

LITTLE ATHLETICS ASSOCIATION OF NEW SOUTH WALES

RESULTS - MILO COUNTRY CHAMPIONSHIPS - NARRABEEN

MARCH 3-4, 1984

BOYS

UNDER 8 - 70 METRES

GIRLS

1. D. Kite	Queanbeyan	10.6	1. S. Dundas	Armidale	10.6
2. B. Strandlund	Nambucca	10.6	2. T. Craw	Orange	11.1
3. B. Harman	Orange	10.7	3. K. Mitsch	Jindera	11.2
4. M. Beckenham	Queanbeyan	10.7	4. M. Fahey	Forster-Tuncurry	11.2
5. R. Vost	Banana Coast	10.8	5. S. Taylor	Wollongong	11.3
6. J. Gosselin	Wyong	11.0	6. B. White	Belconnen Wests	11.4
7. J. Stratton	Dubbo	11.1	7. K. Swetland	Parkes	11.5
8. G. Mansfield	Woden	11.1	8. K. Mitchell	Weston Creek	11.6

100 METRES

1. R. Vost	Banana Coast	15.4	1. S. Dundas	Armidale	15.0
2. B. Strandlund	Nambucca	15.5	2. T. Craw	Orange	15.7
3. D. Kite	Queanbeyan	15.5	3. K. Mitsch	Jindera	15.7
4. M. Beckenham	Queanbeyan	15.5	4. M. Fahey	Forster-Tuncurry	15.7
5. B. Harman	Orange	15.6	5. L. Landers	Coonamble	15.9
6. J. Stratton	Dubbo	16.2	6. C. Weston	Armidale	16.1
7. M. Pardoe	Kiama	16.3	7. B. White	Belconnen Wests	16.2
8. D. Ross	Macquarie Shores	16.4	8. P. Shaw	Wyong	16.3

200 METRES

1. M. Beckenham	Queanbeyan	31.3	1. S. Gown	Kiama	31.6 Rec.
2. J. Stratton	Dubbo	32.2	2. S. Dundas	Armidale	32.8
3. D. Binskin	Gosford	32.6	3. M. Fahey	Forster-Tuncurry	33.2
4. B. Ellwood	Weston Creek	33.1	4. R. Ferguson	Wyong	33.2
5. D. Rees	Macquarie Shores	33.9	5. C. Western	Armidale	33.7
6. T. Miller	Jindera	33.9	6. K. Swetland	Parkes	33.8
7. B. Pearson	Orange	34.1	7. B. White	Belconnen Wests	34.8
8. S. Holdsworth	Junee	34.4	8. K. Mitsch	Junee	35.8

400 METRES

1. J. Stratton	Dubbo	1.10.4	1. M. Riley	Lake Illawarra	1.15.0
2. B. Elwood	Weston Creek	1.11.2	2. C. Weston	Armidale	1.16.3
3. R. Livermore	Belconnen Wests	1.14.0	3. K. Swetland	Parkes	1.17.2
4. D. Errington	Tamworth	1.15.8	4. C. Stephen	Katoomba	1.17.9
5. P. Baggs	Forster-Tuncurry	1.16.8	5. K. Watkins	Lake Illawarra	1.20.0
6. P. McDonald	Lake Illawarra	1.16.8	6. L. Gray	East Lakes	1.20.5
7. C. Boundy	Koorinal	1.17.6	7. V. Locke	Bellinger Valley	1.20.5
8. D. Fleming	Wyong	1.22.0	8. L. Carter	Cessnock	1.20.6

LONG JUMP

1. B. Harman	Orange	3.75m.	1. S. Dundas	Armidale	3.89m. Rec.
2. B. Strandlund	Nambucca	3.75m.	2. C. Fruean	Albury	3.78m.
3. M. Beckenham	Queanbeyan	3.73m.	3. S. Gown	Kiama	3.71m.
4. T. Williams	East Lakes	3.67m.	4. T. Craw	Orange	3.57m.
5. A. Constable	Hilltop	3.59m.	5. R. Ferguson	Wyong	3.51m.
6. R. Vost	Banana Coast	3.58m.	6. S. Burke	Walgett	3.41m.
7. T. Miller	Jindera	3.57m.	7. M. Riley	Lake Illawarra	3.39m.
8. S. Holdsworth	Junee	3.50m.	8. L. Gray	East Lakes	3.26m.

SHOT PUT

1. B. Keegan	Orange (Rec)	11.06m.	1. R. Ferguson	Wyong	9.23m. Rec.
2. M. Adams	Belconnen Wests	9.79m.	2. J. Sontor	Bellinger Valley	6.76m.
3. A. Constable	Hilltop	9.36m.	3. F. Orr	Young	6.66m.
4. D. Richardson	Belconnen Wests	8.91m.	4. A. Sanders	Lake Illawarra	6.62m.
5. D. Roberts	Katoomba	8.50m.	5. N. Whitbourne	Morisset	6.57m.
6. A. Black	Waratah-Mayfield	8.11m.	6. C. Stephen	Katoomba	6.38m.
7. B. Harman	Orange	8.09m.	7. F. Gerits	Gunnedah	6.21m.
8. S. Gardiner	Tamworth	7.36m.	8. L. Wood	Glenbrook	5.97m.

BOYS		UNDER 8 - DISCUS	GIRLS	
1. B. Keegan	Orange	22.04m.	1. C. Stephen	Katoomba 14.16m.
2. A. Constable	Hilltop	21.30m.	2. M. James	Mac. Shores 14.00m.
3. B. Strandlund	Nambucca	20.98m.	3. M. Langley	Cobar 13.94m.
4. A. Lane	Mac. Shores	19.64m.	4. A. Sanders	Lake Illawarra 13.78m.
5. C. Wilson	Dapto	18.96m.	5. C. Blyton	Cooma 12.92m.
6. C. Anderson	Waratah-Mayfield	18.30m.	6. L. Wood	Glenbrook 11.74m.
7. J. Hall	Parkes	18.02m.	7. C. Colefax	Nambucca 11.52m.
8. S. Hawthorne	Banana Coast	17.96m.	8. F. Orr	Young 11.42m.

