening. With a little modification to the program we were able to get the u6 and u7 to finish by 7:15 and u8 by 7:30 being mindful that our program is a 3-hour program that runs from 6 to 9 pm but we try and get the u6 and u7's done by 7:30 pm.

We have in mind a number of optimisations to the program for next season, including a trial of a new "Start Line" process wherein a marshal at the start line records (using a Tablet) the lane position of each athlete for the next few races (in advance). This eliminates the need to enter bib numbers at the finish line and facilitates increased throughput for races run entirely in lanes. This should reduce waiting times and enable a larger number of races to be run in a given time window.

A challenge we faced this season was a lack of parent volunteers for a number of regular duties that we need filled each Friday Night. This slowed the program and led to mistakes. We will work hard next season to develop an effective 'engagement' model for parent helpers. Without consistent parent contribution, we will not be able to achieve the quality of athletic program experience we want to deliver.

I would like to thank those parents and volunteers who did regularly help out, in particular Dave Kistle from our partner 'senior' club who started races on the circular track almost every Friday.

Congratulations to all athletes that have broken 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.

Below are the ground records set this year.

NEW GROUND RECORDS SET IN 2018/19

Athlete	Event	Record¹	Date Set	Gender	Age Group
Audrey Cis	300m	1:20 ET	04-01-19	Female	6
Kagan Rayner	500m	1:54.61 ET	22-03-19	Male	7
Max Laycock	700m	2:14.44	26-10-18	Male	8
Violet Knight Ortiz	800m	3:15.40 ET	15-02-19	Female	9
Sienna Latanis	200m	33.71 ET	08-03-19	Female	10
Sienna Latanis	800m	2:54.06 ET	25-01-19	Female	10
Keasi Dilo	Discus 500g	29.20	08-03-19	Female	11
Keasi Dilo	800m	3:05.36 ET	22-09-19	Female	11
Riley Fong	1500m	5:20.05 ET	08-03-19	Male	11
Riley Fong	400m	1:07.54	22-03-19	Male	11
Riley Fong	800m	2:35.02 ET	22-03-19	Male	11
Michael Panas	Discus 500g	24.46	21-09-18	Male	11
Bailey Dean Latanis	200m	29.43 ET	08-03-19	Male	12
Bailey Dean Latanis	1500m	5:22.42 ET	15-02-19	Male	12
Bailey Dean Latanis	Shotput 2kg	11.81	08-03-19	Male	12
Sebastian Miani	400m	1:05.42 ET	26-10-18	Male	12
Isabella Knezevic	200m	28.54 ET	02-11-18	Female	13
Cameron Jones	200m	28.25 ET	08-03-19	Male	13
Dane Mitchell	3000m	10:38.52 ET	08-03-19	Male	13
Dane Mitchell	Discus 750g	22.89	08-03-19	Male	13
Lili MacPherson	800m	2:45.21 ET	16-03-19	Female	14
Lili MacPherson	Javelin	36.21	08-03-19	Female	14
Joshua Hewitt	800m	2:22.53 ET	23-11-18	Male	14
Joshua Hewitt	1500m	4:43.86 ET	25-01-19	Male	14
Miloshka Sharma	400m	1:07.02 ET	18-01-19	Female	15
Miloshka Sharma	300mh	51.46	08-03-19	Female	15
Solomon Tuqiri	300mh	58.07	08-03-19	Male	15
Andrea Marshall	100m	13.46	14-11-08	Female	17
Andrea Marshall	200m	27.83 ET	02-11-18	Female	17
Andrea Marshall	100mh	15.50	08-03-19	Female	17
Lauren Carey	800m	2:44.16 ET	18-01-19	Female	17
Connell Hadzinickitas	110mh	19.32	08-03-19	Male	17

Avinash Sharma

VP & Competition & Records Officer 2018/19

¹ All Track Results are Electronically Timed. Where a time in the Table is followed by "ET", this indicates there is a superior Hand-Timed Record.

OFFICER FOR OFFICIALS REPORT



In 2018/2019 the Officer of Officials position was a new role for me to take on as part of the St George Little Athletics Centre Committee. So, what does this role do?

Essentially the role requires:

1. Recruitment and organisation of officials for the safe and efficient conduct of Centre meetings
2. Organise officials for participation in instruction, training and examinations
3. Organise officials for events conducted by LANSW and other Centres, in which the Centre participates
4. Submit a report to the Annual General meeting of the Centre

So how did we go?

This season the STGLAC Committee had decided to initiate an approach where each age group had a nominated age group manager who would be a consistent leader of the group each week and ensured the Friday night competition program ran effectively. Recruitment to these positions was challenging, however after many phone calls and emails we had approximately 10 parents come forward and routinely take on the role of age manager. For these age groups this was an effective strategy to ensure a safe and fun program was experienced by all. Therefore, if this approach is to continue next season, I would recommend that *all* groups have a regular age manager identified for the season.

