

LITTLE ATHLETICS ASSOCIATION OF NEW SOUTH WALES
RESULTS - MILO COUNTRY CHAMPIONSHIPS - NARRABEEN

MARCH 2 - 3, 1985

<u>BOYS</u>			<u>UNDER 9</u>		<u>GIRLS</u>	
<u>100 METRES</u>						
1. R. Vost	Banana Coast	14.0 Rec.	1. S. Dundas	Armidale	14.2 Rec.	
2. B. Harman	Orange	14.0	2. S. Gown	Kiama	14.3	
3. S. Holdsworth	Junee	14.3	3. T. Crow	Orange	14.3	
4. M. Wheelodon	Canowindra	14.3	4. A. Cooper	Macquarie Shores	14.4	
5. D. Binskin	Gosford	14.4	5. J. Ross	Clarence Valley	14.4	
6. J. Stratton	Dubbo	14.4	6. T. Johnston	Wollongong City	15.0	
7. S. McCormick	Scully Park	14.5	7. K. Watkin	Lake Illawarra	15.1	
8. A. Buckmen	Cobar	14.5	8. C. Fruean	Albury	15.2	

<u>200 METRES</u>						
1. S. Holdsworth	Junee	30.9	1. S. Gown	Kiama	30.4	
2. J. Stratton	Dubbo	31.0	2. T. Crow	Orange	30.5	
3. D. Binskin	Gosford	31.4	3. H. Ireland	Tamworth	31.5	
4. M. Pardoe	Kiama	31.4	4. C. Weston	Armidale	31.6	
5. P. Robbins	Scully Park	31.4	5. P. Shaw	Wyong	31.7	
6. R. Vost	Banana Coast	31.8	6. M. Riley	Lake Illawarra	32.5	
7. S. McCormick	Scully Park	31.9	7. S. Dundas	Armidale	33.1	
8. J. Gosselin	Wyong	32.9	8. S. Sammut	Woy Woy	33.3	

<u>400 METRES</u>						
1. S. Andrew	Scully Park	1.10.5	1. C. Weston	Armidale	1.11.1	
2. T. Miller	Jindera	1.11.2	2. K. Watkins	Lake Illawarra	1.13.4	
3. P. McDonald	Lake Illawarra	1.11.8	3. K. Clark	Glen Innes	1.13.6	
4. S. Whitton	Glenbrook	1.13.1	4. H. Ireland	Tamworth	1.14.7	
5. M. Argerakis	Lake Illawarra	1.14.5	5. C. Stephen	Katoomba	1.15.8	
6. K. Gooding	Casino	1.15.2	6. L. Iles	Lake Illawarra	1.17.4	
7. B. Jones	Lake Illawarra	1.18.2	7. L. Robinson	Nelson Bay	1.17.7	
8. C. Harris	Camden Haven	1.18.3				

<u>800 METRES</u>						
1. P. McDonald	Lake Illawarra	2.36.8	1. C. Weston	Armidale	2.39.9 Rec.	
2. S. Whitton	Glenbrook	2.37.4	2. M. Riley	Lake Illawarra	2.40.5	
3. B. Davies	Springwood	2.37.8	3. C. Battishall	Tilligerry	2.45.6	
4. K. Gooding	Casino	2.38.7	4. M. Fahey	Forster-Tun.	2.48.2	
5. S. McCormick	Scully Park	2.38.9	5. K. Clark	Glen Innes	2.48.4	
6. C. Harris	Camden Haven	2.39.3	6. N. D'ath	Mac. Shores	2.53.1	
7. G. Mallinson	Armidale	2.44.0	7. M. Russo	Lake Illawarra	2.55.0	
8. M. Argerakis	Lake Illawarra	2.47.6	8. T. Cornelissen	Kempsey	2.55.2	

<u>60M HURDLES</u>						
1. R. Vost	Banana Coast	9.8 Rec.	1. S. Dundas	Armidale	10.2	
2. P. Harman	Orange	10.1	2. J. Bawn	Moorland	10.5	
3. S. Murphy	Koorlingal	10.4	3. K. Watkins	Lake Illawarra	10.9	
4. J. Gosselin	Wyong	10.4	4. T. Johnston	Wollongong City	11.1	
5. D. Roberts	Katoomba	10.5	5. S. Taylor	Wollongong City	11.1	
6. M. Pardoe	Kiama	10.6	6. K. Slavin	Junee	11.4	
7. D. Rees	Mac. Shores	10.8	7. A. Leegenaars	Port Macquarie	11.4	
8. R. Palermo	Wollongong City	10.9	8. M. Fahey	Forster-Tun.	11.5	

<u>800M WALK</u>						
1. G. Lang	Woodberry	4.23.0	1. A. Outtrim	Kurrajong-Bipin	4.13.8	
2. J. Kich	Kurrajong-Bilpin	4.26.5	2. S. Harris	Woodberry	4.27.8	
3. J. Opie	Springwood	4.29.8	3. A. Sanders	Lake Illawarra	4.28.2	
4. B. Lloyd	Macquarie Shores	4.32.2	4. S. Watson	Sawtell-Toormin	4.47.4	
5. R. O'Keefe	Lake Illawarra	4.34.5	5. M. James	Mac. Shores	4.50.8	
6. T. Urane	Mac. Shores	4.55.7	6. S. Watson	Albury	5.01.4	
7. G. O'Neill	Wollondilly	5.06.8	7. K. Quarterman	Lake Illawarra	5.05.3	
8. A. Morris	Woolgoolga	5.07.7	8. A. Larkin	Kurri Kurri	5.13.5	

BOYS

LONG JUMP

GIRLS

1. B. Harman	Orange	4.34	1. S. Dundas	Armidale	4.23 Rec.
2. J. Stratton	Dubbo	4.26	2. T. Craw	Orange	4.07
3. D. Rees	Mac. Shores	4.05	3. M. Riley	Lake Illawarra	3.83
4. A. Constable	Hilltop	3.99	4. S. Down	Kiama	3.76
5. A. Roumich	Springwood	3.95	5. S. Naquase	Morisset	3.72
6. S. Holdsworth	Junee	3.95	6. K. Wood	Shoalhaven	3.65
7. C. Walker	Junee	3.88	7. T. Clack	Toronto-Wangi	3.59
8. P. McDonald	Lake Illawarra	3.82	8. B. Simpkins	Forster-Tun.	3.51