UNDER 9 - 100 METRES

1. G. Rogers	Armidale	15.0	1. C. Hoskin	Banana Coast	14.8
2. T. Brown	Wollongong	15.0	2. M. Binskin	Gosford	15.1
3. L. Carlon	Armidale	15.2	3. S. Doyle	Quirindi	15.1
4. A. Powderly	Bathurst	15.3	4. B. Ruiz	Lake Illawarra	15.2
5. D. Ferreti	Wyong	15.3	5. D. Wilson	Dungowan	15.5
6. P. Higginbotham	Koorngal	15.3	6. M. Day	Gosford	15.5
7. J. Tobin	Ginninderra	15.5	7. N. Ellis	Forbes	15.6
8. L. Crutcher	Woy Woy	15.6	8. J. Kenneth	Tuggeranong	15.7

200 METRES

1. J. Tobin	Ginninderra	30.7	1. C. Hoskins	Banana Coast	31.2
2. D. Ferreti	Wyong	31.0	2. K. Pellow	Bathurst	31.2
3. A. Ciavarella	Leeton	31.1	3. M. Binskin	Gosford	31.6
4. A. Whiteley	Belconnen Wests	31.2	4. L. Begonia	Bellinger Valley	32.0
5. D. Carlon	Armidale	32.1	5. N. Winter	Kempsey	32.3
6. B. McFinnan	Dubbo	32.1	6. C. Porter	Woden	32.3
7. P. Higginbotham	Koorngal	32.5	7. S. Mullaney	Lake Illawarra	32.3
8. L. McLeiland	Banana Coast	33.0	8. M. Day	Gosford	32.3

400 METRES

1. A. Whiteley	Belconnen Wests	1.08.2	1. R. Nelson	Nambucca	1.12.0
2. A. Ciavarella	Leeton	1.08.9	2. A. Cuming	Woden	1.12.4
3. G. Rogers	Armidale	1.09.1	3. S. Roberts	Guyra	1.12.4
4. D. Carlon	Armidale	1.09.7	4. L. Begonia	Bellinger Valley	1.12.9
5. P. Argerakis	Lake Illawarra	1.10.9	5. E. Perkin	Belconnen Wests	1.13.1
6. B. Hayes	Ginninderra	1.11.1	6. L. Bradley	East Lakes	1.14.7
7. I. Gordon	Springwood	1.11.8	7. M. Binskin	Gosford	1.15.2
8. K. McFarland	Cowra	1.12.0	8. F. Althofer	Wellington	1.15.5

800 METRES

1. P. Higginbotham	Koorngal	2.35.5	1. S. Roberts	Guyra	2.42.5
2. G. Rodgers	Armidale	2.34.1	2. R. Nelson	Nambucca	2.45.3
3. M. Bookallil	Armidale	2.35.4	3. S. Whybrow	Belconnen Wests	2.45.7
4. P. Argerakis	Lake Illawarra	2.40.4	4. S. Robertson	Armidale	2.46.5
5. L. Gordon	Springwood	2.40.6	5. A. Cuming	Woden	2.49.0
6. P. Winsor	Wagga P.B.C.	2.43.3	6. D. Deverell	Belconnen Wests	2.53.8
7. B. Burkinshaw	Lockhart	2.44.9	7. M. Ryan	Junee	2.56.8
8. R. Morris	Tuggeranong	2.45.0	8. K. Sherwin	Canowindra	2.57.0

60 M. HURDLES

1. C. Rogers	Armidale	(Rec) 9.9	1. S. Mullaney	Lake Illawarra	10.2
2. B. Coburn	Edgeworth	10.0	2. M. Prouten	Raymond Terrace	10.3
3. M. Simpson	Glenbrook	10.3	3. F. Silver	Moorland	10.6
4. B. Jackson	Belconnen Wests	10.3	4. M. Day	Gosford	10.8
5. G. Sillett	Albury	10.6	5. K. Hare	Tuggeranong	11.0
6. M. Voytas	Springwood	10.8	6. C. Hoskins	Banana Coast	11.6
7. M. Baldwin	Finley	10.8	7. S. Gunn	Lithgow	11.7
8. L. Smith	Parkes	11.1	8. S. Newman	Trangie	11.7

BOYS

UNDER 9 800M. WALK

1. M. Williams	Belconnen Wests	4.19.3	1. V. Bates
2. R. Pendlebury	Springwood	4.21.8	2. N. Gascoigne
3. S. Grealy	Cooma	4.39.9	3. R. Campbell
4. B. Agland	Waratah-Mayfield	4.40.3	4. K. Wallace
5. B. Muirfield	Armidale	4.49.0	5. B. Hindmarsh
6. S. Williams	Temora	5.12.5	6. R. Leslight
7. W. Shorthouse	Raymond Terrace	5.20.5	7. D. Davis
8. S. Howard	Charlestown	5.42.0	8. A. Tilbrook

GIRLS

Ginninderra	4.18.3
Kurrajong-Bilpin	4.27.0
Mac. Shores	4.30.4
Wyong	4.30.6
Wollondilly	4.34.6
Mac. Shores	4.34.8
Scully Park-Tam.	4.45.0
Springwood	4.48.0

LONG JUMP

1. B. Coburn	Edgeworth	4.16m.	1. J. Kennett	Tuggeranong	3.69m.
2. A. Whitely	Belconnen Wests	4.05m.	2. S. Mullaney	Lake Illawarra	3.66m.
3. C. Ewans	Orange	3.97m.	3. B. Ruiz	Lake Illawarra	3.66m.
4. D. Kerr	Dapto	3.94m.	4. S. Watson	Albury	3.65m.
5. D. Ferriti	Wyong	3.91m.	5. D. Wilson	Dungowan	3.55m.
6. T. Munro	Lake Illawarra	3.84m.	6. K. Ahern	Springwood	3.50m.
7. M. Bowditch	Waratah-Mayfield	3.83m.	7. M. Prouten	Raymond Terrace	3.49m.
8. M. Simpson	Glenbrook	3.78m.	8. D. Stuart	Narrandera	3.44m.

HIGH JUMP

1. G. Ward	Cobar	1.27m.	1. M. Starret	Mac. Shores	1.22m.
2. T. Brown	Wollongong	1.23m.	2. J. Rose	Belconnen Wests	1.14m.
3. L. Crutcher	Woy Woy	1.21m.	3. C. Morante	Lake Illawarra	1.12m.
4. M. Fish	Cooma	1.19m.	4. S. Watson	Albury	1.10m.
5. M. Moncreiff	East Maitland	1.19m.	5. K. Power	Charlestown	1.10m.
6. A. Leake	Scully Park-Tam.	1.10m.	6. K. Hare	Tuggeranong	1.05m.
7. D. Kerr	Dapto	1.10m.	Eq 6. D. Adamson	Springwood	1.05m.
8. M. Bowditch	Waratah-Mayfield	1.10m.	Eq 8. M. Binskin	Gosford	1.05m.
			Eq 8. P. Johnson	Nambucca	1.05m.

SHOT PUT

1. J. Flesch	Springwood	8.62m.	1. S. Read	Corroboree	7.62m.
2. M. Perrin	Young	8.29m.	2. F. Bassford	Waratah-Mayfield	6.75m.
3. G. Tuckerman	Weston Creek	8.02m.	3. N. Bottles	Tuggeranong	6.45m.
4. M. Fruean	Albury	7.97m.	4. T. Gronau	Lake Illawarra	6.27m.
5. S. Cooper	Tuggeranong	7.87m.	5. T. Jeffries	Tamworth	6.19m.
6. T. Morrissey	Gulgong	7.55m.	6. R. Berthold	Raymond Terrace	6.13m.
7. D. Evans	Mac. Shores	7.44m.	7. S. Robertson	Armidale	5.92m.
8. D. Watts	Orange	7.41m.	8. R. Campbell	Mac. Shores	5.58m.