Age group folders were also initiated this season which included everything required to coordinate the group. This included a sign-in/sign-out sheet for parents, field result sheets generated from our ResultsHQ system with athlete details including individual PB and Ground Records included, and the order of events program for that group. The order of events strategy was also a new initiative aimed at ensuring good flow of the program with age group managers moving their group to the pre-set events listed. Positive feedback about both the folders and the pre-set order of events approach was received throughout the season and is recommended to continue. In addition, we purchased a new set of bibs with the relevant age group identified for the age group managers to wear to assist parents to locate each group throughout the evening.

Obviously, Age Group managers cannot run the competition by themselves and so we decided that all age groups required a minimum of 3 age manager assistants signed on before the group could leave marshalling. We had quite a shaky start but after the first few weeks this started to work effectively for the younger age groups. A constant challenge was the older age groups and ensuring each group had adequate assistants. Coupled with lower athlete numbers, this often meant that age groups needed to be combined and members of the committee assisted with various tasks so the athletes could compete at an event. We did have a number of parents who assisted weekly and for this we thank them as the program would not have gone ahead without their support.

To assist the understanding of what is required as an age group manager or age group assistant, a number of briefing sessions were scheduled on registration nights to provide education and training for these roles and included demonstrations of recording, marking and the coordination of field events. Unfortunately, due to a stretch of bad weather all 4 sessions were washed out! We did however manage to schedule two further information sessions and had 10 parents attend. Thank you to Samantha Latanis who assisted me with this activity.

To assist parents on Friday nights our secretary Geoff Lindner and Samantha Latanis our coach developed and produced several large field event information boards that were displayed each week. These boards

contained important information about weights, measuring requirements and how to coordinate the event. Further development of a program of education for parents will be explored for the next season.

We continued to use an online management tool called 'Sign Up' to match or allocate parents to the other roles required to conduct the Friday Night program. In addition, each Friday, specific age groups were nominated for set up and pack up duty and this was communicated via Sign-Up emails, Facebook notifications and Team App notifications. It proved very challenging to secure the number of volunteers needed for all these tasks. Much of the setup and pack-up tasks fell to the Committee assisted by a small band of consistent parent helpers, and various other duties were inadequately resourced. This is something that will need to be addressed moving into the next season. A thank you should be extended to those parents who did come down by 5pm on the allocated weeks and assist with setup. We greatly appreciated this assistance. A recommendation would be to return to the use of Sign Up for *all* parent duty allocations.

We also used the Sign-Up system for zone, regional and state championships parent helper roster duty allocation and this worked extremely well. At each representative carnival parents selected their duties and we went into every carnival with all duties covered. This ensured our Centre was well received by the carnival organisers and that our athletes could compete.

I would like to thank Michelle Carati and Cathy Hollamby who have assisted me at various times throughout the season with parent sign-on and organisation of age group manager folders.

To all of the parents/carers who volunteered on Friday evenings to help run our program of events, especially those who jumped in week after week to assist - thank you!

To the 2018/19 St G LAC Committee - thank you for your support during the season and all that you do to ensure our children can participate in the great sport of athletics.

All the very best for the upcoming season and the 2019/2020 Committee.

Karen Tuqiri
Officer for Officials 2018/19

CHAMPIONSHIPS OFFICER'S REPORT



AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS 2018

The Australian Little Athletics Track and Field Championships were held on the Gold Coast at the Runaway Bay Sports Super Centre over the weekend of 28-29 April 2018. Congratulations to Joshua Hewitt, who was chosen in the NSW U13 team. Joshua came 7th in the 1500m. Congratulations Josh!!!

NSW CROSS COUNTRY CHAMPIONSHIPS

The NSW Cross Country Championships were held on Sunday 8th of July 2018 at Integral Energy Park, Dapto. St George had 11 athletes compete. Results were:

U8G 800m – Sienna Latanis 5th

U10B 1500m – Bailey Dean Latanis 6th
Riley Fong 7th
Alexander Lindner 10th
Marco Venturino 18th

13G 3000m - Georgie Latanis 17th

U13B 3000m - Dane Mitchell **SILVER**

U14G 3000m - Eloise Carey 11th

U14B 3000m - Joshua Hewitt **GOLD**
Aidan Karaman 18th

U16G 4000m – Lauren Carey **GOLD**

The 2019 NSW Cross Country Championships will be held at Upjohn Park, Rydalmere on Saturday 4th August. Entries are open now via the LANSW website and close 9am, Wednesday 24th of July.



