

LITTLE ATHLETICS ASSOCIATION OF NEW SOUTH WALES

STATE CHAMPIONSHIPS RESULTS 1982

BOYS

GIRLS

UNDER 7

70 METRES

1. M. Vokoder	Campbelltown	11.2	1. S. Eggleton	Ku-ring-gai	11.3
2. A. Powderly	Walcha	11.3	2. B. Ruiz	Lake Illawarra	11.3
3. J. Tobin	Ginninderra	11.3	3. M. Haage	Bankstown	11.3
4. A. Harris	Randwick/Bot.	11.4	4. K. Croft	Blacktown	11.5
5. M. Geraghty	Ku-ring-gai	11.5	5. B. Jones	Hornsby	11.6
6. J. Bowden	Ryde	11.5	6. L. Chapman	Ku-ring-gai	11.7
7. G. Rupp	Holroyd	11.7	7. S. Mullaney	Lake Illawarra	11.9
8. M. O'Donnell	Hornsby	11.7	8. K. Brown	Weston Creek	11.9

100 METRES

1. A. Powderly	Walcha	16.5	1. B. Ruiz	Lake Illawarra	16.0
2. J. Tobin	Ginninderra	16.6	2. S. Eggleton	Ku-ring-gai	16.4
3. M. Vokoder	Campbelltown	16.6	3. M. Haage	Bankstown	16.6
4. S. Cashman	Port Kacking	16.6	4. C. Day	Parramatta	17.0
5. J. Krivograd	Camden	16.6	5. L. Bagonia	Western Subs.	17.0
6. J. Fineberg	Blacktown	17.5	6. B. James	Hornsby	17.3
7. M. Nicholson	Ku-ring-gai	17.6	7. K. Brown	Western Creek	17.4
8. R. Kennedy	Liverpool	18.7	8. S. Fisher	St. George	17.6

200 METRES

1. M. Vokoder	Campbelltown	33.9	1. B. Ruiz	Lake Illawarra	34.0
2. J. Tobin	Ginninderra	34.0	2. K. Croft	Blacktown	34.6
3. J. Fineberg	Blacktown	34.2	3. B. Jones	Hornsby	34.6
4. A. Harris	Randwick/Bot.	34.6	4. L. Bagonia	Western Subs.	34.6
5. J. Krivograd	Camden	34.7	5. K. Robinson	Hills Dist.	35.1
6. M. Nicholson	Ku-ring-gai	34.7	6. K. Donohoe	Bankstown	35.4
7. T. Henry	Winston Hills	34.8	7. N. Keech	Dubbo	36.1
			8. C. Day	Parramatta	36.2

LONG JUMP

1. D. Travato	Randwick/Bot	3.47	1. M. Haage	Bankstown	<u>Record</u> 3.59
2. M. Nicholson	Ku-ring-gai	3.41	2. J. Jamieson	Ku-ring-gai	3.44
3. G. Rodgers	Armidale	3.29	3. S. Eggleton	Ku-ring-gai	3.39
4. T. Munro	Lake Illawarra	3.23	4. B. Jones	Hornsby	3.33
5. P. Lamb	Fairfield	3.21	5. K. Olander	Claymore	3.20
6. B. McArthur	Winston Hills	3.18	6. S. Mullaney	Lake Illawarra	3.18
7. P. Hancock	Hornsby	3.13	7. K. Robinson	Hills Dist.	3.14
8. R. Kennedy	Liverpool	3.09	8. L. Turner	Nepean	3.11

SHOT PUT

1. M. Nicholson	Ku-ring-gai	9.30	1. M. Haage	Bankstown	<u>Record</u> 7.58
2. G. Pooni	Blacktown	9.05	2. M. Drayton	Bankstown	7.10
3. G. Lee	Nepean	8.88	3. P. Bell	Hornsby	6.62
4. B. Liprini	Port Kacking	8.23	4. J. Jamieson	Ku-ring-gai	6.47
5. M. Perrin	Young	7.62	5. K. Standing	Bankstown	6.39
6. S. Crawford	Tumut	7.58	6. V. Mathieson	Winston Hills	6.33
7. J. Reilly	Bankstown	7.54	7. R. Ferguson	Wyong	6.12
8. G. Quinn	Bankstown	7.12	8. T. Michie	Glenbrook	6.00

BOYS

GIRLS

UNDER 8
70 METRES

1. G. Hammond	Hornsby	10.9	1. J. Blackburn	Kurri Kurri	10.9
2. P. Frohling	Billabong	11.1	2. V. Wend	Gosford	11.0
3. D. Shaw	Hornsby	11.2	3. L. Holden	Campbelltown	11.4
4. N. Stevens	Winston Hills	11.3	4. J. Smith	Tallawong	11.6
5. S. Gould	Port Hacking	11.3	5. P. Crum	Hornsby	11.8
6. G. Whiteoak	Winston Hills	11.4	6. S. Haig	Tuggeranong	11.8
7. P. Giobri	Wollongong	11.5	7. S. Smithard	Blacktown	12.1
8. G. Stojanovic	Hills Dist.	11.9	8. D. Charlton	Nepean	12.5

100 METRES

1. D. Ryan	Ryde	14.9	1. T. Blackburn	Kurri Kurri	14.6
2. P. Frohling	Billabong	15.3	2. V. Wende	Gosford	15.1
3. N. Stephens	Winston Hills	15.4	3. H. Devir	Waratah/May	15.4
4. S. Jani	Hornsby	15.5	4. L. Holden	Campbelltown	15.7
5. P. Bagshaw	Sutherland	15.5	5. J. Smith	Tallawong Pk.	15.7
6. S. McKenna	Ginninderra	15.6	6. J. Harrison	Manly	15.9
7. R. Michael	Bankstown	15.7	7. S. Smithard	Blacktown	15.9
8. L. Dennett	Randwick/Bot.	15.7	8. J. Dodd	Camden	16.0

