

LITTLE ATHLETICS ASSOCIATION OF NEW SOUTH WALES INC.

RESULTS - SHELLEYS STATE CHAMPIONSHIPS - SYLVANIA WATERS

MARCH 19 - 20, 1988

UNDER 9

| <u>BOYS</u> | | <u>100 METRES</u> | | <u>GIRLS</u> | |
|---------------|----------------|-------------------|----------------|--------------|------|
| 1. P. Reid | Campbelltown | 14.8 | 1. T. McHeyzer | Mac. Shores | 15.2 |
| 2. C. Best | Sutherland | 14.8 | 2. K. Grubb | Illawong | 15.4 |
| 3. L. Reid | Nth. Rocks/C'f | 14.8 | 3. H. Moore | Rand/Botany | 15.4 |
| 4. N. Weidner | Bankstown | 14.8 | 4. E. Murray | Gilgandra | 15.4 |
| 5. S. Ryan | Nth. Suburbs | 14.9 | 5. R. Smart | Narrabri | 15.6 |
| 6. G. Ewings | Campbelltown | 14.9 | 6. E. Channon | Mudgee | 15.6 |
| 7. J. Sattler | East Lakes | 15.4 | 7. R. Reurich | Gosford | 15.7 |
| 8. D. Caris | Camden | 15.4 | 8. S. Norris | Kuringai | 15.8 |

200 METRES

| | | | | | |
|-----------------|----------------|------|----------------|-------------|------|
| 1. S. Grant | Pt. Hacking | 29.3 | 1. H. Moore | Rand/Botany | 30.1 |
| 2. N. Jones | Nth. Suburbs | 29.4 | 2. R. Smart | Narrabri | 30.4 |
| 3. L. Reid | Nth. Rocks/C'f | 29.4 | 3. T. McHeyzer | Mac. Shores | 30.5 |
| 4. M. Lowe | Camden | 29.8 | 4. K. Grubb | Illawong | 31.3 |
| 5. J. Sattler | East Lakes | 30.0 | 5. E. Murray | Gilgandra | 31.3 |
| 6. C. Dillinger | Tilligerry | 30.0 | 6. T. Cools | Glenbrook | 31.6 |
| 7. S. Hancock | Wollongong | 30.0 | 7. J. Clancy | Hills Dist. | 31.7 |
| 8. D. Caris | Camden | 31.1 | 8. B. Kanopka | Doonside | 31.9 |

400 METRES

| | | | | | |
|---------------|--------------|--------|----------------|-------------|--------|
| 1. S. Grant | Pt. Hacking | 1:06.0 | 1. R. Smart | Narrabri | 1:10.4 |
| 2. B. Emerton | Mac. Fields | 1:07.0 | 2. H. Moore | Rand/Botany | 1:10.6 |
| 3. B. Moore | Penrith | 1:07.0 | 3. R. Lysaght | Mac. Shores | 1:12.7 |
| 4. E. Cay | Corowa | 1:09.2 | 4. E. Murray | Gilgandra | 1:13.4 |
| 5. M. Lowe | Camden | 1:10.3 | 5. T. Reynolds | Greystanes | 1:13.4 |
| 6. A. Mittiga | N. Rocks/C'f | 1:10.5 | 6. M. Andrews | Penrith | 1:16.3 |
| 7. J. Murphy | Emu Plains | 1:11.8 | 7. K. White | Medowie | 1:18.4 |

800 METRES

| | | | | | |
|------------------|----------------|--------|----------------|--------------|--------|
| 1. B. Emerton | Mac. Fields | 2:35.1 | 1. A. Zucca | Wyong | 2:40.9 |
| 2. A. Mittiga | Nth. Rocks/C'f | 2:37.1 | 2. R. Kane | Gosford | 2:46.9 |
| 3. N. Nonemacher | Nepean | 2:38.7 | 3. T. Reynolds | Greystanes | 2:49.2 |
| 4. N. Petersen | Wyong | 2:39.9 | 4. K. Lewis | Winston Hill | 2:50.3 |
| 5. T. Tinker | Wyong | 2:40.2 | 5. B. Morrison | Wingham | 2:50.8 |
| 6. D. Owsnett | Bankstown | 2:40.3 | 6. R. Duggan | Rutherford | 2:50.8 |
| 7. S. Fisher | St. George | 2:40.5 | 7. S. Hampton | Manly Warr. | 2:52.7 |
| 8. G. Malys | Sutherland | 2:42.3 | 8. C. Dalton | N. Rocks/C'f | 2:54.9 |

60M HURDLES

| | | | | | |
|---------------|---------------|------|----------------|-------------|------|
| 1. M. Weidner | Bankstown | 10.0 | 1. E. Harrison | Hornsby | 10.5 |
| 2. C. Best | Sutherland | 10.2 | 2. M. Everett | E. Maitland | 10.6 |
| 3. S. Berne | Rand/Botany | 10.2 | 3. V. Arthur | St. George | 10.6 |
| 4. G. Pill | Illawong | 10.2 | 4. K. Grubb | Illawong | 10.6 |
| 5. M. Keon | Colyton/St. C | 10.3 | 5. T. Stanley | Rand/Botany | 10.9 |
| 6. J. Rayner | Campbelltown | 10.5 | 6. M. Andrews | Penrith | 11.0 |
| 7. S. Hancock | Wollongong | 10.6 | 7. R. Goodwin | Cardiff | 11.2 |
| 8. B. Marsh | Prospect | 10.7 | 8. J. Hewitt | Camden | 11.7 |



OUR STATE SPONSOR

HIGH JUMP

| | | | | | |
|------------------|--------------|------|----------------|------------|------|
| 1. R. Bogdanek | Bankstown | 1.34 | 1. J. Hewitt | Camden | 1.13 |
| 2. T. Bradley | Campbelltown | 1.26 | 2. L. Biondino | Kuringai | 1.11 |
| 3. M. Carmody | Young | 1.24 | 3. T. Cools | Glenbrook | 1.07 |
| 4. P. Wallington | Hills Dist. | 1.20 | 4. K. Jck | Blacktown | 1.05 |
| 5. C. Best | Sutherland | 1.20 | 5. R. Woods | Hornsby | 1.05 |
| 6. B. Clarey | Glenbrook | 1.15 | 6. A. Calvert | Kiama | 1.05 |
| 7. M. Simms | Colyton/St.C | 1.15 | 7= R. Peel | Camden | 1.00 |
| 8. J. Guy | Kiama | 1.15 | 7= H. Tokoko | Werrington | 1.00 |
| | | | 7= C. Stewart | Shoalhaven | 1.00 |

LONG JUMP

| | | | | | |
|------------------|--------------|------|----------------|--------------|------|
| 1. S. Grant | Pt.Hacking | 4.33 | 1. J. Clancy | Hills Dist. | 4.14 |
| 2. M. Wong | Fairfield | 4.06 | 2. T. Cools | Glenbrook | 3.92 |
| 3. F. Reid | Campbelltown | 4.01 | 3. T. McHeyzer | Mac.Shores | 3.91 |
| 4. G. Pill | Illawong | 4.00 | 4. H. Moore | Rand.Botany | 3.89 |
| 5. B. Marsh | Prospect | 3.84 | 5. B. Konopka | Doonside | 3.84 |
| 6. P. Wallington | Hills Dist. | 3.84 | 6. K. Grubb | Illawong | 3.76 |
| 7. D. Matthews | Corowa | 3.82 | 7. V. Arthur | St.George | 3.70 |
| 8. D. Organ | Shoalhaven | 3.75 | 8. J. Taylor | Harden/Murr. | 3.62 |

SHOT PUT

| | | | | | |
|--------------|-------------|------|----------------|--------------|------|
| 1. D. Uccino | Greystanes | 8.65 | 1. E. Nelving | Winston Hill | 7.73 |
| 2. S. Grant | Pt.Hacking | 8.54 | 2. S. Healey | Mudgee | 7.36 |
| 3. D. Graham | Cardiff | 8.49 | 3. O. Nokovic | Winston Hill | 7.01 |
| 4. T. Payten | Temora | 8.10 | 4. M. Cupitt | Smithfield | 6.78 |
| 5. D. Morgan | Balmain | 8.02 | 5. L. Chapman | Hills Dist. | 6.70 |
| 6. J. Murphy | Manly Warr. | 7.91 | 6. K. Brennan | Camden | 6.68 |
| 7. S. Selmes | Doonside | 7.86 | 7. D. Turnbull | Tugg.Lakes | 6.55 |
| 8. A. Cox | Charlestown | 7.73 | 8. H. Sestic | Girraween | 6.03 |

DISCUS

| | | | | | |
|---------------|-------------|-------|----------------|--------------|-------|
| 1. D. Morgan | Balmain | 28.96 | 1. D. Turnbull | Tugg.Lakes | 26.28 |
| 2. S. Selmes | Doonside | 26.12 | 2. B. Morrison | Wingham | 25.26 |
| 3. S. King | Kiama | 25.60 | 3. A. Thomson | Manly | 23.10 |
| 4. M. Taylor | Hills Dist. | 25.08 | 4. K. Foster | Illawong | 20.16 |
| 5. A. Cox | Charlestown | 24.22 | 5. K. Brennan | Camden | 20.12 |
| 6. J. Dorsett | Springwood | 24.08 | 6. J. Clancey | Hills Dist. | 20.02 |
| 7. S. May | Bankstown | 23.64 | 7. M. Rennie | Winston Hill | 19.90 |
| 8. D. Uccino | Greystanes | 23.48 | 8. N. Reilly | Rand.Botany | 19.62 |

800M WALK

| | | | | | |
|------------------|-------------|--------|-----------------|--------------|--------|
| 1. M. James | Bankstown | 4:00.0 | 1. S. Simpson | Winston Hill | 4:08.6 |
| 2. M. McLoughlin | Doonside | 4:07.4 | 2. H. Sestic | Girraween | 4:12.6 |
| 3. A. Hurley | Kuringai | 4:09.8 | 3. M. Defina | Manly | 4:14.6 |
| 4. M. Dickson | Glenbrook | 4:21.4 | 4. S. Bieke | Kuringai | 4:19.4 |
| 5. S. Berne | Rand.Botany | 4:31.8 | 5. A. Reale | Manly Warr. | 4:22.1 |
| 6. F. Munro | Clar.Valley | 4:36.7 | 6. P. Thurston | Gosford | 4:25.5 |
| 7. L. Miller | Tugg.Lakes | 4:45.8 | 7. A. McConnell | Nepean | 4:25.8 |
| 8. R. Pollock | Blacktown | 4:46.6 | 8. C. Deane | Ingleburn | 4:26.5 |

UNDER 10

100 METRES

| | | | | | |
|----------------|-------------|------|----------------|--------------|------|
| 1. J. Smith | Hornsby | 13.8 | 1. J. Shepherd | Kuringai | 13.9 |
| 2. H. Cetnic | Holroyd | 14.0 | 2. D. Kerr | Winston Hill | 14.2 |
| 3. C. Pelham | St. George | 14.0 | 3. B. Smith | Winston Hill | 14.3 |
| 4. D. Cross | Clar.Valley | 14.0 | 4. A. Gamble | Lithgow | 14.5 |
| 5. D. Plunkett | Junee | 14.0 | 5. D. Ferraro | St. George | 14.6 |
| 6. P. Teremi | Pt.Hacking | 14.1 | 6. M. Twitt | Wagga PYC | 14.6 |
| 7. J. Carter | Manly Warr. | 14.3 | 7. A. Lloyd | Bankstown | 15.0 |
| 8. G. Ebinger | Bankstown | 14.3 | 8. S. Lappan | Kuringai | 15.0 |