U10 BOYS TEAM OF BAILEY, RILEY & ALEX
- GOLD MEDALLISTS



DANE FINISHING THE 3000M



JOSHUA HEWITT



LAUREN CAREY

NSW LITTLE ATHLETICS STATE RELAY



JOSHUA, DANE, SEBASTIAN & BAILEY

Persistent rain at the beginning of the season, added to the age group changes, made team selection for the State Relays very difficult this year. Ultimately, we ended up with 2 teams competing. Their results were:

U12B 4x 100m – 12th (Bailey-Dean Latanis, Sebastian Miani, Marco Venturino and Jack Lillie)

Senior Boys Middle Distance – 4th (Bailey-Dean Latanis, Sebastian Miani, Dane Mitchell, Joshua Hewitt)

ZONE CHAMPIONSHIPS



A FEW OF OUR TEAM AT THE ZONE CHAMPIONSHIPS (BARDEN RIDGE)

This year saw 75 athletes compete (with Kai Hammond having earned an exemption due to a clash with the Lifesaving World Championships in Adelaide) at the Southern Metropolitan Zone Championships at The Ridge Athletics Track, Barden Ridge, over the weekend of 30th of November to 2nd of December. Congratulations to all of the athletes who competed. We had some wonderful results and 4 records were broken. Congratulations to our U7 athletes who competed in their first carnival. Special mentions go to Capri who collected 3 gold from 3 events and Kagan who won 2 golds and 1 bronze. Results of the athletes who made the finals of their events are listed below:

U7 Girls

Imogen Kirby – 500m 4th, Long Jump 4th, 70m 6th, 100m 7th

Vienna Knight Ortiz – discus 4th, shot put 4th, 500m 6th, long jump 7th

Capri Vincent – 70m **GOLD**, 100m **GOLD**, 200m **GOLD**

U7 Boys

Kagan Rayner – long jump **GOLD**, 500m **GOLD**, discus **BRONZE**, 100m 4th

U8 Girls

Anna Poortvliet – long jump 8th

U8 Boys

Flynn Manley – 60m hurdles 1st, long jump 1st, 200m 4th, 100m 5th



CAPRI VINCENT

U9 Girls

Lowami Carati – Shot Put 1st, discus 2nd

Violet Knight Ortiz – high jump 3rd, 200m 5th, discus 6th, 100m 6th

Ivy Sutton – discus 7th

Grace Wright – 800m 4th

U9 Boys

Jeriah Leger – shot put 7th

U10 Girls

Mariam Harakeh – 1100m walk 3rd, discus 6th, shot put 7th

Sienna Latanis – discus 1st, shot put 2nd, 400m 2nd, 800m 2nd

Mia Liu – 60m hurdle 8th

U10 Boys

Hugo Macri – 70m 4th, 100m 5th

Callum McLean – long jump 1st, 100m 4th

Taoko Samson – high jump 4th, long jump 4th, 70m 5th, 100m 7th

Payton Tarau – high jump 1st, 100m 2nd, 70m 3rd, shot put 4th

Jone Tuqiri – discus 4th, shot put 5th, 800m 6th

U11 Girls

Keasi Dilo – discus 1st, long jump 8th

Grace Dummett – high jump 2nd

Latifa Harakeh – High jump 6th

Abigail Wright – high jump 3rd, 100m 5th, 200m 5th, 400m 8th

U11 Boys

Jake Batten – 400m 6th, 100m 8th, long jump 8th

Liam Cremen-Cowan – high jump 2nd

Riley Fong – 800m 1st, 1500m 1st

Alexander Lindner – 800m 7th

Cameron Marshall – 60m hurdles 7th, discus 8th

U12 Girls

Mareta Carati – javelin 3rd, discus 6th

Jasmine Franich – discus 1st, Shot Put 1st, javelin 8th

U12 Boys

Bailey-Dean Latanis – discus 1st, shot put 2nd, 60m hurdles 3rd, 400m 5th

Sebastian Miani – 100m 1st, 200m 2nd, 400m 4th

Eugene Samson – 60m hurdles 6th, shot put 8th

Marco Venturino – 800m 7th

U13 Girls

Georgie Latanis – discus 1st, shot put 2nd, 400m 5th, 200m 5th, javelin 6th, 800m 7th



RAYYAN, GABRIELLA, LATIFA, SIENNA & MARIAM



PAYTON, HUGO, TAOKO & CALLUM

U13 Boys

Jacob Fong – 800m 6th

Cameron Jones – 100m 4th, 400m 5th, 800m 5th, 200m 7th, long jump 7th

Liam Macri – 400m 7th

Dane Mitchell – 3000m 1st **zone record**, 800m 1st, 1500m 1st

Joel Steiner – high jump 7th

U14 Girls

Eloise Carey – 3000m 1st, 1500m 3rd, 800m 4th

Aleisha Foundotos – 100m 5th, 200m 5th, 400m 5th

Amelia Kirby – 3000m 4th

Lili MacPherson – javelin 2nd, 800m 7th

Sia Pizzardi – 1500m 4th, 800m 6th

U14 Boys

Zachary Awad – shot put 4th, discus 4th

Joshua Hewitt – 1500m 1st **zone record**, 3000m 1st **zone record**, 800m 1st

Aidan Karaman – 1500m 2nd, 3000m 3rd

U15 Girls

Madeleine Chubb – javelin 1st, discus 2nd, shot put 3rd

Asma Fofanah – shot put 4th, long jump 8th

Miloshka Sharma – 400m 3rd, 300m hurdles 3rd, 200m 4th

U15 Boys

Aiden Gambrell – 100m hurdles 1st, 300m hurdles 1st, triple jump 2nd, long jump 3rd

