

St George

Little Athletics Centre Inc.



40th Annual Report
2010 - 2011

ST GEORGE LITTLE ATHLETICS CENTRE INC

40TH ANNUAL GENERAL MEETING

SOUTH HURSTVILLE RSL CLUB

Monday 30 May 2011

AGENDA

1. Distribution of 40th Annual Report including Minutes of 2010 AGM
2. Opening of Meeting
3. Apologies
4. Minutes of 39th Annual General Meeting held 4 May 2010
5. President's Opening Address
6. Presentation of 40th Annual Report and Financial Statements
7. Award of Life Membership
8. Addresses by Invited Guests
9. Election of Officers for the 2010 / 2011 Season
10. Vote of Thanks to Returning Officer
11. General Business
12. Closing of Meeting

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	



STGLAC LIFE MEMBERSHIP AWARDED TO MR KIM DELANEY 4TH MAY 2010.

St George Little Athletics Centre has pleasure in nominating Kim Delaney for Life Membership.

Kim with his wife Lyn and their elder children, Shannon, Bridie and Thomas joined St George where the older children completed their time in Little Athletics before moving on, to continue their running with St George Seniors Club.

Now that their youngest child Riley has completed his ten years with Little Athletics in 2010, Kim has decided he will move on. Although we will not see him at St George Little Athletics Centre, we know St George Seniors will be the beneficiary.

Kim has been one of the backbones of the Club. Kim and his trusty Ute are there every Friday loading up the track equipment and then setting it up before he then commenced as one of our starters. Kim is also on the starting panels for Zone and Region Carnivals. Kim also unofficially performs the duty of Track Manager on a Friday night.

Whenever there is work to be done, Kim has been there. Whether it is transporting equipment for the club to use at carnivals or taking away rubbish after one of our clean ups- we always relied on Kim for his presence.

Kim was on the General Committee before he stood for vice president in 2002, a position he has held since then. Kim has been a respected member of the Committee; his quiet, wise counsel has been an invaluable asset on many occasions. Of significant contribution to the club was his research into and preparation of our Risk Assessment Policy.

We know that we will still see Kim on occasions and he will strengthen the links between the St George Little Athletics and St George Senior Clubs.

It is great pleasure that we present Kim Delaney with Life Membership of St George Little Athletics Centre.

ST GEORGE LITTLE ATHLETICS CENTRE INC
MINUTES OF 39th ANNUAL GENERAL MEETING
HELD ON TUESDAY 4TH MAY 2010
PENSHURST RSL CLUB

1. OPENING OF MEETING

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

2. ATTENDEES

Invited Guests:- Kevin Greene - MLA Georges River, Albie Thomas - St George DAC, Heather Mitchell - LAANSW and Port Hacking, Margaret Alexander - Port Hacking, Barry Butters - Revesby Workers, Robert Gray - Revesby Workers, Ray Loveridge - Illawong.

Life Members:- Gil Baes, John Dobson, Albert Ferraro, Coral Ferraro, Graham Hawkes, Ray Horton, Roger Malcolm, Glenda McLoughlin, Bev Scott, Fred Scott, Gwen Taylor, Peter Tuziak, Lynne Whatman, Peter Williams.

Parents and Supporters:- Debbie Alessio, David Beck, Elise Beck, Jenny Borg, Paul Byrnes, Winston Chan, Daniel Cibeil, Lan Cibeil, Wendy Cook, Bill Clarke, Kim Delaney, Heidi Fisher, Stephanie Grosvenor, Craig Hamilton, Catherine Heap, Graeme Holbeach, Toni Hughes, Lisa Rios, Chris Robinson, Peter Rooke, Sylvia Seyringer, Ian Whatman.

3. APOLOGIES

Councillor Philip Sansom - Hurstville City Council, Simon Osborne - McDonalds South Hurstville, Mabs Errington - Life Member, Ian Sheerin - Life Member, Ben Tinker - Life Member, Helensburgh LAC, Sutherland LAC, Ray Parkinson.

4. MINUTES OF THE PREVIOUS ANNUAL GENERAL MEETING

Minutes of the 38th Annual General Meeting, held 18th May 2009 be accepted as a true and accurate record of that meeting.

Moved: Graeme Holbeach Seconded: Stephanie Grosvenor Carried

5. PRESIDENT'S OPENING ADDRESS

As per the Annual Report.

6. PRESENTATION AND ADOPTION OF 39th ANNUAL REPORT

The 2009/2010 Annual Report be taken as read, adopted as presented and endorsed.

Moved: Paul Byrnes Seconded: Graeme Holbeach Carried

7. TREASURER'S REPORT AND FINANCIAL STATEMENTS

The Treasurers Report, Income and Expenditure Statements and Balance Sheet are not available at this time. Current Account (\$25,245.83) and Term Deposit (\$19101.19) balances were presented to the meeting.