200 METRES

| | | | | | |
|-----------------|-------------|------|-----------------|--------------|------|
| 1. J. Smith | Hornsby | 27.5 | 1. J. Shepherd | Kuringai | 28.9 |
| 2. C. Felham | St.George | 28.4 | 2. D. Ferraro | St.George | 29.2 |
| 3. B. Longworth | Narrabri | 28.4 | 3. B. Smith | Winston Hill | 29.2 |
| 4. P. Teremi | Pt.Hacking | 28.8 | 4. A. Gamble | Lithgow | 29.6 |
| 5. J. Carter | Manly Warr. | 28.9 | 5. D. Kerr | Winston Hill | 29.9 |
| 6. D. Flunkett | Junee | 28.9 | 6. M. Bradley | Young | 30.2 |
| 7. A. Kolts | Pt.Hacking | 28.9 | 7. L. Pearson | Pt.Hacking | 30.3 |
| 8. A. Cetnic | Holroyd | 29.0 | 8. T. Siemionow | Liverpool | 30.9 |

400 METRES

| | | | | | |
|--------------|--------------|--------|-----------------|--------------|--------|
| 1. T. Danne | Bankstown | 1:03.7 | 1. D. Ferraro | St.George | 1:07.0 |
| 2. G. Cremer | Ryde | 1:04.6 | 2. V. King | Campbelltown | 1:07.5 |
| 3. A. Kolts | Pt.Hacking | 1:05.1 | 3. K. Nealon | Tugg.Lakes | 1:07.8 |
| 4. J. Carter | Manly Warr. | 1:07.2 | 4. K. Sutton | Sutherland | 1:09.6 |
| 5. P. Chase | Leeton | 1:07.6 | 5. M. Hepworth | Werrington | 1:10.4 |
| 6. A. Dowell | Campbelltown | 1:08.0 | 6. T. Siemoinow | Liverpool | 1:11.0 |
| 7. S. Knight | Gosford | 1:08.1 | 7. C. Wright | Hornsby | 1:11.2 |
| 8. R. Quilty | Tumut | 1:08.1 | 8. C. Eadley | Taree | 1:12.5 |

800 METRES

| | | | | | |
|-----------------|---------------|--------|----------------|--------------|--------|
| 1. S. Archer | Hornsby | 2:26.6 | 1. V. King | Campbelltown | 2:32.7 |
| 2. A. Dowell | Campbelltown | 2:27.4 | 2. U. Rodway | Pt.Hacking | 2:34.0 |
| 3. S. DePomeroy | Nth.Rocks/C'f | 2:28.9 | 3. K. Sutton | Sutherland | 2:34.7 |
| 4. J. Hooper | Albion Park | 2:29.4 | 4. C. Wright | Hornsby | 2:36.6 |
| 5. R. Bileckij | Hills Dist. | 2:29.8 | 5. M. Hepworth | Werrington | 2:40.2 |
| 6. P. Hoffman | Clar.Valley | 2:31.0 | 6. L. Comer | Wollongong | 2:41.2 |
| 7. B. Spence | Illawong | 2:35.7 | 7. D. Mitcham | Nambucca | 2:41.9 |
| 8. B. Halls | Rand.Botany | 2:38.1 | 8. T. Irving | Nepean | 2:42.1 |

1500 METRES

| | | | | | |
|-----------------|---------------|--------|-----------------|--------------|--------|
| 1. S. Archer | Hornsby | 5:01.1 | 1. V. King | Campbelltown | 5:06.6 |
| 2. A. Dowell | Campbelltown | 5:03.6 | 2. U. Rodway | Pt.Hacking | 5:14.8 |
| 3. R. Bileckij | Hills Dist. | 5:06.6 | 3. K. Sutton | Sutherland | 5:16.6 |
| 4. P. Hoffman | Clar.Valley | 5:08.0 | 4. D. Mitcham | Nambucca | 5:18.2 |
| 5. S. Depomeroy | N.Rocks/C'f | 5:12.8 | 5. L. Comer | Wollongong | 5:21.5 |
| 6. M. Rennie | Pt.Hacking | 5:14.6 | 6. M. Hepworth | Werrington | 5:25.4 |
| 7. K. Rastall | Nepean | 5:19.9 | 7. T. Siemionow | Liverpool | 5:26.4 |
| 8. C. Myers | Terr.Wamberal | 5:22.2 | 8. E. Reeve | Armidale | 5:27.8 |

60M HURDLES

| | | | | | |
|----------------|-------------|------|------------------|--------------|-------|
| 1. J. Smith | Hornsby | 9.5 | 1. B. Smith | Winston Hill | 9.3 R |
| 2. D. Cross | Clar.Valley | 9.6 | 2. J. Shepherd | Kuringai | 9.4 |
| 3. M. Ettridge | St. George | 9.6 | 3. L. Pearson | Pt.Hacking | 9.8 |
| 4. J. Carter | Manly/Warr. | 9.7 | 4. L. Richardson | Dubbo | 9.8 |
| 5. W. Ward | Sutherland | 9.7 | 5. R. Kay | Cardiff | 10.0 |
| 6. G. Ebinger | Bankstown | 9.9 | 6. J. Gault | Ryde | 10.4 |
| 7. J. Helou | Bankstonw | 10.0 | 7. D. Jones | Kurr/Bilpin | 10.5 |
| 8. T. Wozniak | Penrith | 10.0 | 8. A. Lewis | Doonside | 10.6 |

HIGH JUMP

| | | | | | |
|---------------|--------------|------|------------------|--------------|------|
| 1. C. Ryan | Hornsby | 1.36 | 1. J. Smith | Kurr/Bilpin | 1.23 |
| 2. G. Ebinger | Bankstown | 1.31 | 2. L. Richardson | Dubbo | 1.21 |
| 3. J. Robards | St.George | 1.27 | 3. R. Kay | Cardiff | 1.17 |
| 4. S. Hayes | Manly Warr. | 1.27 | 4. J. Smith | Terrigal/Wam | 1.17 |
| 5. P. Butcher | Clar.Valley | 1.27 | 5. S. Chen | Kuringai | 1.15 |
| 6. G. McNair | Penrith | 1.27 | 6= M. Auer | Parramatta | 1.10 |
| 7. J. Hooper | Albion Park | 1.20 | 6= K. Telford | Pt.Hacking | 1.10 |
| 8. D. Moreau | Colyton/St.C | 1.20 | 8. M. Lord | Albury | 1.10 |

LONG JUMP

| | | | | | |
|---------------|---------------|------|------------------|--------------|------|
| 1. H. Cetnic | Holroyd | 4.48 | 1. L. Richardson | Dubbo | 4.58 |
| 2. T. Wozniak | Penrith | 4.32 | 2. D. Kerr | Winston Hill | 4.42 |
| 3. G. Ebinger | Bankstown | 4.30 | 3. P. Kidd | Gunnedah | 4.36 |
| 4. A. Harvey | Emu Plains | 4.28 | 4. J. Shepherd | Kuringai | 4.34 |
| 5. T. Brown | Lk. Illawarra | 4.28 | 5. V. Rodway | Pt. Hacking | 4.30 |
| 6. M. Wright | Blacktown | 4.23 | 6. D. Ferraro | St. George | 4.18 |
| 7. J. Hooper | Albion Park | 4.15 | 7. S. Chen | Kuringai | 4.14 |
| 8. M. Solomon | Nepean | 4.08 | 8. D. Jones | Kurr/Bilpin | 4.11 |

SHOT PUT

| | | | | | |
|------------------|-------------|-------|-----------------|--------------|------|
| 1. J. Helou | Bankstown | 10.91 | 1. S. Pierce | Tubb. Lakes | 8.49 |
| 2. B. Cornick | E. Maitland | 10.52 | 2. T. Morely | Manly | 8.40 |
| 3. N. Bradley | Hornsby | 10.04 | 3. K. Nealon | Tugg. Lakes | 8.30 |
| 4. A. Wieczorek | Woodberry | 9.87 | 4. B. Smith | Winston Hill | 8.13 |
| 5. C. Pagnamenta | Penrith | 9.34 | 5. K. Campbell | Gunnedah | 7.86 |
| 6. D. Ramien | Coonamble | 9.30 | 6. A. Poto | Camden | 7.74 |
| 7. S. Griffiths | Manly Warr. | 9.20 | 7. B. Sheedy | Bankstown | 7.52 |
| 8. A. Mara | Kuringai | 8.41 | 8. C. Blomfield | Walcha | 7.44 |

DISCUS

| | | | | | |
|------------------|---------------|-------|-------------------|--------------|-------|
| 1. M. McGrath | Illawong | 40.16 | 1. O. Harrison | Winston Hill | 28.44 |
| 2. J. Helou | Bankstown | 33.10 | 2. S. Pierce | Tugg. Lakes | 27.82 |
| 3. N. Bradley | Hornsby | 32.18 | 3. L. Edwards | Glen Innes | 27.62 |
| 4. C. Pagnamenta | Penrith | 32.02 | 4. T. Morley | Manly Warr. | 25.84 |
| 5. J. Koinusis | Sutherland | 31.92 | 5. N. Maxfield | Winston Hill | 24.84 |
| 6. S. McLean | Colyton/St. C | 29.06 | 6. S. Della-Porta | Ryde | 24.08 |
| 7. T. Duffett | Werrington | 28.44 | 7. S. Conlon | Glenbrook | 23.10 |
| 8. T. Danne | Bankstown | 27.32 | 8. A. Slatter | Albion Park | 23.00 |

800M WALK

| | | | | | |
|-----------------|--------------|--------|----------------|--------------|--------|
| 1. K. Rastall | Nepean | 3:29.5 | R 1. C. Pohs | Nepean | 3:47.9 |
| 2. D. Hubbard | Leth. Park | 3:38.4 | 2. A. Lawrence | Rand/Botany | 3:48.5 |
| 3. D. Schofield | Ryde | 3:38.8 | 3. N. Saville | Rand/Botany | 3:53.5 |
| 4. B. Bissakee | Campbelltown | 3:51.5 | 4. R. Galloway | Sutherland | 3:59.7 |
| 5. B. Malyon | Rand/Botany | 3:54.7 | 5. B. Wheatley | Ryde | 4:00.2 |
| 6. C. Beacroft | Blacktown | 3:56.7 | 6. L. Everson | Winston Hill | 4:07.9 |
| 7. S. Mak | Parramatta | 3:59.0 | 7. G. Geyteman | Richmond | 4:09.5 |
| 8. W. Charlton | Nepean | 4:01.8 | 8. S. Princi | Campbelltown | 4:09.7 |

UNDER 11

100 METRES

| | | | | | |
|-------------------|---------------|------|-----------------|--------------|------|
| 1. C. Doyle | Kuringai | 13.3 | 1= L. Saliba | Girraween | 13.7 |
| 2. S. Pethybridge | Winston Hill | 13.5 | 1= T. Barrett | June | 13.8 |
| 3. T. Wilson | Camden | 13.6 | 3. R. Fernandes | Ryde | 13.9 |
| 4. D. Turner | Ingleburn | 13.7 | 4. C. Andrews | N. Rocks/C'F | 13.9 |
| 5. D. Whitehead | Woy Woy | 13.8 | 5. J. Peterson | Woy Woy | 14.1 |
| 6. A. Reid | Gosford | 13.8 | 6. S. Hennessy | Kuringai | 14.2 |
| 7. J. Kirkwood | Pt. Macquarie | 14.1 | 7. F. Melville | Hornsby | 14.8 |
| | | | 8. M. Kennedy | Manly Warr. | 14.8 |