HIGH JUMP

1. S. Whitton	Glenbrook	1.21	1. C. Page	Clarence Valley	1.20
2. A. Black	War-Mayfield	1.19	2. K. Watson	Albury	1.14
3. C. van der Haar	Lithgow	1.19	3. E. Martin	Orange	1.10
4. R. Vost	Banana Coast	1.19	4. T. Craw	Orange	1.05
5. B. Davies	Springwood	1.10	5. D. Cutting	Mudgee	1.05
6. S. Gardiner	Niangala	1.10	6. T. McGovern	Lake Illawarra	1.05
6. M. Phillips	Edgeworth	1.10	7. B. Pound	Clarence Valley	1.05
8. M. Brandie	Tuggerah Lakes	1.10	8. K. Wood	Shoalhaven	1.00

SHOT PUT

1. C. Anderson	War.-Mayfield	8.48	1. R. Ferguson	Wyong	8.06 Rec.
2. A. Constable	Hilltop	8.44	2. C. Hooper	Mudgee	6.59
3. D. Russell	Albury	7.90	3. A. Sanders	Lake Illawarra	6.27
4. S. Gardiner	Niangala	7.66	4. J. Sontor	Bellingen Vly	6.12
5. G. Rossanditch	Dapto	7.50	5. C. Frucan	Albury	6.00
6. B. Davis	Springwood	7.45	6. T. Cooper	Mac. Shores	5.89
7. S. Butterworth	Mac. Shores	7.29	7. M. Nettelbeck	Leeton	5.85
8. M. Swift	Walcha	6.69	8. C. Stephen	Katoomba	5.84

DISCUS

1. C. Anderson	War-Mayfield	31.68 Rec.	1. R. Ferguson	Wyong	21.74
2. G. Rossanditch	Dapto	25.13	2. R. Wolf	Albury	19.62
3. A. Lane	Mac. Shores	24.72	3. S. Watson	Albury	18.32
4. B. Stranlund	Nambucca	24.16	4. F. Teritis	Gunnedah	17.04
5. J. Hall	Parkes	24.02	5. A. Larkin	Kurri Kurri	16.92
6. B. Suine	Griffith	23.92	6. A. Sanders	Lake Illawarra	16.82
7. B. Clover	Woodberry	23.82	7. C. Weston	Armidale	15.78
8. A. Constable	Hilltop	22.48	8. E. Leabeater	Blayney	15.50

UNDER 10 - 100 METRES

1. D. Dodds	Coonamble	13.6 Rec.	1. B. Ruiz	Lake Illawarra	13.8 Rec.
2. G. Rogers	Armidale	13.6	2. D. Wilson	Dungowan	13.9
3. M. Baldwin	Finley	13.3	3. M. Day	Gosford	13.9
4. L. Cameron	Glenbrook	14.1	4. S. Mullaney	Lake Illawarra	14.3
5. R. Burgess	Armidale	14.1	5. M. Emskin	Gosford	14.5
6. M. Bourke	Tamworth	14.2	6. R. Ewyer	Koorlingal	14.5
7. T. Brown	Wollongong	14.2	7. H. Lambert	Cardiff	14.5
8. J. Carlaw	Gosford	14.2	8. K. Lockett	Banana Coast	14.5

200 METRES

1. D. Carlon	Armidale	29.2	1. B. Ruiz	Lake Illawarra	30.0
2. M. Baldwin	Finley	29.3	2. S. Coyle	Quirindi	30.1
3. D. Fereti	Wyong	29.6	3. D. Wilson	Dungowan	30.4
4. L. Cameron	Glenbrook	29.6	4. M. Day	Gosford	30.4
5. T. Brown	Wollongong	29.8	5. L. Begonia	Bellingen Vly	30.6
6. J. Carlaw	Gosford	29.8	6. K. Pellow	Bathurst	31.2
7. D. Dods	Coonamble	29.8	7. H. Lambert	Cardiff	31.2
8. D. Browne	Woodberry	30.6	8. S. Mullaney	Lake Illawarra	31.2

400 METRES

1. D. Carlon	Armidale	1.05.4	1. S. Roberts	Guyra	1.08.9
2. K. McFarlin	Cowra	1.06.1	2. R. Nelson	Nambucca	1.09.2
3. B. Coburn	Edgeworth	1.06.6	3. L. Begonia	Bellingen Vly	1.09.2
4. R. Ross	Gosford	1.06.7	4. L. Bradley	East Lakes	1.09.8
5. J. Hyman	Albury	1.07.4	5. H. Lambert	Cardiff	1.10.0
6. P. Argerakis	Lake Illawarra	1.11.7	6. R. Bailey	Kurri Kurri	1.16.5
7. L. Cameron	Glenbrook	1.12.6			
8. S. Cashen	Orange	1.14.6			

800 METRES

1. B. Coburn	Edgeworth	2.26.0	1. S. Roberts	Guyra	2.33.8
2. C. Horgan	Shoalhaven	2.29.0	2. L. Begonia	Bellingen Vly	2.38.0
3. P. Argerakis	Lake Illawarra	2.30.7	3. L. Bradley	East Lakes	2.43.8
4. A. Grant	Dapto	2.32.6	4. A. Campbell	Dapto	2.44.5
5. M. Bookallil	Armidale	2.33.6	5. F. Sylva	Moorland	2.46.6
6. I. Gordon	Springwood	2.34.5	6. S. Blomfield	Walcha	2.46.0
7. M. Barron	Woy Woy	2.38.1	7. K. Sherwin	Canowindra	2.48.2
8. M. Cheers	Woodberry	2.39.9	8. R. James	Griffith	2.48.4

