

St George

Little Athletics Centre Inc.



53rd Annual Report
2023 – 2024

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

Website: www.stgeorgelac.org.au

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MEETING AGENDA – 53RD ANNUAL GENERAL MEETING

Monday 20th May 2024, Club Rivers, Riverwood

1. Opening of Meeting & Welcome
2. Apologies
3. Confirm Minutes of 52nd Annual General Meeting held on 22nd May 2023
4. Presentation of Annual Report / Season Highlights
5. Presentation of the Financial Statements
6. Special Resolution to grant Life Membership to Samantha Latanis
7. Election of Officers for the 2024 / 2025 Season
8. Closing of Meeting

MINUTES OF THE 52ND ANNUAL GENERAL MEETING

Held Monday 22nd May 2023, Club Rivers, Riverwood

IN ATTENDANCE

Life Members: Bonnie West (and John West), John Dodson, Ian Sheerin, Roger Malcolm

Members: Karen Tuqiri, Theo Latanis, Geoff Lindner, Jayne Ng, Samantha Latanis, Michelle Carati, Donna Lane, Darryl Lane, Emma Wharton, Helene Calavrias, Michael Calavrias, Andrew MacPherson

Guests: Craig McCulloch (Sutherland LAC), Christine Butters (RWLAC & Zone Secretary), John Argall (Helensburgh LAC)

1. OPENING OF MEETING

After the showing of a short video recap of the season, the President Karen Tuqiri took the chair & opened the meeting at 7:40pm welcoming everyone present, in particular the Life Members in attendance as well as the guests from other Little Athletics Centres.

2. APOLOGIES

Chris Giles (CEO LANSW), Lynne Whatman LM (ZoneCo), Jayson Fox (Illawong LAC), Barbara Lea LM, Mabs Errington LM, Gil Baes LM, Kim Delaney LM, Ray Parkinson LM, Byron Griffiths LM, Graham Hawkes LM, Fred Scott (LM).

The Secretary advised that news had been received from Fred Scott LM that his wife of 64 years, Bev Scott LM, had passed away on 7 May 2023. In recognition of Bev's service to Little Athletics, and to the St George Centre, the Secretary then read the following short statement:

"Bev Scott has been a part of the St George LAC family from its beginning. She was present at our first AGM in 1972 and at our 51st just a year ago, and at almost every meeting in between.

Bev served as Championships Officer for 5 years in the middle 1970s, during which time she was also appointed Manager of the NSW State Team for 2 years, followed by State Selector for 2 years.

Bev was appointed a Life Member in 1976 and maintained a keen interest in the progress of our club throughout her life.

On behalf of the Centre, we record our thanks to Bev and extend sincere condolences to Fred and family."

3. MINUTES OF THE 51ST ANNUAL GENERAL MEETING

The Chairperson asked if corrections were required to the Minutes of last year's meeting. As none were proposed, she declared the Minutes of the 51st Annual General Meeting **approved**.

4. PRESENTATION OF THE ANNUAL REPORT

The Chairperson presented a brief overview of the season, commenting on the Centre's success in growing athlete numbers substantially and delivering an efficient program. She thanked the Committee for their efforts in conducting the program, the Age Managers & regular parent helpers for their contribution, the Club Captains for their example and leadership, and the organisations that supported us, most especially Club Rivers and Coles.

Championships Officer, Michelle Carati, was then called upon to provide a brief summary of the Centre's participation and achievements in the Representative program. Michelle highlighted our expanded participation in State Relays, the increased numbers participating at Zone and numerous athlete successes throughout the representative program.

The Chairperson noted that the Annual Report had been distributed electronically to all members and guests and is accessible at any time on the Centre's website.

Members and guests were invited to ask questions or make other comment on the season. Christine Butters (RWLAC, Zone Secretary) congratulated St George on the growth in athlete numbers & applauded the excellent update of the STGLAC uniform. She also noted that the potential termination of the Active Kids voucher program from 30 June this year may dampen registrations for the next season and suggested clubs & members do what they can to lobby their local State Member of Parliament and/or the Sports Minister.

5. PRESENTATION OF THE FINANCIAL STATEMENTS

The Chairperson invited Treasurer Jayne Ng to give a brief overview of the Financial Statements, copies of which were available to those present (and included in the Annual Report).

Jayne summarised the main features of the financial statements, including the profit and bank balance and noted the significant role played by increased athlete numbers, grants and cash flow timing in delivering an unusually large profit. No questions were raised, and the meeting resolved to adopt the 2022/23 Financial Statements.

Moved: Jayne Ng

Seconded: Theo Latanis

Carried.

6. ELECTION OF OFFICERS FOR THE 2023/24 SEASON

The Chairperson invited Andrew MacPherson to conduct the election of officers.

Andrew noted that at most one nomination had been received for each of the available committee positions and consequently that each nominee would stand elected subject to the approval of a majority of the voting members present.

The following were elected:

Executive Committee

President	-	Karen Tuqiri
Vice President	-	Theo Latanis
Secretary	-	Emma Wharton
Treasurer	-	Jayne Ng
Registrar	-	Geoffrey Lindner

General Committee

Competition & Records	-	Donna Lane
Officer for Championships	-	Michelle Carati
Officer for Officials	-	Helene Calavrias
Recorder	-	Donna Lane
Equipment / Ground	-	Darryl Lane
Coaching Coordinator	-	Samantha Latanis
Uniforms	-	Donna Lane
General	-	Michael Calavrias

The Chairperson congratulated those who had been elected and welcomed new committee member Michael. In thanking Andrew for conducting the elections, she also noted Andrew is stepping down from the Committee and thanked him for his 5 years' service and presented him with a gift voucher.

7. CLOSING OF MEETING

The Chairperson thanked all members & guests for their presence and invited them to enjoy the supper. The Meeting closed at 8:00pm.

Karen Tuqiri
Chairperson

COMMITTEE REPORTS

PRESIDENT'S REPORT



It is my absolute pleasure to write this report following the completion of the 2023/24 Season which was the 53rd season of Little Athletics delivered by our Centre since its formation in December 1971, and our 45th at Olds Park.

It has been another successful season not just in athletic achievements, but with the inclusion of a more extensive training program, enhanced Tiny Tot program, Feature event nights and Family Fun theme nights. We were also very fortunate with great weather patterns and experienced minimal disruption to our Friday night competition program. The new red and white stripe version of uniform entered its second year and was clearly a standout on Friday nights as well as throughout the Representative program.

This year our committee has worked tirelessly to provide a positive and inclusive experience for all of our athletes and families each and every Friday night. Our numbers were up again, peaking at 473 athletes (a rise from 422 last season). This fantastic number of registrations is the highest we have seen in 14 years and included a retention rate of 53% from the previous season. A remarkable achievement and a credit to the program we offer at St George LAC.

The Friday night competition was well attended each week and with minimal disruption due to rain we were able to deliver 19 out of 20 nights of competition. Our key participation measures have remained steady at around the levels reached last season.

I attribute these pleasing statistics to a number of factors including:

- A well-designed and well executed Friday Night program which sees a staggered start time and precise programming. I want to especially acknowledge the contribution of Geoff Lindner and Donna Lane here, both in program design and in managing the Track events. Geoff and Donna are always striving to improve the program and access to events for the athletes.
- The high standard of regular communication with parents and athletes through multiple communication platforms including our excellent Web Site, the Team App 'app', Email, and Facebook.
- Access to a free coaching program for athletes three times per week during the season led by Georgie Latanis and Solomon Tuqiri.
- Access to quality facilities at Olds Park.
- The support and enthusiasm of a wonderful group of Age Managers, and regular parent helpers whose commitment has done so much to provide a fun experience for the athletes.
- A dedicated and hard-working committee who put in endless hours to ensure our athletes have the best opportunities and experience of athletics.