8. LIFE MEMBERSHIP

Kim Delaney was presented with Life Membership of St George LAC.

Kim's involvement with Little Athletics included membership of the St George Executive, starting official at carnivals from Centre to State level, Centre set-up and pack-up with his own vehicle, Occupational Health and Safety and general wise counsel over many years.

9. ADDRESSES BY GUESTS AND OFFICIALS

Heather Mitchell - Competitions Director LAANSW and Port Hacking LAC.

Wearing her LAANSW 'hat' (complete with the new logo), congratulated St George's involvement in all aspects of Little Athletics and getting 'most' of the paperwork in on time. Endorsed Kim Delaney's Life Membership and offered best wishes to the new committee.

Ray Loveridge - Illawong LAC

Congratulated all the competitors representing St George. Believed that just getting to State was especially difficult in our very competitive Zone.

Kevin Greene - MLA Georges River.

Noted Kim Delaney's contribution to athletics over a long time period. While the Olympics and World Championships are great, more important is the grass roots involvement providing the opportunity for the children.

Albie Thomas - President St George District Athletics Club.

Reported that the alignment of Little Athletics and Athletics NSW registration seasons had resulted in an increase in numbers for the latter. Little Athletics are the 'nursery' for senior competition.

Graeme Holbeach - St George LAC

Commented on the challenges of running a club with a large number of athletes. Believes that some Centre decisions, together with Association policies aimed at maximizing new registrations, hinder the efficient use of the limited volunteer resource. This contributes to the undesirably large turnover of athletes each year, the end results of which are more novice athletes and parents, and fewer experienced 'old hands' to provide instruction. Suggests that a review of policies to provide more flexibility for Centres could achieve better longer term outcomes.

10. ELECTION OF OFFICERS FOR THE 2009/2010 SEASON

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

President	-	Lisa Rios
Vice President	-	Lynne Whatman
Secretary	-	vacant
Treasurer	-	Winston Chan
Registrar	-	Jenny Borg
Recorder	-	Heidi Fisher
Assistant Recorders	-	Elise Beck
		Mathew Murdoch
Officer for Championships	-	Daniel Cibe
Officer for Officials	-	vacant
Publicity	-	Michelle Murphy
Coaching	-	vacant
Canteen	-	vacant
BBQ	-	Stephanie Grosvenor
Equipment / Ground Maintenance	-	Chris Robinson
Uniforms	-	Wendy Cook

General Committee

Debbie Alessio, Paul Byrnes, Erna Cameron, Bill Clarke, Mary Diskoras, Ray Horton, Craig Hamilton, Toni Hughes, George Kostas, Arnold Lewis, Con Pattey (web site), Sylvia Seyringer.

11. VOTE OF THANKS TO RETURNING OFFICER

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

12. GENERAL BUSINESS

The prospect for a synthetic track in the St George district was raised. Kevin Greene explained that obtaining suitable land is the major problem.

13. CLOSING OF MEETING

The President closed the meeting at 8:47 pm, thanking all for their attendance and inviting all present to partake of the supper being served.

GRAEME HOLBEACH
STGLAC ACTING SECRETARY 2010 - 2011



HIGH JUMP AT THE ZONE CHAMPIONSHIPS

PRESIDENTS REPORT

St George Little Athletics Centre (STGLAC) is celebrating a small milestone with this year's 40th Annual General Report. As we strive toward the 50th I hope for the continued success for our Centre. As I reflect back on my first year as President of St George Little Athletics Centre, I believe the 2010 – 2011 season of Little Athletics at St George has been a very successful one. Although registrations were down significantly from the previous season, we continue to be well represented by athletes at Dragon Derby, Zone, Region, State, Trans Tasman and State Multi's and the State Cross Country and road walks with some exceptional results by a number of our athletes at all these events. We also had a number of athletes break ground and Championship records throughout the season.

Athletic participation during Friday night competition saw a consistent number of athletes taking part. This year we were blessed with good weather and were able to commence all Friday evening competition – a first for a very long time. Our Centre also became involved in a fundraising venture for the McGrath Foundation along with some of our Zone Centre counterparts with a Pink Friday theme. This proved to be very successful evening and we were able to donate a healthy amount to the cause.

I wish to congratulate all our athletes on their achievements throughout the 2010 – 2011 season. Whether those achievements were on a Friday night at Olds Park, Gala days or at NSWLAA Championship competitions, all deserve special recognition.

This season each athlete achieved their personal best. No matter what level an athlete is, they deserve to be encouraged to do the best they can. Simple words of encouragement mean so much to a child. To those parents and carers who provide encouragement to our athletes, show patience with those in their charge, help in the development and officiating of their athletic skills, and who understand that Little Athletics is above all a family event with Mums, Dads and Carers' involved in the running of our Centre, I offer my sincere thanks and appreciation.