200 METRES

| | | | | | |
|-------------------|---------------|------|-----------------|---------------|------|
| 1. C. Doyle | Kuringai | 27.0 | 1. T. Barrett | June | 27.8 |
| 2. D. Pocock | Sutherland | 27.6 | 2. C. Andrews | Nth. Rocks/C' | 28.2 |
| 3. S. Appleyard | Pty. Hacking | 27.6 | 3. L. Saliba | Girraween | 28.5 |
| 4. S. Pethybridge | Winston Hill | 27.6 | 4. R. Fernandes | Ryde | 28.5 |
| 5. S. Russo | Lk. Illawarra | 27.8 | 5. J. Peterson | Woy Woy | 28.8 |
| 6. A. Reid | Gosford | 27.9 | 6. F. Melville | Hornsby | 29.0 |
| 7. P. Williams | Winston Hill | 28.4 | 7. D. Broadbent | Mac. Shores | 29.2 |
| | | | 8. M. Sheridan | Koorringal | 29.2 |

400 METRES

| | | | | | |
|------------------|--------------|--------|------------------|--------------|--------|
| 1. S. Appleyard | Pt.Hacking | 1:01.7 | 1. A. Burne | Pt.Hacking | 1:03.3 |
| 2. D. Weigand | Bankstown | 1:02.6 | 2. D. Broadbent | Mac.Shores | 1:04.9 |
| 3. C. Doyle | Kuringai | 1:02.9 | 3. C. Andrews | Nth.Rocks/C' | 1:05.2 |
| 4. R. Richardson | Dubbo | 1:03.0 | 4. G. Chadwick | Manly Warr. | 1:05.9 |
| 5. P. Williams | Winston Hill | 1:04.8 | 5. K. Fitzgerald | Rand/Botany | 1:06.0 |
| 6. S. Antony | Gosford | 1:05.5 | 6. F. Melville | Hornsby | 1:06.4 |
| 7. M. Hunt | Campbelltown | 1:05.6 | 7. K. Bartlett | Tumut | 1:08.4 |
| 8. D. Reid | Campbelltown | 1:05.7 | 8. C. Webb | Penrith | 1:09.2 |

800 METRES

| | | | | | |
|-----------------|--------------|--------|------------------|--------------|--------|
| 1. G. King | Campbelltown | 2:25.1 | 1. A. Burne | Pt.Hacking | 2:26.9 |
| 2. S. Antony | Gosford | 2:25.8 | 2. C. Andrews | Nth.Rocks/C' | 2:32.2 |
| 3. A. Molachino | Scully Park | 2:26.5 | 3. M. Simson | Campbelltown | 2:32.6 |
| 4. D. Murphy | Claymore | 2:27.6 | 4. A. Heckenberg | Nepean | 2:32.7 |
| 5. D. Muniz | Albion Park | 2:28.7 | 5. D. Fearnley | Blayney | 2:35.5 |
| 6. A. Walker | Pt.Hacking | 2:29.1 | 6. N. Weston | Armidale | 2:36.0 |
| 7. D. Cale | St.George | 2:29.5 | 7. K. Fitzgerald | Rand/Botany | 2:38.4 |
| 8. S. Mortlock | Nth.Suburbs | 2:30.8 | 8. L. Rea | Albion Park | 2:39.8 |

1500 METRES

| | | | | | |
|-----------------|--------------|--------|------------------|--------------|--------|
| 1. G. King | Campbelltown | 4:51.5 | 1. M. Simson | Campbelltown | 5:12.0 |
| 2. S. Antony | Gosford | 4:53.2 | 2. A. Heckenberg | Nepean | 5:14.0 |
| 3. C. Kunert | Ingleburn | 4:55.0 | 3. W. Nettlebeck | Albury | 5:14.6 |
| 4. A. Molachino | Scully Park | 4:56.8 | 4. D. Fearnley | Blayney | 5:16.4 |
| 5. D. Muniz | Albion Park | 4:57.0 | 5. L. Rea | Albion Park | 5:18.6 |
| 6. D. Murphy | Claymore | 4:57.3 | 6. M. Underhill | Woy Woy | 5:19.7 |
| 7. T. Scicluna | Hills Dist. | 4:59.9 | 7. L. Coffee | Nepean | 5:22.5 |
| 8. S. Newman | Armidale | 5:03.4 | 8. N. Weston | Armidale | 5:24.9 |

60M HURDLES

| | | | | | |
|------------------|--------------|------|------------------|--------------|------|
| 1. J. Knight | Ingleburn | 9.6 | 1. M. Harris | Hornsby | 10.0 |
| 2. S. Merrill | Sutherland | 9.9 | 2. A. Blackburn | Kurri Kurri | 10.1 |
| 3. D. Weigand | Bankstown | 9.9 | 3. L. Ellick | Claymore | 10.1 |
| 4. L. Maszowski | St. George | 10.0 | 4. J. Fredericks | Kuringai | 10.1 |
| 5. A. Washington | Glenbrook | 10.1 | 5. K. Laws | Hills Dist. | 10.3 |
| 6. N. Handley | Glenbrook | 10.3 | 6. M. Nasca | Mullumbimby | 10.3 |
| 7. G. Bransgrove | Mac.Shores | 10.3 | 7. S. Carden | Campbelltown | 10.4 |
| 8. P. Williams | Winston Hill | 10.3 | 8. M. Moore | Rand/Botany | 10.4 |

HIGH JUMP

| | | | | | |
|------------------|------------|------|------------------|--------------|------|
| 1. J. Yerbury | Kuringai | 1.52 | 1. M. Harris | Hornsby | 1.43 |
| 2. D. Whitehead | Woy Woy | 1.52 | 2. N. Tome | Glen Innes | 1.37 |
| 3. G. Bransgrove | Mac.Shores | 1.46 | 3. L. Pendlebury | Springwood | 1.35 |
| 4. A. Rostron | Edgeworth | 1.42 | 4. S. Moses | Pt. Hacking | 1.30 |
| 5= M. McAllister | Narromine | 1.35 | 5. J. Peterson | Woy Woy | 1.30 |
| 5= B. Wayne | Liverpool | 1.35 | 6. A. Belcourt | Wollongong | 1.30 |
| 5= A. Mowatt | St.George | 1.35 | 7. E. Hodges | Greystanes | 1.30 |
| 8. M. Richardson | Doonside | 1.35 | 8= L. Dragievich | Blacktown | 1.30 |
| | | | 8= S. Carden | Campbelltown | 1.30 |

LONG JUMP

| | | | | | |
|-----------------|--------------|------|------------------|--------------|------|
| 1. D. Whitehead | Woy Woy | 4.87 | 1. A. Skewe | Rand/Botany | 4.79 |
| 2. M. Carroll | Mac.Shores | 4.70 | 2. K. Laws | Hills Dist. | 4.54 |
| 3. A. Tzannes | East.Suburbs | 4.68 | 3. M. Nasca | Mullumbimby | 4.52 |
| 4. D. Weigand | Bankstown | 4.65 | 4. J. Yeomans | Nth.District | 4.46 |
| 5. G. Moore | Mac.Shores | 4.63 | 5. J. Hass | Blacktown | 4.42 |
| 6. T. Wilson | Camden | 4.59 | 6. N. Gale | Wyong | 4.32 |
| 7. J. Knight | Ingleburn | 4.43 | 7. P. King | Sutherland | 4.26 |
| 8. M. Davidson | Parramatta | 4.30 | 8. L. Dragievich | Blacktown | 4.16 |

SHOT PUT

| | | | | | |
|-------------------|---------------|------|-----------------|--------------|-------|
| 1. S. Tonkin | Winston Hills | 9.49 | 1. R. Dunham | Rand/Botany | 10.88 |
| 2. J. Ayres | Bankstown | 9.30 | 2. M. Harris | Hornsby | 10.49 |
| 3. P. Halpin | Hills Dist. | 8.71 | 3. N. Munn | Hornsby | 10.11 |
| 4. M. Schroeder | Harrington | 8.51 | 4. J. Ferguson | Kuringai | 10.03 |
| 5. A. Cameron | E.Maitland | 8.47 | 5. C. Deery | Moree | 9.66 |
| 6. S. Reeves | St.George | 8.34 | 6. D. Zonneveld | Dapto | 9.39 |
| 7. S. Pethybridge | Winston Hill | 8.18 | 7. K. Leppanen | Winston Hill | 9.32 |
| 8. P. Jackson | Lk.Illawarra | 8.00 | 8. A. Morrison | Campbelltown | 9.27 |

DISCUS

| | | | | | |
|------------------|--------------|-------|----------------|-------------|-------|
| 1. M. Stcherbina | Pt.Hacking | 30.32 | 1. R. Durnham | Rand/Botany | 26.30 |
| 2. P. Halpin | Hills Dist. | 29.90 | 2. N. Munn | Hornsby | 25.38 |
| 3. R. Merritt | South Sydney | 29.00 | 3. M. Aylett | Hills Dist. | 24.38 |
| 4. M. Jones | Hornsby | 28.84 | 4. N. Sebelic | Gulgong | 24.28 |
| 5. M. Salvatore | Illawong | 28.40 | 5. M. Harris | Hornsby | 22.94 |
| 6. A. Tzannes | Eastern Sub. | 28.06 | 6. K. Leppanen | Winson Hill | 22.12 |
| 7. C. Pound | Hills Dist. | 27.14 | 7. E. Bain | Springwood | 21.38 |
| 8. R. Sanbrook | Springwood | 26.74 | 8. N. Fenwick | Mac. Shores | 20.34 |

TRIPLE JUMP

| | | | | | |
|-----------------|--------------|------|-----------------|-------------|------|
| 1. D. Whitehead | Woy Woy | 9.82 | 1. N. Moore | Rand/Botany | 9.92 |
| 2. A. Tzannes | East.Suburbs | 9.73 | 2. K. Laws | Hills Dist. | 9.76 |
| 3. R. Dittes | Tugg.Lakes | 9.65 | 3. P. King | Sutherland | 9.35 |
| 4. G. Brangrove | Mac. Shores | 9.56 | 4. A. Silene | Rand/Botany | 9.32 |
| 5. D. Bennett | Werrington | 9.42 | 5. A. Goff | Mac.Shores | 9.29 |
| 6. B. Walker | Scully Park | 9.41 | 6. J. Hass | Blacktown | 9.17 |
| 7. G. Moore | Mac. Shores | 9.33 | 7. V. Comerford | Doonside | 9.10 |
| 8. D. Weigand | Bankstown | 9.23 | 8. G. Ting | Nth.Suburbs | 9.02 |

1500M WALK

| | | | | | |
|------------------|--------------|--------|-------------------|-------------|----------|
| 1. G. Ploeg | Nepean | 7:14.1 | 1. L. Coffee | Nepean | 7:21.7 F |
| 2. M. Aspinall | Rutherford | 7:21.9 | 2. C. Webb | Penrith | 7:26.5 |
| 3. M. Richardson | Doonside | 7:22.9 | 3. C. Little | Hornsby | 7:34.9 |
| 4. K. Pryor | Penrith | 7:37.5 | 4. A. Heckenberg | Nepean | 7:45.2 |
| 5. M. Barry | Winston Hill | 7:39.1 | 5. S. Harmon | Manly/Warr. | 8:01.2 |
| 6. J. Brenycz | Tallawong Pk | 7:39.2 | 6. S. Kenneth | Sutherland | 8:27.8 |
| 7. C. Robbins | Campbelltown | 7:45.4 | 7. K. Cuthbertson | Bankstown | 8:30.7 |
| 8. M. Ogden | Woy Woy | 8:18.4 | 8. B. Thornberry | Sutherland | 8:36.9 |