1500 METRES

1. M. Barron	Woy Woy	5.03.5	1. S. Roberts	Guyra	5.21.4
2. M. Bookallil	Armidale	5.03.9	2. S. Robertson	Armidale	5.27.2
3. P. Argerakis	Lake Illawarra	5.07.2	3. S. Blomfield	Walcha	5.31.8
4. C. Horgan	Shoalhaven	5.18.0	4. S. Earney	Wyong	5.32.1
5. W. Taylor	Harden-Mur.	5.18.3	5. K. Sherwin	Canowindra	5.33.2
6. S. Robertson	Mac. Shores	5.23.4	6. M. Eansgrove	Mac. Shores	5.46.3
7. N. Gordon	Springwood	5.23.5	7. N. Blow	Glenbrook	5.54.4
8. A. Perrin	Bellingen Vly	5.32.2	8. E. Costello	Lake Illawarra	6.02.2

50M HURDLES

1. B. Doburn	Edgeworth	9.1 Rec.	1. F. Sylva	Moorland	10.3
2. G. Rogers	Armidale	9.1	2. K. Lockett	Banana Coast	10.3
3. M. Smith	Parkes	9.5	3. D. Wilson	Dungowan	10.3
4. T. Brown	Wollongong	9.7	4. N. Winter	Kempsey	10.3
5. D. Dods	Coonamble	9.7	5. S. Gunn	Lithgow	10.4
6. D. Browne	Woodberry	9.7	6. S. McIntosh	Mac. Shores	10.6
7. D. Fereti	Wyong	9.7	7. R. Lawrence	Shoalhaven	10.7
8. C. Horgan	Shoalhaven	9.8	8. K. Ahern	Springwood	10.8

800M WALK

1. C. Benson	East Lakes	4.11.8	1. R. Leslight	Mac. Shores	4.12.1
2. D. Proud	Gosford	4.30.9	2. K. Wallace	Wyong	4.14.6
3. S. Broadbent	Kurrajong Bilpin	4.39.8	3. K. Pickham	Glen Innes	4.20.0
4. J. Hutman	Albury	4.49.3	4. N. Gascoigne	Kurrajong Bil	4.20.8
5. M. Hodgkinson	Lake Illawarra	4.57.2	5. K. Flynn	Glenbrook	4.23.7
6. D. Cross	Walcha	5.05.1	6. L. Johnson	Mac. Shores	4.31.5
7. B. Agland	Waratah May.	5.13.0	7. M. Searles	Woodberry	4.40.2
8. I. Treweek	Goulburn	5.13.8	8. S. Pearce	Lake Illawarra	4.43.5

LONG JUMP

1. B. Coburn	Edgeworth	4.64	1. C. Wilson	Dungowan	4.36
2. T. Morrissey	Guilgong	4.46	2. B. Ruiz	Lake Illawarra	4.18
3. R. Burgess	Armidale	4.31	3. L. Barry	Bathurst	4.12
4. J. Carlaw	Gosford	4.26	4. S. Fullaney	Lake Illawarra	4.05
5. D. Dods	Coonamble	4.24	5. R. Dwyer	Koorinal	3.94
6. B. Bertholli	East Lakes	4.18	6. F. Bashford	Waratah-May.	3.94
7. D. Kerr	Dapto	4.17	7. A. Campbell	Dapto	3.86
8. A. Grant	Dapto	4.16	8. A. Ahern	Springwood	3.82

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HIGH JUMP

1. M. Simpson	Glenbrook	1.32	1. C. Morante	Lake Illawarra	1.29
2. T. Brown	Wollongong	1.30	2. K. Ahern	Springwood	1.29
3. R. Burgess	Armidale	1.25	3. T. Field	Nambucca	1.20
4. B. Turner	Junee	1.25	4. J. Williams	Springwood	1.20
4. B. Jager	Gosford	1.25	5. S. Brown	Glenbrook	1.20
6. T. Bennett	Cessnock	1.25	6. M. Starrett	Mac. Shores	1.20
7. D. Kerr	Dapto	1.25	Eq. 6. L. Begonia	Bellingen Vly	1.20
8. M. Moncreiff	East Maitland	1.25	8. S. Watson	Albury	1.20

SHOT PUT

1. M. Perrin	Young	11.26	Rec. 1. K. Turnbull	Tuggerah Lakes	3.40
2. M. Smith	Parkes	10.30	2. F. Bashford	Waratah-May.	3.37
3. J. Flesch	Springwood	10.27	3. M. Ammala	Nambucca	3.30
4. T. Morrissey	Gulgong	10.24	4. J. McFarlane	Goulburn	3.11
5. M. Fruean	Albury	10.23	5. T. Jeffries	Tamworth	3.08
6. A. Mazaraki	Forster-Tun.	10.00	6. T. Gronau	Lake Illawarra	2.59
7. B. Hine	Armidale	9.02	7. J. Hughes	Woy Woy	2.22
8. R. Ford	Mullumbimby	8.45	8. K. Moulds	Wyong	2.18

DISCUS

1. M. Smith	Parkes	32.04	1. S. Robertson	Armidale	24.34
2. D. Lockhart	Morisset	31.64	2. N. Winter	Kempsey	23.62
3. T. Morrissey	Gulgong	30.98	3. T. Burgess	Tulligerry	23.56
4. B. Hine	Armidale	30.70	4. J. McFarlane	Goulburn	22.56
5. B. Dorsett	Glenbrook	30.62	5. T. Wardman	Raymond Tce	21.78
6. G. Flack	Walcha	27.92	6. T. Gronau	Lake Illawarra	21.74
7. M. Perrin	Young	26.66	7. K. Moulds	Wyong	20.34
8. J. Howarth	Pt Macquarie	23.74	8. M. Knight	Gunnedah	20.28

UNDER 11 - 100 METRES

1. G. Martin	Trangie	12.7	Rec. 1. T. Blackburn	Kurri Kurri	13.4
2. M. Rayment	Koorlingal	13.0	2. H. Devir	Waratah-May.	13.5
3. P. St. John	Charlestown	13.2	3. M. Wilmen	Raymond Tce	13.7
4. P. Giobbi	Wollongong	13.4	4. V. Wilde	Wollongong	14.0
5. T. Austin	Scully Park	13.4	5. T. Maddison	Griffith	14.1
6. M. Presotto	Katoomba	13.4	6. J. Nowlan	Casino	14.4
7. D. Buckley	Rutherford	13.5	7. N. Roff	Armidale	14.4
8. L. Freeman	Armidale	13.5	8. R. Coggan	Lake Illawarra	14.5