This season we continued the very popular Tiny Tots program which was led and supported by our previous Club captains and senior athletes, Georgie Latanis and Solomon Tuqiri, with a total of 28 Tiny Tot athletes. By all accounts, the Tots had a ball, and we look forward to many of them re-joining next season and leading the way as our next U6's.

This season saw the completion of Little Athletics career for four athletes, Bailey-Dean Latanis, Mareta Carati, Alannah Roberts and Alanna Griffiths. We wish them well in their future endeavours in senior athletics.

We also had two athletes complete ten years at our Centre, Sienna Latanis and Marerta Carati and five athletes complete 5 years. These committed athletes and families are invaluable in the support of our Centre.

REPRESENTATIVE PROGRAM

The 2023/24 athletics season saw record numbers of our St George athletes nominate for the representative pathway commencing at the Zone level as well as other events such as State Relay, State Multi Event and Cross Country.

An enormous, coordinated effort by our Championships Officer, Michelle Carati, and Head Coach, Samantha Latanis, saw 114 athletes form 45 teams to compete at the State Relay Championship resulting in 3 podium finishes, lots of PBs and most of all – fun!

We had the highest number of athletes compete at Zone Championships this year at 116 since the 2017-18 season. Of these athletes 78 athletes qualified for Region and a special mention goes to our 5 Under 7 athletes who came away with medals in their events.

The Region 8 Championships was also successful with our athletes collecting 42 medals (an increase from last season) in total. A wonderful effort by all. Twenty of our athletes then went on to qualify for the LANSW State Track and Field Championships including some of our athletes who we were delighted to see reach this level in their first year of Little Athletics. A highlight was watching our athletes show their ability with the State's best, fantastic sportsmanship and determination to represent St George LAC with pride. We had two of our athletes break Centre Records at this Championship: Owen Lovell-Ward who broke the Centre record in all three events (800, 1500, 3000m) in which he competed and Alannah Roberts who also broke a long-standing Centre record in her final State championships in the Under 17 Girls 1500m. We also had three athletes win a total of 5 medals – Lowami Carati (U14G) Shotput - Gold and Discus - Silver, Sienna Latanis (U15G) Shot Put - Gold and Bailey-Dean Latanis (U17B) Shot Put - Gold and Discus - Bronze. A fabulous effort from all.

Twenty-two athletes travelled to Glendale to compete in 2 days of competition at the LANSW State Combined Events Carnival where we enjoyed a number of great results including three medals. Gold medals were won by Sienna Latanis in the U15 girls and Bailey-Dean Latanis in the U17 boys and Indi Freeman (U8 Girls) won the Silver medal. We are also very proud of Sienna Latanis and Lowami Carati who were selected to compete at the Australian Little Athletics Championships in Adelaide in April 2024. The Championship Officer's report on page 20 provides a full account of our performances and wonderful achievements. Congratulations to all of our athletes who competed at these events.

APPRECIATION

There are many people and organisations who have supported us during the season who deserve our thanks.

The first I would like to mention is Club Rivers, whose financial support this season has funded a significant proportion of our investment in athlete development through coaching and awards. I would also like to acknowledge the ongoing support provided by Coles to Little Athletics, including the supply of bananas from our local Coles store at Hurstville.

I would like to thank all our volunteers, but especially our Age Managers and the small core of parents who supported our competition program week after week. We could not deliver the program without you. I would like to thank and congratulate Bailey-Dean Latanis and Mareta Carati for serving as Club Captains this season. This is an important responsibility as the Club Captains serve as role models for our younger athletes and have been pivotal in encouraging our younger athletes each week. Thank you also to my fellow Committee members for the significant time and effort you put in throughout the year. We would not have been able to achieve such a successful season without the many hours of work behind the scenes. It has been an absolute pleasure to work alongside of you.

I would also like to make special mention of Lucy Doan who has taken our canteen from strength to strength this season and has designed a popular menu for athletes and families to enjoy each Friday night.

LOOKING AHEAD

Due to the past upgrade of our athletics facilities our Centre has the material resources we need to provide an excellent athletics program for years to come – we have great equipment and ground facilities, all newly acquired over the last 2-3 years. We have an expanded and active committee and I hope we can continue to develop a strong interest from parents to join the committee and be involved in the future of the St George LAC.

Karen Tuqiri
President 2023/24

SECRETARY'S REPORT



COMMITTEE

On behalf of the St George Little Athletics Centre Committee, I am pleased to present the secretary's report for the 2023/24 season.

The 2023/24 election of officers saw the Centre say goodbye to Andrew MacPherson, who had served on the committee for the previous five seasons, and welcome Michael Calavrias into a general committee role. All other prior committee members were re-elected into their previous roles with the exception of Geoffrey Lindner who moved into the role of Registrar and myself moving into the role of secretary.

The committee has formally met 8 times over the past 12 months to oversee the operations of St George Little Athletics Centre, but it is important to note that outside of these meetings each committee member has volunteered many, many more hours of their own time to ensure the efficient and effective running of the Centre.

HIGHLIGHTS

Highlights of the 2023/24 season included the addition of three new By-Laws (regarding parent helper obligations, the athlete support scheme and participation credits for the attendance at carnivals).

The Centre was pleased to participate in the Coles Community round, and to support the 'Santa for Sick Kids round' in support of Ronald McDonald House charities.

In addition, we have made an arrangement with St George District Athletics Club (SGDAC) to allow our athletes to run cross-country events jointly with SGDAC club races on Saturday afternoons at Scarborough Park (Ramsgate) during the winter season.

Emma Wharton
Secretary 2023/24

TREASURER'S REPORT



I am pleased to present the Treasurer's Report and Financial Statements for the 2023/2024 year.

The Centre closes the financial period with a profit of \$11,008, a bank balance of \$43,480, term deposits of \$100,000 and an equity balance of \$143,360. The equity balance does not include the value of the Centre's equipment which, historically has been expensed immediately.

Included in this result is rental income from schools in the area who rented the Centre's equipment during their school carnivals. Coaching income relates to fees received from members to attend two all day coaching clinics held during the school holidays. The Centre's main income sources continue to be: Registrations, Canteen, Uniforms and Grants.

Registration income has increased over the prior period due to an increase in the number of athletes registering. The registration fee did not change from the 2022/2023 season.

Canteen income also benefitted from increased registrations. Canteen profitability increased again this year despite only very modest price increases and several special occasions where free sausages and ice blocks were provided to our members. We thank our volunteer canteen manager for effectively managing costs to ensure profits are achieved each week.

Uniform income represents the amount provided by the uniform supplier as a percentage of sales they made to our members. Given the increase in registrations, there were a number of new uniforms that were purchased.

The largest operating cost for the Centre continues to be the Line Marking for \$15,417 this season (with the field being marked on 19 occasions). The costs for the 2023 calendar year (\$10,038 for this season) were covered to 52% by a grant from **Georges River Council**. We thank Georges River Council for their support in delivering our athletics program for the children in the community.

Awards and Athlete Incentives (including trophies and medals, certificates and gifts for those qualifying to the Region and State Championships) are the next most significant cost at \$13,111. As usual, this amount includes some trophy costs from last year (\$1,227) and excludes some trophy expenses for the current year not invoiced as at 31 March (\$2,487). These costs *and* coaching fees (\$11,037), are partially supported (approximately 30%) by a grant from our long-term sponsor, **Club Rivers**. We thank Club Rivers for their consistent support over many years.