DISCUS

1. M. Smith	Parkes	27.70m.	1. S. Read	Corroboree	26.00m.
2. T. Morrissey	Gulgong	27.08m.	2. T. Gronau	Lake Illawarra	21.32m.
3. M. Fordham	Tuggeranong	25.68m.	3. N. Winter	Kempsey	19.84m.
4. B. Hine	Armidale	25.02m.	4. R. Berthold	Raymond Terrace	18.54m.
5. C. Ewans	Orange	23.08m.	5. K. Fiatly	Orange	17.92m.
6. S. Amos	Clarence Valley	21.28m.	6. E. Maxwell	Kurrajong-Bilpin	17.40m.
7. G. Flack	Walcha	21.30m.	7. D. Johnston	Harrington	17.08
8. M. Perrin	Young	20.98m.	8. K. Moulds	Wyong	15.50m.

UNDER 10 - 100 METRES

1. G. Martin	Trangie	(Rec)13.8	1. T. Blackburn	Kurri Kurri	14.0
2. M. Rayment	Koorlingal	13.9	2. H. Devir	Waratah Mayfield	14.3
3. A. Hellyer	Mac. Shores	14.3	3. M. Pryor	Tamworth	14.5
4. A. Stephens	Cardiff	14.3	4. M. Wilmen	Raymond Terrace	14.7
5. T. Austin	Scully Park-Tam.	14.5	5. V. Wende	Gosford	14.8
6. P. Giobbi	Wollongong	14.7	6. M. Blissett	Albury	14.9
7. L. Freeman	Armidale	14.8	7. D. Meskell	Banana Coast	14.9
8. G. Livermore	Belconnen Wests	14.9	8. R. Dean	Lake Illawarra	15.0

UNDER 10. - 200 METRES

1. G. Martin	Trangie	28.9	1. T. Blackburn	Kurri Kurri	29.8
2. M. Rayment	Koorngal	28.9	2. H. Devir	Waratah Mayfield	30.1
3. A. Hellyer	Mac. Shores	29.0	3. M. Wilmen	Raymond Terrace	30.5
4. G. Livermore	Belconnen Wests	30.6	4. M. Blissett	Albury	30.9
5. T. Austin	Scully Park-Tam.	30.7	5. V. Wende	Gosford	31.5
6. J. Shorthouse	Raymond Terrace	30.9	6. N. Hayward	Belconnen Wests	31.5
7. P. Giobbi	Wollongong	30.9	7. D. Meskeil	Banana Coast	31.8
8. G. Cooper	Kempsey	31.0	8. S. Smith	Clarence Valley	32.1

400 METRES

1. A. Hellyer	Mac. Shores	1.04.8	1. K. West	Mullumbimby	1.08.2
2. G. Livermore	Belconnen Wests	1.05.9	2. L. Mackey	Cooma	1.08.3
3. A. Doyle	Armidale	1.06.5	3. M. Wilmen	Raymond Terrace	1.10.7
4. J. Shorthouse	Raymond Terrace	1.07.1	4. A. Ryan	Mac. Shores	1.12.6
5. D. Stuart	Narrandera	1.08.1	5. N. Lisle	Armidale	1.13.0
6. E. McClatchie	Wollongong	1.09.0	6. H. Chisholm	Koorngal	1.16.1
7. C. Whittaker	Woden	1.11.2	7. L. Jacobs	Wagga P.B.C.	1.18.0
8. T. McClintock	Canowindra	1.11.8	8. M. Pryor	Tamworth	1.20.5

800 METRES

1. H. Ellwood	Weston Creek	2.31.4	1. K. West	Mullumbimby	2.32.5
2. J. Birch	Wyong	2.31.8	2. M. Clough	Nambucca	2.34.4
3. M. Ward	Parkes	2.33.4	3. L. Baldwin	Lake Illawarra	2.37.3
4. B. Backhouse	Weston Creek	2.35.8	4. L. Mackay	Cooma	2.37.4
5. S. Abnett	Lake Illawarra	2.36.3	5. C. Mauer	East Maitland	2.43.2
6. I. Leslight	Mac. Shores	2.36.6	6. N. Lisle	Armidale	2.44.9
7. D. Wholohan	Port Macquarie	2.40.1	7. C. Harris	Springwood	2.44.9
8. J. Fell	Springwood	2.43.0	8. K. Watson	Tumut	2.45.0

1500 METRES

1. G. Beizlie	Woolgoolga	5.05.2	1. K. West	Mullumbimby	5.10.8 Rec.
2. J. Birch	Wyong	5.05.5	2. M. Clough	Nambucca	5.12.4
3. D. Wholohan	Port Macquarie	5.06.4	3. K. Robertson	Armidale	5.20.2
4. H. Ellwood	Weston Creek	5.08.0	4. C. Harris	Springwood	5.25.2
5. C. Cawthorne	Morisset	5.16.1	5. C. Clark	Glenbrook	5.31.8
6. E. Osmond	Belconnen Wests	5.17.3	6. S. Mulchay	Kurri Kurri	5.33.0
7. S. Abnett	Lake Illawarra	5.21.0	7. J. Cledhill	Corroboree	5.35.0
8. B. Kaestner	Cobar	5.22.0	8. T. Hore	Ginninderra	5.40.0

60M. HURDLES

1. G. Martin	Trangie	9.8	1. H. Devir	Waratah mayfield	9.7 Rec.
2. S. Wilson	Orange	10.1	2. T. Blackburn	Kurri Kurri	9.8
3. M. Hensleit	Tuggeranong	10.1	3. B. Meskeil	Banana Coast	10.1
4. M. Scott	Glenbrook	10.1	4. K. Schofield	Young	10.3
5. A. Vonark	Wagga PBC	10.3	5. V. Wende	Gosford	10.6
6. J. Northam	Scully Park-Tam.	10.4	6. M. Payne	Corroboree	10.6
7. P. Parkes	Morisset	10.5	7. L. Baldwin	Lake Illawarra	10.6
8. R. Searles	Woodberry	17.1	8. M. Hard	Orange	10.7

800M. WALK

1. B. Farley	Mac. Shores	4.02.2	1. N. Hayward	Belconnen Wests	4.09.3
2. D. Mulder	Edgeworth	4.10.1	2. N. Offley	Scully Park-Tam.	4.16.6
3. J. Richmond	Glenbrook	4.11.9	3. M. McCarthy	Scully Park-Tam.	4.16.7
4. S. Booth	Ginninderra	4.20.3	4. S. Mulchay	Kurri Kurri	4.18.0
5. A. Rushton	Glenbrook	4.28.0	5. S. Lee	Waratah Mayfield	4.18.7
6. J. Ferry	Finley	4.30.8	6. L. Wilford	Kiama	4.18.9
7. D. Dickie	Wollondilly	4.32.0	7. C. Clark	Glenbrook	4.28.3
8. A. Channels	Nambucca	4.33.0	8. V. Vaisutis	Belconnen Wests	4.28.5

BOYS

UNDER 10 - LONG JUMP

GIRLS

1. G. Martin	Trangie	4.43m.	1. T. Blackburn	Kurri Kurri	4.36m.
2. M. Rayment	Koorringal	4.37m.	2. M. Blissett	Albury	4.20m.
3. J. Donnelly	Wyong	4.29m.	3. V. Wende	Gosford	4.02m.
4. S. George	Trangie	4.16m.	4. S. Smith	Clarence Valley	4.01m.
5. A. Vomax	Wagga PBC	4.13m.	5. M. Pryor	Tamworth	3.98m.
6. J. Shorthouse	Raymond Terrace	4.04m.	6. M. Hart	Orange	3.84m.
7. J. Heffernan	Junee	4.03m.	7. M. Taylor	Gosford	3.76m.
8. P. Giobbi	Wollongong	4.01m.	8. N. Hayward	Belconnen Wests	3.73m.