200 METRES

1. G. Martin	Trangie	28.0	1. T. Blackburn	Kurri Kurri	28.2
2. P. St. John	Charlestown	28.2	2. H. Devir	Waratah-May.	28.9
3. M. Presotto	Katoomba	29.0	3. M. Wilmen	Raymond Tce	29.1
4. C. McDonald	Barooga	29.1	4. V. Wende	Gosford	29.9
5. E. Stuart	Narrandera	29.4	5. T. Maddison	Griffith	29.9
6. M. Rayment	Koorlingal	29.9	6. N. Roff	Armidale	31.4
7. T. Crawford	Barooga	29.9	7. A. Nano	Armidale	31.7

400 METRES

1. D. Stuart	Narrandera	1.04.5	1. T. Blackburn	Kurri Kurri	1.04.5
2. C. Arts	Lake Illawarra	1.04.5	2. M. Clough	Nambucca	1.05.9
3. B. McClatchie	Wollongong	1.05.0	3. N. Lisle	Armidale	1.07.2
4. J. McGilvray	Springwood	1.06.7	4. S. Windson	Orange	1.09.6
5. J. Birch	Wyong	1.07.3	5. K. Cranstone	Glenbrook	1.09.8
6. A. Doyle	Armidale	1.11.6	6. A. Ryan	Mac. Shores	1.11.9
7. C. McDonald	Barooga	1.13.7	7. M. Bell	Wollondilly	1.12.8
8. M. Madden	Lithgow	1.23.8	8. S. Young	Morisset	1.16.6

800 METRES

1. G. Beizlle	Woolgoolga	2.25.0	1. M. Clough	Nambucca	2.29.0
2. C. Arts	Lake Illawarra	2.25.1	2. H. Lisle	Armidale	2.30.5
3. J. Birch	Wyong	2.25.7	3. K. West	Mullumbimby	2.31.9
4. J. Foster	Cessnock	2.28.5	4. H. Chisholm	Koorringal	2.34.5
5. M. Hackney	Wagga P.B.C.	2.29.3	5. C. Harris	Springwood	2.38.5
6. B. Heywood	Harden-Mur.	2.31.9	6. M. Bell	Wollondilly	2.38.5
7. S. Abnett	Lake Illawarra	2.34.7	7. J. Trott	Wollongong	2.39.5
8. M. Ward	Parkes	2.36.7	8. R. Conroy	Gosford	2.43.9

1500 METRES

1. G. Beizlle	Woolgoolga	4.56.0	1. M. Clough	Nambucca	5.07.9
2. M. Hackney	Wagga P.B.C.	4.58.4	2. K. Robertson	Armidale	5.09.2
3. J. Foster	Cessnock	4.59.3	3. M. Kelly	Cowra	5.15.9
4. J. Birch	Wyong	5.02.4	4. K. West	Mullumbimby	5.18.9
5. D. Wholoham	Pt Macquarie	5.03.3	5. C. Harris	Springwood	5.23.6
6. S. Abnett	Lake Illawarra	5.05.7	6. D. Letcher	Bathurst	5.33.7
7. A. Ellis	Gosford	5.08.3	7. H. Chisholm	Koorringal	5.35.6
8. S. Snashall	Banana Coast	5.15.4	8. R. Conroy	Gosford	5.36.5

60M HURDLES

1. A. Vonarx	Koorringal	10.3	1. H. Devir	Waratah-May.	10.0
2. A. O'Donnell	Dapto	10.5	2. V. Wilde	Wollongong	10.3
3. P. Parkes	Morisset	10.6	3. A. Ryan	Mac. Shores	10.4
4. M. Scott	Glenbrook	10.6	4. R. Dean	Lake Illawarra	10.5
5. P. Rooke	Lake Illawarra	10.6	5. K. Schofield	Young	10.5
6. C. Kimmorley	Mac. Shores	10.7	6. D. Meskell	Banana Coast	10.7
7. D. Weik	Dungowan	11.6	7. A. Pratten	East Maitland	10.9
8. J. Lovett	Koorringal	14.1	8. D. Morphett	Koorringal	11.9

1500M WALK

1. B. Farley	Mac. Shores	7.35.0	Rec.	1. L. Wilford	Kiama	8.01.5
2. S. Abnett	Lake Illawarra	7.42.1		2. J. Woodward	Gosford	8.15.5
3. D. Mulder	Edgeworth	7.45.5		3. S. Mulcahy	Kurri Kurri	8.22.2
4. J. Richmond	Glenbrook	8.11.0		4. L. Edds	Kurrjong-Bil.	8.38.2
5. M. Sewell	Taree	8.55.7		5. J. Roberts	Woodberry	8.41.2
6. M. Kick	Kurrjong-Bil.	9.00.9		6. M. Phillips	Toronto-Wangi	8.50.6
7. J. Weiss	Lake Illawarra	9.14.0		7. C. Clark	Glenbrook	8.56.4
8. G. Widdows	Temora	9.15.1		8. M. Lewis	Glenbrook	9.06.9

LONG JUMP

1. P. St. John	Charlestown	4.95	1. V. Wende	Gosford	4.39
2. G. Martin	Trangie	4.88	2. G. Meguyer	Nelson Bay	4.36
3. M. Rayment	Koorringal	4.75	3. N. Daniel	Kiama	4.13
4. A. Vonarx	Koorringal	4.73	4. M. Ritchie	Gosford	4.11
5. J. Donnelly	Wyong	4.57	5. J. Howlan	Casino	4.09
6. B. Wickham	Barooga	4.55	6. A. Keogh	Glenbrook	4.08
7. D. Oke	Trangie	4.46	7. K. Torrens	Gunnedah	4.07
8. L. Freeman	Armidale	4.38	8. M. Taylor	Gosford	4.06