200 METRES

1. D. Toohy	Weston Ck.	31.7	1. N. Syms	Hills Dist	33.4
2. P. Bagshaw	Sutherland	31.9	2. V. Wende	Gosford	33.6
A. Hellyer	Macq. Shores	31.9	3. H. Devir	Waratah/May	33.8
4. S. Jani	Hornsby	32.0	4. J. Harrison	Manly	33.8
5. A. Norton	Holroyd	32.9	5. L. Holden	Campbelltown	34.2
6. D. Ryan	Ryde	33.0	6. E. Fernandez	Colyton St Clair	34.6
7. T. Manion	Manly	33.3	7. P. Crum	Hornsby	35.1
			8. K. Robinson	Randwick/Bot.	35.6

400 METRES

1. D. Toohy	Weston Ck.	1.08.8	1. R. Moss	Sutherland	1.14.5
2. T. Manion	Manly	1.10.2	2. L. Baldwin	Lake Illaw.	1.14.8
3. D. Lawrence	Randwick/Bot.	1.10.6	3. J. Taylor	Randwick/Bot.	1.14.9
4. P. Bagshaw	Sutherland	1.10.8	4. S. Walsham	Ku-ring-gai	1.15.1
5. D. Stoddart	Claymore	1.13.4	5. N. Davis	Greystanes	1.15.9
6. S. Clifford	Glen Innes	1.13.6	6. B. Lane	Camden	1.16.0
7. G. Decarnham	Nepean	1.14.5	7. L. Holden	Campbelltown	1.16.0
			8. K. Robinson	Randwick/Bot	1.16.8

LONG JUMP

1. B. Marland	Sutherland	3.87	1. T. Blackburn	Kurri Kurri	3.88
2. D. Toohy	Weston Ck.	3.80	2. J. Sirotic	Manly	3.57
3. A. Boden	Eastern Subs.	3.80	3. S. Spinks	Manly	3.52
4. S. Gould	Port Hacking	3.77	4. S. Maunder	Cummock	3.47
5. S. Jani	Hornsby	3.76	5. R. Stand	Liverpool	3.47
6. G. Hammond	Hornsby	3.72	6. N. Leppanen	Winston Hills	3.47
7. S. Hughes	Nepean	3.72	7. M. Flack	Camden	3.43
8. B. Macey	Bankstown	3.65	8. K. Williamson	Camden	3.43

SHOT PUT

1. A. Menin	Ryde	<u>Record</u> 8.49	1. M. Leppanen	Winston Hills	6.00
2. G. Degarnham	Nepean	8.19	2. S. Bennett	Hornsby	5.74
3. M. Byisma	Winston Hills	8.12	3. K. Bird	St. George	5.63
4. K. Duke	Bankstown	8.05	4. N. Van der Kroft	Wyong	5.51
5. G. Verdi	Ryde	7.41	5. M. Horsfield	Ku-ring-gai	5.48
6. J. Velluti	Ku-ring-gai	7.37	6. N. Eade	Cootamundra	5.44
7. B. Howell	Springwood	7.34	7. J. Kropman	Girraween	5.21
8. G. Guest	Western Subs.	7.24	8. M. Mackison	Ingleburn	5.17

UNDER 8
DISCUS

1. G. Degamham	Nepean	27.54	1. M. Mottram	Ku-ring-gai	17.70
2. K. Duke	Bankstown	27.16	2. C. Culyer	Corroboree	17.48
3. S. Keegan	Orange	23.10	3. R. Wells	Macq. Fields	17.44
4. B. Jaaniste	Hornsby	22.94	4. M. Bray	Nepean	16.04
5. G. Hammond	Hornsby	22.28	5. P. Wallace	Lalor Park	15.96
6. P. Bagshaw	Sutherland	21.26	6. T. Butcher	Nepean	15.72
7. B. Marland	Sutherland	21.66	7.	Hornsby	15.44
8. P. Tillinghurst	Lalor Park	19.92	8. K. Bird	St George	14.84

UNDER 9
100 METRES

1. J. Birrell	Kuring-gai	13.8	1. J. Swan	Camden	14.2
2. J. Poulter	Bankstown	14.3	2. N. Ambrose	Tamworth	14.5
3. J. Cregan	Tuggeranong	14.5	3. V. Pahey	Greystanes	14.7
4. I. Woods	Hornsby	14.7	4. J. Fineberg	Blacktown	14.7
5. D. Bulian	St. George	14.7	5. J. Boland	Ryde	14.7
6. T. Maher	Fairfield	14.7	6. Erdmanis E.	Parramatta	14.7
7. M. Baldwin	Sutherland	14.8	7. K. Muller	Hills Dist.	15.0
8. D. Power	Campbelltown	14.8	8. K. Bass	Camden	15.1

200 METRES

1. J. Birrell	Ku-ring-gai	29.5	1. J. Swan	Camden	29.7
2. J. Poulter	Bankstown	29.6	2. N. Ambrose	Tamworth	30.1
3. J. Cregan	Tuggeranong	29.6	3. J. Boland	Ryde	30.3
4. D. Bulian	St. George	29.9	4. E. Freeman	Macq. Shores	30.7
5. J. Zabiello	Nepean	30.3	5. J. Fineberg	Blacktown	31.4
6. M. Burke	Hornsby	30.4	6. D. Cumming	Woden	31.5
7. J. Follett	Tuggeranong	30.7	7. S. Kalmar	Camden	31.7
8. B. Figures	Winston Hills	30.78	8. J. Ward	Bankstown	32.0