HIGH JUMP

1. L. Wilkinson	Scully Park	1.30m.	1. H. Devir	Waratah Mayfield	1.33m.
2. J. Lovett	Koorringal	1.30m.	2. S. Lohs	Tumut	1.29m.
3. B. Dodson	Scully Park	1.25m.	3. K. Cranston	Glenbrook	1.29m.
4. W. Scurfield	Parkes	1.29m.	4. K. Schofield	Young	1.25m.
5. A. Hellyer	Mac. Shores	1.28m.	5. A. Ryan	Mac. Shores	1.25m.
6. S. Casey	Narrandera	1.25m.	6. A. Bickerstaff	Nambucca	1.20m.
7. M. Dalby	Lake Illawarra	1.25m.	7. E. O'Rourke	Belconnen Wests	1.20m.
8. B. Keastner	Cobar	1.20m.	8. J. McLeod	Trangie	1.15m.

SHOT PUT

1. S. Keegan	Orange	10.25m.	1. N. van der Kroft	Wyong	7.56m.
2. B. Howell	Springwood	9.87m.	2. J. Kane	Koorringal	7.54m.
3. J. Northam	Scully Park-Tam.	9.13m.	3. P. Foggo	Kiama	7.51m.
4. J. Orr	Gosford	9.06m.	4. K. Moyle	Raymond Terrace	7.05m.
5. S. Wilson	Narrandera	8.71m.	5. E. Griffin	Scully Park-Tam.	7.02m.
6. M. Ottwill	Belconnen Wests	8.24m.	6. D. Jones	Glen Innes	6.97m.
7. R. Searles	Woodberry	8.13m.	7. K. Manning	Orange	6.96m.
8. J. Noonan	Barooga	8.12m.	8. M. Lavis	Woolgoolga	6.67m.

DISCUS

1. S. Keegan	Orange	33.96m.	1. S. Jones	Barooga	24.10m.
2. L. Wilkinson	Scully Park-Tam.	33.24m.	2. P. Foggo	Kiama	22.84m.
3. J. Driver	Katoomba	30.74m.	3. M. Wright	Walgett	22.38m.
4. S. Wilson	Narrandera	30.48m.	4. K. Davis	Cessnock	21.24m.
5. J. Northam	Scully Park-Tam.	30.42m.	5. N. van der Kroft	Wyong	21.06m.
6. R. Huntley	Woden	27.94m.	6. M. Gill	Nambucca	20.04m.
7. C. Byfield	Raymond Terrace	24.94m.	7. J. Kane	Koorringal	19.96m.
8. R. Searles	Woodberry	24.60m.	8. K. Hayes	Dapto	19.64m.

UNDER 11 - .. 100 METRES

1. J. McKenzie	Scully Park-Tam.	13.5	1. R. Hayne	Clarence Valley	13.9
2. C. Makepeace	Gosford	13.5	2. L. Seng	Koorringal	14.0
3. J. Fillett	Tuggeranong	13.5	3. L. Pearson	Orange	14.1
4. D. Kellett	Bathurst	13.9	4. J. Harman	Orange	14.2
5. P. Butterworth	Macquarie Shores	13.9	5. M. Bradley	Deniliquin	14.2
6. A. Wilson	Inverell	13.9	6. K. Hassett	Waratah Mayfield	14.3
7. G. Crawford	Barooga	14.0	7. L. Carter	Queanbeyan	14.5
8. T. Crouch	Cessnock	14.1	8. H. Doyle	Quirindi	14.6

200 METRES

1. J. McKenzie	Scully Park-Tam.	27.9	1. K. Hassett	Waratah Mayfield	29.2
2. J. Fillett	Tuggeranong	28.3	2. L. Pearson	Orange	29.5
3. C. Makepeace	Gosford	28.4	3. R. Hayne	Clarence Valley	29.7
4. G. Crawford	Barooga	28.7	4. L. Seng	Koorringal	29.9
5. D. Kellett	Bathurst	29.1	5. M. Bradley	Deniliquin	30.0
6. A. Wilson	Inverell	29.2±	6. C. Davis	Woden	30.0
7. R. Mangulabnan	Ginninderra	29.6	7. D. Cuming	Woden	30.0
			8. R. Mullaney	Lake Illawarra	31.0

BOYS UNDER 11 - 400 METRES

1. P. Butterworth	Mac. Shores	1.02.5	1. S. Peterson
2. J. Follett	Tuggeranong	1.02.9	2. L. Pearson
3. N. Brown	Belconnen Wests	1.04.1	3. L. Barrett
4. W. Campbell	Springwood	1.05.0	4. M. Bradley
5. C. Frame	Katoomba	1.06.1	5. D. Cuming
6. T. Renshaw	Queanbeyan	1.08.7	6. T. Smith
7. J. White	Griffith	1.09.5	7. T. Imrie
8. T. Pullman	Tamworth	1.10.6	8. H. Doyle

GIRLS

Nambucca	1.05.4
Orange	1.05.4
Wyong	1.06.8
Deniliquin	1.09.2
Woden	1.11.1
Rutherford	1.11.6
Coonamble	1.12.6
Quirindi	1.13.3

300 METRES

1. N. Brown	Belconnen Wests	2.22.1	Rec. 1. S. Peterson	Nambucca	2.29.3
2. M. Whitton	Glenbrook	2.25.4	2. L. Barrett	Wyong	2.31.1
3. T. Renshaw	Queanbeyan	2.26.3	3. L. Pearson	Orange	2.33.7
4. C. Frame	Katoomba	2.26.8	4. D. Hayman	Weston Creek	2.34.4
5. A. Bible	Armidale	2.30.3	5. T. Crimmins	Griffith	2.38.4
6. T. Pullman	Bellinger Valley	2.32.8	6. K. Patterson	Armidale	2.41.5
7. N. Daley	Young	2.35.9	7. L. Ingram	Lake Illawarra	2.41.7
8. S. Jackson	Gosford	2.35.9	8. K. Bilton	Port Macquarie	2.44.0

1500 METRES

1. M. Whitton	Glenbrook	4.44.4	Rec. 1. S. Peterson	Nambucca	5.08.1
2. N. Brown	Belconnen Wests	4.51.1	2. L. Barrett	Wyong	5.08.8
3. T. Renshaw	Queanbeyan	4.59.5	3. K. Paterson	Armidale	5.16.7
4. S. Jackson	Gosford	5.00.3	4. L. Paynes	Springwood	5.18.2
5. C. Frame	Katoomba	5.03.1	5. D. Mayman	Weston Creek	5.24.5
6. M. Farley	Macquarie Shores	5.11.9	6. K. Meehan	East Maitland	5.25.7
7. A. Bible	Armidale	5.13.0	7. M. Stanger	Belconnen Wests	5.28.8
8. B. Robin	Ginninderra	5.14.0	8. M. Brown	Glenbrook	5.29.0