HIGH JUMP

1. J. Donnelly	Wyong	1.43	1. S. Lohs	Tumut	1.37
2. J. Lovett	Koorringal	1.40	2. H. Devir	Waratah-May.	1.37
3. R. Cromarty	East Maitland	1.35	3. M. Ritchie	Gosford	1.35
4. I. Worley	Dungowan	1.35	4. K. Davis	Cessnock	1.35
5. L. Wilkinson	Scully Park	1.35	5. J. Kane	Koorringal	1.30
Eq. 5. I. Leslight	Mac. Shores	1.35	Eq. 5. R. Della-Bosca	Lithgow	1.30
5. J. Heffernan	Junee	1.35	5. N. Roff	Armidale	1.30
8. H. Ryan	Temora	1.35	Eq. 5. S. Goodbun	Mac. Shores	1.30

SHOT PUT

1. S. Wilson	Narrandera	8.47	1. M. Cook	Wyong	9.71
2. J. Buckley	Tumut	8.19	2. S. Jones	Barooga	8.85
3. J. Noonan	Barooga	7.57	3. P. Foggo	Kiama	8.73
4. G. Bartlett	Mac. Shores	7.48	4. E. Leely	Glenbrook	8.51
5. C. Scott	Lake Illawarra	7.47	5. S. Lohs	Tumut	8.37
6. I. Worley	Dungowan	7.34	6. K. Moyle	Nelson Bay	8.31
7. P. Parkes	Morisset	6.97	7. N. van der Kroft	Wyong	8.04
8. A. Simpson	Hilltop	6.97	8. K. Justice	Sussex Inlet	7.59

DISCUS

1. S. Wilson	Narrandera	30.68	1. P. Foggo	Kiama	25.82
2. G. Bartlett	Mac. Shores	29.10	2. M. Wright	Walgett	23.22
3. J. Driver	Katoomba	27.36	3. K. Davis	Cessnock	22.26
4. L. Wilkinson	Scully Park	27.00	4. S. Jones	Barooga	20.94
5. D. Henderson	Wyong	25.23	5. K. Hayes	Dapto	19.34
6. T. Green	Parkes	25.28	6. L. Wattus	Mac. Shores	19.06
7. A. Hellyer	Mac. Shores	24.48	7. K. Justice	Sussex Inlet	18.80
8. R. Cromarty	East Maitland	23.92	8. M. Gil	Nambucca	18.36

TRIPLE JUMP

1. G. Martin	Trangie	9.80	1. T. Blackburn	Kurri Kurri	10.10 Rec.
2. R. Foley	Morisset	9.70	2. T. Maddison	Griffith	9.14
3. B. McClatchie	Wollongong	9.67	3. T. Sole	Guyra	8.90
4. P. Rooke	Lake Illawarra	9.55	4. R. Dean	Lake Illawarra	8.77
5. A. O'Donnell	Dapto	9.51	5. A. Keogh	Glenbrook	8.68
6. K. Hudson	Springwood	9.51	6. J. Nowlan	Casino	8.46
7. J. Bull	Moorlands	9.44	7. K. Cranstone	Glenbrook	8.44
8. M. Presotto	Katoomba	9.40	8. N. Daniel	Kiama	8.42

UNDER 12 - 100 METRES

1. J. McKenzie	Scully Park	12.3 Rec.	1. C. Drane	Gundagai	12.6 Eq. Rec.
2. W. Landers	Coonamble	12.6	2. R. Hayne	Clarence Vly	12.9
3. D. Kellett	Bathurst	12.7	3. K. Hassett	Waratah-May.	13.1
4. C. Makepeace	Gosford	12.8	4. L. Seng	Koorringal	13.2
5. G. Crawford	Barooga	12.9	5. L. Pearson	Orange	13.3
6. T. Cleary	Katoomba	12.9	6. J. Curtain	Mac. Shores	13.4
7. B. Hinchey	Gunnedah	13.0	7. J. Zwartveen	Dubbo	13.5
8. G. Lloyd	Wollongong	13.1	8. H. Bratfield	Raymond Tce.	13.6

200 METRES

1. J. McKenzie	Scully Park	27.5	1. N. Ambrose	Scully Park	27.3
2. G. Crawford	Barooga	27.8	2. C. Drane	Gundagai	28.3
3. D. Kellett	Bathurst	28.1	3. R. Hayne	Clarence Valley	28.9
4. W. Landers	Coonamble	28.4	4. K. Hassett	Waratah-May.	29.2
5. P. Butterworth	Mac. Shores	28.5	5. L. Pearson	Orange	29.3
6. G. Lloyd	Wollongong	29.0	6. J. McDonald	Lake Illawarra	29.3
7. G. Orr	Young	29.0	7. K. Sewell	Armidale	29.8
8. C. Tanner	Armidale	29.1	8. L. Seng	Koorringal	29.8

400 METRES

1. J. McKenzie	Scully Park	1.00.7	1. S. Peterson	Nambucca	1.06.3
2. P. Butterworth	Mac. Shores	1.02.5	2. L. Pearson	Orange	1.05.4
3. J. White	Griffith	1.03.1	3. M. Sumner	East Maitland	1.07.1
4. D. Turner	Blayney	1.04.3	4. K. Bilton	Pt Macquarie	1.07.2
5. T. Pullman	Tamworth	1.06.2	5. L. Kirkham	Bellingen Vly	1.08.5
6. R. Bathie	Mullumbimby	1.06.6	6. M. Baker	Albury	1.08.5
7. G. Snodgrass	Kempsey	1.08.3	7. T. Imrie	Coonamble	1.13.5
			8. S. Connor	Casino	1.15.5

800 METRES

1. C. Frame	Katoomba	2.20.4	1. S. Peterson	Nambucca	2.23.8
2. S. Daniel	Mac. Shores	2.27.1	2. K. Patterson	Armidale	2.24.3
3. J. Peters	Kurrajong-Bil.	2.28.6	3. L. Barrett	Wyong	2.26.1
4. P. Crew	Lithgow	2.28.7	4. M. Baker	Albury	2.25.2
5. S. Jordan	Mullumbimby	2.28.7	5. L. Pearson	Orange	2.30.8
6. S. Jackson	Gosford	2.29.9	6. T. Hargraves	Wollongong	2.33.6
7. A. Green	Raymond Tce	2.31.8	7. K. Bilton	Port Macquarie	2.36.5
8. R. Bathie	Mullumbimby	2.32.6	8. L. Ingram	Lake Illawarra	2.38.7