400 METRES

			<u>Record</u>		
1. D. Paabo	Doonside	1.06.8	1. J. Swan	Camden	1.07.0
2. I. Woods	Hornsby	1.07.7	2. J. Cumming	Woden	1.08.2
3. N. Brown	Belconnen	1.08.1	3. T. Robert	Bankstown	1.09.0
4. R. McCarthy	Rand/Bot.	1.09.2	4. T. Freeman	Macq. Shores	1.09.7
5. N. Henwood	Charlestown	1.09.5	5. J. Dallaway	Hornsby	1.10.2
6. D. Senior	Ingleburn	1.09.6	6. J. Martin	Nepean	1.11.7
7. D. Reeve	Hornsby	1.10.5	7. R. Nardella	Seven Hills	1.13.2
8. B. Figures	Winston Hills	1.12.2			

800 METRES

1. N. Brown	Belconnen	2.34.3	1. J. Swan	Camden	2.41.2
2. A. Thomas	Hornsby	2.35.8	2. J. Waters	Armidale	2.42.3
3. S. McGrath	Armidale	2.37.3	3. K.	Ku-ring-gai	2.42.4
4. N. Henwood	Charlestown	2.39.0	4. J. Dallaway	Hornsby	2.42.6
5. D. Bazzano	Port Hacking	2.39.2	5. G. Denley	Manly	2.51.4
6. N. Baird	Sutherland	2.42.7	6. S. McCann	Nepean	2.53.6
7. D. Flakela	Manly	2.43.5	7. S. Jones	Gosford	2.54.6
8. D. Paabo	Doonside	2.43.8	8. J. Martin	Nepean	2.55.6

50m HURDLES

1. D. Power	Campbelltown	9.8	1. N. Ambrose	Tamworth	9.9
2. J. Cregan	Tuggeranong	10.0	2. R. Mullaney	Lake Illawarra	10.4
3. C. Makepeace	Gosford	10.0	3. R. Higgins	Tuggeranong	10.4
4. M. Burke	Hornsby	10.2	4. N. Zelasko	Girraween	10.4
5. S. Armytage	Bankstown	10.2	5. K. Liprini	Port Hacking	10.4
6. D. Bulian	St. George	10.3	6. J. Boland	Ryde	10.4
7. C. Perks	Corroboree	10.6	7. S. Bannon	Liverpool	10.5
8. J. Suzor	Fairfield	11.2	8. J. Bruce	St. George	10.6

UNDER 9300m WALK

1. S. Brown	Belconnen	3.58.9	1. S. Webb	Nepean	4.00.4
2. J. McDonnell	Hornsby	3.59.0	2. P. McIntyre	Randwick Bot	4.04.5
3. P. Boehme	Hornsby	3.59.3	3. D. Purcell	Nepean	4.13.4
4. S. Pospischil	Fairfield	4.02.0	4. T. Butcher	Nepean	4.13.4
5. J. Banfield	Lethbridge Pk	4.09.0	5. J. Davis	Girraween	4.14.8
6. A. Mitchell	Port Kacking	4.12.0	6. D. Heta	Randwick/Bot	4.15.0
7. D. Gentle	Hills Dist.	4.18.0	7. M. Bcnser	Fairfield	4.20.0
8. J. Leslie	Girraween	4.20.0	8. N. Mitchell	Port Hacking	4.21.0

LONG JUMP

1. J. Birrell	Ku-ring-gai	4.51	1. N. Ambrose	Tamworth	4.23
2. T. Fowler	Nepean	4.35	2. K. Zizek	Bankstown	4.17
3. M. Burke	Hornsby	4.29	3. K. Liprini	Port Hacking	4.12
4. P. Sheeley	Woodberry	4.20	4. R. Mullaney	Lake Illawarra	4.11
5. D. Power	Campbelltown	4.16	5. A. Catts	Mosman	3.91
6. S. Mayne	Randwick/Bot.	4.10	6. S. Givney	Clarence V.	3.90
7. D. Bulian	St George	4.06	7. M. Jensen	Camden	3.86
8. J. Poulter	Bankstown	4.00	8. V. Fahey	Greystanes	3.79

HIGH JUMP

1. C. Hayward	Tallowong Pk.	1.24	1. K. Liprini	Port Hacking	1.20
2. M. Dalton	Hornsby	1.22	2. K. Cato	Sutherland	1.16
3. S. Laughton	Hills Dist.	1.16	3. A. Rothwell	Glenbrook	1.12
4. G. Tims	St. George	1.14	4. R. Mullaney	Lake Illawarra	1.12
5. J. Cregan	Tuggeranong	1.12	5. D. Harris	Hills Dist	1.10
6. G. Parker	Finley	1.10	6. M. Still	Queanbeyan	1.10
7. M. Sames	Sutherland	1.05	7. K. Dixon	Manly	1.05
H. Johnson	North Roscks	1.05	D. Sheridan	Winston Hills	1.05
M. Farley	Charlestown	1.05	N. Zelasko	Girraween	1.05

SHOT PUT

1. J. Arnberger	Nepean	9.80	1. J. Taylor	Bankstown	8.30
2. S. Williams	Blacktown	9.58	2. K. Fitzgerald	Fairfield	8.13
3. R. Howe	East Lakes	9.24	3. R. Byrne	Bankstown	7.83
4. T. McFadyen	Bankstown	9.20	4. K. Jaaniste	Hornsby	7.30
5. G. Stevens	Blacktown	9.04	5. P. Webeck	Sutherland	7.29
6. R. Sweeney	Greystanes	8.88	6. R. Greentree	Springwood	7.16
7. P. James	Hornsby	8.79	7. P. Watson	Winston Hills	7.10
8. R. Whitla	Mullumbimby	8.74	8. R. Melville	Hornsby	7.04