60M. HURDLES

1. C. Makepeace	Gosford	9.7	1. R. Higgins	Tuggeranong	10.1
2. J. McKenzie	Scully Park-Tam.	9.9	2. C. Grzesik	Glenbrook	10.4
3. T. Hartigan	Gunnedah	10.0	3. F. Zimmerli	Gosford	10.7
4. C. Perks	Corroboree	10.1	4. L. Chambers	Cardiff	10.8
5. J. Crogan	Tuggeranong	10.1	5. C. Davis	Woden	10.8
6. R. Mangulabnan	Ginninderra	10.4	6. L. Barney	Wyong	10.9
7. S. Yea	Katoomba	10.4	7. K. Hassett	Waratah Mayfield	11.1
8. J. Wilson	Orange	10.7	8. L. Pratten	Dungowan	11.1

1500M. WALK

1. S. Brown	Belconnen Wests	7.54.8	1. M. Johnson	Mac. Shores	8.29.3
2. M. Walton	Ginninderra	8.02.8	2. K. Nicholls	Finley	8.33.7
3. M. Beale	Woy Woy	8.13.3	3. K. Spinks	Kurri Kurri	8.40.2
4. J. Campbell	Deniliquin	8.32.5	4. L. McGowan	Springwood	9.00.3
5. C. Hassett	Waratah Mayfield	8.42.5	5. J. Fish	Clarence Valley	9.56.0
6. D. Smith	Waratah Mayfield	8.48.8	6. A. Haines	Morisset	9.58.0
7. C. English	Glenbrook	9.44.7	7. L. Carmichael	Barooga	10.27.5
8. D. Rothnie	Cassilis	9.49.7	8		

LONG JUMP

1. G. Lloyd	Wollongong	4.86m.	1. R. Higgins	Tuggeranong	4.58m.
2. T. Crouch	Cessnock	4.70m.	2. R. Mullaney	Lake Illawarra	4.50m.
3. R. Mangulabnan	Ginninderra	4.66m.	3. J. Harman	Orange	4.40m.
4. C. Walsh	Nyngan	4.63m.	4. S. Monahan	Gosford	4.30m.
5. P. Sheeley	Woodberry	4.62m.	5. S. Briesse	Jindera	4.28m.
6. M. Farley	Mac. Shores	4.61m.	6. K. Scully	Cardiff	4.19m.
7. D. Kellett	Bathurst	4.60m.	7. D. Cuming	Woden	4.14m.
8. M. Frankel	Scully Park	4.57m.	8. L. Barney	Wyong	4.13m.

BOYS

UNDER 11 - HIGH JUMP

GIRLS

1. M. Farley	Mac. Shores	1.48m.	1. D. Cuming	Woden	1.39m.
2. M. Dick	Katoomba	1.44	2. R. Mullaney	Lake Illawarra	1.39m.
3. E. Stevens	Banana Coast	1.40m.	3. A. Butler	Tuggeranong	1.37m.
4. D. Smith	Waratah Mayfield	1.35m.	4. J. Harman	Orange	1.35m.
5. R. Moncreiff	East Maitland	1.35m.	5. F. Zimmerli	Gosford	1.30m.
6. A. Allitte	Billabong	1.35m.	6. L. Seng	Koorlingal	1.30m.
7. C. Walsh	Nyngan	1.35m.	8. S. Givney	Coonamble	1.30m.
8. P. Butterworth	Mac. Shores	1.35m.		Clarence Valley	1.25m.

TRIPLE JUMP

1. R. Mangulabnan	Ginninderra	9.55m.	1. R. Mullaney	Lake Illawarra	9.01m.
2. G. Lloyd	Wollongong	9.47m.	2. A. Rothwell	Glenbrook	9.00m.
3. M. Frankel	Scully Park	9.38m.	3. N. Kaiserfeld	Lake Illawarra	8.98m.
4. D. Gills	Lake Illawarra	9.32m.	4. J. Harman	Orange	8.96m.
5. T. Hartigan	Gunnedah	9.16m.	5. C. Grzesik	Glenbrook	8.86m.
6. P. Butterworth	Mac. Shores	8.89m.	6. L. Barney	Wyong	8.60m.
7. L. Simpson	Wyong	8.88m.	7. J. Curtain	Mac. Shores	8.51m.
8. B. Murray	Kurri Kurri	8.81m.	8. L. Chambers	Cardiff	8.38m.

SHOT PUT

1. A. McIlwaine	Mullumbimby	9.54m.	1. K. Sapwell	Raymond Tce	10.56m.
2. C. Bell	Bargo	9.10m.	2. G. Beattie	Clarence Valley	10.29m.
3. R. Howe	East Lakes	9.00m.	3. V. Smith	Orange	9.63m.
4. G. Jackson	Weston Creek	8.49m.	4. A. Butler	Tuggeranong	9.17m.
5. J. Keegan	Orange	8.32m.	5. R. Greentree	Springwood	9.12m.
6. M. Kupa	Tuggerah Lakes	2.09m.	6. K. Scully	Cardiff	8.71m.
7. S. Kreymborg	Rutherford	7.99m.	7. N. Kaiserfeld	Lake Illawarra	8.51m.
8. B. Nicholls	Young	7.92m.	8. S. Vink	Belconnen Wests	8.49m.

DISCUS

1. A. McIlwaine	Mullumbimby	29.94m.	1. A. Butler	Tuggeranong	29.82m. Rec.
2. C. Bell	Bargo	25.12m.	2. G. Beattie	Clarence Valley	27.50m.
3. S. Huff	Edgeworth	29.06m.	3. L. Chard	Dapto	26.94m.
4. G. Jackson	Weston Creek	28.52m.	4. V. Smith	Orange	24.90m.
5. B. Nicholls	Young	27.82m.	5. V. Carr	Gosford	24.50m.
6. J. Keegan	Orange	27.08m.	6. R. Greentree	Springwood	23.18m.
7. N. Wilmott	Woy Woy	25.82m.	7. S. Vink	Belconnen Wests	22.18m.
8. S. Bunker	Gunnedah	23.74m.	8. T. Amos	Clarence Valley	19.20m.