Coaching fees have increased this season due to an extensive coaching program offered to members. The expense includes fees paid for our coaches for the two school holiday clinics offered as well as the weekly coaching program and their supervision of the Tiny Tot program.

Athlete Assistance payments of \$1,300 were made in accordance with the Centre's athlete support scheme. Members were invited to participate in the 2023 Australian All Schools Athletics Championships in Perth, 2023 LAA National Camp in the Gold Coast, and the 2024 Australian Little Athletics Championships in Adelaide.

The Centre also donated \$100 to Ronald McDonald House Charities Greater Western Sydney which was the Centre's chosen charity for our end of year Christmas themed Friday night. Members donated \$320 to the fundraiser by entering a guessing competition, buying stripy socks, buying a Santa Hat or just donating funds.

Jayne Ng
Treasurer 2023/24

FINANCIAL STATEMENTS

St George Little Athletics Centre Inc. Statement of Income and Expenditure For the Year Ended March 31, 2024		
INCOME	2023/24	2022/23
	\$	\$
Registration	34,207	30,210
Canteen & BBQ	33,360	23,913
Shop, incl Uniforms	2,736	2,515
Coaching & Clinics	3,330	-
Sponsors, Donations, Grants	8,000	49,500
Other (including competitions)	5,127	2,475
Adjustment due to Rounding	-	1
	<u>86,759</u>	<u>108,611</u>
EXPENDITURE		
Registration Fees and Resignations	-	10
Canteen & BBQ	12,647	9,570
Uniforms Purchases	802	209
Annual General Meeting	770	509
Bank Charges	80	76
Equipment	7,056	723
Ground Facilities	5,560	9,058
Line Marking	15,417	13,415
Athlete Assistance	1,300	-
Sundry Expenses, Printing, Postage, Conf	2,522	1,756
Community Engagement	100	-
Competitions	4,600	2,905
Awards incl End of Season Pres	13,111	12,221
Advertising/Promotion (incl Web Site)	750	307
Coaching & Clinics	11,037	5,480
	<u>75,751</u>	<u>56,237</u>
Nett	<u>11,008</u>	<u>52,374</u>
Surplus / (Deficit) for the Year	<u>11,008</u>	<u>52,374</u>

St George Little Athletics Centre Inc.
Balance Sheet
As of March 31, 2024

BALANCE SHEET	2023/24	2022/23
	\$	\$
Current Assets		
St George Bank General Account	43,480	132,552
St George Bank Term Deposits	100,000	-
<u>Total Current Assets</u>	143,480	132,552
Total Assets	<u>143,480</u>	<u>132,552</u>
Current Liabilities		
Deposits Received	120	200
<u>Total Current Liabilities</u>	<u>120</u>	<u>200</u>
Equity (Assets - Liability)	<u>143,360</u>	<u>132,352</u>
Opening Balance	132,352	79,978
Surplus (Deficit)	11,008	52,374
Closing Balance	<u>143,360</u>	<u>132,352</u>

NOTES TO THE ACCOUNTS

1. Amounts shown in the Accounts are rounded to the nearest dollar.
2. The Accounts have been prepared on a cash basis.

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

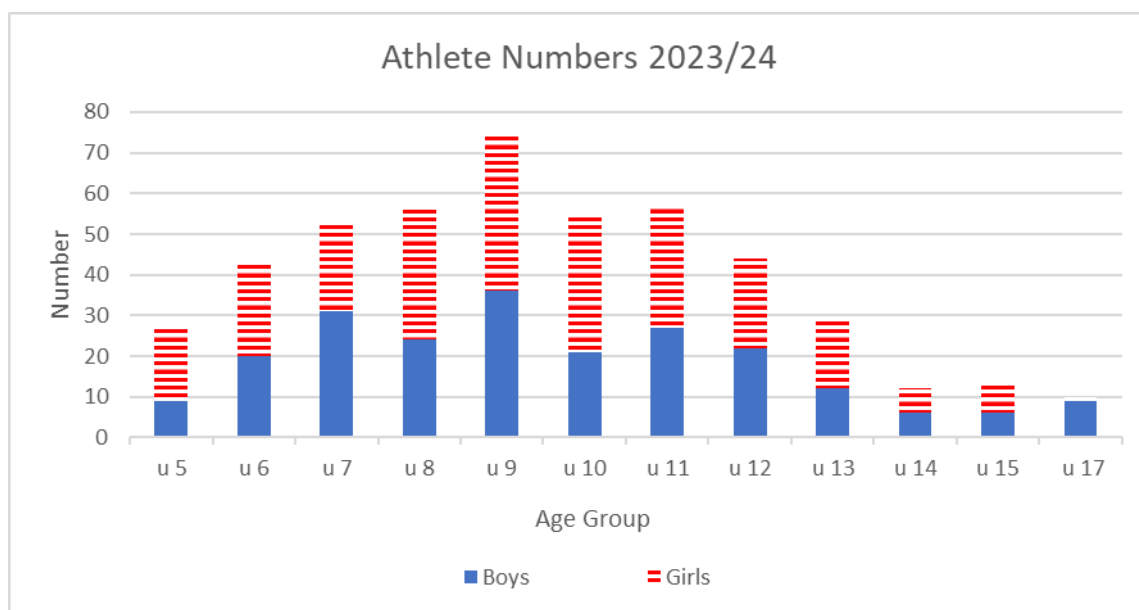
Ph: (02) 9099-2545

REGISTRAR'S REPORT

Our registrations in 2023/24 peaked at 473 athletes (422 last season)—the largest number of athletes we have seen since the 2009/10 season—reflecting continued strong growth since numbers bottomed in 2020-21 at about 217. [Two athletes transferred out late in the season bringing end of season numbers to 471.]

Of the 473 registrations, 47% (224) were with us last year, giving us a *retention* rate of 53% (224¹ of 422), the highest it has been since bottoming in 2018-19 at 37%.

The graph below shows our 473 athletes by age and gender:



The growth in athlete numbers we saw moving into season 2022-23 has continued into 2023/24, though the profile of registrations across the two registration periods was very different. This season, registrations were heavily “front-end” loaded – with about 25% of all registrations occurring on the 1st of August – the day registrations opened! Registrations then eased down considerably – so that the entire month of September saw just 50 registrations. The prior season saw a much steadier and prolonged registration period, with over 50 registrations *per week* in the first 2 weeks of September.

We took a decision to close the U9s in early September to ensure the group was of a manageable size.

A number of innovations were introduced to the registration process this season including a standardised / printable Registration Pack (envelope), and on-line Google forms which will entirely replace the paper-based ‘Working with Children Declaration’ and the ‘Parent Duty Commitment’ form from 2024/25.

With 2024 being an Olympic year, it is reasonable to anticipate strong registrations again in 2024/25. Pre-season planning will need to consider both the appropriate limits to be set, and also how those limits can be maximised through program or other changes.

Geoff Lindner
Registrar 2023/24

¹ ResultsHQ reports that 254 of our intake are “Returning” – this means they have previously appeared in a ResultsHQ database (not necessarily at St George) at some time in the past.

COMPETITION AND RECORDS OFFICER'S REPORT

As we reflect on the success of the 2023/24 season, our dedication to providing the best possible experience for our athletes has paid off. The increase in registrations is a testament to the quality of our program and the satisfaction of our members.

By maintaining our 2-week program and implementing staggered start times, we were able to offer and maintain a greater number of events and ensure that each athlete had ample opportunity to showcase their skills. Additionally, allocating two field facilities to our larger age groups allowed for smoother and more efficient competition.