DISCUS

1. S. Williams	Blacktown	34.76	1. J. Taylor	Bankstown	25.94
2. J. Arnberger	Nepean	33.88	2. P. Webeck	Sutherland	24.94
3. G. Stevens	Blacktown	33.16	3. K. Fitzgerald	Fairfield	24.80
4. T. McFadyen	Bankstown	30.68	4. K. Jaaniste	Hornsby	24.72
5. A. Thomas	Hornsby	29.10	5. J. Westerbrine	Winston Hills	24.70
6. J. Keegan	Orange	27.90	6. L. Chard	Dapto	24.34
7. P. James	Hornsby	27.84	7. R. Tansley	Bankstown	23.72
8. N. Humphries	Port Hacking	27.04	8. S. Allen	Port Kacking	21.10

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UNDER 10100 METRES

1. J. Sienkiewicz	Campbell'T.	14.0	1. M. Gainsford	Trangie	14.0
2. G. Camps	Manly	14.2	2. V. Nolan	Canterbury	14.2
3. L. McGarry	Campbell'T.	14.2	3. T. Britton	Hornsby	14.2
4. A. Davis	Greystanes	14.3	4. A. Cavanagh	Tallowong Pk.	14.3
5. T. Balber	Hornsby	14.4	5. T. Payne	Randwick Bot.	14.5
6. N. Taylor	Mosman	14.4	6. L. Whiteside	Winston Hills	14.5
7. P. Evans	Sutherland	14.4	7. A. Minns	Weston Creek	14.7
8. B. Eggleston	Cambridge Pk.	14.9	8. M. Mackie	Woden	14.8

BOYS

GIRLS

5.

UNDER 10200 METRES

1. J. Sienkiewicz	Campbell'T	27.9	1. M. Gainsford	Trangie	28.9
2. A. Davis	Greystanes	28.4	2. A. Cavanagh	Tallawong Pk.	29.1
3. N. Taylor	Mosman	28.5	3. T. Payne	Randwick/Bot.	29.3
4. L. McGarry	Campbell'T	28.7	4. L. Whiteside	Winston Hills	30.0
5. B. Thomasson	Bellinger V.	28.8	5. C. Woodbury	Manly	30.0
6. D. Barrett	Seven Hills	29.5	6. J. Watson	Banana Coast	30.0
			7. J. Nicholson	Ku-ring-gai	30.9
			8. A. Minns	Weston Creek	31.1

400 METRES

1. B. Thomasson	Bellinger V.	1.02.1	1. A. Stitt	Ku-ring-gai	1.05.2
2. N. Taylor	Mosman	1.02.8	2. A. Cavanagh	Tallawong Pk.	1.06.8
3. J. Hill	South Sydney	1.04.5	3. R. Gates	Nepean	1.07.3
4. D. Barrett	Seven Hills	1.04.8	4. S. Page	Nepean	1.08.5
5. P. Walsham	Ku-ring-gai	1.05.5	5. N. Pearce	Port Hacking	1.09.3
6. M. Hawthorne	Banana Coast	1.06.7	6. R. Chapman	Springwood	1.09.5
7. J. Duncan	Springwood	1.07.5	7. J. Richards	Ryde	1.12.7
8. A. Davis	Greystanes	1.13.2	8. E. ...	Koorimal	1.13.4

800 METRES

1. A. King	Corroboree	2.28.0	1. A. Stitt	Ku-ring-gai	2.31.5
2. B. Spark	Hornsby	2.28.9	2. M. Young	Green Valley	2.35.5
3. D. Baker	Fairfield	2.33.4	3. K. Power	Emu Plains	2.36.0
4. M. Leary	Emu Plains	2.33.6	4. T. Peek	Manly	2.39.5
5. P. Kennedy	Bankstown	2.35.4	5. R. Gates	Nepean	2.41.7
6. P. Gilmore	Kurri Kurri	2.35.5	6. R. Chapman	Springwood	2.42.7
7. J. Power	Glenbrook	2.36.3	7. L. Furseman	Camden	2.45.9
8. T. Buckingham	Tamworth	2.37.0	8. T. Zahra	St George	2.46.2

1500 METRES

1. M. Jones	Manly	4.57.0	1. A. Stitt	Ku-ring-gai	4.59.8
2. T. Johnston	Hills Dist	4.58.4	2. T. Zahra	St. George	5.10.4
3. B. Spark	Hornsby	4.59.3	3. K. Power	Emu Plains	5.10.5
4. J. Minto	Gosford	5.04.7	4. M. Coven	Blacktown	5.14.3
5. D. Stonebridge	Campbell'T	5.06.9	5. R. Chapman	Springwood	5.17.5
6. A. King	Corroboree	5.09.3	6. E. Bookallil	Armidale	5.18.4
7. L. O'neill	Gosford	5.10.1	7. N. Pearce	Hills Dist.	5.21.0
8. J. Catania	Tallawong Pk	5.12.0	8. S. Hope	Camden	5.24.0

60 m. HURDLES

1. J. Sienkiewicz	Campbell'T	9.4	1. A. Cavanagh	Tallawong Pk.	9.6
2. M. Potheringham	Ingleburn	9.7	2. J. Letters	Glenbrook	10.0
3. T. Barber	Hornsby	9.7	3. D. Storm	Manly	10.0
4. C. Stephenson	Macquarie S.	9.9.	4. S. Ferguson	Girraween	10.2
5. S. Clarke	Western Ck.	9.9	5. T. Britton	Hornsby	10.3
6. G. Main	Port Hacking	10.0	6. S. Martin	St. George	10.3
7. W. Bremner	Randwick/Bot	10.1	7. N. Johnson	Dapto	10.5
8. B. Manion	Manly	10.4	8. L. Watchorn	St. George	10.7

800m. WALK

1. K. Clifford	Nepean	3.29.9	1. S. Pearce	Hills Dist	4.04.1
2. C. Webb	Nepean	3.42.9	2. T. Bartlett	Fairfield	4.06.7
3. B. Carkeet	Hornsby	3.47.9	3. S. Crombie	Ku-ring-gai	4.09.3
4. J. Radicia	Fairfield	3.54.0	4. D. Gayford	Nepean	4.10.0
5. S. Campbell	Randwick	3.54.2	5. L. Thornton	Randwick Bot	4.11.0
6. A. Simmons	Port Hacking	3.58.0	6. K. Brown	Belconnen	4.15.0
7. S. Wales	Banana C.	3.59.0	7. R. Chapman	Springwood	4.17.0
8. C. Ahearn	Ginnin'ra	4.01.0	8. T. Zaska	Morisset	4.17.0

BOYS

GIRLS

6.