UNDER 12

100 METRES

| | | | | | |
|----------------|--------------|------|-----------------|--------------|------|
| 1. B. Schrader | Mac.Shores | 13.0 | 1. N. Watts | Scully Park | 12.9 |
| 2. S. Trinh | West.Suburbs | 13.0 | 2. S. Dundas | Banana Coast | 13.4 |
| 3. P. Curran | Holroyd | 13.0 | 3. K. Sanders | Wagga PYC | 13.4 |
| 4. S. Wano | Holroyd | 13.0 | 4. R. O'Riordan | Kuringai | 13.5 |
| 5. J. Kerr | Rand/Botany | 13.3 | 5. M. Mantikos | Rand/Botany | 13.5 |
| 6. M. Wheeldon | Canowindra | 13.5 | 6. B. Rangott | Manly/Warr. | 13.7 |
| 7. P. Treharne | Manly/Warr. | 13.6 | 7. J. Bell | Wollongong | 14.0 |
| 8. A. Zaman | Mosman | 14.2 | | | |

200 METRES

| | | | | | |
|----------------|--------------|------|---------------|--------------|------|
| 1. G. Jones | Katoomba | 25.9 | 1. N. Watts | Scully Park | 26.6 |
| 2. S. Wano | Holroyd | 26.1 | 2. K. Sanders | Wagga PYC | 26.9 |
| 3. B. Schrader | Mac.Shores | 26.1 | 3. S. Dundas | Banana Coast | 27.0 |
| 4. P. Curran | Holroyd | 26.4 | 4. M. Mossman | Nepean | 27.4 |
| 5. T. Watson | St. George | 26.4 | 5. B. Rangott | Manly/Warr. | 27.4 |
| 6. S. Trinh | Western Sub. | 27.2 | 6. C. Kennedy | Kuringai | 27.5 |
| 7. P. Treharne | Manly/Warr | 27.5 | 7. T. Johnson | Wollongong | 27.8 |
| 8. B. Connell | Manly/Warr | 28.6 | 8. R. Massey | Ryde | 28.5 |

400 METRES

| | | | | | |
|-------------------|---------------|--------|----------------|--------------|--------|
| 1. G. Jones | Katoomba | 57.7 | 1. S. Harrison | Nepean | 1:02.0 |
| 2. J. Robinson | Nth.Rocks/C'f | 58.5 | 2. M. Nordhoff | Wollongong | 1:02.5 |
| 3. T. Watson | St.George | 58.5 | 3. J. West | Campbelltown | 1:02.7 |
| 4. N. Wallington | Hills Dist. | 59.6 | 4. S. Bloom | Sutherland | 1:02.8 |
| 5. T. Auciello | St.George | 1:00.9 | 5. J. Berrell | St. George | 1:03.8 |
| 6. A. SOMMerville | Liverpool | 1:02.6 | 6. L. Proietti | Nepean | 1:03.8 |
| 7. G. Hamilton | Manly/Warr. | 1:03.5 | 7. C. Weston | Armidale | 1:04.5 |
| 8. V. Drash | Wellington | 1:04.5 | 8. L. Matthews | Sutherland | 1:05.7 |

800 METRES

| | | | | | |
|------------------|---------------|--------|----------------|-------------|--------|
| 1. G. Jones | Katoomba | 2:15.9 | 1. S. Harrison | Nepean | 2:21.7 |
| 2. T. Watson | St.George | 2:16.6 | 2. C. Weston | Armidale | 2:22.2 |
| 3. J. Robinson | Nth.Rocks/C'f | 2:16.9 | 3. K. Clarke | Glen Innes | 2:25.0 |
| 4. T. Auciello | St. George | 2:19.6 | 4. L. Dolly | Manly/Warr. | 2:29.0 |
| 5. N. Wallington | Hills Dist. | 2:19.8 | 5. J. Berrell | St. George | 2:30.0 |
| 6. R. Mason | Kuringai | 2:23.2 | 6. B. Walker | Bellata | 2:30.7 |
| 7. M. Hartley | St. George | 2:26.9 | 7. F. Came | Pt.Hacking | 2:32.3 |
| 8. G. Hamilton | Manly/Warr. | 2:27.4 | 8. S. Bloom | Sutherland | 2:33.6 |

1500 METRES

| | | | | | |
|------------------|-------------|--------|----------------|-------------|--------|
| 1. T. Auciello | St.George | 4:37.2 | 1. S. Harrison | Nepean | 4:50.2 |
| 2. G. Jones | Katoomba | 4:38.9 | 2. L. Dolly | Manly/Warr. | 5:03.1 |
| 3. M. Callahan | Sutherland | 4:39.3 | 3. J. Berrell | St.George | 5:03.9 |
| 4. N. Wallington | Hills Dist. | 4:41.2 | 4. K. Alchin | Gosford | 5:06.6 |
| 5. G. Hamilton | Manly/Warr. | 4:49.5 | 5. C. Weston | Armidale | 5:07.8 |
| 6. S. Warnett | Mac.Fields | 4:51.2 | 6. K. Clark | Glen Innes | 5:08.0 |
| 7. B. Cantello | Mac.Shores | 4:55.0 | 7. K. Watkins | Albion Park | 5:09.5 |
| 8. M. Hartley | St. George | 4:55.2 | 8. J. Thompson | Hills Dist. | 5:14.9 |

60M HURDLES

| | | | | | |
|------------------|-------------|-------|----------------|-------------|------|
| 1. B. Schrader | Mac.Shores | 8.8 R | 1. C. Kennedy | Kuringai | 9.3 |
| 2. S. Wano | Holroyd | 9.0 | 2. K. Standing | Bankstown | 9.4 |
| 3. J. Kerr | Rand/Botany | 9.1 | 3. P. Johnson | Wollongong | 9.4 |
| 4. H. Treharne | Manly/Warr. | 9.2 | 4. C. Hammond | Manly/Warr. | 9.6 |
| 5. S. Hauser | Hills Dist. | 9.4 | 5. M. Guthrie | Rand/Botany | 9.9 |
| 6. D. Munro | St. George | 9.4 | 6. A. Heigh | Gosford | 9.9 |
| 7. A. Somerville | Liverpool | 9.4 | 7. S. Best | Illawong | 10.1 |
| | | | 8. J. Bell | Wollongong | 10.4 |

HIGH JUMP

| | | | | | |
|------------------|--------------|------|-----------------|-------------|------|
| 1. A. Moore | Fairfield | 1.57 | 1. V. Young | Kuringai | 1.49 |
| 2. B. Glover | Woodberry | 1.55 | 2. L. Proietti | Nepean | 1.47 |
| 3. D. Fairclough | Green Valley | 1.55 | 3. R. O'Riordan | Kuringai | 1.45 |
| 4. J. Shortland | Rand/Botany | 1.50 | 4. J. Plattner | Nepean | 1.45 |
| 5. B. Davies | Springwood | 1.50 | 5. E. Martin | Trangie | 1.40 |
| 6. A. Macgonigal | St. George | 1.50 | 6. J. DObinson | Manly/Warr. | 1.40 |
| 7. A. Jarrick | Condobolin | 1.50 | 7. J. Kropman | Girraween | 1.40 |
| 8. N. Wallington | Hills Dist. | 1.50 | 8. R. Burgess | Glenbrook | 1.35 |

LONG JUMP

| | | | | | |
|-----------------|--------------|------|-----------------|-------------|------|
| 1. S. Trinh | West.Suburbs | 5.48 | 1. M. Mantikos | Rand/Botany | 4.89 |
| 2. C. Woodroff | Manly/Warr. | 5.28 | 2. C. Kennedy | Kuringai | 4.74 |
| 3. P. Treharne | Manly/Warr. | 5.07 | 3. L. Proietti | Nepean | 4.59 |
| 4. T. Stratford | Hornsby | 5.02 | 4. N. Watts | Scully Park | 4.57 |
| 5. M. Wheeldon | Canowindra | 4.99 | 5. J. Berrell | St. George | 4.55 |
| 6. J. Nowland | Campbelltown | 4.99 | 6. R. O'Riordan | Kuringai | 4.49 |
| 7. A. Franklin | Illawong | 4.92 | 7. M. Mossman | Nepean | 4.49 |
| 8. D. Grant | Pt. Hacking | 4.83 | 8. B. Page | Grenfell | 4.47 |

SHOT PUT

| | | | | | |
|-----------------|--------------|-------|----------------|-------------|---------|
| 1. S. Roelofs | Werrington | 12.13 | 1. K. Standing | Bankstown | 16.19 R |
| 2. S. Dorney | Manly/Warr. | 11.64 | 2. D. White | Werrington | 13.36 |
| 3. S. Ewing | Cessnock | 11.05 | 3. B. Rangott | Manly/Warr | 12.72 |
| 4. A. Constable | Lithgow | 10.63 | 4. N. Taylor | Sth.Sydney | 12.46 |
| 5. E. Baica | Manly/Warr. | 10.45 | 5. K. Doublet | Rand/Botany | 11.64 |
| 6. M. Phillips | Edgeworth | 10.26 | 6. A. Evans | Manly/Warr. | 11.24 |
| 7. B. Figures | Winston Hill | 9.88 | 7. C. Hooper | Mudgee | 11.22 |
| 8. D. Phillips | Tamworth | 9.48 | 8. T. Cooper | Mac.Shores | 11.12 |

DISCUS

| | | | | | |
|------------------|--------------|-------|----------------|--------------|-------|
| 1. D. Fairclough | Green Valley | 43.18 | 1. K. Standing | Bankstown | 37.00 |
| 2. S. Roelofs | Werrington | 36.82 | 2. R. Doublet | Rand/Botany | 33.32 |
| 3. A. Constable | Lithgow | 34.50 | 3. N. Taylor | South Sydney | 32.38 |
| 4. E. Baica | Manly/Warr. | 34.16 | 4. B. Rangott | Manly/Warr. | 31.16 |
| 5. M. Phillips | Edgeworth | 33.14 | 5. D. White | Werrington | 29.64 |
| 6. A. Kroenhert | Winston Hill | 31.16 | 6. C. Hooper | Mudgee | 29.60 |
| 7. S. Dorney | Manly/Warr. | 31.02 | 7. V. Young | Kuringai | 25.18 |
| 8. S. Beresford | Werrington | 30.42 | 8. K. Swetland | Parkes | 25.06 |

TRIPLE JUMP

| | | | | | |
|------------------|-------------|-------|------------------|-------------|---------|
| 1. S. Dorney | Manly/Warr | 10.99 | 1. M. Mantikos | Rand/Botany | 10.68 R |
| 2. G. Cotterill | Woodberry | 10.80 | 2. E. Bengowski | Hills Dist. | 10.62 |
| 3. T. Stratford | Hornsby | 10.75 | 3. N. Dick | Katoomba | 9.86 |
| 4. C. Woodroff | Manly/Warr. | 10.73 | 4. C. Battishall | Tilligerry | 9.83 |
| 5. J. Kerr | Rand/Botany | 10.34 | 5. K. Standing | Bankstown | 9.79 |
| 6. B. Glover | Woodberry | 10.31 | 6. B. Page | Grenfell | 9.78 |
| 7. A. Macgonigal | St. George | 10.15 | 7. K. Gallimore | E.Maitland | 9.54 |
| 8. A. Stone | Katoomba | 9.95 | 8. A. Cooper | Mac.Shores | 9.49 |