Conor Ryan – 400m 4th

Solomon Tuqiri – shot put 1st, discus 2nd, javelin 3rd, high jump 5th, long jump 7th

U17 Girls

Jasmine Awad – discus 3rd, shot put 6th

Lauren Carey – 1500 1st **zone record**, 800m 1st, 3000m 1st

Emily MacPherson – javelin 6th, 800m 7th

Andrea Marshall – 100m hurdles 2nd, 100m 3rd, 300m hurdles 3rd, 200m 5th

Rebecca O'Dea – Shot put 2nd

U17 Boys

Connell Hadzinickitas – shot put 2nd, discus 4th

Relays

Girls 9-12 4x100m relay – Violet Knight Ortiz, Sienna Latanis, Grace Dummett and Abigail Wright finished 4th

Girls 13-17 4x100m relay – Georgie Latanis, Aleisha Foundotos, Miloshka Sharma and Emily MacPherson finished 5th



RILEY FONG & DANE MITCHELL



AIDEN GAMBRELL

TRANS-TASMAN CHAMPIONSHIPS

One athlete from St George was selected to represent NSW in the 2019 Trans-Tasman Challenge. Congratulations to Bailey-Dean Latanis. Bailey, and his NSW team mates, competed against a team representing Auckland, NZ, at Campbelltown Athletics Stadium on Sunday, 13th January. Bailey finished 5th in the 800m, 6th in the 400m, 9th in Shot Put and 10th in discus. Bailey was also part of the gold medal winning 4x400m relay. Congratulations Bailey.



BAILEY-DEAN LATANIS

REGIONAL CHAMPIONSHIPS

The Region 8 Championships were held at the Ridge Athletics Track, Barden Ridge on the weekend of the 2nd and 3rd of February. St George had 53 athletes qualify for 138 individual events. Congratulations again to all of the athletes who competed. We won 16 gold medals, 8 silver medals and 11 bronze medals.

Results of athletes finishing in the top 8 are listed below:

U8B

Flynn Manley – 100m 4th, 200m 5th, 60m hurdles 5th

U9G

Lowami Carati – Shot Put **GOLD**, discus **BRONZE**

U10G

Sienna Latanis – 800m **SILVER**, 400M **BRONZE**, shot put **BRONZE**, discus **BRONZE**

U10B

Hugo Macri – 70m 4th

Callum McLean – 100m 6th, long jump 7th

Taoko Samson – long jump **GOLD**, high jump 4th, 70m 6th

Payton Tarau – 70m **SILVER**, shot put **SILVER**, 100m 5th



LOWAMI CARATI

U11B

Liam Cremen-Cowan – high jump 4th

U11G

Keasi Dilo – discus **BRONZE**

Grace Dummett – high jump 4th

U12G

Mareta Carati – javelin 6th

Jasmine Franich – shot put **SILVER**, discus **BRONZE**



SIENNA LATANIS

U12B

Bailey-Dean Latanis – shot put **BRONZE**, discus 4th, 60m hurdles 5th, 400m 6th

Sebastian Miani – 200m 5th, 100m 7th, 400m 7th

Eugene Samson – shot put 8th

U13B

Jacob Fong – 800m 6th

Cameron Jones – 100m 5th, 400m 6th, 200m 7th

Dane Mitchell – 800m **GOLD**, 1500m **GOLD**, 3000m **GOLD**

U13G

Georgie Latanis – Discus **GOLD**, shot put **BRONZE**

Eloise Carey – 3000m **BRONZE**, 1500m 6th, 800m 7th

Aleisha Foundotos – 400m 8th



DANE MITCHELL

U14B

Joshua Hewitt – 800m **GOLD**, 1500m **GOLD**, 3000m **GOLD**

U14G

Lili MacPherson – javelin **SILVER**

Sia Pizzardi – 1500m 8th

U15G

Madeleine Chubb – discus **SILVER**, shot put 4th, javelin 4th

Miloshka Sharma – 400m **SILVER**, 300m hurdles **SILVER**, 200m 4th



MADELEINE, MILOSHKA & LILI

U15B

Aiden Gambrell – 100m hurdles **GOLD**, 300m hurdles **GOLD**, long jump 5th, high jump 7th

Conor Ryan – 400m 5th

Solomon Tuqiri – discus **BRONZE**, shot put 7th

U17G

Jasmine Awad – discus 7th, shot put 8th

Lauren Carey – 1500m **GOLD region record**, 3000m **GOLD region record**, 800m **GOLD**

Emily MacPherson – 800m 7th

Andrea Marshall – 100m hurdles **GOLD**, 300m hurdles **BRONZE**, 100m 5th, 200m 5th

U17B

Connell Hadzinickitas- shot put **SILVER**, discus 7th

Kai Hammond – 3000m **GOLD**, 1500m 4th



CONNELL & SOLOMON



ANDREA MARSHALL

STATE COMBINED EVENT



COMMITTEE IN DUBBO FOR STATE COMBINED EVENT

The State Combined Event (formerly known as State Multi) was held at Barden Park, Dubbo on the weekend of the 2nd and 3rd of March. St George Little Athletics Centre had 13 athletes compete. 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 Bailey on his **gold** medal and Sienna on her **silver** medal and to everyone who competed.