UNDER 10

LONG JUMP

1. P. Evans	Sutherland	4.59	1. T. Britton	Hornsby	4.46
2. N. Scott-Rodgers	Hills	4.57	2. K. Charlton	Nepean	4.25
3. S. Jamieson	Ku-ring-gai	4.52	3. D. Venslauskas	Nepean	4.24
4. J. Sienkiewics	Campbell'T	4.52	4. K. Watchorn	Koorringal	4.23
5. D. Chard	Dapto	4.47	5. K. Fitzpatrick	Bankstown	4.14
6. L. McGarry	Campbell'T	4.38	6. V. Hagens	Hornsby	4.13
7. S. Dale	Nepean	4.30	7. V. Nolan	Canterbury	4.05
8. B. Bolger	Wyong	4.25	8. M. Gainsford	Trangie	3.94

HIGH JUMP

1. G. Morante	Lake Illawarra	1.41	1. T. Britton	Hornsby	1.33
2. P. Evans	Sutherland	1.36	2. M. Page	Hills Dist	1.31
3. M. Leary	Emu Plains	1.32	3. N. Dean	Waratah/May	1.27
4. C. Ngo	Western Subs.	1.32	4. H. Williams	Randwick Bot	1.27
5. S. Harrison	Manly	1.25	5. N. Phillips	Girraween	1.20
6. A. Hinchcliffe	Hills Dist	1.25	6. H. Turner	Manly	1.20
7. N. Klimenko	Randwick Bot.	1.25	7. M. Hollier	Emu Plains	1.15
8. T. Millard	Campbelltown	1.25	8. R. Gates	Nepean	1.15

SHOT PUT

1. S. Jamison	Ku-ring-gai	10.71	1. D. Bremmer	Clarence V.	9.86
2. C. Stephenson	Macquarie S.	10.29	2. C. Chapman	Randwick Bot	9.22
3. A. James	Hornsby	10.01	3. S. Dennis	Randwick Bot	8.88
4. P. Thompson	Morisset	9.64	4. V. Powell	Winston H.	8.75
5. J. Pilon	Murrumbidgee	9.47	5. F. Johnston	Hornsby	8.72
6. N. Scott-Rodgers	Hills	9.42	6. T. Gilchrist	Bankstown	8.01
7. M. Mazzitelli	Hills Dist	9.36	7. K. Hall	Wyong	8.00
8. B. Hunter	Sutherland	9.15	8. S. Hart	Blayney	7.94

DISCUS

1. D. Kelly	Bankstown	32.96	1. D. Bremmer	Clarence V.	34.04
2. P. Fairbrother	Ku-ring-gai	32.40	2. C. Gardiner	Pitt Town	33.24
3. S. Jamison	Ku-ring-gai	31.60	3. F. Johnston	Hornsby	30.72
4. P. Thompson	Morisset	31.48	4. K. Gill	Manly	27.96
5. G. Foley	Blacktown	31.36	5. N. Phillips	Girraween	27.74
6. S. Dwight	Hornsby	31.28	6. V. Powell	Winston H.	26.84
7. Mark Plen+V	Port Hacking	31.22	7. C. Chapman	Randwick B.	25.96
8. D. Chard	Dapto	30.34	8. V. Hagens	Hornsby	25.94

UNDER 11

100 METRES

1. J. Kougellis	Ku-ring-gai	13.5	1. C. Dollmeyer	Bankstown	13.5
2. M. Carroll	Port Hacking	14.0	2. H. Clarke	Orange	14.1
3. P. Henderson	Macquarie S	14.0	3. C. Jordan	Tuggeranong	14.1
4. G. Woodward	Nepean	14.1	4. V. Hawkins	Quirindi	14.3
5. R. Kenworthy	Queanbeyan	14.1	5. J. Hensby	Camden	14.3
6. A. Vincent	Sutherland	14.1	6. S. Day	Parramatta	14.4
7. P. Meridith	Macquarie F	14.1	7. M. Newburn	Randwick B.	14.5
8. J. Fay	Hills	14.2	8. M. Braund	Manly	14.8

200 METRES

1. J. Kougellis	Ku-ring-gai	26.9	1. V. Hawkins	Quirindi	28.2
2. T. Hulme	Ryde	27.5	2. C. Dollmeyer	Bankstown	28.3
3. R. Kenworthy	Queanbeyan	27.5	3. S. Boore	Manly	29.1
4. P. Henderson	Macquarie S	27.8	4. S. Day	Parramatta	29.1
5. G. Woodward	Nepean	28.0	5. D. Robinson	Randwick B.	29.5
6. M. Carroll	Port Hacking	28.0	6. M. Newburn	Randwick B.	29.8
7. S. Madill	Nepean	28.4	7. V. Fielding	Corroboree	29.8
8. P. Hamilton	Balconmen	28.4			

BOYS

GIRLS

7.