1500M WALK

| | | | | | |
|---------------|-------------|--------|-----------------|-------------|--------|
| 1. D. O'Mara | Fairfield | 6:59.6 | 1. S. Stratford | Rand/Botany | 7:21.1 |
| 2. S. Nolan | Illawong | 7:05.9 | 2. C. Dodds | Nepean | 7:29.7 |
| 3. N. Forward | Rand/Botany | 7:23.8 | 3. J. Thompson | Hills Dist. | 7:30.5 |
| 4. S. Mison | Nepean | 7:29.1 | 4. C. Stephen | Katoomba | 7:52.7 |
| 5. B. Lloyd | Mac.Shores | 7:37.3 | 5. M. Coulter | Blacktown | 8:04.6 |
| 6. S. Lean | Hornsby | 7:41.4 | 6. F. Leabeater | N.Rocks/C'f | 8:16.1 |
| 7. N. A'Bell | Manly/Warr. | 7:53.3 | 7. M. McGrath | Albury | 8:28.5 |
| 8. G. Bodilly | Hornsby | 7:55.0 | 8. K. Osborne | Liverpool | 8:32.2 |

UNDER 13

100 METRES

| | | | | | |
|-----------------|--------------|------|-----------------|--------------|------|
| 1. B. Whitton | Junee | 12.2 | 1. B. Ruiz | Lk.Illawarra | 12.5 |
| 2. K. Reid | Sutherland | 12.2 | 2. S. Nelson | Nth.Rocks/C' | 12.7 |
| 3. W. Hollier | Emu Plains | 12.2 | 3. K. Docherty | Kuringai | 12.8 |
| 4. B. Jackson | Campbelltown | 12.5 | 4. P. Amery | Bankstown | 12.8 |
| 5. G. Wehbe | Bankstown | 12.8 | 5. M. Gaudron | Clar.Valley | 13.0 |
| 6. R. Burgess | Armidale | 12.8 | 6. A. Connellan | Wagga PYC | 13.0 |
| 7. C. Arps | Nth.Suburbs | 12.9 | 7. V. Greenwood | Nth.Suburbs | 13.4 |
| 8. B. Fernandes | Ryde | 13.0 | 8. S. Eggleton | Kuringai | 13.5 |

200 METRES

| | | | | | |
|----------------|-------------|------|-----------------|--------------|------|
| 1. W. Hollier | Emu Plains | 24.2 | 1. B. Ruiz | Lk.Illawarra | 25.5 |
| 2. K. Reid | Sutherland | 24.6 | 2. M. Gaudron | Clar.Valley | 25.7 |
| 3. J. Fineberg | Blacktown | 25.5 | 3. K. Docherty | Kuringai | 26.2 |
| 4. R. Burgess | Armidale | 25.5 | 4. S. Nelson | Nth.Rocks/C' | 26.3 |
| 5. G. Wehbe | Bankstown | 25.8 | 5. J. Holmes | Bankstown | 26.5 |
| 6. M. Taska | E.Maitland | 25.9 | 6. L. Joy | St. George | 26.7 |
| 7. C. Arps | Nth.Suburbs | 26.3 | 7. K. Ferguson | Katoomba | 27.1 |
| 8. E. Slama | Cardiff | 16.3 | 8. A. Connellan | Wagga PYC | 27.2 |

400 METRES

| | | | | | |
|----------------|-------------|--------|----------------|--------------|--------|
| 1. K. Reid | Sutherland | 56.9 | 1. M. Wilson | Nth.Rocks/C' | 59.2 |
| 2. G. Wehbe | Bankstown | 58.8 | 2. K. Fellow | Bathurst | 1:00.4 |
| 3. M. Dennis | Mt. Druitt | 59.1 | 3. L. Joy | St. George | 1:00.6 |
| 4. M. Dunne | Hills Dist. | 59.5 | 4. K. Clemens | Hills Dist. | 1:00.9 |
| 5. G. Ollis | Camden | 59.6 | 5. K. Ferguson | Katoomba | 1:02.0 |
| 6. E. Slama | Cardiff | 1:02.4 | 6. J. Jensen | Campbelltown | 1:02.1 |
| 7. M. Bonomi | Manly/Warr | 1:02.5 | 7. K. Murphy | Mac.Shores | 1:03.3 |
| 8. S. Roderick | E.Maitland | 1:02.7 | 8. A. Menzies | Emu Plains | 1:04.4 |

800 METRES

| | | | | | |
|-----------------|-------------|--------|------------------|--------------|--------|
| 1. T. Bryden | Camden | 2:10.6 | 1. M. Wilson | Nth.Rocks/C' | 2:19.6 |
| 2. M. Bookallil | Armidale | 2:13.7 | 2. N. James | Bankstown | 2:22.1 |
| 3. I. Gordon | Springwood | 2:18.3 | 3. K. Clemens | Hills Dist. | 2:23.0 |
| 4. M. Dunne | Hills Dist. | 2:19.2 | 4. L. Zammarelli | St. George | 2:24.0 |
| 5. M. Dennis | Mt. Druitt | 2:22.1 | 5. K. Holgate | St. George | 2:24.3 |
| 6. T. McCardell | Armidale | 2:22.6 | 6. K. Ward | Girraween | 2:24.6 |
| 7. W. Taylor | Blacktown | 2:23.8 | 7. T. Erol | Kuringai | 2:26.9 |
| 8. A. Mathieson | Manly/Warr. | 2:24.4 | 8. J. Saville | Rand/Botany | 2:27.7 |

1500 METRES

| | | | | | |
|-----------------|-------------|--------|------------------|--------------|--------|
| 1. M. Bookallil | Armidale | 4:28.3 | 1. T. Erol | Kuringai | 4:41.1 |
| 2. M. Angel | St.George | 4:40.9 | 2. M. Wilson | Nth.Rocks/C' | 4:41.6 |
| 3. A. Mathieson | Manly/Warr. | 4:43.0 | 3. L. Zammarelli | St. George | 4:48.7 |
| 4. D. Romy | St. George | 4:50.2 | 4. N. James | Bankstown | 4:56.9 |
| 5. I. Gordon | Springwood | 4:51.0 | 5. K. Holgate | St. George | 4:57.7 |
| 6. D. Murphy | Tugg.Lakes | 4:52.2 | 6. K. Clemens | Hills Dist. | 5:02.1 |
| 7. W. Taylor | Blacktown | 4:53.2 | 7. K. Ward | Girraween | 5:02.5 |
| 8. K. Urane | Mac.Shores | 4:54.4 | 8. J. Saville | Rand/Botany | 5:06.2 |

90M HURDLES

| | | | | | |
|-----------------|--------------|------|------------------|-------------|------|
| 1. W. Hollier | Emu Plains | 13.4 | 1. P. Amery | Bankstown | 13.8 |
| 2. B. Jones | Manly/Warr. | 13.6 | 2. B. Jones | Hornsby | 13.9 |
| 3. N. Manwaring | Girraween | 14.0 | 3. B. Richardson | Doonside | 14.1 |
| 4. M. Bonomi | Manly/Warr. | 14.1 | 4. N. Shepherd | Kuringai | 14.5 |
| 5. D. Mayne | Rand/Botany | 14.2 | 5. M. Gaudron | Clar.Valley | 14.7 |
| 6. M. Taska | E.Maitland | 14.2 | 6. M. Kerr | Wallsend | 14.7 |
| 7. T. Van Devis | Glenbrook | 14.7 | 7. R. Links | Sutherland | 15.1 |
| 8. R. Graham | Campbelltown | 15.6 | 8. K. Robards | St. George | 15.4 |

200M HURDLES

| | | | | | |
|-----------------|--------------|------|------------------|--------------|------|
| 1. W. Hollier | Emu Plains | 27.4 | 1. M. Gaudron | Clar.Valley | 28.6 |
| 2. C. Hardy | East.Suburbs | 28.5 | 2. B. Jones | Hornsby | 29.6 |
| 3. M. O'Donnell | Hornsby | 28.5 | 3. N. Shepherd | Kuringai | 30.2 |
| 4. M. Taska | E.Maitland | 28.9 | 4. K. Olander | Claymore | 31.3 |
| 5. D. Mayne | Rand.Botany | 29.2 | 5. B. Sherrott | Winston Hill | 31.5 |
| 6. S. Duguld | Campbelltown | 29.3 | 6. W. Young | Mac.Shores | 32.1 |
| 7. M. Bonomi | Manly/Warr. | 29.6 | 7. B. Fredericks | Kuringai | 33.0 |
| 8. S. Zerk | Illawong | 29.7 | 8. K. Robards | St. George | 33.6 |

HIGH JUMP

| | | | | | |
|------------------|--------------|------|-----------------|--------------|------|
| 1. C. Hardy | East.Suburbs | 1.63 | 1. K. Melvin | Nepean | 1.58 |
| 2. J. Final | Camden | 1.55 | 2. J. Clissold | Moree | 1.58 |
| 3. S. Fennell | Woolgoolga | 1.55 | 3. C. Morante | Lk.Illawarra | 1.50 |
| 4. C. Shute | Kuringai | 1.50 | 4. S. Totsis | Nepean | 1.48 |
| 5. B. Moss | Clar.Valley | 1.50 | 5. P. Bell | Hornsby | 1.42 |
| 6. P. Waterhouse | Ft.Hacking | 1.50 | 6. S. Quinlivan | Katoomba | 1.40 |
| 7= R. Burgess | Armidale | 1.50 | 7. A. Perry | Manly/Warr. | 1.35 |
| 8= T. Jones | Hornsby | 1.50 | 8. K. Robards | St. George | 1.35 |

LONG JUMP

| | | | | | |
|--------------------|-------------|------|----------------|--------------|------|
| 1. N. Manwaring | Girraween | 5.25 | 1. B. Jones | Hornsby | 5.16 |
| 2. R. Burgess | Armidale | 5.15 | 2. K. Dogherty | Kuringai | 5.03 |
| 3. W. Pieplenbosch | Claymore | 4.97 | 3. J. Jensen | Campbelltown | 4.80 |
| 4. C. Shute | Kuringai | 4.96 | 4. A. Perry | Manly/Warr. | 4.77 |
| 5. A. Freestone | Woolgoolga | 4.90 | 5. J. Peters | Lithgow | 4.72 |
| 6. M. Sternbeck | Cessnock | 4.74 | 6. S. Eggleton | Kuringai | 4.66 |
| 7. C. Moroz | Wollondilly | 4.72 | 7. M. Borg | Rand/Botany | 4.56 |
| 8. M. Harper | Temora | 4.68 | 8. M. McKenzie | Sutherland | 4.50 |

SHOT PUT

| | | | | | |
|---------------|------------|-------|----------------|-------------|-------|
| 1. B. Hine | Armidale | 13.83 | 1. M. Haage | Fairfield | 12.69 |
| 2. C. Cooney | Penrith | 13.19 | 2. S. Read | Yass | 11.15 |
| 3. N. Watkins | Mudgee | 12.73 | 3. F. Marsh | Fairfield | 10.55 |
| 4. A. Beh | Camden | 12.32 | 4. K. Turnbull | Tugg.Lakes | 10.37 |
| 5. J. Flesch | Springwood | 12.18 | 5. K. Ferguson | Kuringai | 9.89 |
| 6. G. Wehbe | Bankstown | 11.42 | 6. J. Morgan | Hills Dist. | 9.45 |
| 7. C. Brennan | Camden | 11.30 | 7. N. Andrews | Glenbrook | 8.86 |
| 8. G. Lee | Nepean | 11.05 | 8. N. Rea | Albion Park | 8.64 |