Even though we have some extraordinary parents at our Centre, there is still the need to remind some parents that their help is required. This is something we make parents aware of when registering their child. This season the STGLAC Committee saw the need to put measures in place to ensure that all parents or carers met their responsibilities in assisting at Championship events if their child was competing. A \$20 per family refundable Parent Helper Deposit was introduced when an athlete was entered in Championship events. Even though we are reluctant to introduce such measures, this change ensured that parents fulfilled their responsibilities for rostered duty at these events. The deposit also helped significantly to minimise athlete withdrawals from events after entering.

Whilst we have parents willing to assist as officials on Friday nights and on other occasions, we still have a shortage of qualified Officials in our Centre who can verify records broken by athlete's, help educate newer parents without athletics experience, including the need for volunteers to be placed as Chiefs at the Zone Championships. This season this situation was improved with some parents undertaking Level C and D Officials exams with a multiple choice test and practical component on Friday nights and at Zone.

I would like to offer my thanks to the Southern Metropolitan Zone Coordinator, Ray Loveridge, who offered his time to come to our Centre over a number of Friday evenings to give parents their written and practical tests. Congratulations to those parents successful in becoming level C & D Officials. The Athletes and Parents in our Centre will benefit greatly from your knowledge.

Financially, we are in a good position. Due to this our Centre was able to purchase at a cost of over \$14,000, new timing gate structures and timing equipment as well as a new laptop computer, a dozen hurdles and we continue to replace worn or lost equipment when necessary. Registration fees bring revenue into our Centre. However, it is also due to the success of our Canteen and BBQ which, while keeping prices at family friendly prices, also raise important funds. This area has been exceptionally run by Stephanie Grosvenor resulting in a good profit for the Centre. These funds contribute towards the purchase of new equipment, end of season trophy awards for athletes, and STGLAC apparel for athletes representing the Centre at Championship events.

We extend our warmest thanks to the following organisations and individuals for their support of St George Little Athletics Centre this season - Hurstville Council, Penshurst RSL for use of their rooms for monthly meetings in 2010, South Hurstville RSL for use of their rooms for monthly meetings in 2011 and for assisting with our Annual General Meeting this year, Brian Moro and the Team from Athletes Foot at Westfield Hurstville for their continued support, Bruce Elvy Meats, Good Guys Rockdale for the purchase of a new laptop, Officeworks Carlton for stationary donations, David Carey for his assistance with surveying and marking of our track for this season and next, and Georges River College – Peakhurst Campus, where our Presentation night was held.

To the wonderful group of 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 also go to your families who allow you time to devote to your role.

I would like also to offer special thanks to Life Members, Lynne Whatman, for the many activities you continue to do for STGLAC and Ray Horton who has continued to help out for over 30 years. Thanks also to Peter Rooke and Bill Clarke for their assistance operating the timing equipment on Friday evenings, Elise Beck and Matthew Murdoch for sorting and distributing stickers and certificates on Friday evenings, Wendy Cook for uniform orders and sales and Graeme Holbeach for continuing as Centre Secretary, when no one else could be found. Each and everyone of these members has continued to assist in roles without having children involved at our Centre.

On a more sombre note, we had the passing of STGLAC Life Member Peter Tuziak during the past year. Peter was involved as a Coach with our Centre for a number of years and will be greatly missed by his family and friends.

A special mention to our athletes Jaimie-Lee, Jacob and Jared Rios, Grace Robinson, Pita Toamotu and Blake Grosvenor for your assistance in setting up the track and field events most Friday nights during the season. Your help was significant in having the Club ready to start at 6pm most Friday nights.

Farewell to our U15 and U17 athletes who leave us. I wish you continued success in your future athletic pursuits. I look forward to the return of all our other athletes and parents in the 2011 - 2012 season and hope that you will be rewarded with the simple pleasure of watching 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 running events. When you get involved, many of the areas where help is needed also give's you the opportunity to watch your child participate at the same time.

To the 2011 – 2012 Committee, I wish you continued success for the ensuing year.

Finally I would like to thank my husband Fernando and children Jaimie-Lee, Jacob and Jared, for their continued support over the past twelve months for allowing me the time to devote to take on a role from which I gain great satisfaction and enjoyment.

Lisa Rios

***St George Little Athletics Centre - President
2010 - 2011***



LISA RIOS – PRESIDENT 2010-2011

TREASURERS REPORT

All in all we are still in a very good financial position. The only thing missing is the interest received from term deposits which I did not have statements for at the time this report was printed.