UNDER 11
400 METRES

1. J.Fay	Hills	1.01.8	1. N.Stenberg	Hills	1.02.2
2. R.Barrett	Hills	1.02.0	2. S.Scamps	Ku-ring	1.03.7
3. B.Hill	Port Hack.	1.02.4	3. B.Webb	Clarence	1.04.3
4. M.Deighton	Quirindi	1.02.9	4. L.Adams	Dubbo	1.04.4
5. M.Harden	Hornsby	1.04.5	5. V.Hawkins	Quirindi	1.04.7
6. D.Allie	Bankstown	1.04.7	6. F.Buckingham	Tamworth	1.05.1
7. J.Jeffrey	Balmain	1.05.4	7. K.Sheridan	Winston H	1.05.7
8. D.Forster	Ryde	1.11.2	8. K.Fraser	Sutherland	1.09.0

800 METRES

1. M.Deighton	Quirindi	2.19.4	1. E.Hutchinson	Belconn	2.30.5
2. G.Dubble	Bankstown	2.20.4	2. S.Scamps	Kur-ring-	2.30.5
3. C.Barter	Sutherland	2.22.7	3. K.Tieck	Kiama	2.33.1
4. P.Huddle	Manly	2.26.2	4. V.Cufre	Randwick	2.33.9
5. D.Forster	Ryde	2.27.9	5. L.Standing	Bankstown	2.35.5
6. R.Barrett	Hills	2.30.8	6. M.Clarke	Ginnind	2.36.5
7. M.Haw	Liverpool	2.31.3	7. G.Ignacz	Hills	2.36.7
8. B.Hill	Port Hack	2.32.0	8. N.Stenberg	Hills	2.37.0

1500 METRES

1. P.Stellino	Hills	4.42.2	1. J.Cufre	Randwick	5.00.6
2. B.Thorne	Randwick	4.43.7	2. K.Tiek	Kiama	5.02.8
3. J.Heiniger	Manly	4.49.8	3. N.Tilley	Campbelltn	5.04.2
4. G.Duddle	Bankstown	4.54.9	4. E.Hutchinson	Belconnen	5.04.5
5. O.Geddes	Billabong	4.57.3	5. G.Ignacz	Hills	5.11.7
6. M.Deighton	Quirindi	4.57.4	6. M.Bourke	Gosford	5.14.2
7. M.Butler	Parkes	5.01.8	7. H.Webb	Doonside	5.15.2
8. A.Hick	Sutherland	5.02.0	8. M.Chisholm	Koorringal	5.15.5

60m HURDLES

1. G.Willison	Manly	9.4	1. I.Rogers	Armidale	9.8
2. J.Muldoon	Tamworth	9.5	2. C.Dollmeyer	Bankstown	10.0
3. P.Meridith	Macquarie F	9.5	3. H.Clarke	Orange	10.0
4. T.Hulme	Ryde	9.7	4. T.Pauli	Manly	10.1
5. K.Williams	Lake Illaw	10.0	5. G.James	Hornsby	10.3
6. B.Smith	Tallowong P	10.0	6. J.Yabsley	Hornsby	10.3
7. I.Herron	St.George	10.2	7. T.Evans	Scully P	10.8
8. D.Lane	Sutherland	10.4	8. A.Wallace	Wyong	10.8

1500m. WALK

1. G.Ward	Randwick	7.02.9	1. V.Cufre	Randwick	7.36.2
2. C.Arkins	Hills	7.03.6	2. M.French	Manly	8.01.8
3. S.Carter	Ginninderra	7.11.4	3. K.McAlpine	Blacktown	8.13.3
4. M.O'Neill	Hornsby	7.13.8	4. L.Pryor	Scully P	8.18.3
5. B.Hallworth	Port Hack	7.20.0	5. C.Kropman	Girraween	8.22.0
6. C.Mahoney	Nepean	7.31.0	6. L.Smith	Girraween	8.34.0
7. K.Hemmerling	Girraween	7.44.0	7. G.Ferris	Ku-ring	8.40.0
8. D.Cockle	Manly	7.55.0	8. E.Marchment	Nth Subs	8.47.0

LONG JUMP

1. J.Kougellis	Ku-ring-gai	5.04	1. C.Dollmeyer	Bankstown	4.86
2. M.Scarth	Morisset	4.89	2. H.Clarke	Orange	4.70
3. J.Kennedy	Liverpool	4.86	3. B.Webb	Clarence V	4.57
4. P.Meredith	Macquarie F	4.84	4. K.Wilkinson	Bankstown	4.45
5. T.Hulme	Ryde	4.66	5. C.Watson-Brown	Hornsby	4.39
6. B.Smith	Tallowong P	4.62	6. I.Laing	Randwick	4.27
7. J.Jones	Woden	4.60	7. M.Duigan	Ryde	4.25
8. B.Tattram	Westa	4.52	8. R.Adamson	Hills	4.15

BOYS

UNDER 11

GIRLS

8.

HIGH JUMP

1. A.Read	Corroboree	1.43	1. D.Wilson	Illawong	1.42
2. A.Fagan	Gosford	1.41	2. D.Robinson	Randwick	1.36
3. K.Maxwell	Cambridge P	1.41	3. J.Norquay	Girraween	1.34
4. S.Harris	Charlestown	1.35	4. K.Mullaney	Lake Illaw	1.30
4. I.Herron	St.George	1.35	5. K.Ashton	Port Hack	1.25
6. T.Gilbert	Sutherland	1.35	6. T.Pauli	Manly	1.25
7. A.Pitt	Manly	1.30	7. T.Grannis	Orange	1.25
8. J.Impey	Liverpool	1.25	8. J.Morrison	Winston H	1.20

SHOT PUT

1. R.Jenkins	Hornsby	10.03	1. T.Evans	Scully P	10.92
2. D.Stevens	Blacktown	9.99	2. N.Avellino	Girraween	10.43
3. D.Khan	Canterbury	9.97	3. L.Buchanan	Morisset	10.16
4. J.Taylor	Bankstown	9.90	4. S.Fuller	Greystanes	10.04
5. A.Byrne	Bankstown	9.63	5. L.Bylsma	Winston H	10.00
6. J.Impey	Liverpool	9.52	6. J.Morrison	Winston H	9.74
7. F.Hoffman	Hornsby	9.52	7. C.James	Hornsby	9.38
8. B.Mattison	Manly	9.43	8. K.Ashton	Port Hack	9.19

DISCUS

Rec.