Results are as follows:

U9G – Lowami Carati 23rd
U10B – Jone Tuqiri 21st
U10G – Sienna Latanis **SILVER**
U11B – Alexander Lindner 15th
U12B – Bailey-Dean Latanis **GOLD**
U12B – Marco Venturino 24th
U12G – Mareta Carati 20th
U13G – Georgie Latanis 12th
U13B – Cameron Jones 12th
U14G – Lili MacPherson 9th
U15B – Solomon Tuqiri 12th
U17B – Connell Hadzinickitas 17th
U17G – Emily MacPherson 9th



STATE TRACK & FIELD CHAMPIONSHIPS

St George Little Athletics club was very proud to have 24 athletes qualifying in 48 events at the State Track and Field Championships on the weekend of the 15th and 16th of March. The weather was terrible, and all credit goes to the athletes who had to perform in very difficult conditions. Despite this, we achieved some fantastic results. We came away with **6 GOLD, 5 SILVERS AND 2 BRONZE MEDALS**. Congratulations to all of the athletes who competed.



OUR STATE TRACK & FIELD TEAM. (ABSENT: KAI HAMMOND)

Full results below.

U9G

Lowami Carati won **SILVER** in shot put and finished 7th in discus

U10G

Sienna Latanis won **GOLD** in shot put, finished 5th in discus, 10th in 400m and 15th in 800m

U10B

Hugo Macri finished 10th in the 70m

Taoko Samson finished 4th in the long jump and 13th in the 100m

Payton Tarau finished 7th in the shot put, 10th in the 100m and qualified 4th in the final for the 70m

U11G

Keasi Diloï finished 8th in discus

U11B

Liam Cremen-Cowan won **BRONZE** in high jump

Riley Fong finished 6th in the 1500m and 7th in the 800m



SIENNA LATANIS

U12G

Jasmine Franich finished 11th in discus and 14th in shot put

U12B

Bailey Dean-Latanis finished 5th in the 60m hurdles, 13th in the 400m, 13th in shot put and 13th in discus

U13G

Georgie Latanis finished 4th in discus

U13B

Cameron Jones finished 9th in the 400m

Dane Mitchell won **GOLD** in the 800m, **GOLD** in the 1500m and **GOLD** in the 3000m



DANE MITCHELL



*A BIG CONGRATULATIONS GOES TO DANE MITCHELL WHO WON **3 GOLD MEDALS** AND WAS SELECTED INTO THE NSW STATE TEAM THAT WILL COMPETE IN THE AUSTRALIAN CHAMPIONSHIPS IN HOBART IN LATE APRIL 2019. WE ARE VERY PROUD OF YOU AND WISH YOU GOOD LUCK!!!*

U14G

Lili MacPherson finished 4th in javelin

U14B

Joshua Hewitt won **SILVER** in the 800m and **silver** in the 1500m

U15G

Madeleine Chubb finished 7th in discus

Miloshka Sharma finished 7th in the 300m hurdles and 12th in the 400m

U15B

Aiden Gambrell won **SILVER** in the 100m hurdles, **SILVER** in the 300m hurdles and finished 11th in long jump

Solomon Tuqiri finished 15th in discus



AIDEN GAMBRELL

U17G

Lauren Carey won **GOLD** in the 3000m

Andrea Marshall won **BRONZE** in the 100m hurdles and finished 7th in the 300m hurdles

U17B

Connell Hadzinickitas finished 13th in shot put

Kai Hammond won **GOLD** and achieved a **state record** in the 3000m



LAUREN CAREY



KAI HAMMOND - MAKING HIS MOVE IN THE 3000M

WORLD CROSS COUNTRY CHAMPIONSHIPS

Whilst not technically part of my job as the Championships Officer, it would be remiss of me not to mention the amazing year that one of our athletes, Lauren Carey, had this year. In January, Lauren competed in the Australian trials for the World Cross Country Championships. She raced in the U20 6km race in Canberra and finished 5th, resulting in her gaining a place in the Australian Team heading for the World Cross Country Championships in Aarhus, Denmark.

9.30pm, AEDT Saturday 30th of March, many St George athletes, parents and friends crowded around computer screens to watch Lauren race in the Green and Gold on the other side of the world. Lauren finished an amazing 16th! She was the first Australian across the line and the highest placed U20 runner in the last 10 years! We are all so very proud of Lauren and we are honoured and humbled to say that she comes from our club.



LAUREN CAREY WITH ZONE
COORDINATOR LYNNE WHATMAN

As the season has come to a close, and I hang up my hat as Championships Officer, I would like to thank all of the parent helpers that assisted me throughout the Championships. In particular, I would like to thank Penny Larkin and Belinda Macri, who did 2 duties each at zone, when we found out we had been allocated more duties than we had families enter. I would also like to thank Peter Hadzinickitas, Nathalie Agermans, Michelle Carati, Karen Hewitt and Katrina Hammond, who volunteered their services for the State Championships, only to be thanked by relentless rain. Thank you so much for helping us in such awful conditions. Thank you again, to Michelle Carati, who was always a “hot standby” in case of a no show. Finally, thank you to everyone who supported me and to those who made this job a little easier.