In summary:

- Registrations were down which resulted in a shortfall of income of \$3,516 versus 2009/2010 season
- We invested substantially in equipment over the past season (\$19,853.92). This included \$1,128 for new hurdles, \$1,148 for new laptop and \$14,346 for new gates and timing equipment.
- Due to the good weather and improved management of the canteen and BBQ we managed to make a substantial profit last season of \$10,148.35.

Winston Chan

STGLAC – Treasurer 2010-2011



U6 BOY ATHLETES RECEIVING THEIR TROPHIES AT THE 2010-2011 PRESENTATION EVENING

St. George Little Athletics Centre Inc.

**Statement of Income and Expenditure
For the Year Ended March 31, 2011**

Income	2011 <u>Actual</u>	2010 <u>Actual</u>
	\$	\$
Registration	28,297	38,188
Canteen	6,273	6,184
BBQ	13,476	10,250
Sponsors, Donations and Miscellaneous Income	200	800
Uniforms	9,924	9,173
Interest	0	739
Other (including competitions)	0	440
	<hr/> 58,169	<hr/> 65,773
Expenditure		
Registration Fees and Resignations	7,970	14,345
Canteen	2,408	6,335
BBQ	7,192	6,553
Uniforms Purchases	15,328	11,972
Annual General Meeting	1,079	2,122
Bank Charges	188	206
Electricity	0	0
Equipment	19,854	6,178
Ground Marking	260	352
Insurance	0	0
Park Fees	2,613	3,036
End of Season Presentation	379	204
Postage	50	0
Printing & Stationery	2,406	1,580
State Conference	684	987
Sundry Expenses incl. Course Fees and Advertising	2,319	5,474
Telephone	0	0
Competitions	1,388	3,903
Trophy	3,944	4,854
	<hr/> 68,061	<hr/> 68,101
Surplus/(Deficit) for the Year	<hr/> -9,892	<hr/> -2,328

St. George Little Athletics Centre Inc.

Balance Sheet
For the Year Ended March 31, 2011

	2011 <u>Actual</u>	2010 <u>Actual</u>
Current Assets		
	\$	\$
St. George Bank - General Account	22,000	29,657
St. George Bank - Term Deposit	19,101	19,101
Perpetual Trustee - Term Deposit	7,091	6,978
Petty Cash	500	500
Inventory - Uniforms	12,135	12,135
Other Debtors	0	0
Total Current Assets	60,827	68,371
Total Assets	<u>60,827</u>	<u>68,371</u>
Current Liabilities		
Accruals	0	0
Total Current Liabilities	0	0
Equity	0	0
Opening Balance	65,336	65,336
Surplus/(Deficit)	-9,892	-2,328
Closing Balance	55,444	63,008
Total Liabilities and Equity	55,444	63,008

I report that I have examined the Books and Records of the St George Little Athletics Centre Inc. for the year ended March 31, 2010 and have received sufficient information as to enable me to form the opinion that the financial statements for the year ended 31 March, 2011 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 2011.

May 2011

REGISTRAR'S REPORT

This year we had 400 registered athletes which was a little down on previous years.

The online registrations had a few teething problems initially with some families not receiving password and username details but this was easily dealt with and hopefully won't occur next season. The price difference was certainly an incentive to encourage parents to complete regos online which made a huge difference to the registrar's workload.

The new laptop was a great help giving me access to database details when away from my home computer but we were unsuccessful with internet access at the clubhouse.

Thank you to everyone who helped with registrations in any capacity this year. I know it's a little overwhelming and time consuming on rego nights but thanks to everyone's help there were no missing rego's or discrepancies when it came to reconciling numbers at the end of season.

The new procedure for trial athletes was a huge success. It kept track of trialling athletes and was well received by parents of trialling athletes. No complaints were received about the new system.

There are a few areas we need to look at in the coming season

- Any ideas for further streamlining rego night would be appreciated, especially from the people at the front of the process who were the first point of contact as I didn't manage to get out the front to see how it was going for you.
- Online rego's for new athletes. The recorder has access to an athlete's details from previous years with the clubs but when new athletes complete online rego's the printout they bring to register doesn't contain details that the recorder needs to enter athletes on the results programme
- Online access at the clubhouse. If we are able to fix this next season it will help the recorder to access necessary details.

Once again, thank you everybody for the help. Hope I can count on you again next season.

Jenny Borg

STGLAC Registrar 2010/2011



ZONE ACTION - TIA LA COSTE & ALEXANDRA TIMS (U9G) 60M HURDLES

RECORDERS REPORT

Congratulations to all our athletes for their fine performances this season. Our athletes are getting stronger and faster every year and consistently create new ground and centre records.