We observed a significant reduction in completion time for high jump among our large groups this season, thanks to the introduction of an additional scissor kick mat.

To accommodate our U6 and U7 participants, we utilised part of the circular track as an extra 50m straight track, while hurdles were being set on the main straight track.



In addition, skills training provided by Georgie and Solomon for our U8 athletes was taken up whilst they were waiting between events and we allowed our U12 participants to commence high jump during their wait for their Hurdles event.

This season we also introduced our latest addition to our starting system, new speakers that deliver clear, crisp sound for our athletes. They have been well received by all.

The implementation of hip numbers for the 1500m event this season was a significant advancement in our event management process. Despite challenges in sourcing the hip numbers, we took initiative and created our own printable "stick on" versions to ensure smooth operation.

The introduction of hip numbers proved to be highly effective in facilitating lap counting and enhancing the overall organisation of the event. Based on the positive feedback and successful outcomes, we have decided to continue utilising hip numbers in future seasons.

This strategic decision reflects our commitment to constantly improving and refining our event operations to provide the best possible experience for participants and spectators. We are confident that the use of hip numbers will continue to streamline our processes and contribute to the success of our future events.



HIP NUMBERS WERE INTRODUCED TO IMPROVE MANAGEMENT OF 1500M RACES

We extend our gratitude to all individuals who have supported and contributed to the successful implementation of the competition program throughout the season. A special thank you to Georgie and Solomon for your dedication in running the Tiny Tot program every week. Your hard work and commitment are truly appreciated.

Great job to all the athletes who have broken records this season. Keep up the amazing work.

Donna Lane
Competition and Records Officer 2023/24

NEW GROUND RECORDS SET IN 2023/24

Age Group	Athlete	Event	Record	Date Set
6F	Alexandra Aforo-Addo	50m	9.83	8/12/2023
6F	Alexandra Aforo-Addo	70m	12.92 (ET)	9/02/2024
6F	Alexandra Aforo-Addo	Long Jump	2.83 (equalled)	8/03/2024
8F	Addison Baker	200m	35.55 (ET)	8/03/2024
8F	Indi Freeman	400m	1:20.61 (ET)	1/12/2023
8F	Indi Freeman	700m	2:35.34 (ET)	19/01/2024
8M	Cassius Lyons	200m	34.71 (ET)	8/12/2023
9F	Farah Fares	200m	33.15 (ET)	8/03/2024
11F	Arianna Calavrias	1500m	5:37.81 (ET)	8/03/2024
11F	Arianna Calavrias	800m	2:54.89 (ET)	9/02/2024
11M	Leon Perros	Discus 500g	34.05	8/03/2024
12F	Lindsay Jabonillo	200m	30.16 (ET)	19/01/2024
12M	Lewis Gordon	1500m	5:10.58 (ET)	20/10/2023
13M	Liam Hunnam	Discus 750g	32.41	15/03/2024
15F	Sienna Latanis	300m Hurdles	51.14	19/01/2024
15F	Sienna Latanis	400m	1:06.09 (ET)	29/09/2023
15F	Sienna Latanis	90m Hurdles	14.47	19/01/2024
15M	Hugo Macri	200m	25.23 (ET)	3/11/2023
17F	Alannah Roberts	3000m	11:53.53	15/03/2024
17F	Alannah Roberts	800m	2:42.16 (ET)	9/02/2024
17M	Bailey-Dean Latanis	100m	11.81	10/11/2023
17M	Bailey-Dean Latanis	110m Hurdles	15.52	19/01/2024
17M	Bailey-Dean Latanis	200m	24.45	3/11/2023
17M	Bailey-Dean Latanis	300m Hurdles	41.61	19/01/2024
17M	Bailey-Dean Latanis	400m	55.67	29/09/2023
17M	Bailey-Dean Latanis	800m	2:10.10	29/09/2023
17M	Bailey-Dean Latanis	High Jump	1.76	15/03/2024
17M	Bailey-Dean Latanis	Long Jump	6.02	8/03/2024

NEW CENTRE RECORDS SET IN 2023/24

Age	Member	Event	Record	Date
8M	Cassius Lyons	700m	2:23.00s	3-Mar-24
8M	Cassius Lyons	70m	11.44s (ET)	2-Mar-24
11M	Leon Perros	Discus 500g	36.16m	2-Mar-24
12F	Lindsay Jabonillo	100m	13.23s (ET)	16-Dec-23
13M	Owen Lovell-Ward	3000m	9:44.70	22-Mar-24
13M	Owen Lovell-Ward	1500m	4:33.50	23-Mar-24
13M	Owen Lovell-Ward	800m	2:15.19 (ET)	24-Mar-24
15F	Sienna Latanis	300mH	48.89s	3-Feb-24
17F	Alannah Roberts	1500m	4:58.30s	23-Mar-24
17M	Bailey-Dean Latanis	800m	2:01.94s	3-Mar-24
17M	Bailey-Dean Latanis	Long Jump	5.90m	2-Mar-24
17M	Bailey-Dean Latanis	300mH	40.35	23-Mar-24

OFFICER FOR OFFICIALS' REPORT



Returning to my role as Officer of Officials for the 23/24 season has been a challenging yet rewarding experience. The first-year nerves were out of the way, and this season I took on the role with more experience and confidence than before.

The Club's expectations for 'parent help' were decided early, during the initial planning session, and the Committee agreed that the minimum level of assistance required would be *"parents to fill an advertised duty on a competition evening (e.g. assist at a Field or Track event, serve in the canteen, etc.) on at least 8 occasions across the season"*. By setting this number early on

in the season we were able to frequently remind parents of this commitment and highlight what would happen if this number was not met.

Additionally, this expectation was outlined on our website and included in our Parent Duty Commitment form.



REGULAR BBQ CHEFS MELISSA & NAN

The season began much as the previous year with the appointment of Age Managers and Deputy Age Managers. Parents applied for these roles and selection was based on experience, availability, and commitment to attend Friday nights across the season.



REGULAR STARTER VANESSA

At the end of the 22/23 season, a Club survey had indicated that parents would value more opportunities to assist with *their* children's age groups and taking this on board we introduced "Age Group Helpers" as a SignUp duty. This

allowed parents the chance to assist the group during competition night and to also see their children perform up close. The number of helpers appointed to each age group depended on the size of the groups.

We again used the on-line 'SignUp' system to list required duties and recruit approximately 100 helpers to assist each Friday night. Duties ranged from ground set up, to assisting in the canteen and across field and track events.

Little Athletics relies on volunteers and the success of our season depends heavily on the support we receive from our members and their families. A huge thank you to everyone that has helped out throughout the season including all our Age Group Managers, Deputies and regular helpers. We could not run our program without your help each and every week.



AGE GROUP HELPERS AT THE 70M START LINE

Eleni Calavrias
Officer for Officials 2023/24

UNIFORM OFFICER'S REPORT

This season marked the second year of our partnership with SportsMagic for our modernised uniforms. The sleek and stylish design of the uniforms not only enhances our overall appearance but also helps us to make a strong and memorable impression on the field. We take pride in donning the distinctive red and white stripes of our full uniform (top and pants) which truly sets us apart from our competitors.

This past season we announced the introduction of a new official STGLAC uniform item for our female athletes - the racer brief. These briefs were available as "made to order" this season and will now be a new option for our female athletes to order online in the upcoming season. We believe that this addition will provide our female athletes with a comfortable and professional uniform option for their races.