Fleur Franich

Championships Officer 2018/19



LAUREN CAREY RUNNING FOR AUSTRALIA IN THE WORLD CROSS-COUNTRY CHAMPIONSHIPS, AARHUS,
DENMARK, 30 MARCH 2019.

GROUNDS & EQUIPMENT OFFICER'S REPORT



2018/19 brought another very successful season for St George Little Athletics Centre. Congratulations to all athletes who competed with determination and pride wearing the red and white.

This season was very multi-faceted in respect of grounds and equipment. We certainly saw a very aesthetically pleasing main track due to the ground improvements, but early in the season we struggled with mother nature and a wet track that stopped our competition for several consecutive weeks.

Line Marking has become a major challenge for us as the Council's intensive maintenance program is such that our track lines need to be marked every week.

This combined with the potential for poor weather mid-week makes it nearly impossible for us to resource line marking solely with volunteer labour. Consequently, we needed to utilise a commercial service with GPS capability (needed to position lines that may have faded away) on most weeks, and this is now a significant new cost for the club.

Our Equipment purchases this year were limited to a number of quality Javelins for various weights and ages. We also purchased a new long hose and reel for Long jump and requested the council install a tap outside the canteen to replace the tap that was lost during the soccer field turf replacement. Pigtales and ropes were also purchased and used to help cordon off danger areas with shot put and discus. Our line marker was also fully serviced and repaired for future use. A petrol blower was purchased helping to clean our shot and discus circles and long jump run ups prior to competition.

Early on in the season with the help of some of our committee members we had an extensive shed clean out and a long overdue reorganisation of equipment storage. We will need to do more in this area over the next several months.

Season 2019/20 brings exciting news with our success in securing substantial federal grant funding, which will enable us to update and replace all of our competition equipment and acquire additional equipment to further streamline our competition program. Examples include extra starting guns and Tablets to capture athlete lane assignments at the start of laned races, rather than at the finish line. For those on pack up and set up duties who encountered our quite cumbersome and heavy high jump mats, we will have a welcome relief of brand new international standard light weight mats. An all-terrain cart is proposed to transport all our heavy items to their set-up areas.

I would like to thank those parents and committee members who tirelessly helped with set up and pack up as this commitment is what enables our nights to continue and run as smoothly as possible. Remember we are all volunteers with different levels of knowledge. We encourage and will support you to learn a new skill and to take on a more hands on involvement with your child's Friday night competition.

We look forward to seeing you in what shapes up to be a very exciting 2019/20 season.

Andrew MacPherson

Grounds & Equipment Officer 2018/19

COACHING CO-ORDINATOR'S REPORT



Congratulations to all our athletes on a fantastic season.

This was the first year we introduced a 'coaching coordinator' role and we tried a few new ideas.

Pre-season commenced with four Friday night sessions in August where we demonstrated each event and engaged our trialists in many training activities. These sessions were open to the whole community, and we issued invitations to 29 local schools via direct Email, or through personal

contacts. I would like to thank Geoff for helping me organise this Program, Lisa for assisting us to contact several schools, and the following athletes for their assistance in conducting the program - Dave Kistle (SGDAC), Connell, Emily, Jade, Georgie, Eloise, Maddie and Lili.

We saw over 60 athletes attend each session and lots of fun was had by everyone. This was also an effective recruitment measure which we will repeat and expand next season.

We provided six training clinics throughout the year covering numerous events at each clinic. My thanks again to Dave Kistle for attending and providing assistance at these clinics. We were very lucky to have some wonderful coaches attend including Ray Russell, Paul Little-John and Jimmy Cluff.

Lastly, Wednesday & Sunday Training saw our athletes improve each week in all events. It was great to watch the athletes achieve so many PBs each Friday night and to perform so well at Zone, Region and State competitions and gala days. Thank you to Emily Markovski from St George District who helped us on Wednesdays for much of the season.



JADE, EMILY, GEORGIE, MADDIE, ELOISE & LILI
HELPING OUT AT THE PRE-SEASON TRIALS.



We are planning to increase our coaching program next season and implement new activities and coaching opportunities.

Samantha Latanis
Coaching Co-ordinator 2018/19

2018/2019 AWARD WINNERS

SUMMARY

The club offers several awards to encourage participation and to recognise those who have demonstrated a high level of commitment and achievement in their sport. The process for adjudication of awards is set out in the club's By-Laws.

The following St George athletes received *major* (perpetual) and multi-year Service awards from the Club at 'Presentation Day', 6 April 2019 held at Club Rivers, Riverwood. The criteria for these awards are set out in the Club Handbook.