There will be new electronic records added to the Red Handbook this season and in future seasons. Firstly, this year was the first year that Zone, Region and State Carnivals were all electronically timed. As our Zone has all new electronic times for all distances, many of the track performances from St George Little Athletes were recognized as new electronic zone records. The St George Little Athletics Club is recognizing all electronic records performed at these carnivals as new centre records if they come within 2 seconds of the original hand timed record. This is the current policy for the 2010/2011 season and may be subject to change in the following seasons.

Secondly, St George Little Athletics Club has bought new timing gates. They were trialled this 2010/2011 season as an alternative to hand timing for the 200m and 400m events. For the most part it worked well and we are looking forward to using them consistently in the next season. As such, new electronic ground records for the 200m and 400m will be introduced next year.

There are 3 athletes that deserve a special mention. Grace Robinson (U12 Girl) who repeatedly broke the Discus, Shot Put and Javelin ground records during Friday night competitions. She also went on to win 2 gold and 1 silver medal at the State Championships. Grace also won the silver medal at the State Multi carnival. Pita Toamotu (U12 Boy) twice broke the boy's javelin record and went on to win 2 gold and 1 silver medal at the State Championships. Last but not least, Sidney Noppen (U10 Boy) who won 1 gold and 3 silver medal at the State Championships. He also broke the ground 100m record and set a new electronic record in the 200m.

Many thanks need to go to all the people who helped make the job so much easier. A special thanks goes to Elise and Matthew who come every week and sort out all the results for the athletes. They hand out all the regular Friday night competition results and also chase up all the results from the other carnivals eg. zone, region, state, multi's and state relays.

Another special Thank You goes to Jenny Borg who stepped in to complete the results during the season when I was unable to attend.

Heide Fisher
STGLAC -Recorder 2010-2011

ST GEORGE RECORDS 2010/2011

GROUND RECORDS

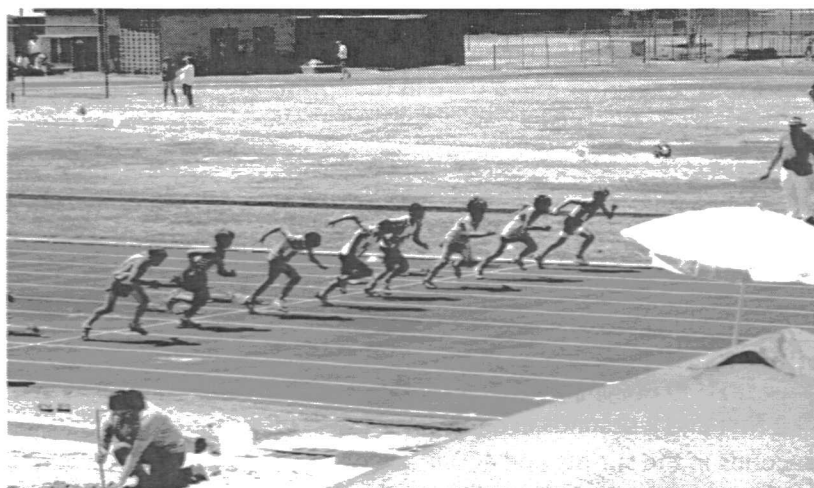
Age	Name	Event	Result	Date
U14B	Hame Sele	Discus	52.18	1/10/2010
U14B	Hame Sele	Javelin	41.97	1/10/2010
U12G	Grace Robinson	Shot Put	14.85	22/10/2010
U12G	Grace Robinson	Javelin	19.46	5/11/2010
U12B	Pita Toamotu	Javelin	27.39	5/11/2010
U12G	Grace Robinson	Discus	45.17	12/11/2010
U17B	James Shalala	Javelin	34.35	21/11/2011
U17B	James Shalala	Discus	22.47	11/02/2011
U9G	Tia La Coste	60mH	11.43	11/02/2011
U10B	Sidney Noppen	100m	14.41	11/03/2011
U17G	Elyse Jones	Long Jump	4.75m	11/03/2011
U9G	Danielle Katzos	70m	11.15	4/03/2011
U12B	Hame Sele	Discus	50.04	12/03/2010
U8G	Danielle Katzos	Long Jump	3.4m	12/03/2010

CENTRE RECORDS

U12G	Grace Robinson	Shot Put	12.75	20/02/2011
U9G	Tia La Coste	60mH	10.9	30/01/2011
U12B	Pita Toamotu	Shot Put	12.75	30/1/2011

NEW ELECTRONIC CENTRE RECORDS

U8B	Nicholas Atkinson	200m	33.78	20/02/2011
U9B	Jordan Samrani	200m	31.00	30/01/2011
U10B	Sidney Noppen	200m	28.44	20/3/2011
U11G	Talia Fisher	200m	29.20	30/01/2011



ZONE CHAMPIONSHIPS 70M

CHAMPIONSHIPS OFFICER REPORT

NSW State Relay Championship (November 2010)

As the first Championship of the season the State relays are always a tough meet as they focus on team strength rather than individual ability. Whilst none of the teams placed in the medals we had a number of teams finish in the top eight although we certainly went close to medals in a couple of the 4x100m relays. St George had a great representation of 76 athletes with many performing at their Personal Best level.