1500 METRES

1. S. Daniel	Mac. Shores	4.54.7	1. K. Paterson	Armidale	4.54.1
2. C. Frame	Katoomba	4.59.0	2. L. Barrett	Wyong	4.54.6
3. A. Green	Raymond tce	5.02.1	3. S. Peterson	Nambucca	4.55.2
4. A. Bible	Armidale	5.05.0	4. M. Baker	Albury	4.57.6
5. R. Clements	Banana Coast	5.07.3	5. T. Hargreaves	Wollongong	5.19.6
6. D. Turner	Blayney	5.10.0	6. K. Mehan	East Maitland	5.27.2
7. S. Jackson	Gosford	5.12.0	7. H. Walker	Guyra	5.27.8
8. J. Powyer	Lake Illawarra	5.13.0	8. K. Bilton	Port Macquarie	5.28.5

60M HURDLES

1. C. Makepeace	Gosford	9.4	1. M. Ambrose	Scully Park	9.7
2. R. Knowles	Lake Illawarra	9.6	2. N. Bratfield	Raymond Tce	10.7
3. F. Page	Mac. Shores	9.8	3. R. Mullaney	Lake Illawarra	10.4
4. M. Farley	mac. Shores	9.8	4. C. Grzesik	Glenbrook	10.4
5. T. Hartigan	Gunnedah	9.8	5. D. Payne	Wollongong	10.4
6. M. Dick	Katoomba	10.0	6. L. Danney	Wyong	10.4
7. A. Hayman	Lake Illawarra	10.1	7. Z. Vaughan	Forster-Tun.	10.5
8. N. Hale	Albury	10.2	8. F. Zimmerli	Gosford	10.5

1500M WALK

1. M. Beale	Woy Woy	3.02.5	1. T. Watson	Sawtell-Toormina	3.13.3
2. D. Smith	Waratah-May.	3.07.1	2. L. Hammond	Armidale	3.23.2
3. D. Nash	Wyong	3.20.9	3. M. Johnson	Mac. Shores	3.37.7
4. J. McGarry	Lake Illawarra	3.37.7	4. L. McGown	Apringwood	3.43.3
5. C. Hassett	Waratah-May	3.41.0	5. N. Peck	Wollondilly	3.58.0
6. M. Hogan	East Lakes	3.52.5	6. T. King	Wyong	3.01.4
7. R. Peterson	Glen Innes	3.58.8	7. A. Haines	Morisset	3.10.0
8. C. English	Glenbrook	3.14.9	8. L. Smith	Orange	3.21.6

LONG JUMP

1. J. McKenzie	Scully Park	5.38	1. M. Ambrose	Scully Park	4.91
2. G. Lloyd	Wollongong	5.05	2. A. Rothwell	Glenbrook	4.60
3. D. Kellett	Bathurst	5.02	3. R. Mullaney	Lake Illawarra	4.70
4. T. Cleary	Katoomba	4.89	4. S. Monahan	Gosford	4.63
5. A. Green	Raymond Tce	4.76	5. M. Hassett	Waratah-May.	4.42
6. T. Hartigan	Gunnedah	4.75	6. B. Keith	Temora	4.42
7. C. Parker	Finley	4.67	7. M. Sumner	East Maitland	4.41
8. D. Gillis	Lake Illawarra	4.61	8. L. Seng	Koorringal	4.32

HIGH JUMP

1. M. Dick	Katoomba	1.60	1. L. Seng	Koorringal	1.68
2. M. Farley	Mac. Shores	1.56	2. C. Chambers	Cardiff	1.44
3. C. Parker	Finley	1.54	3. V. Smith	Orange	1.40
4. G. Crawford	Barooga	1.52	4. R. Mullaney	Lake Illawarra	1.40
5. L. Thompson	Kurrajong-Bil.	1.52	5. S. Givney	Clarence Vly	1.35
6. A. Hayman	Lake Illawarra	1.50	Eq- 5. B. Harman	Orange	1.35
7. D. Darling	Quirindi	1.45	7. F. Zimmerli	Gosford	1.35
8. T. Page	Mac. Shores	1.45	8. J. Murphy	Woodberry	1.35

SHOT PUT

1. C. Bell	Wollondilly	10.71	1. G. Beattie	Clarence Vly	12.65 Rec
2. R. Howe	Mac. Shores	9.57	2. K. Sapwell	Raymond Tce	12.13
3. R. Whitla	Mullumbimby	9.33	3. V. Smith	Orange	10.78
4. S. Kreymsborg	Raymond Tce	8.98	4. R. Russell	Albury	9.81
5. C. Tanner	Armidale	8.81	5. T. Summerville	Nambucca	9.52
6. A. Faith	Edgeworth	8.79	6. H. Kaiserfeld	Lake Illawarra	9.17
7. M. Williams	Clarence Vly	8.40	7. A. Drown	Glenbrook	8.12
8. M. Kupa	Tuggerah Laker	8.15	8. A. Smith	Woy Woy	8.88

DISCUS

1. C. Bell	Wollondilly	36.02	1. L. Chard	Dapto	31.24
2. C. Tanner	Armidale	34.08	2. G. Beattie	Clarence Vly	30.40
3. N. Wilmot	Woy Woy	26.06	3. K. Sapwell	Raymond Tce	28.78
4. M. Dick	Katoomba	25.64	4. V. Smith	Orange	24.32
5. D. O'Sullivan	Lake Illawarra	25.02	5. P. Harvey	Albury	22.32
6. P. Dixon-Flint	Griffith	24.36	6. R. Russell	Albury	21.62
7. A. Faith	Edgeworth	23.84	7. T. Adey	Morisset	21.46
8. P. Fernberton	Dapto	23.60	8. T. Amos	Clarence Vly	20.52