UNDER 12 - 100 METRES

1. C. Stephenson	Mac. Shores	12.8.	1. M. Gainsford	Trangie	12.8
2. M. Whiteside	Billabong	13.1	2. A. Minns	Weston Creek	13.1
3. S. Clarke	Weston Creek	13.1	3. M. Mackie	Woden	13.1
4. J. Wright	Walgett	13.2	4. M. Clark	Wollongong	13.4
5. B. Stumbles	Dapto	13.5	5. K. Holmes	Gosford	13.8
6. S. Howles	Kiama	13.7	6. F. Bush	Nambucca	13.8
7. S. Orr	Gosford	13.8	7. J. Watson	Banana Coast	13.8
8. D. Walls	Guyra	13.9	8. S. Maxwell	Banana Coast	13.9

200 METRES

1. C. Stephenson	Mac. Shores	26.5	1. A. Minns	Weston Creek	26.8 Rec.
2. M. Whiteside	Billabong	27.2	2. M. Gainsford	Trangie	25.8
3. S. Clarke	Weston Creek	27.2	3. M. Mackie	Woden	27.3
4. B. Stumbles	Dapto	28.0	4. K. Holmes	Gosford	28.4
5. J. Wright	Walgett	28.7	5. F. Bush	Nambucca	28.6
6. D. Riolo	Wollongong	28.7	6. S. Manson	Woodberry	28.8
7. S. Orr	Gosford	28.8	7. M. Clark	Wollongong	28.9
8. S. Morrison	Wellington	29.3	8. K. Watchorn	Koorlingal	29.1

BOYSUNDER 12 - 400. METRESGIRLS

1. A. Setchell	Belconnen Wests	1.01.1	1. F. Bush	Nambucca	1.02.8
2. R. Bell	Wollondilly	1.01.8	2. F. Howe	Belconnen Wests	1.03.6
3. T. Rogers	Bathurst	1.01.8	3. E. Pellow	Bathurst	1.03.7
4. J. Robertson	Clarence Valley	1.01.9	4. K. Holmes	Gosford	1.04.4
5. D. Walls	Guyra	1.02.1	5. A. Brozic	Queanbeyan	1.05.3
6. B. Sou	Mac. Shores	1.02.3	6. M. Jacobs	Wagga PBC	1.06.4
			7. N. Johnson	Mac. Shores	1.06.8
			8. S. Ward	Parkes	1.08.0

300 METRES

1. J. Burnham	Guyra	2.21.7	1. L. Nelson	Nambucca	2.28.2
2. T. Rogers	Goulburn	2.22.0	2. A. Brozic	Queanbeyan	2.29.8
3. M. Latimore	Wingham	2.22.3	3. E. Bookallil	Armidale	2.29.8
4. T. Letcher	Bathurst	2.23.4	4. M. Taylor	Tamworth	2.32.1
5. R. Bell	Wollongong	2.26.4	5. M. Blakeney	Glenbrook	2.32.4
6. B. Jacobson	Wagga PBC	2.26.8	6. E. Pellow	Bathurst	2.35.0
7. P. Duignan	Armidale	2.27.6	7. M. Noonan	Barooga	2.37.4
8. J. Grimond	Woden	2.29.0	8. K. Jackson	Mac. Shores	2.37.6

1500 METRES

1. L. O'Neill	Wollondilly	4.39.1	Rec. 1. E. Bookallil	Armidale	5.00.9
2. B. Jacobson	Wagga PBC	4.40.3	2. L. Nelson	Nambucca	5.01.7
3. T. Letcher	Bathurst	4.45.6	3. K. Petch	Banana Coast	5.09.6
4. J. Burnham	Guyra	4.50.6	4. M. Blakeney	Glenbrook	5.11.4
5. P. Duignan	Armidale	4.53.4	5. M. Burrows	Koorlingal	5.19.7
6. T. Rogers	Bathurst	4.58.4	6. C. Felton	Wyong	5.20.8
7. J. Cox	Dubbo	4.58.6	7. A. Brozic	Queanbeyan	5.21.5
8. J. McDonald	Barooga	5.00.0	8. J. Tarrant	Weston Creek	5.26.0

60M. HURDLES

1. C. Stephenson	Mac. Shores	9.2	1. J. Burns	Moorland	9.9
2. D. Scott	Glen Innes	9.4	2. B. Bowman	Tuggeranong	9.9
3. M. Johnston	Katoomba	9.8	3. K. O'Connell	Scully Park-Tam.	10.0
4. P. Carter	Lake Illawarra	9.8	4. N. Johnson	Dapto	10.0
5. G. Foley	Morisset	9.8	5. A. Adamson	Mac. Shores	10.6
6. D. Chard	Dapto	9.8	6. Y. Tavener	Clarence Valley	10.6
7. P. Duignan	Armidale	9.8	7. K. Smith	Woden	10.7
8. S. Wilkinson	Gunnedah	9.9	8. K. Offley	Scully Park-Tam.	10.7

1500M. WALK

1. D. Mison	Kurrajong Bilpin	7.17.1	Rec. 1. T. Zaska	Morisset	7.55.4
2. G. Yeo	Ginninderra	7.25.6	2. R. Brown	Belconnen Wests	8.11.9
3. B. Mulder	Edgeworth	7.54.0	3. K. Brown	Belconnen Wests	8.19.2
4. D. Lang	Woodberry	8.07.3	4. K. Petch	Banana Coast	8.25.1
5. P. Thompson	Morisset	8.11.0	5. N. Johnson	Mac. Shores	8.48.1
6. P. Kildey	Morisset	8.19.8	6. T. Blackburn	Gunnedah	8.53.5
7. C. Blissett	Albury	8.40.0	7. L. Arkins	Morisset	9.06.4
8. G. Morante	Lake Illawarra	8.57.0	8. T. Brennan	Kiama	9.07.0

LONG JUMP

1. S. Clarke	Weston Creek	5.26m.	1. M. Gainsford	Trangie	5.03m.
2. S. Orr	Gosford	5.16m.	2. A. Minns	Weston Creek	4.98m.
3. C. Werner	Nambucca	5.11m.	3. M. Mackie	Woden	4.98m.
4. B. Sou	Mac. Shores	5.05m.	4. K. Watchorn	Koorlingal	4.69m.
5. D. Chard	Dapto	5.03m.	5. J. Letters	Glenbrook	4.58m.
6. J. Cox	Dubbo	4.95m.	6. Y. Tavener	Clarence Valley	4.49m.
7. J. Wright	Walgett	4.95m.	7. K. Jackson	Mac. Shores	4.39m.
8. P. Ammala	Nambucca	4.82m.	8. K. Holmes	Gosford	4.37m.

BOYS

UNDER 12 - TRIPLE JUMP

GIRLS

1. S. Clarke	Weston Creek (Rec)	11.15m.	1. A. Minns	Weston Creek	10.24m.Rec
2. D. Barnett	Scully Park	10.35m.	2. S. Maxwell	Banana Coast	9.85m.
3. D. Chard	Dapto	10.26m.	3. Y. Tavener	Clarence Valley	9.69m.
4. P. Bracegirdle	Armidale	9.99m.	4. N. Johnson	Dapto	9.39m.
5. B. Stumbles	Dapto	9.86m.	5. A. Wheeler	Morisset	8.86m.
6. J. Power	Glenbrook	9.85m.	6. I. Markussen	Dungowan	8.71m.
7. D. Scott	Glen Innes	9.81m.	7. T. Edwards	Gloucester	8.50m.
8. P. Bunney	Gosford	9.64m.	8. P. Sammons	Glenbrook	8.50m.