Dragon Derby – St Georges Basin (November 2010)

This is always a fun get together at a great country oval with a super family atmosphere. 20 Athletes of all ages attended this. Fantastic weather, a scenic ground and relaxed atmosphere made the day a fantastic experience for all, with some families taking the opportunity to spend the weekend at the South Coast. All our athletes came home with lots of medals, trophies and ribbons and big smiles for their performances. Personal bests were achieved on the day and three of our parents showed the kids that athletics is not just for the young ones with fine performances in the Masters Pentathlon. Grace Robinson also broke the U12 girl's discus record for the carnival. Many thanks to Lynne Whatman who again on behalf of St George LAC, officiated as the Shot Put Judge on the day. We thank Lynne for her continued support and help as an Official for St George at carnivals. Congratulations to all our athletes and parents who took part.

South-West Metro Zone Championships (January 2011)

This year the zone championships were held at Sylvania as they were hosted by Port Hacking.

121 St George athletes took part with some great individual results having been achieved.

Some of the stand out performances included:

- Sydney Noppen 3 Firsts and 1 second in his 4 events over sprints and long jump events
- Pita Toamotu - 3 firsts in the throw events
- Benjamin Alessio – 2 Firsts, 2 Seconds and a third in sprints, 400m and the long and triple jumps
- Andrea Marshall – 1 first, 2 seconds and a third in the sprints and long jump
- First in the Junior Boys 4 x 100m relay (
- Third in the Senior boys relay
- Second in the Junior Girls relay
- Tia LaCoste – 3 firsts and a fourth in Shot, Discus, 60m Hurdles and 100m
- Talia Fisher – 2 firsts in the sprints
- Phoebe LaCoste - 3 seconds and third in Shot, Discus, 60m Hurdles and Triple Jump
- Celia Tulau – 2 firsts and 2 thirds in Long Jump, Shot, 100m and High Jump
- Grace Robinson – 3 firsts in Javelin, Shot and Discus
- Dyone Bettega – 2 first and 2 seconds in Shot, Javelin and Discus
- Zoe Pattey – 3 seconds in the sprints and 400m
- Jordan Samrani – 2 firsts and a second in the sprints

St. George had a great result this year with 58 individual athletes qualifying for the Regional Championships and 2 relay teams, the Junior Boys and Junior Girls 4 x 100m.

The Junior Boys Relay Team comprising Jordan Samrani 9; Zachary Cameron 11; Sidney Noppen 10; Justin Dela Cruz 12 achieved a third place in the final.

Regional Championships (February 2011)

This year the Regional championships were held at the Barden Ridge Athletic track. Out of the 58 athletes we had competing at the Region, we had an outstanding result with 16 athletes qualifying for the State Championships. These were:

- Alessio, Benjamin,
- Bettega, Dyone,
- Byrnes, Luke,
- Chan, Marcus
- Dela Cruz, Justin
- Fisher, Talia
- Herbert, Sebastian
- Jones, Elysse
- Katzos, Danielle
- Kostas, Carolena
- La Coste, Phoebe
- La Coste, Tia
- Noppen, Sidney
- Robinson, Grace
- Samrani, Jordan
- Toamotu, Pita

NSW State Multi-Event Championship Wagga Wagga (March 2011)

This year the championship was held in Wagga Wagga, keeping attendances down due to the distance from Sydney. We had 13 athletes from St George attend with some great results in a very competitive field that relies on all round abilities.

Some of the best performances included:

Grace Robinson (U12 Girls) – Second Place

Alexandra Tims (U9 Girls) – Sixth Place

Jamie Lawler (U9 Boys) 6th Place

NSW State Track and Field Championships (February 2011)

The team of 16 preformed very well at State. With 3 athletes having standout performances, Grace Robinson, Pita Toamotu and Sidney Noppen, these 3 athletes won a bagful of medals between them for each event they represented in with a total of 10 medals – 5 gold and 5 silver. All our athletes are to be congratulated on their efforts as many had top eight finishes in strong competitive fields.