TRIPLE JUMP

1. D. Kellett	Bathurst	11.06	1. R. Mullaney	Lake Illawarra	10.30 Rec.
2. G. Lloyd	Wollongong	10.42	2. A. Rothwell	Glenbrook	10.17
3. D. Gillis	Lake Illawarra	10.23	3. N. Ambrose	Scully park	9.84
4. G. Crawford	Barooga	10.18	4. G. Grezesik	Glenbrook	9.29
5. T. Cleary	Katoomba	10.04	5. A. Jones	Mac. Shores	9.25
6. C. Maggs	Moorland	9.99	6. S. Tongue	Dungowan	9.25
7. T. Hartigan	Gunnedah	9.93	7. L. Chambers	Cardiff	9.18
8. A. Green	Raymond Tce	9.72	8. L. McGowin	Springwood	9.09

UNDER 13 - 100 METRES

1. J. Ivory	Mac. Shores	12.2 Rec.	1. M. Clark	Wollongong	12.7 Rec.
2. M. Whiteside	Billabong	12.8	2. J. Watson	Banana Coast	12.8
3. G. Cox	Koorngal	12.8	3. M. Ford	Lithgow	13.0
4. S. Clark	Mac. Shores	13.0	4. A. Adamson	Mac. Shores	13.1
5. J. McGrath	Waratah-May	13.0	5. K. Holmes	Gosford	13.2
6. J. Wright	Walgett	13.1	6. J. Letters	Glenbrook	13.2
7. D. Scott	Glen Innes	13.2	7. J. Blackstock	Tamworth	13.4
8. B. Jacobsen	Wagga P.B.C.	13.7	8. J. Burns	Moorland	13.5

200 METRES

1. J. Ivory	Mac. Shores	25.9	1. M. Clark	Wollongong	27.5
2. M. Whiteside	Billabong	26.3	2. M. Ford	Lithgow	27.8
3. G. Cox	Koorngal	26.6	3. J. Watson	Banana Coast	27.9
4. J. McGrath	Waratah-May	26.9	4. E. Gilchrist	Wyong	28.1
5. S. Clarke	Mac. Shores	27.2	5. K. Holmes	Gosford	28.3
6. D. Riolo	Wollongong	27.2	6. A. Gown	Kiama	28.7
7. C. Donzin	Woodlerry	28.1	7. L. Briggs	Orange	28.9
8. J. Minto	Gosford	28.4	8. A. Adamson	Mac. Shores	29.4

400 METRES

1. R. Bell	Wollondilly	1.00.6	1. E. Gilchrist	Wyong	1.03.1
2. D. McLachlan	Narrabri	1.01.0	2. K. Boyd	East Lakes	1.04.1
3. P. Thompson	Morisset	1.01.1	3. E. Pellow	Bathurst	1.04.5
4. T. Rogers	Bathurst	1.01.3	4. F. Bush	Nambucca	1.05.4
5. P. Ammala	Nambucca	1.03.2	5. K. Blackstock	Parkes	1.08.7
6. J. Major	Lake Illawarra	1.04.4	6. S. Ward	Parkes	1.09.9
7. E. Lawton	Goulburn	1.06.3	7. L. King	Taree	1.12.1
8. J. McGrath	Waratah-May.	1.06.5	8. K. Jackson	Mac. Shores	1.16.9

300 METRES

1. M. Latimore	Wingham	2.13.9	1. L. Nelson	Nambucca	2.22.9
2. T. Letcher	Bathurst	2.15.0	2. E. Bookallil	Armidale	2.23.0
3. T. Rogers	Bathurst	2.15.7	3. M. Blakeney	Glenbrook	2.25.2
4. J. Mauger	Lake Illawarra	2.16.4	4. H. Farnham	Port Macquarie	2.28.5
5. R. Bell	Wollondilly	2.20.3	5. M. Taylor	Tamworth	2.32.6
6. P. Duignan	Armidale	2.22.5	6. K. Sedgwick	Wollongong	2.33.6
7. J. Barrett	Tilligerry	2.24.1	7. E. Fellow	Bathurst	2.36.4
8. M. Winkler	Banana Coast	2.25.0	8. M. Jacobs	Wagga P.B.C	2.40.4

1500 METRES

1. T. Letcher	Bathurst	4.37.3	1. E. Bookallil	Armidale	4.59.4
2. J. Mauger	Lake Illawarra	4.40.2	2. L. Nelson	Nambucca	5.10.2
3. M. Latimore	Wingham	4.47.1	3. K. Sedgwick	Wollongong	5.12.5
4. E. Lawton	Goulburn	4.49.6	4. K. Petch	Banana Coast	5.15.1
5. J. McDonald	Barooga	4.51.0	5. M.	Glenbrook	5.20.1
6. J. Barrett	Tilligerry	4.58.1	6. H. Farnham	Port Macquarie	5.22.6
7. T. Rogers	Bathurst	5.01.8	7. R. Fitzgerald	Springwood	5.27.3
8. P. Duignan	Armidale	5.08.1	8. L. Piesto	Wagga P.B.C.	5.29.4

80M HURDLES

1. B. Sou	Mac. Shores	12.7 Rec.	1. N. Johnson	Mac. Shores	13.0 Rec
2. D. Scott	Glen Innes	12.9	2. J. Burns	Moorland	13.2
3. M. Johnston-Borg	Springwood	13.1	3. K. O'Connell	Scully Park	13.5
4. P. Carter	Lake Illawarra	13.1	4. A. Adamson	Mac. Shores	13.7
5. D. Chard	Dapto	13.1	5. N. Johnson	Dapto	13.8
6. C. Hughes	Raymond Tce	13.1	6. K. Farrell	Armidale	14.1
7. S. Wilkinson	Gunnedah	13.5	7. L. Washington	Glenbrook	14.1
8. G. Foley	Morisset	17.5	8. L. Croft	Woodberry	16.9

200M HURDLES

1. J. Ivory	Mac. Shores	27.2 Rec.	1. K. Farrell	Armidale	29.3
2. D. Sou	Mac Shores	27.7	2. H. Johnson	Mac. Shores	29.4
3. D. Riolo	Wollongong	27.8	3. J. Burns	Moorland	29.9
4. D. Chard	Dapto	28.8	4. L. Washington	Glenbrook	30.4
5. P. Bracegirdle	Armidale	29.1	5. N. Hayes	Walcha	30.8
6. P. Carter	Lake Illawarra	29.8	6. L. Croft	Woodberry	31.1
7. S. Wilkinson	Gunnedah	29.9	7. M. Orange	Port Macquarie	31.1