DISCUS

| | | | | | |
|-----------------|------------|-------|-----------------|--------------|-------|
| 1. B. Hine | Armidale | 41.68 | 1. M. Haage | Fairfield | 33.80 |
| 2. C. Cooney | Penrith | 41.20 | 2. K. Turnbull | Tugg.Lakes | 33.14 |
| 3. A. Beh | Camden | 39.22 | 3. S. Read | Yass | 33.02 |
| 4. M. O'Donnell | Hornsby | 38.14 | 4. N. Marov | Manly/Warr. | 28.82 |
| 5. N. Watkins | Mudgee | 37.98 | 5. V. Clark | Winston Hill | 27.62 |
| 6. M. Smith | Parkes | 35.46 | 6. P. Bell | Hornsby | 26.54 |
| 7. B. Hodges | Greystanes | 34.06 | 7. S. Hanna | Rand/Botany | 25.78 |
| 8. C. Lamont | St. George | 33.96 | 8. P. Wenderoth | Rand/Botany | 25.48 |

TRIPLE JUMP

| | | | | | |
|-----------------|--------------|-------|------------------|--------------|-------|
| 1. B. Hodges | Greystanes | 11.28 | 1. S. Nelson | Nth.Rocks/C' | 10.46 |
| 2. C. Hardy | East.Suburbs | 11.21 | 2. J. Peters | Lithgow | 10.22 |
| 3. C. Daniel | Kuringai | 10.69 | 3. A. Perry | Manly/Warr. | 10.09 |
| 4. C. Arps | Nth.Suburbs | 10.61 | 4. B. Richardson | Doonside | 10.08 |
| 5. T. Van Devis | Glenbrook | 10.50 | 5. A. Hayes | Winston Hill | 9.96 |
| 6. M. Joiner | Manly/Warr. | 10.48 | 6. M. McKenzie | Sutherland | 9.93 |
| 7. C. Moroz | Wollondilly | 10.44 | 7. K. Eardman | Blacktown | 9.67 |
| 8. B. Fernandes | Ryde | 10.35 | 8. K. Ibrahim | Emu Plains | 9.56 |

1500M WALK

| | | | | | |
|------------------|-------------|--------|----------------|--------------|--------|
| 1. M. O'Donnell | Hornsby | 6:39.9 | 1. J. Saville | Rand/Botany | 6:54.7 |
| 2. M. Ness | Nepean | 6:49.9 | 2. S. Worley | Rand/Botany | 7:38.2 |
| 3. L. Willoughby | Nepean | 7:02.5 | 3. D. Walsham | Kuringai | 7:44.3 |
| 4. L. Moller | Ryde | 7:21.7 | 4. V. Sestic | Girraween | 7:46.2 |
| 5. A. Seamons | Glenbrook | 7:32.1 | 5. R. Leslight | Mac.Shores | 7:51.4 |
| 6. A. Mathieson | Manly/Warr. | 7:35.4 | 6. D. Bonser | Fairfield | 7:56.7 |
| 7. G. McLoughlin | Doonside | 7:38.0 | 7. M. Reid | Campbelltown | 7:57.2 |
| 8. T. Hutman | Albury | 7:41.9 | 8. T. Bluett | Manly/Warr. | 8:13.0 |

HEPTATHLON

| | | | | | |
|----------------|-------------|------|------------------|--------------|------|
| 1. P. Winsor | Wagga PYC | 6525 | 1. M. Bransgrove | Mac.Shores | 6515 |
| 2. H. Lam | Greystanes | 6495 | 2. Y. Almcs | Bankstown | 6410 |
| 3. C. Taylor | Penrith | 6395 | 3. A. Hayes | Manly/Warr. | 6180 |
| 4. N. Barrett | Hills Dist. | 6315 | 4. S. Robertson | Armidale | 6015 |
| 5. S. Sutton | Emu Plains | 6285 | 5. T. Cowens | Blacktown | 5920 |
| 6. C. Jackson | Coonamble | 6190 | 6. E. Sylva | Moorland | 5815 |
| 7. R. Matheson | Camden | 6170 | 7. T. Burgess | Mac.Shores | 5775 |
| 8. D. Gonzalez | Fairfield | 5920 | 8. E. Simpson | Winston Hill | 5765 |

UNDER 14

100 METRES

| | | | | | |
|-----------------|-------------|------|------------------|--------------|------|
| 1. B. Sharman | Mac.Shores | 12.0 | 1. M. Lillington | St. George | 12.6 |
| 2. A. Kennerson | E.Maitland | 12.3 | 2. A. Pratten | E.Maitland | 13.0 |
| 3. J. Amor | Tugg.Lakes | 12.3 | 3. L. Corbett | Nth.Rocks/C' | 13.1 |
| 4. R. Player | Smithfield | 12.4 | 4. A. Akmeemana | Girraween | 13.1 |
| 5. M. Rayment | Koorringal | 12.5 | 5. D. Allessio | Rand/Botany | 13.1 |
| 6. B. Courtney | Hills Dist. | 12.5 | 6. N. Syms | Hills Dist. | 13.1 |
| 6. S. Goh | Blacktown | 12.5 | 7. N. McGuirk | Lithgow | 13.4 |
| 8. A. Dickson | Rand/Botany | 12.5 | 8. M. Blissett | Albury | 13.4 |

200 METRES

| | | | | | | | |
|-----------------|-------------|------|----|------------------|--------------|------|---|
| 1. B. Sharman | Mac.Shores | 23.7 | ER | 1. M. Lillington | St. George | 25.2 | R |
| 2. S. Goh | Blacktown | 24.4 | | 2. A. Pratten | E.Maitland | 26.0 | |
| 3. A. Kennerson | E.Maitland | 24.4 | | 3. A. Ryan | Mac.Shores | 26.2 | |
| 4. M. Plunkett | Manly/Warr. | 24.7 | | 4. M. Blissett | Albury | 26.5 | |
| 5. B. Alexander | Wagga PYC | 24.7 | | 5. L. Corbett | N.Rocks/C'f | 26.5 | |
| 6. A. Dickson | Rand/Botany | 24.8 | | 6. N. Syms | Hills Dist. | 26.6 | |
| 7. C> Hardman | Granville | 25.2 | | 7. A. Akmeemana | Girraween | 26.9 | |
| | | | | 8. B. Palin | Campbelltown | 27.1 | |

400 METRES

| | | | | | | |
|-----------------|-------------|------|--|----------------|-------------|--------|
| 1. M. Plunkett | Manly/Warr. | 54.4 | | 1. S. Walsham | Kuringai | 58.8 |
| 2. A. Dickson | Rand/Botany | 54.6 | | 2. J. Stone | Sutherland | 59.3 |
| 3. A. Degnan | St. George | 54.6 | | 3. J. Mitchell | Camden | 59.6 |
| 4. T. Lampier | Illawong | 54.7 | | 4. E. Aisbett | Rand/Botany | 1:00.7 |
| 5. B. Alexander | Wagga PYC | 55.2 | | 5. J. Taylor | Rand/Botany | 1:01.5 |
| 6. D. Cooney | Penrith | 56.6 | | 6. L. Walters | Gosford | 1:02.2 |
| 7. J. Romyn | St. George | 56.6 | | 7. R. Conroy | Gosford | 1:06.3 |
| 8. J. Amor | Tugg.Lakes | 58.5 | | | | |

800 METRES

| | | | | | | | |
|----------------|-------------|--------|--|----------------|--------------|--------|---|
| 1. A. Degnan | St. George | 2:06.8 | | 1. S. Walsham | Kuringai | 2:13.2 | R |
| 2. J. Romyn | St. George | 2:08.6 | | 2. K. West | Nth.District | 2:15.4 | |
| 3. G. Beizle | Woolgoolga | 2:08.6 | | 3. J. Stone | Sutherland | 2:18.4 | |
| 4. G. Stock | Manly/Warr. | 2:09.6 | | 4. J. Taylor | Rand/Botany | 2:21.0 | |
| 5. S. Thurston | Gosford | 2:11.3 | | 5. J. Mitchell | Camden | 2:22.7 | |
| 6. J. Foster | Cessnock | 2:11.3 | | 6. S. Walkley | Hornsby | 2:23.6 | |
| 7. M. Hackney | Koorringal | 2:13.2 | | 7. C. Veitch | Mac.Shores | 2:26.7 | |
| 8. T. Lampier | Illawong | 2:13.8 | | 8. S. Fearnley | Blayney | 2:29.6 | |

1500 METRES

| | | | | | | | |
|---------------|-------------|--------|--|----------------|-------------|--------|---|
| 1. G. Beizle | Woolgoolga | 4:24.8 | | 1. S. Walsham | Kuringai | 4:37.1 | R |
| 2. T. Wood | Sutherland | 4:25.7 | | 2. J. Stone | Sutherland | 4:43.4 | |
| 3. M. Hackney | Koorringal | 4:27.0 | | 3. J. Beckhaus | Kuringai | 4:45.8 | |
| 4. G. Stock | Manly/Warr. | 4:27.1 | | 4. K. Harris | Springwood | 4:54.7 | |
| 5. J. Foster | Cessnock | 4:33.3 | | 5. S. Walkley | Hornsby | 4:57.2 | |
| 6. W. Yates | Kuringai | 4:35.4 | | 6. J. Taylor | Rand/Botany | 5:02.2 | |
| 7. M. Crump | Cessnock | 4:38.1 | | 7. C. Veitch | Mac.Shores | 5:05.0 | |
| 8. T. Lampier | Illawong | 4:42.7 | | 8. J. Toner | Fairfield | 5:09.5 | |

90M HURDLES

| | | | | | | |
|----------------|-------------|------|--|---------------|-------------|------|
| 1. S. Goh | Blacktown | 13.1 | | 1. A. Joo | Doonside | 13.9 |
| 2. B. Courtney | Hills Dist. | 13.3 | | 2. L. Castle | Sutherland | 14.1 |
| 3. T. Lampier | Illawong | 13.4 | | 3. B. Martin | St. George | 14.2 |
| 4. R. Fendley | Sutherland | 13.9 | | 4. A. Pratten | E.Maitland | 14.2 |
| 5. J. Amor | Tugg.Lakes | 13.9 | | 5. L. Freeman | Hills Dist. | 14.3 |
| 6. P. Blucher | Greystanes | 14.1 | | 6. A. Ryan | Mac.Shores | 14.4 |
| 7. N. Ryan | Temora | 14.4 | | 7. D. Collins | St. George | 14.7 |
| | | | | 8. K. Moore | Rand/Botany | 15.1 |

200M HURDLES

| | | | | | |
|-----------------------|-------------|------|---------------|-------------|------|
| 1. M. Plunkett | Manly/Warr. | 26.5 | 1. R. Freeman | Hills Dist. | 28.3 |
| 2. S. Goh | Blacktown | 26.7 | 2. D. Collins | St. George | 28.7 |
| 3. C. Marshall | Woy Woy | 27.0 | 3. B. Martin | St. George | 28.8 |
| 4. R. Fendley | Sutherland | 27.7 | 4. A. Joo | Doonside | 28.9 |
| 5. P. Blucher | Greystanes | 28.0 | 5. E. Aisbett | Rand/Botany | 29.0 |
| 6. K. Duke | Bankstown | 28.7 | 6. A. Ryan | Mac. Shores | 29.4 |
| 7. J. Pagitz | Springwood | 29.7 | 7. A. Pratten | E. Maitland | 29.8 |
| 8. M. Endicott-Davies | Hills Dis. | 30.1 | 8. N. Syms | Hills Dist. | 31.2 |