HIGH JUMP

1. G. Morante	Lake Illawarra (Rec)	1.66m.	1. A. James	Woden	1.49m.
2. J. Pitt	Mac. Shores	1.54m.	2. K. Thornhill	Orange	1.47m.
3. M. Jones	Tuggeranong	1.45m.	3. K. Farrell	Armidale	1.43m.
4. A. O'Flynn	Albury	1.41m.	4. C. Piggott	Blayney	1.41m.
5. J. McGrath	Waratah Mayfield	1.40m.	5. I. Markussen	Dungowan	1.30m.
6. K. Mooney	Orange	1.40m.	6. B. Locking	Cardiff	1.30m.
7. M. Warnock	Warragamba	1.40m.	7. J. Mark	Kiama	1.30m.
8. J. Rintoul	Mac. Shores	1.40m.			

SHOT PUT

1. C. Stephenson	Mac. Shores	13.44Rec.	1. D. Bremer	Clarence Valley	12.57m.
2. G. Nichols	Mullumbimby	13.31m.	2. S. Hart	Blayney	11.64m.
3. P. Thompson	Morisset	11.24m.	3. R. Clelland	Tuggeranong	10.72m.
4. A. Schuster	Weston Creek	10.97m.	4. L. Foggo	Kiama	9.71m.
5. G. Nettelbeck	Leeton	10.26m.	5. T. Blackburn	Gunnedah	9.55m.
6. W. Roach	Mac. Shores	9.93m.	6. K. Burke	Springwood	9.31m.
7. B. Hughes	Tumut	8.99m.	7. K. Brown	Belconnen Wests	9.30m.
8. M. Bartrim	Gosford	8.89m.	8. T. Hall	Young	9.22m.

DISCUS

1. C. Nettlebeck	Leeton	41.22Rec.	1. N. Campbell	Mac. Shores	30.34m.
2. G. Nichols	Mullumbimby	40.50m.	2. T. Zaska	Morisset	30.28m.
3. P. Thompson	Morisset	40.46m.	3. R. Clelland	Tuggeranong	24.74m.
4. A. Schuster	Weston Creek	34.56m.	4. T. Blackburn	Gunnedah	24.64m.
5. N. Bartrim	Gosford	29.94m.	5. S. Hart	Blayney	24.56m.
6. B. Watts	Orange	29.76m.	6. J. Crosby	Glen Innes	24.36m.
7. C. Cooper	Bega	28.76m.	7. T. Hall	Young	23.64m.
8. S. Peel	Cessnock	27.68m.	8. K. Smith	Woden	22.40m.

UNDER 13 - 100 METRES

1. R. Hidas	East Lakes	12.7Eq.	1. M. Eyles	Jindera	13.4
2. P. Henderson	Mac. Shores	12.7	Eq. 1. B. Martin	Glenbrook	13.4
3. J. Mertens	Bathurst	13.1	3. L. Hassett	Waratah Mayfield	13.5
4. S. Whitehorn	Weston Creek	13.2	4. I. Rogers	Armidale	13.5
5. B. Spinks	Wyong	13.2	5. H. Clarke	Orange	13.5
6. W. Pulley	Armidale	13.2	6. N. Sole	Guyra	13.9
7. D. Jones	Mac. Shores	13.3	7. S. Webb	Mac. Shores	13.9
8. S. Appel	Wollondilly	13.4	8. R. Markussan	Dungowan	13.9

200 METRES

1. P. Henderson	Mac. Shores	25.3Rec.	1. J. O'Brien	Quirindi	26.8
2. D. Dennis	Trangie	25.3	2. D. Sheather	Belconnen Wests	27.2
3. R. Hidas	East Lakes	25.9	3. L. Hassett	Waratah Mayfield	27.5
4. S. Whitehorn	Weston Creek	26.2	4. V. Fielding	Corrobooree	27.5
5. J. Mertens	Bathurst	26.5	5. M. Eyles	Jindera	27.7
6. B. Spinks	Wyong	26.5	6. N. Sole	Guyra	27.8
7. D. Jones	Mac. Shores	27.0	7. S. Webb	Mac. Shores	27.9
8. C. Thornton	Koorinal	27.6	8. J. Bonomini	Raymond Tce	29.0

BOYS

UNDER 13 - 400 METRES

GIRLS

1. D. Dennis	Trangie	54.8Rec.	1. J. O'Brien	Quirindi	1.00.1Rec.
2. R. Midas	East lakes	56.1	2. D. Sheather	Belconnen Wests	1.01.3
3. A. McKenzie	Woden	59.6	3. M. Chisholm	Kooringai	1.01.3
4. M. Coupland	Young	59.9	4. S. Gordon-Smith	Dapto	1.01.7
5. C. Jones	Mac. Shores	1.00.8	5. A. Treweek	Parkes	1.02.2
6. J. Allport	Katoomba	1.01.4	6. N. Sole	Guyra	1.03.4
7. T. Illidge	Mac. Shores	1.02.1	7. N. Ackerman	Rutherford	1.04.7
8. L. Thornton	Kooringai	1.02.1	8. B. Webb	Clarence Valley	1.04.9

800 METRES

1. D. Dennis	Trangie	2:10.2Rec.	1. E. Hutchison	Belconnen Wests	2.20.0Rec.
2. A. Collis	Lake Illawarra	2.16.5	2. M. Chisholm	Kooringai	2.21.3
3. A. McKenzie	Woden	2.16.9	3. K. Tieck	Kiama	2.23.2
4. N. Separovich	Wyong	2.18.0	4. B. Webb	Clarence Valley	2.27.6
5. A. Campbell	Armidale	2.21.1	5. A. Rouse	Inverell	2.28.2
6. T. Illidge	Mac. Shores	2.21.1	6. P. Jeffries	Gosford	2.30.6
7. O. Geddes	Wagga PBC	2.21.6	7. M. Latimore	Wingham	2.34.5
8. T. Hollis	Wagga PBC	2.21.8	8. F. Perrin	Bellinger Valley	2.34.6

1500 METRES

1. A. Collis	Lake Illawarra	4.33.2	1. K. Teick	Kiama	4.49.4Rec.
2. T. Hollis	Wagga PBC	4.33.3	2. M. Chisholm	Kooringai	4.56.9
3. O. Geddes	Wagga PBC	4.44.8	3. F. Pedrin	Bellinger Valley	5.01.4
4. A. McMillan	Woden	4.50.5	4. P. Jeffries	Gosford	5.06.0
5. S. Vanzetti	Ginninderra	4.52.1	5. A. Reuse	Inverell	5.08.0
6. A. Campbell	Armidale	4.52.1	6. E. Hutchison	Belconnen Wests	5.17.9
7. R. Sewell	Taree	4.52.6	7. E. Wood	Edgeworth	5.19.0
8. M. Butler	Parkes	4.55.0	8. K. Sewell	Bathurst	5.19.5