We were also very pleased to announce the introduction of STGLAC supporter merchandise. We now offer hoodies, baseball caps, visors, and socks featuring our logo and Club colours. These items are a great way for our members and supporters to show their support for our Club.



The adoption of SportsMagic as our third-party manufacturer and distributor for uniforms continues to be a successful transition, resulting in additional revenue for STGLAC while also effectively managing our liabilities and assets.

Additionally, this season the Club generously provided Regional representative T-shirts and State gifts consisting of a puffer vest and shoe bag to all qualified competitors as a recognition of their achievements.



In addition to uniforms several new items this season were introduced:

- STGLAC Media Wall providing a professional look for presentations and announcements.
- Hot surface warning signs for the BBQ to ensure the safety of all attendees.
- For crowd control and marshalling purposes, we added red and white flag bunting around the start/finish line. This helped maintain order and efficiency during events.
- Furthermore, we were proud to introduce a breakthrough banner to celebrate our U17 athletes as they finish their final season of Little Athletics.

These new additions demonstrate our commitment to enhancing the overall experience for our members and spectators alike. We look forward to another successful season ahead with these exciting new features in place.



Donna Lane
Uniforms Officer 2023/24

COACHING COORDINATOR'S REPORT



Season 2023/24 was a huge season for our coaches and athletes, which was reflected in the successful results of our athletes during Friday Night competition and at the LANSW Championship events throughout the season.

Club Coaches Solomon Tuqiri and Georgie Latanis provided experience, skills, energy and knowledge to our Tiny Tot members throughout the season and focused on delivering a very successful program every Friday night.

The Coaching team provided a comprehensive training program on a weekly basis and numerous sessions throughout the season. The main focus of our coaching program was to provide skills to all athletes, therefore enhancing their Little Athletics journey.

We delivered two skills clinics which were led by Georgie and Solomon and 12 members from the FAST Squad training group. We would like to thank all of the coaches who attended and contributed their time over these two days.

In addition to the regular training program, we provided targeted sessions to prepare athletes participating in the NSW State Relay Championships. Covering both track relays and the field events, this assisted athletes to perform very well in the carnival.

On behalf on the coaching staff, we would like to congratulate all the athletes on a fantastic season, we enjoyed watching your improvements throughout the season.



HURDLES COACHING SESSION



COACHING AT LONG JUMP

I would like to thank Solomon and Georgie for being part of the coaching staff this season. I appreciated all your work this season and looking forward to your continued assistance.

If any of our athletes are wanting off season training, please contact our coaching coordinator, Sam Latanis.

Sam Latanis
Coaching Coordinator 2023/24

CHAMPIONSHIPS OFFICER'S REPORT



The 2023/24 athletics season was another successful year for our athletes who participated in the representative competitions.

STATE RELAY CHAMPIONSHIPS

The State Relay Championships took place at Homebush on the 11th and 12th November 2023.

This year saw a huge increase in our St George athletes wanting to participate in this teams event and as a result 112 athletes formed 45 teams to compete over track and field events.

This resulted in a massive amount of PB's, athletes enjoying their first State championship and 3 podium finishes.

Our youngest athletes, competing at their first State event, led the way medalling in two track events.

The Mixed Under 8 4 x 200m relay team of **Indi Freeman**, **Addison Baker**, **Riley McDonell** and **Cassius Lyons** tore up the track to win the **Gold** medal.

Indi and Addison then combined with **Willow Fainga'a** and **Stella Verghios** to come home strongly for the **Bronze** medal in the U8 Girls 4 x 100m relay.

Our ever consistent Under 15 girls throws team of **Havanna Rayner**, **Sienna Latanis** and **Lowami Carati** (competing up an Age Group) combined to win the **Silver** medal in the throws relay.

SOUTHERN MET ZONE CHAMPIONSHIPS (U7-U17)

The Zone carnival was held at The Ridge Athletics Track over the three days of 15 – 17 December 2023.

We had 116 athletes compete over the weekend, which is the largest number to represent our Club since 2017-18. All our athletes showed great sportsmanship over the weekend, resulting in many PBs and 78 athletes qualifying to the Regional championships.

A special mention to our under 7 athletes **Ethan**, **Daniel**, **Rachel**, **Oliver**, **Lachlan**, **Cassie**, **Richard**, **Connor**, **Neve** and **Eden Mae** who competed at their first representative carnival.

Five of our under 7 athletes came away with medals in their events.

Athlete	Event	Results
Daniel Bargarey	500m	Silver
Oliver Lane	Shot Put	Gold
Cassie McLellan	500m	Silver
Richard Pace	Discus	Bronze
Neve Sokolowski	500m Shot Put	Gold Silver

MEDAL PERFORMANCES AT ZONE (U7)



NEVE AND CASSIE – MEDALLING IN THE 500M

REGION 8 TRACK AND FIELD CHAMPIONSHIPS (U8-U17)

The Regional Championships were held at Sylvania Waters Athletics Track on the 3rd and 4th February and 66 St George athletes competed over the weekend.

All our athletes competed with immense pride and effort, and we came away with 42 medals as below:

Age Group	Athlete	Events	Results
U8B	Cassius Lyons	400m 100m 200m	Silver Bronze Bronze
U8G	Indi Freeman	400m 700m 200m	Gold Gold Bronze
U9B	Isaak Pegan	High Jump	Bronze
U11B	Baxter Bishop	800m	Bronze
U11G	Arianna Calavrias	Javelin	Silver
U12B	Corbyn Fainga'a	100m 200m	Gold Gold
U12G	Lindsy Jabonillo	Long Jump High Jump 100m	Silver Bronze Bronze
	Mary Sucur	Javelin High Jump	Gold Silver
U13B	Owen Lovell-Ward	1500m 3000m 400m	Silver Silver Bronze
U14B	Jarrood Jabonillo	400m	Bronze
U14G	Lowami Carati	Discus Shot Put	Gold Silver
U15B	Hayden Dick	Shot Put Discus Javelin	Gold Silver Silver
	Jone Tuqiri	Shot Put	Bronze
	Matthew Sucur	Javelin Shot Put	Gold Silver
U15G	Sienna Latanis	Discus 300m Hurdles 800m 90m Hurdles Javelin Shot Put	Silver Silver Bronze Bronze Bronze Bronze



INDI FREEMAN



ARIANNA CALAVRIAS



OWEN LOVELL-WARD

Age Group	Athlete	Events	Results
U17B	Bailey-Dean Latanis	200m Discus Shot Put 300m Hurdles 800m 110m Hurdles	Gold Gold Gold Silver Silver Bronze
U17G	Mareta Carati	Shot Put Discus	Gold Bronze

MEDAL PERFORMANCES - REGION 8 CHAMPIONSHIPS



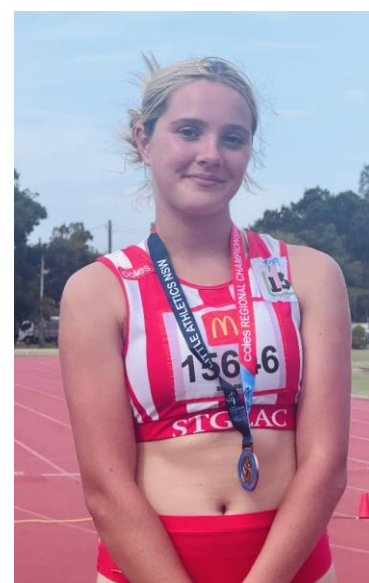
U15B CLEAN SWEEP IN SHOT PUT



MARETA CARATI - SHOT PUT GOLD



BAILEY WITH COACH SAM



SIENNA LATANIS



BENJAMIN, BAXTER, OWEN AND CASSIUS



BAILEY-DEAN LATANIS – DISCUS GOLD

THE LANSW STATE TRACK AND FIELD CHAMPIONSHIPS

Of our 20 qualifiers to State, 19 athletes competed at the State championships.