HIGH JUMP

| | | | | | |
|----------------|-------------|------|----------------|--------------|------|
| 1. J. Herron | Hills Dist. | 1.71 | 1. K. Haswell | Fairfield | 1.55 |
| 2= S. Anderson | Penrith | 1.69 | 2. S. Swift | Trangie | 1.55 |
| 2= A. Bohman | Hills Dist. | 1.69 | 3. A. Fletcher | Hill Dist. | 1.50 |
| 4. M. Hathaway | Tamworth | 1.67 | 4. S. Lohs | Tumut | 1.50 |
| 5. G. Smith | Wollondilly | 1.60 | 5. M. Hanson | Penrith | 1.50 |
| 6. I. Leslight | Mac. Shores | 1.60 | 6= R. Edwards | Winston Hill | 1.50 |
| 7. S. Roseby | Nepean | 1.60 | 6= D. Thomas | Sutherland | 1.50 |
| 8= K. Dukes | Bankstown | 1.55 | 8= M. Akins | St. George | 1.45 |
| 8= C. Meredith | Camden | 1.55 | 8= D. Burley | Clar. Valley | 1.45 |
| | | | 8= T. Butcher | Winston Hill | 1.45 |

LONG JUMP

| | | | | | |
|----------------|-------------|------|----------------|-------------|------|
| 1. B. Taylor | Parkes | 5.82 | 1. M. Blissett | Albury | 5.19 |
| 2. S. Roseby | Nepean | 5.79 | 2. R. Freeman | Hills Dist. | 5.00 |
| 3. M. Plunkett | Manly/Warr. | 5.62 | 3. D. Alessio | Rand/Botany | 5.00 |
| 4. C. Saliba | Girraween | 5.61 | 4. M. Wallis | Blacktown | 4.96 |
| 5. M. Rayment | Koorringal | 5.61 | 5. R. Strand | Liverpool | 4.91 |
| 6. S. Anderson | Penrith | 5.43 | 6. C. Dolan | Prospect | 4.77 |
| 7. M. Hathaway | Tamworth | 5.36 | 7. A. Ryan | Mac. Shores | 4.71 |
| 8. P. Dunn | Bowral | 5.27 | 8. M. Fuller | Griffith | 4.68 |

SHOT PUT

| | | | | | |
|---------------|---------------|-------|-----------------|--------------|-------|
| 1. B. Sharman | Mac. Shores | 13.90 | 1. D. Ciferson | Winston Hill | 11.86 |
| 2. A. Menin | Ryde | 13.67 | 2. J. Everson | Winston Hill | 11.82 |
| 3. C. Roseby | Nepean | 12.52 | 3. S. Spinks | Manly/Warr. | 11.54 |
| 4. D. Cooney | Penrith | 11.62 | 4. C. Mara | Kuringai | 11.50 |
| 5. T. Murdoch | Wollondilly | 11.28 | 5. D. Sosimenko | Doonside | 11.21 |
| 6. A. Bohman | Hills Dist. | 11.05 | 6. R. Edwards | Winston Hill | 11.13 |
| 7. K. Duke | Bankstown | 10.81 | 7. K. Bird | St. George | 10.53 |
| 8. J. Sabo | Lk. Illawarra | 10.22 | 8. P. McFarlane | St. George | 10.32 |

DISCUS

| | | | | | |
|----------------|------------|-------|-----------------|--------------|-------|
| 1. S. Wilson | Narrandera | 45.98 | 1. D. Ciferson | Winston Hill | 37.58 |
| 2. K. Duke | Bankstown | 40.20 | 2. J. Everson | Winston Hill | 36.32 |
| 3. A. Menin | Ryde | 39.76 | 3. A. Marov | Manly/Warr. | 30.34 |
| 4. D. Cooney | Penrith | 38.68 | 4. D. Sosimenko | Doonside | 29.96 |
| 5. G. LeClaire | Bankstown | 37.76 | 5. J. Nasca | Mullumbimby | 29.64 |
| 6. S. Thurston | Gosford | 36.68 | 6. J. Koinusis | Sutherland | 29.62 |
| 7. T. Green | Parkes | 35.34 | 7. C. Mara | Kuringai | 29.14 |
| 8. G. Bartlett | Fairfield | 33.94 | 8. L. Thompson | Shoalhaven | 28.04 |

TRIPLE JUMP

| | | | | | |
|-----------------|-------------|-------|-----------------|-------------|-------|
| 1. B. Sharman | Mac. Shores | 12.26 | 1. V. Fradgley | Hills Dist. | 10.71 |
| 2. S. Roseby | Nepean | 12.02 | 2. M. Blissett | Albury | 10.56 |
| 3. J. Herron | Hills Dist. | 11.73 | 3. C. Dolan | Prospect | 10.46 |
| 4. W. Pearce | Nepean | 11.43 | 4. T. Blackburn | Kurri Kurri | 10.10 |
| 5. A. Degnan | St. George | 11.21 | 5. R. Strand | Liverpool | 10.10 |
| 6. R. Cleary | Rutherford | 10.96 | 6. L. Castle | Sutherland | 10.09 |
| 7. N. Ryan | Temora | 10.67 | 7. D. Thomas | Sutherland | 10.05 |
| 8. S. Robertson | Bathurst | 10.66 | 8. S. Swift | Trangie | 10.04 |

1500M WALK

| | | | | | |
|----------------|-------------|--------|------------------|-------------|----------|
| 1. M. Dowell | Doonside | 6:37.6 | 1. C. Stratford | Rand/Botany | 6:48.2 R |
| 2. A. Mitchell | Pt. Hacking | 6:53.8 | 2. S. Webb | Penrith | 7:02.2 |
| 3. S. Robards | Tugg.Lakes | 7:05.9 | 3. S. Walkley | Hornsby | 7:15.9 |
| 4. L. Wolfers | Hornsby | 7:11.8 | 4. S. Deane | Ingleburn | 7:27.7 |
| 5. A. Geyteman | Richmond | 7:21.1 | 5. K. Rafferty | Ingleburn | 7:40.1 |
| 6. M. Kick | Kurr/Bilpin | 7:32.7 | 6. B. Fitzgerald | Rand/Botany | 7:41.3 |
| 7. M. Sewell | Taree | 7:44.0 | 7. D. Burley | Clar.Valley | 7:54.2 |
| 8. T. Robins | Sutherland | 7:56.6 | 8. N. Offley | Scully Park | 7:56.1 |

HEPTATHLON

| | | | | | |
|----------------|--------------|------|-----------------|-------------|------|
| 1. G. Quirk | Doonside | 7335 | 1. M. Clough | Nambucca | 6935 |
| 2. S. Hughes | Nepean | 7310 | 2. B. Charlton | Nepean | 6890 |
| 3. S. Cheetham | Manly/Warr. | 7150 | 3. M. Flack | Camden | 6545 |
| 4. A. Vonarx | Koorngal | 6890 | 4. K. Robertson | Manly/Warr. | 6490 |
| 5. A. Cole | Parramatta | 6505 | 5. G. Meguyer | Nelson Bay | 6465 |
| 6. A. Simpson | Katoomba | 6435 | 6. N. Roff | Armidale | 6295 |
| 7. S. Penrose | Campbelltown | 6390 | 7. M. Taylor | Bowral | 6290 |
| 8. M. Smith | East Lakes | 6380 | 8. M. Mottram | Kuringai | 6135 |

UNDER 15

100 METRES

| | | | | | |
|---------------|--------------|------|-------------------|--------------|------|
| 1. G. Spoors | Fairfield | 11.5 | 1. B. Cosgrove | East Hills | 12.6 |
| 2. W. Landers | Coonamble | 11.5 | 2. K. Barwick | Nepean | 13.1 |
| 3. M. Deitch | Illawong | 11.6 | 3. M. Jensen | Campbelltown | 13.1 |
| 4. S. Atkins | Springwood | 11.6 | 4. A. Wand | Hills Dist. | 13.1 |
| 5. B. Figures | Winston Hill | 11.8 | 5. R. Worley | Rand/Botany | 13.2 |
| 6. W. Bell | Hornsby | 12.0 | 6. V. Fahey | Prospect | 13.3 |
| 7. R. Bangle | Doonside | 12.2 | 7. K. Bickerstaff | Ryde | 13.3 |

200 METRES

| | | | | | |
|-----------------|-------------|------|-------------------|--------------|------|
| 1. S. Atkins | Springwood | 22.9 | 1. B. Cosgrove | East Hills | 25.3 |
| 2. G. Spoors | Fairfield | 23.2 | 2. M. Jensen | Campbelltown | 26.0 |
| 3. W. Landers | Coonamble | 23.2 | 3. A. Wand | Hills Dist. | 26.5 |
| 4. M. House | Jamison | 23.4 | 4. F. Young | Koorngal | 26.8 |
| 5. M. Deitch | Illawong | 24.0 | 5. M. Gee | Tugg.Lakes | 27.0 |
| 6. T. Lovelock | Sutherland | 24.1 | 6. R. Worley | Rand/Botany | 27.0 |
| 7. J. McKenzie | Scully Park | 24.3 | 7. K. Hailston | Goulburn | 27.3 |
| 8. T. Patterson | Mac.Shores | 24.6 | 8. K. Bickerstaff | Ryde | 27.3 |

400 METRES

| | | | | | |
|-----------------|-------------|------|----------------|-------------|--------|
| 1. S. Atkins | Springwood | 52.3 | 1. B. Cosgrove | East Hills | 58.0 |
| 2. J. McKenzie | Scully Park | 53.0 | 2. A. Dean | Gosford | 59.6 |
| 3. W. Landers | Coonamble | 53.0 | 3. A. Wand | Hills Dist. | 1:00.9 |
| 4. M. House | Jamison | 53.4 | 4. N. Corbin | Kuringai | 1:01.2 |
| 5. J. White | Griffith | 54.6 | 5. M. Gee | Tugg.Lakes | 1:01.4 |
| 6. T. Patterson | Mac.Shores | 54.7 | 6. G. Denley | Manly/Warr. | 1:01.8 |
| 7. B. McEneaney | Hills Dist. | 55.9 | 7. R. Worley | Rand/Botany | 1:02.2 |
| 8. R. Bangle | Doonside | 56.6 | 8. R. Eipper | Hills Dist. | 1:04.1 |

800 METRES

| | | | | | |
|-----------------|--------------|--------|---------------|--------------|--------|
| 1. M. Hogan | East Lakes | 2:03.6 | 1. N. Corbin | Kuringai | 2:16.4 |
| 2. N. Brown | Forster/Tun. | 2:04.6 | 2. L. Barrett | Gosford | 2:16.8 |
| 3. J. Gill | Penrith | 2:05.3 | 3. A. Dean | Gosford | 2:21.3 |
| 4. T. Duffield | West.Suburbs | 2:06.6 | 4. M. Dillon | St. George | 2:22.9 |
| 5. B. McEneaney | Hills Dist. | 2:08.9 | 5. Y. McKay | Pt.Macquarie | 2:25.6 |
| 6. M. Lee | Port Hacking | 2:09.8 | 6. L. Dries | Mac.Fields | 2:25.9 |
| 7. D. Ritchie | N.Rocks/C'f | 2:09.8 | 7. J. Appleby | Cardiff | 2:26.5 |
| 8. S. Morriss | Hills Dist. | 2:10.7 | 8. N. Shanley | Moree | 2:30.3 |