Daniel Cibeí

STGLAC Championships Officer 2010-2011



U10 BOYS AT ZONE – JOSH HUGHES, JARED RIOS, LUKE HUNISETT AND WILLIAM CAREY

ST GEORGE LAC MULTI NIGHT – JANUARY 7TH 2011



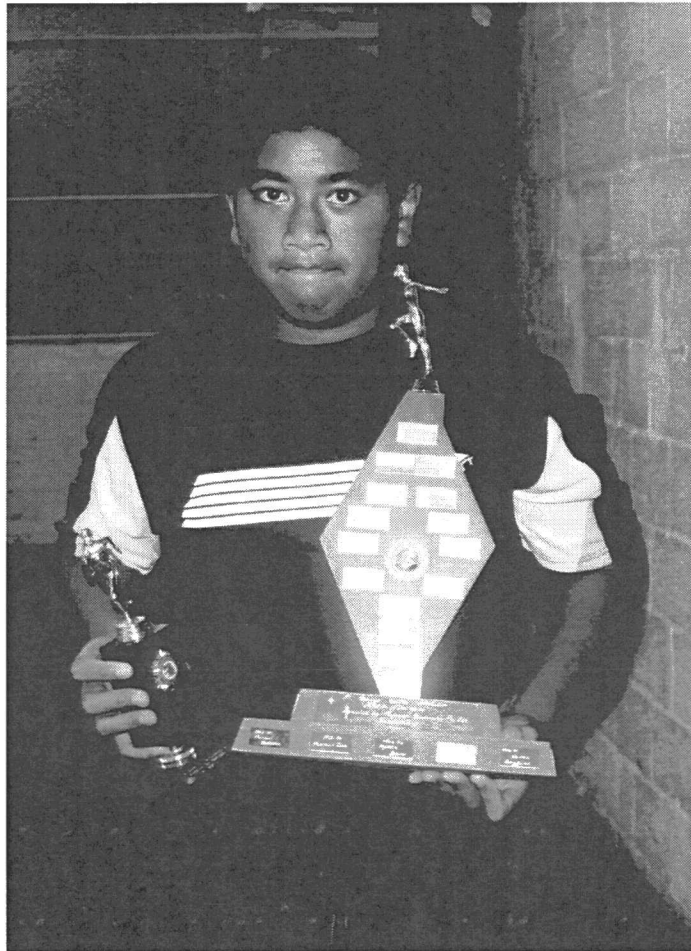
ST GEORGE LAC MULTI NIGHT – U13G – JAIMIE-LEE RIOS, CHRISTIANE HAITIDIS & JADE KEARSEY



ST GEORGE LAC MULTI NIGHT – U12 BOYS MICHAEL WATSON, KOSTA TSIROS , JACOB RIOS

CHAMPION BOY

PITA TOAMOTU - U12'S



At the Zone Championships Pita achieved first in the discus, shot put and javelin. At the Regional Championships Pita achieved second in the shot put and first in the discus. At the State Championships to achieve first in shot put, first in discus and second in javelin. Pita was also a member of the NSW Trans Tasman Team winning multiple medals in shot and discus individually and in team events. He also competed at the State Multi Event Championships at Wagga coming finishing twenty fourth. Pita also broke ground and centre records in the shot put during the season. Pita has had an outstanding season and is a worthy recipient of this award.