1500M WALK

1. P. Thompson	Morisset	7.33.4	1. T. Bartlett	Mac. Shores	7.29.8 Rec
2. D. Lang	Woodberry	7.50.6	2. T. Zaska	Morisset	7.32.6
3. B. Cameron	Kurrajong-Bil.	8.30.4	3. K. Petch	Banana Coast	7.33.5
4. P. Kildey	Morisset	8.31.9	4. R. Fitzgerald	Springwood	8.13.5
5. D. Matthews	Katoomba	8.37.1	5. T. Brennan	Kiama	8.14.9
6. D. Blow	Glenbrook	9.20.1	6. P. Hartney	Barooga	8.30.7
7. C. Pickham	Glen Innes	9.37.2	7. K. Gallaher	Raymond Tce	8.45.7
8. B. Paterson	Lake Illawarra	10.14.9	8. P. McGarry	Lake Illawarra	8.56.1

LONG JUMP

1. B. Sou	Mac. Shores	5.22	1. C. Scroder	Harrington	4.73
2. J. Ivory	Mac. Shores	5.14	2. K. Hayes	Walcha	4.72
3. P. Ammala	Nambucca	4.96	3. E. Gilchrist	Wyong	4.63
4. B. Kreymberg	Rutherford	4.93	4. L. Salvestro	Griffith	4.56
5. J. Wright	Walgett	4.93	5. K. O'Connell	Scully Park	4.53
6. D. Chard	Dapto	4.92	6. B. Locking	Cardiff	4.44
7. D. Scott	Glen Innes	4.90	7. L. Briggs	Orange	4.34
8. D. Barnett	Scully Park	4.85	8. N. Harris	Rutherford	4.34

SHOT PUT

1. G. Nichols	Mullumbimby	16.29	Rec.	1. K. Burke	Springwood	10.28
2. C. Stephenson	Mac. Shores	16.18		2. S. Hart	Blayney	9.84
3. W. Roach	Mac. Shores	12.56		3. M. Pringle	Tumut	9.76
4. P. Thompson	Morisset	11.93		4. T. Zaska	Morisset	9.51
5. M. Johnston-Borg	Springwood	11.29		5. T. Blackburn	Gunnedah	8.97
6. B. Watts	Orange	11.02		6. L. Foggo	Kiama	8.49
7. S. Cordell	Port Macquarie	9.75		7. L. Croft	Woodberry	8.30
8. G. Morante	Lake Illawarra	8.66		8. J. Crosby	Glen Innes	7.77

HIGH JUMP

1. G. Morante	Lake Illawarra	1.65	Rec.	1. P. Farrell	Armidale	1.49
2. J. Pitt	Mac. Shores	1.55		2. S. Ward	Parkes	1.49
3. M. Flegeltaub	Albury	1.50		3. N. Johnson	Mac. Shores	1.47
3. J. McGrath	Waratah-May.	1.50		4. C. Piggott	Blayney	1.47
5. P. Bracegirdle	Armidale	1.50		5. N. Medau	Wagga P.B.C.	1.45
6. M. Power	Charlestown	1.50		6. B. Locking	Cardiff	1.40
7. G. Cox	Koorringal	1.50	Eq.	6. A. Swift	Trangie	1.40
8. J. Barrett	Tilligerry	1.45		8. M. Murphy	Wagga P.B.C.	1.40

DISCUS

1. C. Nettelbeck	Leeton	44.30		1. T. Zaska	Morisset	26.74
2. G. Nichols	Mullumbimby	40.68		2. N. Campbell	Mac. Shores	26.68
3. P. Thompson	Morisset	39.08		3. L. Foggo	Kiama	26.58
4. W. Roach	Mac. Shores	35.20		4. S. Hart	Blayney	26.54
5. S. Cordell	Pt. Macquarie	28.22		5. T. Blackburn	Gunnedah	25.40
6. D. Clout	Koorringal	25.78		6. K. Burke	Springwood	24.34
7. J. Wright	Walgett	25.42		7. M. Pringle	Tumut	22.73
8. P. Phillips	Katoomba	25.04		8. T. Bartlett	Mac. Shores	21.10

TRIPLE JUMP

1. D. Chard	Dapto	11.21		1. K. Hayes	Walcha	10.31	Rec.
2. G. Cox	Koorringal	11.12		2. J. Blackstock	Tamworth	10.29	
3. R. Carty	Albury	11.03		3. N. Johnson	Mac. Shores	10.05	
4. B. Sou	Mac. Shores	10.95		4. K. Jackson	Mac. Shores	9.90	
5. D. Barnett	Scully Park	10.82		5. L. Washington	Glenbrook	9.77	
6. H. Bolger	Wyong	10.63		6. N. Martino	Shoalhaven	9.56	
7. G. Tattersall	Mac. Shores	10.43		7. R. Fitzgerald	Springwood	9.48	
8. P. Bracegirdle	Armidale	9.86		8. K. O'Connell	Scully Park	9.43	

BOYS REGION RELAY

1. MACQUARIE SHORES	54.9
2. CLARENCE VALLEY	55.8
3. ALBURY	55.8
4. LAKE ILLAWARRA	56.5

GIRLS REGION RELAY

1. LAKE ILLAWARRA	56.2
2. MACQUARIE SHORES	56.5
3. BANANA COAST	56.7
4. KOORINGAL	56.7
5. ORANGE	57.1
6. WARATAH-MAYFIELD	57.3

COMMONWEALTH BANK SHIELD

MACQUARIE SHORES	204.5
LAKE ILLAWARRA	174
ARMIDALE	170
WYONG	88
SCULLY PARK	85
WOLLONGONG CITY	80
GLENBROOK	77
NAMBUCCA	76
WARATAH MAYFIELD	71
GOSFORD	69.5
ORANGE	65.5