1. J.Impey	Liverpool	38.74	1. N.Avellino	Girraween	29.00
2. D.Pitchfork	Ryde	35.28	2. C.Taylor	Manly	27.96
3. D.Stevens	Blacktown	33.58	3. T.Evans	Scully Pk	25.00
4. B.Mattison	Manly	33.56	4. B.Lobley	Blacktown	24.56
5. M.Gessey	Parramatta	32.70	5. R.Schofield	Young	24.14
6. G.Stavrinakas	Camb. Pk	30.86	6. T.Pauli	Manly	24.02
7. J.Mewis	Camb. Pk.	29.28	7. N.Degiorgio	Seven Hills	23.08
8. D.Fong	St.George	28.63	8. J.Weiland	Winston H	22.58

TRIPLE JUMP

1. S.Kennedy	Liverpool	9.96
2. M.Scarth	Morisset	9.30
3. M.Anderson	Corroboree	9.28
4. J.Williams	Ginninderra	9.22
5. C.Gosling	Winston Hills	9.21
6. J.Sbisa	Port Hacking	9.19
7. C.Hudy	Hills	9.13
8. J.Taylor	Bankstown	8.92

UNDER 12

100 METRES

1. R.Short	Easts	13.1	11. D.Stevanovic	Wests	13.2	13.3.
2. T.Buften	Campbelltown	13.3	2. R.West	Greystanes	13.5	
3. J.Bennett	Raymond Terr	13.4	3. K.Allitt	Billabong	13.5	
4. A.McLeish	Cardiff	13.6	4. K.Smith	Port Hack	13.6	
5. T.Harper	Weston Ck	13.6	5. K.Farrell	Holroyd	13.6	
6. A.Noisier	St.George	13.6	6. L.Lord	Cootamundra	13.6	
7. M.Stovold	Ku-ring-gai	13.6	7. A.Connolly	Manly	13.8	
8. H.Chuong	Fairfield	13.7	8. S.Warneken	Sutherland	13.9	

200 METRES

1. R.Short	Easts	26.6	11. R.West	Greystanes	26.7	27.6.
2. T.Harper	Weston Ck	26.9	2. D.Stevanovic	Wests	26.8	
3. D.Grimmond	Woden	27.1	3. K.Farrell	Holroyd	27.2	
4. S.Whereat	Bankstown	27.5	4. K.Allitt	Billabong	27.3	
5. S.Perry	Nepean	27.6	5. L.Lord	Cootamundra	27.3	
6. A.Noisier	St.George	27.6	6. F.Prest	Griffith	27.3	
7. D.Harris	Hills	28.1	7. L.Fulton	Bathurst	27.7	
8. J.Bennett	Raymond Terr	28.1	8. H.Gray	Bankstown	27.9	

UNDER 12

400 METRES

1. D. Grimmond	Woden	58.5	60.2	1. D. Jaggars	Weston Ck	1.00.4	61.3
2. D. Morris	Hills	59.0		2. J. Mottram	Ku-ring-gai	1.01.9	
3. S. Wherrett	Bankstown	59.3		3. V. Hayes	Winston H	1.01.9	
4. S. Perry	Nepean	59.5		4. K. Staub	Nepean	1.02.1	
5. M. Davis	Port Hacking	1.00.0		5. K. Farrell	Holroyd	1.03.3	
6. R. Chapman	Sutherland	1.00.7		6. A. Franich	Nepean	1.04.5	
7. J. Dalton	Hornsby	1.01.2		7. A. Prest	Griffith	1.05.0	
8. S. Legge	Bankstown	1.01.4		8. K. Flay	Greystanes	1.05.7	

500 METRES

1. S. Hill	Lake Illawarra	2.15.7	2.9.8	1. E. Baxter	Hornsby	2.27.5	
2. M. Davis	Port Hacking	2.16.6		2. D. Annis-Brown	Bankstown	2.28.2	
3. S. Refenes	Ryde	2.17.3		3. L. Hardman	Bathurst	2.30.2	
4. D. Palmer	Sutherland	2.18.7		4. C. Gorman	Sutherland	2.30.9	
5. M. Bennett	Lake Illawarra	2.22.0		5. K. Flay	Greystanes	2.31.2	
6. B. Pettinson	Ku-ring-gai	2.22.2		6. S. Walker	Canterbury	2.32.0	
7. S. Attenborough	Hills	2.22.6		7. C. McCabe	Port Hack	2.32.3	
8. F. Chapman	Sutherland	2.23.0		8. F. Hill	Greystanes	2.33.0	

1500 METRES

1. S. Hill	Lake Illawarra	4.22.0	4.44.6	1. C. Clifford	Nepean	4.59.5	5.02.2
2. D. Malzer	Sutherland	4.34.2		2. K. Baxter	Hornsby	5.03.3	
3. S. Refenes	Ryde	4.37.4		3. D. Fearnley	Blayney	5.03.4	
4. J. Dalton	Hornsby	4.51.0		4. D. Armstrong	Kiama	5.03.9	
5. S. Sutherland	Illawong	4.51.2		5. S. Walker	Canterbury	5.06.9	
6. R. Dietz	Port Hacking	4.51.3		6. R. Butcher	Nepean	5.07.9	
7. A. Irwin	Bankstown	4.51.5		7. C. Gorman	Sutherland	5.09.5	
8. A. Bond	Morisset	4.52.0		8. K. Levy	Ku-ring-gai	5.17.0	