CHAMPION GIRL &

MULTI AWARD

GRACE ROBINSON - U12'S

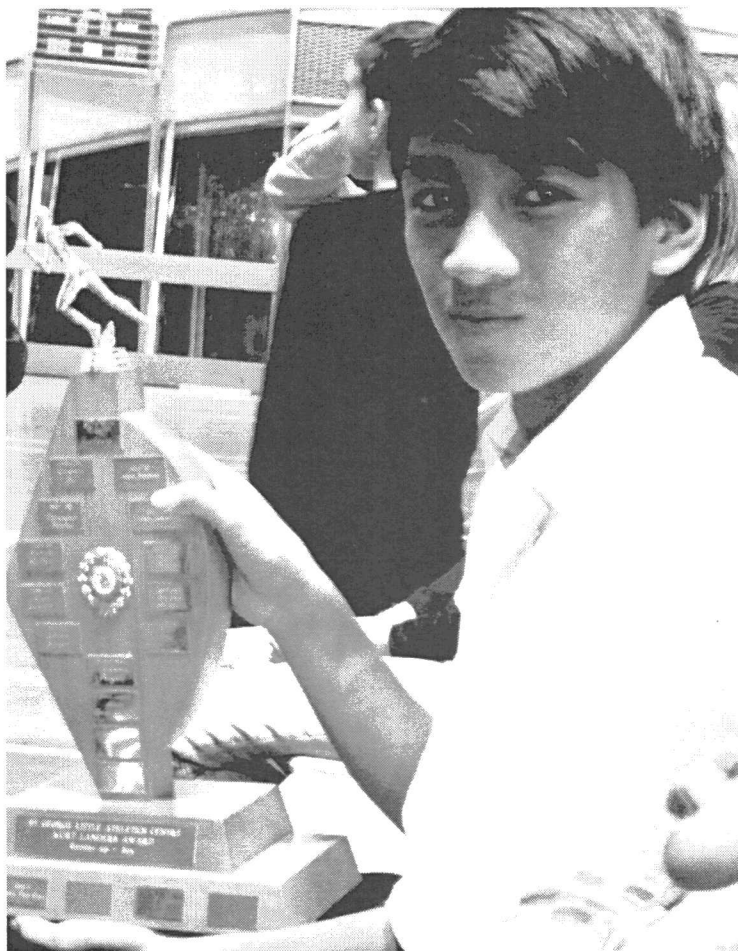


Grace has won both these awards for the third year running. At the Zone Championships Grace achieved first in the discus and shot put events and javelin. Again at the Regional Championships she also achieved firsts in the discus and shot put and javelin. At the State Championships she achieved firsts in the discus and shot put and 2nd in javelin. She also threw ground and centre records for these events during the season. Grace also represented The NSW Team at the Trans Tasman Challenge and achieved much success winning medals in shot put and discus individually and in team events. She was also successful in achieving second place at the State Multi Event at Wagga. As a result she is awarded both Champion Girl and Multi-Event Award Winner for this year.

CHAMPION BOY

RUNNER UP

JUSTIN DELA CRUZ - U12'S



Justin has had a great season and has been rewarded for his efforts with the Boys runner Up Award. At Zone he achieved first in the 100m and 1st in the 200m. At Region, second in the 200m and fourth in the 100m. At the State Championships he finished 4th in the 200m. Justin also was a member of the U12 Boys State Relay Team competing in the field event section. Justin shows potential to keep achieving great results in the area of sprinting.

CHAMPION GIRL

RUNNER UP

DYONE BETTEGA – U13'S



Dyone has had a fabulous year in the throwing events this past season. At Zone, first in Shot Put, second in discus and second in javelin. Due to School Rowing Regatta Championships, Dyone was unable to compete in shot put or discus at Region but with a dash from Penrith to Barden Ridge was able to make it in time to compete in javelin and qualifying for the State Championships in first place. At State she just missed the finals finishing in ninth place. Dyone was also a member of the U13 girls shot/discus relay team and her discus throw enabled her team to finish in 8th place. Congratulations!

MIDDLE DISTANCE AWARD

CAROLENA KOSTAS – U15'S



At the Zone Championships Carolena achieved first in the 800m and third in the 400m. At the Regional Championships second in the 400m and third in the 800m. Due to injury, Carolena was forced to withdraw from the State Championships. Carolena also competed at the 2010 NSW Little Athletics Championships Cross Country Championships and placed second. Carolena is a worthy recipient of this award. We wish Carolena all the best as she recovers from her injury.

FIELD AWARD

LUKE BYRNES U11'S



Luke has had a very good year in throwing events and as a result has been awarded the Field Award. Luke placed first in shot put and fifth in discus at Zone. At region he placed second in shot with a mighty effort at State making the final eight and placing seventh overall. Luke also competed at the State Relays with the U11 boys which placed eighth in the shot/discus event and at the Dragon Derby Carnival placing first in the shot for his age and second in discus competing up in the U12's. Well done!

WALK AWARD

JAIMIE LEE RIOS - U12 GIRLS



Jaimie-Lee represented the club in numerous events including the walk this year. Without any walking available at Club level, she has done remarkably well in this event. At the Zone Championships she achieved third in the 1500m walk, second in the shot put as well as third in the discus and 7th in the 200m and fifth in javelin. At the Regional Championships she achieved fifth in the 1500m walk, fourth in shot put and sixth in discus. She also competed in the State Multi Event Championships finishing 13th. At Dragon Derby she also showed her walking talent placing third. Congratulations.

JUNIOR BOY CHAMPION

SIDNEY NOPPEN - U9'S



Sidney has again shown why he is still one of St George's young and upcoming athletes with fantastic results this season. At the Zone Championships he achieved first in the 100m, 200m and Long Jump events, second in the 70m and a member of the Junior Boys Relay which came first. At the Regional Championships he achieved first in the 70m, 100m, 200m and second in the Long Jump. He was also a member of the Junior Boys Relay team which came third. At the State Championships he was first in the 70m final, second in the 100m, second in the 200m final and second in the Long Jump final.

JUNIOR GIRL CHAMPION

TIA LA COSTE – U9'S



Tia has had a tremendous season this past year in a number of events. At Zone, first in shot put, first in discus, first in the 60m hurdles and 4th in the 100m. At region, second in shot put, 3rd in the 60m hurdles, 5th in the 100m and sixth in the discus. At State 5th in the 60m hurdles and 5th in shot put. Tia also competed at the State Relays with the U9 girls which finished 6th in the 4x100m final and ninth in the 4x200m mixed team. Well done!