For some of our athletes, it was their first time qualifying for the State championships which is a fantastic achievement, especially for those participating in Little Athletics for their first year!

Again, all athletes showed brilliant sportsmanship and produced performances of which we are enormously proud. To qualify in the top 24 athletes in the State in any event is a tremendous achievement.

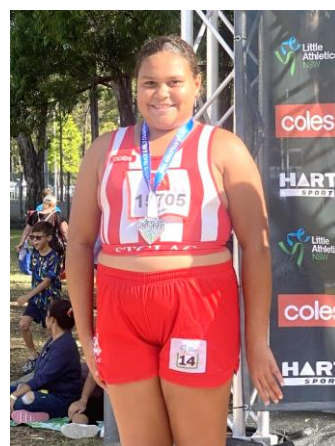
A special mention to Owen Lovell-Ward who broke the Centre record in all three events (800, 1500, 3000m) in which he competed, and Alannah Roberts who also broke a long-standing Centre record in her final State championships in the Under 17 Girls 1500m.

Congratulations to all our under 17 athletes who have now finished their Little Athletics careers (see page 34) and to Mareta Carati, Alannah Roberts and Bailey-Dean Latanis for again representing St George at the State Championships.

Three of our athletes came away with medals as below:

Age Group	Athlete	Event	Results
U14G	Lowami Carati	Shot Put Discus	Gold Silver
U15G	Sienna Latanis	Shot Put	Gold
U17B	Bailey-Dean Latanis	Shot Put Discus	Gold Bronze

MEDAL PERFORMANCES - STATE TRACK AND FIELD CHAMPIONSHIPS



LOWAMI CARATI



SIENNA LATANIS



BAILEY-DEAN LATANIS



HOLLY MCLELLAN — ATTENDING
HER FIRST STATE CHAMPIONSHIPS

STATE COMBINED EVENTS CARNIVAL

Each year LANSW conducts a carnival where athletes participate in ALL of the events on offer for their age group and points are allocated for performances recorded in each event, based on the Little Athletics NSW Multi-Event Point score tables/system. The points across all events conducted for the relevant age group are added together to determine a final score for each athlete.

This year's State Combined Events Carnival was held in Glendale over the weekend 2 - 3 March, and a large contingent of 22 St George athletes participated.

Being a multi-event point system event, the final results are quite often not clear until the final event, the 800m. This year again did not disappoint, with anticipation high as the final event was run. After the 2-day event, we had 3 medal winners, with a 4th athlete, Cassius Lyons (U8B) narrowly missing a medal in a large field of 43 competitors. An outstanding result for the athletes and our Club.

Age Group	Athlete	Result
U8G	Indi Freeman	Bronze
U14G	Sienna Latanis	Gold
U17B	Bailey-Dean Latanis	Gold

MEDAL PERFORMANCES - STATE COMBINED EVENTS CARNIVAL

A special mention to Sienna Latanis who has now won the Gold medal in her Age Group at the State Combined Event on *no less than 6 occasions* - a remarkable achievement!

Next year's carnival will be held in Griffith - get your accommodation booked now for this fun weekend away!



INDI FREEMAN



SIENNA LATANIS



SIENNA WITH THE U15G AND LANSW OFFICIALS



BAILEY-DEAN LATANIS

AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS

The Australian Little Athletics Championships (ALAC) is an annual two-day event hosted by each State or Territory on a rotational basis. This year the competition was held in Adelaide.

The ALAC encompasses the Australian teams Championships for Under 13 and Under 14 athletes and the Australian Combined Event Championships for Under 15 athletes.

Sienna Latanis earned automatic selection as the number one athlete for the under 15 team after winning the Gold medal at the State Combined Events.

Competing in the heptathlon against the other states, Sienna left nothing on the track and came home in 5th position. A very credible performance against the best heptathletes from around Australia.

In the under 14 age group, a squad of athletes is chosen from all of NSW, based on their State Championship performances.

Winning the Gold in shot put and Silver in discus at the State Championships earned Lowami Carati selection in the NSW team. Lowami's good form continued at ALAC, coming home with the Gold medal for shot put and Silver medal in discus. A great note to finish her Athletics season!



SIENNA AND LOWAMI AT ALAC

IN CONCLUSION

I would like to congratulate all our athletes on a fantastic season at St George Little Athletics.

Whilst everyone is competing against other athletes, the biggest competition is yourself and trying to better your last PB. The spirit in which everyone has competed this year and the Club comradery has been fantastic to watch.

Thank you to the parents who all fulfilled their duties at the representative carnivals. Our athletes would not be able to compete without this support.

Following the State Championships, there has been an announcement of a new partnership between Little Athletics NSW and Athletics NSW. Whilst this will change the representative pathway for our athletes, we will continue to deliver our Club program for all age groups.

Whether you are participating in the LANSW Winter program, or taking a break, we look forward to seeing you all back next year at Olds Park to enjoy the 2024/25 season with St George Little Athletics.

Michelle Carati

Championships Officer / Team Manager 2023/24

2023/24 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.

Award winners for the 2023/24 season are set out below. The criteria for these awards are set out in the Club Handbook and on the website.



PERPETUAL AWARD	RECIPIENT
<i>Senior Champion Boy</i>	- <i>Bailey-Dean Latanis</i>
<i>Senior Champion Girl</i>	- <i>Sienna Latanis</i>
<i>Middle Distance</i>	- <i>Owen Lovell-Ward</i>
<i>Sprinter / Hurdler</i>	- <i>Addison Baker</i>
<i>Field</i>	- <i>Lowami Carati</i>
<i>Senior Champion Boy – Runner Up</i>	- <i>Hayden Dick</i>
<i>Senior Champion Girl – Runner Up</i>	- <i>Mary Sucur</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>Cassius Lyons</i>
<i>Junior Champion Girl</i>	- <i>Indi Freeman</i>
<i>Junior Champion Boy – Runner Up</i>	- <i>Baxter Bishop</i>
<i>Junior Champion Girl – Runner Up</i>	- <i>Arianna Calavrias</i>
<i>Encouragement Award Boy</i>	- <i>Trevor Lee</i>
<i>Encouragement Award Girl</i>	- <i>Havana Rayner</i>
<i>Margaret Zerzvadse Sportsmanship</i>	- <i>Oliver Lane</i>

5 AND 10-YEAR SERVICE AWARDS	
<i>5-Years</i>	- <i>Ayodeji Akinya, Abigail Colata, Hugo Richmond, Christian Schembri, Mingwah Wong</i>
<i>10-Years</i>	- <i>Mareta Carati, Sienna Latanis</i>

BANKS ² OUTSTANDING SPORTING ACHIEVEMENT AWARDS	
<i>First Time Qualification to LANSW State Championships</i>	<i>Holly McLellan, Dester Kaing, Isaak Pegan, Leon Perros, Tyler Malizis, Jarrod Jabonillo, Ruby Zulic</i>
<i>Selected to represent NSW at the Australian Little Athletics Championships (ALAC)</i>	<i>Lowami Carati, Sienna Latanis</i>
<i>Qualified to a National Level Athletics Championships</i>	<i>Corbyn Fainga'a, Owen Lovell-Ward, Lowami Carati, Sienna Latanis, Hayden Dick, Hugo Macri, Mary Sucur, Bailey-Dean Latanis</i>

² The **Banks Outstanding Sporting Achievement Awards** are an initiative of local Federal Member of Parliament, Mr David Coleman. The criteria established by the club are set out in the table.