500m. RUNNER

1. J. Sennott	Ingmond Dam	9.9	9.6	1. S. Lewis	Bankstown	9.4	9.6
2. G. Boyd	Lake Illawarra	8.9		2. L. Zizek	Bankstown	9.5	
3. B. Jackson	Ku-ring-gai	9.3		3. K. Sirotic	Manly	9.7	
4. J. J. Janock	Camden	9.4		4. B. Pauli	Manly	9.7	
5. E. Coomb	Manly	9.6		5. J. Bond	Weston Ck.	9.9	
6. G. Bridges	Frankston	9.6		6. M. Bruce-Dell	Emu Plains	9.9	
7. P. Dalton	Campanella	9.6		7. S. Trevenar	Sth Sydney	10.2	
8. G. Dawson	St. George	9.6		8. G. Lees	Armidale	10.2	

1500m. WALK

1. M. Lurcott	Nepean	7.51.1	1.03.4	1. K. Staub	Nepean	7.15.9	7.45.0
2. M. Mettner	Hills Dist.	7.06.6		2. R. Butcher	Nepean	7.34.7	
3. J. Myers	Tailling Pt.	7.30.9		3. K. Johnson	Ginninderra	7.40.0	
4. M. Thompson	Belconnen	7.40.3		4. J. Davis	Girraween	7.53.5	
5. A. Gagne	Bankwick/Tot	7.45.3		5. B. Hogg	Hornsby	7.53.7	
6. S. Richardson	Hornsby	7.46.0		6. A. Culyer	Corroboree	7.59.0	
7. D. Bergomas	Canterbury	7.55.0		7. L. Hagen	Hornsby	8.01.0	
8. M. Mattle	Hornsby	8.11.0		8. C. O'Hall	Hornsby	8.08.0	

500 LONG JUMP

1. M. Moore	Bathurst	5.25	5.05	1. A. Connolly	Manly	4.95	4.94
2. D. Carter	Lake Illawarra	5.22		2. R. West	Greystanes	4.94	
3. G. Harper	Weston Creek	5.22		3. K. Sirotic	Manly	4.91	
4. D. Grimmond	Woden	5.15		4. K. Barrett	Hills Dist.	4.86	
5. S. Wherrett	Bankstown	5.04		5. J. Wanncken	Sutherland	4.81	
6. P. Zanotte	Parramatta	4.97		6. M. Brasel		4.78	
7. B. Jackson	Ku-ring-gai	4.76		7. B. Stevanovic	Western Sub	4.78	
8. P. Collins	Bankstown	4.63					

GIRLS

UNDER 12

HIGH JUMP

		Rec. 1955			1956
1.	M. Bonetig Lake Illawa.	1.71	1.	R. Whittaker	Campbelltown 1.59
2.	J. Delamare Camden	1.69	2.	A. Connolly	Manly 1.55
3.	S. Legge Bankstown	1.57	3.	C. Dalwood	Manly 1.51
4.	M. Davis Port Hacking	1.57	4.	J. Humphreys	Camden 1.49
5.	D. Russell Weston Creek	1.55	5.	R. Jones	Lake Illawa 1.47
6.	D. Magee Blacktown	1.55	6.	K. Lindop	Port Hack 1.45
7.	S. Davis Sutherland	1.50	7.	M. Bruce-Bell	Emu Plains 1.40
8.	H. Brown Glenbrook	1.45	8.	J. Pearlman	Belconnen 1.40
8.	I. Garnett Nepean	1.45			

SHOT PUT

		1955			1956
1.	P. Kaiserfeld Lake Illawa	12.01	1.	D. Stewart	Bankstown 12.82
2.	B. Webeck Sutherland	11.13	2.	J. Freedy	Winston H 12.55
3.	J. Bennett Raymond Terr	10.82	3.	K. Allen	Port Hack 11.47
4.	D. Alimenko Randwick	10.54	4.	C. Dalwood	Manly 11.18
5.	S. Eudden Woratah	10.45	5.	A. McEwen	Girraween 11.13
6.	B. Williams Hills	10.32	6.	K. Isaacs	Bankstown 10.99
7.	A. Cameron Tumut	10.16	7.	J. Munn	Hornsby 10.78
8.	C. Wosczański Campbelltown	10.16	8.	J. Koch	Barooga 10.44

DISCUS

		1955			1956
1.	P. Kaiserfeld Lake Illawa	41.36	1.	P. Watson	Hornsby 35.04
2.	L. Dusan Ku-ring-gai	41.26	2.	D. Stewart	Bankstown 33.94
3.	B. Webeck Sutherland	38.22	3.	C. Pauli	Manly 32.30
4.	B. Williams Hills	34.20	4.	J. Freedy	Winston H 32.26
5.	G. Chard Dapto	33.04	5.	J. Mottram	Ku-ring-gai 31.24
6.	D. Conibeer Greystanes	32.14	6.	L. Savage	Finley 28.78
7.	R. Foyd Glenbrook	31.50	7.	A. Fisher	Cambridge P 28.60
8.	S. Davis Sutherland	31.46	8.	J. Koch	Barooga 27.24

TRIPLE JUMP

		1956
1.	T. Harper Weston Ck	10.51
2.	M. Moore Bathurst	10.47
3.	A. Sharp Sutherland	9.76
4.	S. Rudi Norths	9.70
5.	A. Byrnes Cambridge Pk	9.62
6.	T. Wrightson Sutherland	9.61
7.	P. Hoare Hills	9.58
8.	S. Dalton Hornsby	9.55

MARCH PAST WINNERS ARMIDALE.

COMMONWEALTH BANK SHIELD POINT SCORE

1.	Hornsby	187	9.	Sutherland	84
2.	Bankstown	181	10.	Campbelltown	83
3.	Ku-ring-gai	173	11.	Port Hacking	68
4.	Nepean	130	12.	Blacktown	63
5.	Manly	117			
6.	Lake Illawarra	100			
7.	Randwick Botany	96			
8.	Hills District	91			

REGIONAL POINTS

1.	Country	695
2.	Northern	553
3.	South West	469
4.	Western	415
5.	South East	335