PERPETUAL AWARD	RECIPIENT
<i>Senior Champion Boy</i>	- <i>Bailey-Dean Latanis</i>
<i>Senior Champion Girl</i>	- <i>Lili MacPherson</i>
<i>Senior Champion Boy – Runner Up</i>	- <i>Cameron Jones</i>
<i>Senior Champion Girl – Runner Up</i>	- <i>Georgie Latanis</i>
<i>Nicole Dawes Middle Distance</i>	- <i>Riley Fong</i>
<i>Sprinter / Hurdler</i>	- <i>Payton Tarau</i>
<i>Field</i>	- <i>Sienna Latanis</i>
<i>Multi-Event Boy</i>	- <i>Bailey-Dean Latanis</i>
<i>Multi-Event Girl</i>	- <i>Sienna Latanis</i>
<i>Junior Champion Boy</i>	- <i>Riley Fong</i>
<i>Junior Champion Girl</i>	- <i>Sienna Latanis</i>
<i>Margaret Zerzvadse Sportsmanship</i>	- <i>Connell Hadzinickitas</i>
<i>Junior Champion Boy – Runner Up</i>	- <i>Payton Tarau</i>
<i>Junior Champion Girl – Runner Up</i>	- <i>Lowami Carati</i>
<i>Rebecca Orr Encouragement – Boy</i>	- <i>Sebastian Miani</i>
<i>Rebecca Orr Encouragement – Girl</i>	- <i>Abigail Wright</i>
<i>Friday Night Encouragement - Boy</i>	- <i>Marco Venturino</i>
<i>Friday Night Encouragement - Girl</i>	- <i>Jasmine Cacammo</i>

5 AND 10-YEAR SERVICE AWARD	RECIPIENT
<i>5-Years</i>	- <i>Marco Venturino, Miles Herlihen, Jone Tuqiri, Sienna Latanis, Solomon Tuqiri</i>
<i>10-Years</i>	- <i>Andrea Marshall</i>

At its meeting on 1st April 2019, the Committee resolved to make the following *additional* awards:

ADDITIONAL AWARD	BASIS OF AWARD	RECIPIENT
<i>Trainer of the Year</i>	<i>An athlete who has distinguished themselves through dedication and commitment to Training</i>	<i>Taako Samson</i>
<i>Athletic Excellence</i>	<i>Set a State Record at the State Track & Field Championships in the u17 3000m event.</i>	<i>Kai Hammond Lauren Carey</i>

AWARD WINNER HIGHLIGHTS

SENIOR CHAMPION BOY – BAILEY-DEAN LATANIS

COMBINED EVENT (BOY) – BAILEY-DEAN LATANIS

Bailey represented St George in all areas including Cross Country, State Relay, State Combined Event and Zone, Regional, State and Trans-Tasman Challenge. He started the season with an individual 6th place and a team relay state gold medal in cross country. He then went on to finish 4th in the senior middle-distance team at State Relay. He has represented NSW as a Trans-Tasman team member with a remarkable achievement of being selected for 5 events. He went on to represent St George LAC at Zone, Regional and State, qualifying in all four events in which he competed. This year he finished 5th in 60m hurdles, 13th in shot put, discus and 400m to consolidate these performances he has broken ground records in Under 12 shotput 2kg, 200m and 1500m and also set a new centre record for shot put. To finish off his season he was well rewarded for his consistent effort by winning a gold medal at the State Combined Event for the third year in a row. His gold medal performance came down to the last event of the day where he held off strong rivals to take out first place with the entire St George team cheering him on.



SENIOR CHAMPION BOY (RUNNER UP) – CAMERON JONES

Cameron has shown great improvement over the season and has made fantastic progress in all areas of athletics. Zone championships saw him place 4th in 100m, 5th in 400m, 5th in 800m, 7th in Long jump and 7th in 200m. He went on to regionals finishing 5th in 100m, 7th in 200m and 6th in 400m. This performance saw Cameron representing St George at the State Championships placing a credible 9th in a competitive field. His consistent effort throughout the year saw him break the 200m ground record in the under 13 boys. He capped off a great season finishing 12th in the State Combined Event.

SENIOR CHAMPION GIRL – LILI MACPHERSON

The 2018/19 season has seen Lili rewarded for her consistent effort and dedication. A strong performance at Zone saw her finish 2nd in Javelin and 7th in 800m continuing to Regional Championships finishing 2nd again in Javelin and 12th in the 800m. In very testing conditions she competed strongly and finished 4th in Javelin at State Championships. Lili finished her season by representing St George at the State Combined Event finishing 9th. Away from Little Athletics Lili continued her success in Javelin, competing at the Australian Junior championships (finishing 8th) & 8th at NSW All Schools. She was also awarded 2nd place at the NSW Combined High Schools State Event.





SENIOR CHAMPION GIRL (RUNNER UP) – GEORGIE LATANIS

Georgie started the season representing St George at State Cross Country coming 17th and assisting the senior team to an outstanding result of 4th. Having been a consistent athlete over the years this was by far her stand out season coming away with the following results: Zone - 1st in discus, 2nd in Shot put, 6th in javelin, 5th in 400m, 6th in hurdles, 7th in 800m. Regionals - 1st in Discus, 3rd in Shot Put, 9th in 200m hurdles. Georgie went into the State championships well prepared and came away with a very impressive 4th position in Discus finishing ahead of many of her fellow competitors. In March this year she competed in Dubbo and finished 12th in the State Combined Event. Georgie also placed 6th in Discus and 10th in the hammer throw at the Australian Junior Championships.