80M. HURDLES

1. D. Jones	Mac. Shores	12.9Rec.	1. H. Clarke	Orange	13.6Rec.
2. P. Henderson	Mac. Shores	12.9	2. I. Riggs	Armidale	13.7
3. C. Blair	Armidale	13.0	3. S. Shepherd	Tuggeranong	13.8
4. G. Weir	Weston Creek	13.3	4. T. Evans	Scully Park-Tam.	13.9
5. J. Hammond	Scully Park-Tam.	14.0	5. C. Roff	Dubbo	14.6
6. M. Gorman	Springwood	14.0	6. R. Linz	Weston Creek	15.2
7. N. Attwell	Dapto	14.0	7. K. Carwin	Morisset	15.3
8. M. Scarth	Wyong	14.4	8. J. Bonomini	Raymond Tce	15.6

200M. HURDLES

1. D. Jones	Mac. Shores	28.8Rec.	1. H. Clarke	Orange	29.3Rec.
2. J. Muldoon	Tamworth	29.4	2. J. Bonomini	Raymond Tce	30.4
3. C. Jones	Mac. Shores	29.4	3. B. Martin	Glenbrook	30.5
4. C. Blair	Armidale	29.4	4. I. Riggs	Armidale	30.5
5. M. Sinclair	Glenbrook	30.8	5. S. Carr	Lake Illawarra	31.6
6. M. Coupland	Young	31.0	6. A. Treweek	Parkes	32.1
7. J. Austin	Scully Park-Tam.	31.3	7. M. Burton	Armidale	32.2
8. E. Smith	Dapto	31.7	8. K. Darwin	Morisset	33.7

1500M. WALK

1. C. Schofield	Ginninderra	7.24.4Rec.	1. A. Butt	Wyong	7.48.0Rec.
2. B. Hall	Kiama	7.30.8	2. M. Hemsley	Belconnen Wests	7.52.1
3. S. Smith	Glenbrook	7.56.2	3. S. Reynolds	Ginninderra	7.55.4
4. B. Puller	Toronto-Wangi	8.19.8	4. F. Ritchie	Gosford	7.57.2
5. C. McKay	Deniliquin	8.24.7	5. K. Moore	Gloucester	7.59.5
6. P. Kattenberg	Glenbrook	8.53.8	6. C. Williams	Albury	8:11.7
7. D. Markey	Mac. Shores	9.01.0	7. R. Spicer	Finley	8.16.5
8. H. Ingram	Dubbo	9.21.0	8. L. Cardwell	Barooga	8.20.0

BOYS

UNDER 13 - LONG JUMP

GIRLS

1. J. Mertens	Bathurst	5.72m.	1. B. Martin	Glenbrook	5.33m.
2. P. Henderson	Mac. Shores	5.60m.	2. H. Clarke	Orange	5.11m.
3. W. Pulley	Armidale	5.53m.	3. L. Hassett	Waratah Mayfield	4.97m.
4. M. Scarth	Wyong	5.13m.	4. A. Fish	Clarence Valley	4.93m.
5. D. Smith	Trangie	5.08m.	5. V. Fielding	Corroboree	4.86m.
6. B. Smith	Young	4.93m.	6. K. Mullaney	Lake Illawarra	4.86m.
7. S. Vanzetti	Ginninderra	4.83m.	7. A. Wallace	Wyong	4.83m.
8. P. Zimmerli	Gosford	4.79m.	8. P. Adams	Cooma	4.67m.

HIGH JUMP

1. A. Read	Corroboree	1.60m.	1. K. Mullaney	Lake Illawarra	1.51m.
2. R. Fidas	Eastlakes	1.60m.	2. E. Sheather	Belconnen Wests	1.51m.
3. J. Gould	Cooma	1.58m.	3. B. Martin	Glenbrook	1.49m.
4. P. Zimmerli	Gosford	1.58m.	4. L. Grills	Guyra	1.49m.
5. J. Hammond	Scully Park-Tam.	1.54m.	5. T. McKee	East Lakes	1.45m.
6. W. Pulley	Armidale	1.50m.	6. E. Wood	Edgeworth	1.40m.
7. C. Jones	Mac. Shores	1.45m.	7. E. Moore	Gloucester	1.40m.
8. A. Davis	Cessnock	1.45m.	8. J. Vogele	Port Macquarie	1.35m.

TRIPLE JUMP

1. J. Mertens	Bathurst	11.30m.	1. V. Fielding	Corroboree	10.04m.
2. W. Pulley	Armidale	11.06m.	2. R. Markussen	Dungowan	10.00m.
3. M. Scarth	Wyong	10.86m.	3. K. Joyce	Temora	9.32m.
4. R. GEorge	Scully Park-Tam.	10.31m.	4. F. Crannis	Orange	9.48m.
5. J. Fitzgerald	Springwood	10.27m.	5. B. Webb	Clarence Valley	9.46m.
6. M. Sinclair	Glenbrook	10.17m.	6. K. Mullaney	Lake Illawarra	9.41m.
7. M. Vaughan	Ginninderra	9.99m.	7. J. Weiland	Tuggerah Lakes	9.41m.
8. J. Gould	Cooma	9.85m.	8. J. Burton	Armidale	9.40m.

SHOT PUT

1. J. Harry	Belconnen Wests	11.88m.	1. Evans	Scully Park-Tam.	11.09m.
2. D. Maddison	Griffith	11.23m.	2. B. Opferkuch	Clarence Valley	9.36m.
3. N. Knight	Katoomba	10.98m.	3. A. Carr	Lake Illawarra	9.22m.
4. B. Spinks	Wyong	10.56m.	4. J. Weiland	Tuggerah Lakes	8.96m.
5. S. Whitehorn	Weston Creek	9.57m.	5. L. Hassett	Waratah Mayfield	8.75m.
6. D. Vantempeste	Gosford	9.55m.	6. S. Dopfer	Kiama	8.62m.
7. A. Welch	East Lakes	9.47m.	7. P. Wood	Glenbrook	8.36m.
8. R. Kerr	Tumut	9.36m.	8. J. Bonomini	Raymond Tce	8.30m.

DISCUS

1. J. Harry	Belconnen Wests	34.92m.	1. S. Dopfer	Kiama	26.46m.
2. D. Maddison	Griffith	32.50m.	2. L. Bingham	Narrandera	26.40m.
3. N. Knight	Katoomba	31.26m.	3. T. Evans	Scully Park-Tam.	25.30m.
4. M. Sinclair	Glenbrook	30.64m.	4. P. Wood	Glenbrook	24.76m.
5. R. Kerr	Tumut	29.28m.	5. J. Weiland	Tuggerah Lakes	23.50m.
6. A. Ferrari	Wyong	26.06m.	6. D. Rawlinson	Cassilis	21.78m.
7. D. Marky	Mac. Shores	24.98m.	7. B. Opferkuch	Clarence Valley	21.38m.
8. G. Burrell	Edgeworth	24.72m.	8. J. Vogele	Port Macquarie	21.20m.

GIRLS REGION RELAY

1. Waratah Mayfield	55.2m.	2. Koorringal	55.5
3. Orange	56.1	4. Clarence Valley	56.6
5. Dapto	58.3		

BOYS REGION RELAY

1. Macquarie Shores	51.7	2. Wollongong	55.4
2. Wollongong	55.5	4. Scully Park-Tamworth	55.9