1500 METRES

| | | | | | |
|-----------------|--------------|--------|-----------------|--------------|--------|
| 1. N. Brown | Forster/Tun. | 4:12.7 | 1. N. Corbin | Kuringai | 4:35.2 |
| 2. B. McEneaney | Hills Dist. | 4:21.0 | 2. L. Barrett | Gosford | 4:42.0 |
| 3. T. Duffield | West.Suburbs | 4:24.4 | 3. M. Dillon | St. George | 4:42.1 |
| 4. M. Hogan | East Lakes | 4:31.1 | 4. Y. McKay | Pt.Macquarie | 4:56.8 |
| 5. A. May | Yass | 4:32.1 | 5. J. Appleby | Cardiff | 4:57.7 |
| 6. J. Whitaker | Richmond | 4:33.1 | 6. L. Dries | Mac.Fields | 4:58.4 |
| 7. L. Leach | Glenbrook | 4:33.7 | 7. N. Simmonds | Woodberry | 4:59.6 |
| 8. J. Gill | Penrith | 4:33.9 | 8. J. Pickering | Hornsby | 5:04.4 |

90M HURDLES

| | | | | | |
|-----------------|--------------|------|----------------|--------------|------|
| 1. J. Zabiello | Nepean | 12.8 | 1. J. Ward | Bankstown | 13.7 |
| 2. J. Psarros | Bankstown | 12.9 | 2. C. Grzesik | Glenbrook | 13.9 |
| 3. C. Makepeace | Gosford | 13.1 | 3. M. Jensen | Campbelltown | 14.2 |
| 4. J. Quirk | Barooga | 13.9 | 4. K. Hailston | Goulburn | 14.5 |
| 5. D. Fallshaw | Ryde | 13.9 | 5. M. Johnson | Mac.Shores | 14.7 |
| 6. C. Mastoris | Rand/Botany | 13.9 | 6. K. Barwick | Nepean | 14.8 |
| 7. J. Grant | Port Hacking | 14.3 | 7. B. Barry | Forster/Tun. | 14.8 |
| 8. M. Murphy | Woodberry | 14.5 | | | |

200M HURDLES

| | | | | | |
|-----------------|--------------|------|----------------|--------------|------|
| 1. B. Figures | Winston Hill | 24.9 | 1. J. Ward | Bankstown | 28.5 |
| 2. J. Zabiello | Nepean | 24.9 | 2. M. Jensen | Campbelltown | 28.6 |
| 3. S. Beard | Wollondilly | 25.8 | 3. C. Grzesik | Glenbrook | 28.9 |
| 4. T. Patterson | Mac.Shores | 26.4 | 4. V. Fahey | Prospect | 29.3 |
| 5. D. Dreis | Liverpool | 26.4 | 5. K. Hailston | Goulburn | 29.3 |
| 6. M. House | Jamison | 26.8 | 6. K. Barwick | Nepean | 29.8 |
| 7. S. Morriss | Hills Dist. | 27.1 | 7. R. Douglas | Blacktown | 30.3 |
| 8. R. Flynn | Ingleburn | 27.2 | 8. K. Dixon | Manly/Warr. | 31.2 |

HIGH JUMP

| | | | | | |
|------------------|--------------|------|-----------------|-------------|------|
| 1. W. Bell | Hornsby | 1.79 | 1. D. Harris | Hills Dist. | 1.58 |
| 2. T. Blair | Ray.Terrace | 1.79 | 2. K. Zizek | East Hills | 1.58 |
| 3. L. Thompson | Nepean | 1.75 | 3. J. Ward | Bankstown | 1.54 |
| 4. J. Byrne | Junee | 1.75 | 4. N. Purnell | Nepean | 1.52 |
| 5. D. Beckhouse | Girraween | 1.70 | 5. J. Gyselhart | Wallsend | 1.45 |
| 6. D. Connolly | Penrith | 1.70 | 5. G. Denley | Manly/Warr. | 1.45 |
| 7. M. Hutchinson | Lk.Illawarra | 1.70 | 7. K. Dixon | Manly/Warr. | 1.45 |
| 8. M. Gilham | Riverstone | 1.70 | 8. R. Lynch | Kurr/Bilpin | 1.40 |

LONG JUMP

| | | | | | |
|----------------|--------------|------|-----------------|--------------|------|
| 1. J. Zabiello | Nepean | 6.80 | 1. J. Ward | Bankstown | 5.03 |
| 2. G. Spoons | Fairfield | 6.61 | 2. J. Gyselhart | Wallsend | 5.03 |
| 3. S. Mayne | Rand/Botany | 6.41 | 3. C. Grzesik | Glenbrook | 4.97 |
| 4. M. Deitch | Illawong | 6.37 | 4. M. Hepburn | Nepean | 4.81 |
| 5. B. Figures | Winston Hill | 6.21 | 5. C. Newall | Campbelltown | 4.78 |
| 6. T. Blair | Ray.Terrace | 6.17 | 6. M. Novasell | Greystanes | 4.76 |
| 7. J. McKenzie | Scully Park | 6.16 | 7. M. Lewin | Koorringal | 4.73 |
| 8. D. Klinberg | Hills Dist. | 6.00 | 8. K. Bicknell | Nepean | 4.72 |

SHOT PUT

| | | | | | |
|------------------|--------------|-------|------------------|-------------|-------|
| 1. C. Impey | Mac.Fields | 16.59 | 1. K. Fitzgerald | Fairfield | 13.14 |
| 2. C. Bell | Bargo | 14.89 | 2. G. Beattie | Clar.Valley | 11.13 |
| 3. C. Mastoris | Rand/Botany | 14.56 | 3. C. Smith | Blacktown | 10.30 |
| 4. J. Byrne | Junee | 13.66 | 4. M. Channells | Doonside | 10.00 |
| 5. M. Feghali | St. George | 12.11 | 5. B. Warnock | Manly/Warr. | 9.95 |
| 6. D. Fuderic | Doonside | 12.06 | 6. C. Mullett | Springwood | 9.85 |
| 7. W. Bell | Hornsby | 11.90 | 7. T. Milkovic | Penrith | 9.58 |
| 8. D. O'Sullivan | Lk.Illawarra | 11.85 | 8. K. Bass | Camden | 9.55 |

DISCUS

| | | | | | |
|------------------|--------------|-------|------------------|--------------|-------|
| 1. C. Impey | Mac.Fields | 51.36 | 1. K. Fitzgerald | Fairfield | 39.10 |
| 2. C. Bell | Bargo | 50.62 | 2. K. Honeman | Penrith | 35.08 |
| 3. C. Mastoris | Rand/Botany | 46.54 | 3. G. Beattie | Clar.Valley | 31.30 |
| 4. J. Whitaker | Richmond | 42.36 | 4. M. Novasell | Greystanes | 30.94 |
| 5. D. O'Sullivan | Lk.Illawarra | 40.60 | 5. B. Read | Holroyd | 30.40 |
| 6. M. Fong | St. George | 39.66 | 6. C. Smith | Blacktown | 29.96 |
| 7. W. Bell | Hornsby | 38.72 | 7. N. Kaiserfeld | Lk.Illawarra | 25.58 |
| 8. B. Sinclair | Glenbrook | 37.14 | 8. F. Giles | Winston Hill | 25.16 |

TRIPLE JUMP

| | | | | | |
|-----------------|-------------|-------|-----------------|--------------|-------|
| 1. J. Zabiello | Nepean | 13.35 | 1. C. Grzesik | Glenbrook | 10.95 |
| 2. T. Cleary | Katoomba | 12.78 | 2. J. Gyselhart | Wallsend | 10.52 |
| 3. C. Beckhouse | Girraween | 12.73 | 3. R. Worley | Rand/Botany | 10.44 |
| 4. T. Blair | Ray Terrace | 12.33 | 4. M. Sumner | E.Maitland | 10.27 |
| 5. J. Grant | Pt. Hacking | 11.86 | 5. D. Dickson | Parkes | 10.26 |
| 6. A. Saunders | Canterbury | 11.79 | 6. K. Wolfe | Pt.Hacking | 10.25 |
| 7. C. Willetts | Leth.Park | 11.77 | 7. A. Hepburn | Nepean | 10.21 |
| 8. J. White | Griffith | 11.76 | 8. L. Gillan | Winston Hill | 10.07 |

1500M WALK

| | | | | | |
|-------------------|-------------|--------|-----------------|-------------|--------|
| 1. S. Frost | Rand/Botany | 6:43.7 | 1. P. McIntyre | Rand/Botany | 7:11.8 |
| 2. J. Peters | Kurr/Bilpin | 6:47.9 | 2. N. Simmonds | Woodberry | 7:21.2 |
| 3. M. Lea | St. George | 7:11.3 | 3. R. Coleman | Penrith | 7:30.5 |
| 4. S. Pospischil | Fairfield | 7:23.7 | 4. M. Johnson | Mac.Shores | 7:43.3 |
| 5. I. Clifford | Tugg.Lakes | 7:44.6 | 5. N. Peck | Wollondilly | 7:44.9 |
| 6. M. Cartisano | Wollondilly | 7:55.9 | 6. H. McClellan | Hornsby | 7:49.1 |
| 7. B. Christie | Kurr/Bilpin | 8:33.8 | 7. N. Mitchell | Pt.Hacking | 7:51.9 |
| 8. J. Smurthwaite | Kurri Kurri | 8:51.4 | 8. M. Bonser | Fairfield | 7:55.4 |

HEPTATHLON

| | | | | | |
|-----------------|-------------|------|----------------|--------------|------|
| 1. B. Galvin | Penrith | 7820 | 1. J. Swan | Camden | 7140 |
| 2. G. Orr | Young | 7780 | 2. A. Harrison | Hills Dist. | 7000 |
| 3. D. James | St. George | 7550 | 3. K. Liprini | Pt. Hacking | 7000 |
| 4. M. Jager | Clar.Valley | 7520 | 4. S. Ashford | Winston Hill | 6595 |
| 5. N. Farquhar | Manly/Warr. | 7470 | 5. K. Sapwell | Woodberry | 6380 |
| 6. D. Ebinger | Bankstown | 7385 | 6. K. Bruce | St.George | 6355 |
| 7. P. Tubner | Smithfield | 7305 | 7. L. Rodger | Ingleburn | 6250 |
| 8. P. Zonneveld | Dapto | 7105 | 8. J. Puller | Westlakes | 6075 |

4 x 100 METRES MIXED RELAY

| | | | |
|---------------------|------|---------------------|--------|
| 1. Ku-Ring-Gai | 55.5 | 1. Randwick Botany | 56.4 |
| 2. St. George | 56.0 | 2. Ku-Ring-Gai | 57.4 |
| 3. Macquarie Shores | 56.1 | 3. Ryde | 57.6 |
| 4. Randwick Botany | 56.9 | 4. St. George | 58.1 |
| 5. Hills District | 57.3 | 5. Macquarie Shores | 58.2 |
| 6. Clarence Valley | 57.9 | 6. Dubbo | 58.7 |
| 7. Koorringal | 58.2 | 7. Young | 1:00.2 |

1988 L.A.A.N.S.W. SHELLEYS STATE CHAMPIONSHIPS

POINT SCORE

| | |
|----------------------|-----|
| 1. Randwick Botany | 208 |
| 2. Ku-ring-gai | 199 |
| 3. Nepean | 177 |
| 4. St. George | 171 |
| 5. Manly/Warringah | 167 |
| 6. Bankstown | 166 |
| 7. Hills District | 165 |
| 8. Hornsby | 162 |
| 9. Winston Hills | 127 |
| 10. Macquarie Shores | 121 |