CLUB COMPETITION AGE GROUP AWARDS

FRIDAY NIGHT AGE GROUP CHAMPION, RUNNER UP AND IMPROVEMENT AWARDS

The *Friday Night Age Group Champion and Runner Up Awards* were determined based on taking each athlete's 3 best performances in each event and calculating a point score using the LANSW Multi-Event point scheme (as implemented in the ResultsHQ athletics management system).

The *Improvement Award* is computer-calculated (by ResultsHQ) using a PB Improvement scheme wherein points are earned according to the degree of improvement achieved in performances in each event.

AGE GROUP	CHAMPION	RUNNER UP	IMPROVEMENT AWARD
U6G	Alexandra Aforo-Addo	Indiana Brown	Madeleine Scott
U6B	Harrison McGivern	Zachary Koutouridis	Mack Richmond
U7G	Neve Sokolowski	Emma Chung	Evelyn Wyatt
U7B	Daniel Bargarey	Lachlan Lin	Ethan Baker
U8G	Indi Freeman	Addison Baker	Isabelle Law
U8B	Cassius Lyons	John Said	Alexander Kotevski
U9G	Chloe Lin	Holly McLellan	Juliette Barakat
U9B	Ian Liao	Dexter Kaing	Xavier Ung
U10G	Tahli Edwards	Saumya Shrestha	Sarah Niraula
U10B	Thomas Verghios	Luke Johnston	Hamzah Youssef
U11G	Arianna Calavrias	Ivy Lane	Summer Jamieson
U11B	Baxter Bishop	Koby Lyons	Nate Freeman
U12G	Lindsy Jabonillo	Alexia Mendes	Mary Sucur
U12B	Kagan Rayner	Chase Freeman	Dante Wilson
U13G	Lauren Griffiths	Layla Pradhan	Rita Liu
U13B	Owen Lovell-Ward	Liam Hunnam	Mark Sucur
U14G	Giselle Sinton	Mary Psomas	Lowami Carati
U14B	Jarrold Jabonillo	Julian Perros	Trevor Lee
U15G	Sienna Latanis	Havana Rayner	Liliana Bishop
U15B	Hayden Dick	Hugo Macri	Matthew Sucur
U17G	Mareta Carati	Jasmine Caccamo	Jasmine Caccamo
U17B	Bailey-Dean Latanis		Bailey-Dean Latanis

PERPETUAL AWARD WINNER HIGHLIGHTS

SENIOR CHAMPION BOY – BAILEY-DEAN LATANIS (U17)

STATE COMBINED EVENT BOY – BAILEY-DEAN LATANIS

Bailey set Ground Records this season in the 100, 200, 400 and 800m runs and in the 110m and 300m Hurdles as well as in High Jump and Long Jump. In addition to this extraordinary achievement Bailey also set Centre Records (which are the best times recorded by a St George athlete at a representative event) in the 800m, 300m Hurdles and Long Jump. He took a massive program of six events into Zone – four Track and two Field, recording three first places and three second places. Bailey progressed to Region in all six events where he earned a total of six medals – Gold in 200m, Discus and Shot Put, Silver in 300m Hurdles and 800m and Bronze in 110m Hurdles. Naturally, Bailey secured entry to the State Championships in all six events, competing in four with an impressive outcome - placing first in Shot Put, third in Discus, fifth in 110m Hurdles and ninth in 300m Hurdles. Bailey's achievements did not end there, he also earned the Gold medal at the Little Athletics NSW State Combined Events carnival and attended the Australian Athletics Championships where he placed fourth in the U18 Men's Decathlon and with the best result by a NSW athlete.



SENIOR CHAMPION GIRL – SIENNA LATANIS (U15)

STATE COMBINED EVENT GIRL – SIENNA LATANIS



This season marked Sienna's 10-year anniversary at the Centre, and she celebrated in a way to be remember. She set ground records in the 400m, 90m Hurdles and 300m Hurdles and a Centre record in the 300m Hurdles along the way to winning Age Champion. She took six events to Zone placing first in every event! At Region Sienna won a medal for each event; Silver for Discus and 300m Hurdles and Bronze for 800m, 90m Hurdles, Javelin and Shot Put. Qualifying to State in all six events Sienna won Gold in Shot Put, recording credible finishes in all other events.

Sienna is a capable all-round athlete and her winning Gold, for the sixth time in a row, at the State Combined Event Carnival is a testament to this. This win earned Sienna automatic selection for the Australian Little Athletics Championships team where she placed fifth in the heptathlon.

SENIOR CHAMPION BOY (RUNNER UP) – HAYDEN DICK (U15)



Hayden is a throws specialist and took Discus, SP, Javelin and Triple Jump to Zone, coming away with two 1st places and two 2nd places respectively. At Region, he scored the Gold Medal position in Shot Put picking up Silver in Discus and Javelin. He qualified to State in all three throw events, scoring an 8th in Shot Put and 12th in Discus and Javelin.

Hayden also qualified to the 2024 Australian Junior Championships in U16 Boys Hammer throw, where he finished in 9th place.

He is also our Club champion in the U15 Boys.

SENIOR CHAMPION GIRL (RUNNER UP) – MARY SUCUR (U12)

Mary specialises in Jumps and Throws taking 5 events into Zone, coming away with Gold in High Jump and Javelin and top 8 finishes in Shot Put, Discus and Long Jump.

At Region, she retained her Gold medal position in Javelin and took the Silver in High Jump. At State she put in very credible performances scoring 4th place in both High Jump and Javelin.

Mary qualified to the 2024 Australian Junior Championships in High Jump and Javelin, scoring 7th place in Javelin.

At Club level, Mary received the Improvement Award in the U12 Girls.



JUNIOR CHAMPION BOY – CASSIUS LYONS (U8)

In his first season with St George, Cassius put in a very impressive performance on the Track.

He took 4 track events to Zone, taking out 1st place in 400m and 700m, 2nd in 200m and 3rd in 100m. At Region he excelled in the sprint events, earning a Silver (400m) and 2 Bronze medals (100m, 200m).

Cassius attended the State Combined Event carnival and put in exceptional performances in the sprint and middle-distance events. The throws are not his favourite events, but his overall strong performance earned him 4th place, very narrowly missing the Bronze medal in a highly competitive field of 43 athletes.

In the course of the season Cassius set a new 200m Ground record, and Centre records in the 70m and 700m events. His Club performances also earned him U8 Boys Champion.



JUNIOR CHAMPION GIRL – INDI FREEMAN (U8)



Indi is one of the youngest athletes to take out a Junior Champion award.

She took 4 Track events into Zone finishing in 1st place in both 400m and 700m, 2nd place in the 200m and 3rd in 100m. She qualified to Region in all 4 events, collecting the Bronze medal in 200m and Gold in both the 400m and 700m events and 6th in 100.

At State Combined Event, Indi put in a fantastic performance to finish with the Bronze medal in a large and very tightly fought age group, with only 72 points (in ~4,700) separating the first 3 places!

At Club level, Indi established new ground records in 400m and 700m events and is also our U8 Girls Age Group Champion.

JUNIOR CHAMPION BOY (RUNNER UP) – BAXTER BISHOP (U11)



Our Runner-up Junior Champion Boy took 4 events to Zone, finishing in 2nd place in each of 800m and 1500m and 3rd in 200m and Long Jump. He qualified to Region in all events, scoring the Bronze in 800m and top 8 finishes in 200m and 1500m.