JUNIOR CHAMPION BOY – RILEY FONG

NICOLE DAWES MIDDLE DISTANCE AWARD – RILEY FONG

Riley had a consistent season starting with the State Cross country achieving a 7th place and a gold medal in the team event. He went on to steadily improve his times over the course of the season achieving personal bests in our major competitions. His season on the track commenced with an impressive 1st in 800 and 1500m in zone. He continued this form at the Regionals with a 1st in 800m and 4th in 1500m. He continued to the State Championships where he finished an impressive 7th in 800m and 6th in 1500m. Riley also set a new ground record for the U11 age group at Olds Park this season in the 400m event.



JUNIOR CHAMPION BOY (RUNNER UP) – PAYTON TARAU

SPRINTER / HURDLER AWARD – PAYTON TARAU

This year was Payton's first at the Zone championships since starting at St George LAC and he certainly did not disappoint. In a highly contested field, he came 3rd in 70m and 2nd in 100m, 1st in high jump, 3rd shot put. After an impressive second place finish at the Regionals in the 70m, 2nd in shot put he went onto experience the State Championships with a second fastest qualifying time in the heats and a 10th placing in the 100m and 7th in shot put.

JUNIOR CHAMPION GIRL – SIENNA LATANIS

FIELD AWARD – SIENNA LATANIS

COMBINED EVENT (GIRL) – SIENNA LATANIS

Due to altered Little Athletics NSW age classifications this year, Sienna 'jumped' an age group this season, however this did not deter her, and she took the challenge head on and steadily improved throughout the season. She started off the season finishing 5th in State Cross Country. At Zone Sienna came first in discus and second in shot put, 400m and 800m and then went onto Regionals where she placed 2nd in 800m and 3rd in both discus, shot put and 400m. During the most difficult of conditions on a rainy weekend at State championships she dug deep and went on to win the gold medal in shot put and finished a strong 5th in discus, 10th in 400m and 15th in 800m. Sienna also established new ground records (ET) at Olds Park in the 200m & 800m event and placed 2nd in the State Combined Events Championships.



JUNIOR CHAMPION GIRL (RUNNER UP) – LOWAMI CARATI

Lowami is easily recognised at our Friday Night competitions by her contagious smiling face and 'never give up' attitude, not to mention her 100% attendance record this season. After moving up an age group she found herself competing in a strong competitive field of girls however this did not deter her and she had a strong zone program with a 1st in shot put, 2nd in Discus, 10th in long jump and 12th in 200m. At Regionals she again took out the shot put and came 3rd in discus. And in very wet conditions she competed well at State Championships placing 6th in discus and winning the silver medal in shot put. She finished off the season coming 22nd in the State Combined Event.

REBECCA ORR ENCOURAGEMENT AWARD (BOY) – SEBASTIAN MIANI

This athlete is consistent every Friday night and striving to improve his times every time he steps onto the track. Having represented St George LAC at zone he went on to the Regionals having a strong campaign finishing 7th in 100m, 5th in 200m and 7th in 400m. He also represented St George LAC proudly in the State Relays coming in at 4th place in the senior middle-distance team. With his demonstrated hard work and determination, we are sure there is more to come.



REBECCA ORR ENCOURAGEMENT AWARD (GIRL) – ABIGAIL WRIGHT

Abigail has been with St George for a number of seasons and is always giving 100% every Friday night. Her commitment and improvement over the season saw her perform well as a zone representative and went on to finish 12th in 100m and 10th in the 200m at the Regionals. We look forward to many more achievements in future seasons.



MARGARET ZERZVADSE SPORTSMANSHIP AWARD – CONNELL HADZINICKITAS
 This award is given to an athlete to recognize their sportsmanship on and off the track. As club captain, Connell has been recognised as a leader at St George LAC this year. He thoroughly embraced the role and has led by example throughout the season. He represented St George at the zone, regional and state championships as well as the State Combined Event and when not competing himself, he could always be found on the side lines supporting all of our athletes and giving words of encouragement. Connell attended every day of every championship even though he may not have been competing himself. He is among the most consistent attenders at our Friday Night competition and improved his performances in all track and field events.

FRIDAY NIGHT ENCOURAGEMENT AWARDS (BOY & GIRL) – MARCO VENTURINO & JASMINE CACCAMO

This award is given to athletes who have distinguished themselves through both consistent participation in our Friday Night competitions and consistent improvement over the season. Congratulations to Marco and Jasmine.



LIFE MEMBERS

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

In the course of the year, we acknowledged with sadness the passing of Life Members Terry O'Neill and Ray Horton. We again express our thanks for all that they did for our club.

Note: This document may contain minor typographical corrections made after the printed form of the report was produced.