Baxter performed very well at the State Combined Events carnival, finishing 5th in a large field of 46 U11 boys, and achieved a credible 4th place in State Cross Country in July 2023.

He is also our Age Champion in the Under 11 boys.



ZONE – 800M



ZONE – LONG JUMP

JUNIOR CHAMPION GIRL (RUNNER UP) – ARIANNA CALAVRIAS (U11)

Arianna took 4 events to Zone, scoring a 1st place in Javelin, 2 3rd places (1500m, Triple Jump) and a 4th in 800m. She qualified to Region in all events picking up Silver in the Javelin and 6th place in each of her other events.

She qualified to State in Javelin finishing in 19th place.

Arianna performed well at State Combined, finishing 9th from a field of 43 athletes.

At Club level, Arianna set Ground Records in 800m and 1500m events and is our U11 Girls Champion.



REGION CHAMPIONSHIPS



STATE COMBINED EVENT



FIELD AWARD – LOWAMI CARATI (U14)

Lowami is a throws specialist, taking Discus and Shot Put to Zone where she came away with first place in both events. She replicated this result at Region taking home two Gold medals.

Her incredible performances continued at the State Championships where she took home Gold in Shot Put and Silver in Discus. Lowami's success earned her a spot in the NSW team for the Australian Little Athletics Championships where she once again won Gold for Shot Put and Silver for Discus.

In December Lowami attended the Australian All Schools Athletics Championships (Perth) placing fourth in Discus.

Lowami also secured entry to the Australian Junior Championships in South Australia in April where she scored seventh in Shot Put and tenth in Discus.



MIDDLE DISTANCE AWARD – OWEN LOVELL-WARD (U13)



Owen set an impressive three Centre Records this season, delivering remarkable Track performances throughout the representative program.

At Zone, he competed in six events securing second place in 400m and 3000m and third in 200m, 800m and 1500 and sixth in 100m. Owen qualified to Region in all six events finishing with Silver for 1500m and 3000m and Bronze for 400m. He placed fourth in 800m and eighth in 200m.

Owen qualified to State for three events and set Centre Records in all three. He narrowly missed out on medals for 800m and 3000m, placing fourth and achieving fifth place in 1500m.

Owen's Club performances also earned him Under 13 Boys Age Champion.

SPRINTER / HURDLER AWARD – ADDISON BAKER (U8)



Addison is a sprinting star, setting the ground record in 200m this season.

At Zone Addison placed second in 400m, third in 60m Hurdles and fourth in 100m, notably she also came second in Long Jump.

Qualifying to Region for all four events she finished fifth in 100m and 400m, seventh in 60m Hurdles and twelfth in Long Jump.

Addison placed 13th from a field of 40 at the State Combined Event.

Addison's performances during the Club program have also earned her U8 Runner Up Age Champion.

MARGARET ZERZVADSE SPORTSMANSHIP AWARD – OLIVER LANE (U7)

Oliver was a big helper at the Club this season despite his young age.

He regularly assisted in the setting up and packing up of Friday night competitions as well as the setting up and packing up of the Tuesday and Wednesday coaching program.

As well as being a great helper, Oliver also demonstrated ongoing good sportsmanship each Friday night with his age group and excellent manners during the coaching program.

Oliver also represented the Club at various gala days, Zone, Region, State Cross Country and the State Combined Event carnival.



10 YEAR SERVICE AWARD



SIENNA LATANIS

Sienna has been with St George Little Athletics since 2013-14, starting in Tiny Tots.

Sienna has had an extraordinary career in Little Athletics. She excels in all events, and no one loves to compete as Sienna does. We look forward to the further feats she will achieve over the next few years.

Sienna receives our 10-year service award and since she has 10 years' *consecutive* LANSW membership, she has also received a commemorative certificate from LANSW.



MARETA CARATI

Mareta started at St George in the U7s and has been with us throughout her athletics career, finishing Little Athletics this season as Club Captain.

Mareta has represented St George with exceptional grace and sportsmanship up to State level in all but one year since she was eligible.

Mareta receives our 10-year service award and since she has 10 years' *consecutive* LANSW membership, she has also received a commemorative certificate from LANSW.

ATHLETES FINISHING LITTLE ATHLETICS

We bid farewell to 4 athletes who have completed their last year in Little Athletics.



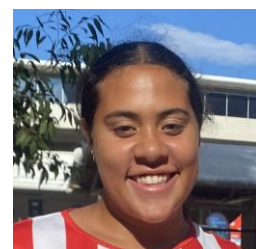
ALANNAH ROBERTS



ALANNA GRIFFITHS



BAILEY-DEAN LATANIS



MARETA CARATI

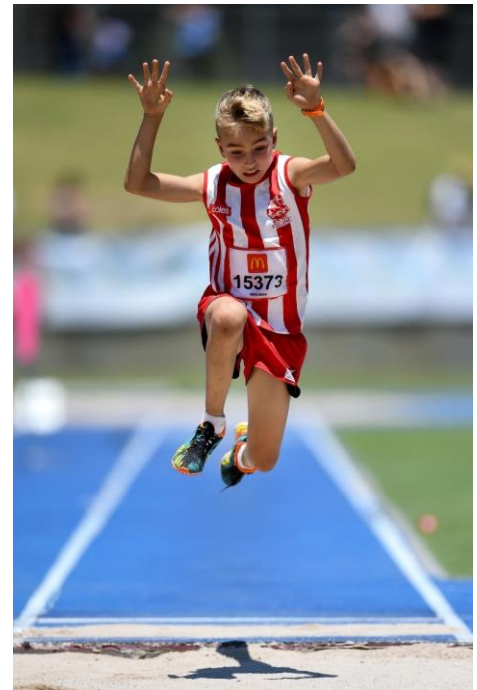


GALLERY



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STATE RELAY CHAMPIONSHIPS

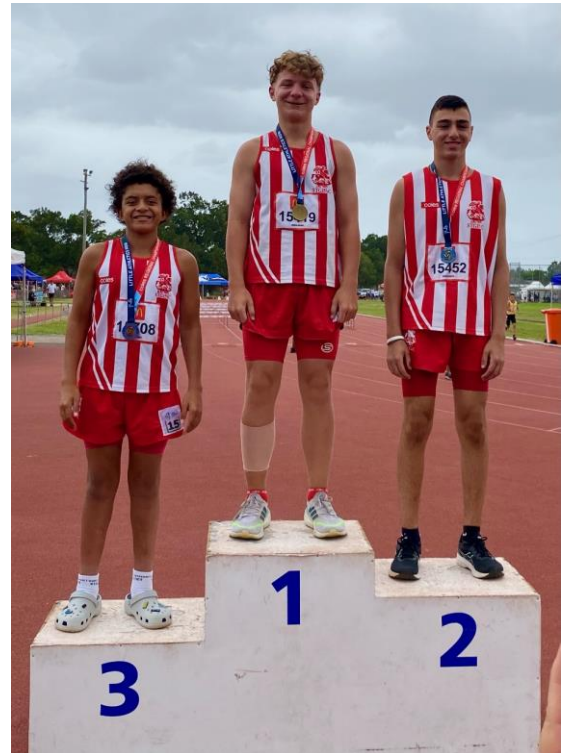




2023 – 24

ZONE CHAMPIONSHIPS





2023 – 24

REGIONAL CHAMPIONSHIPS





2023 - 24
STATE COMBINED EVENTS



2023-24 STATE TRACK AND FIELD CHAMPIONSHIPS









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	2019	Lisa Rios
⁺ <i>Deceased</i>					