

LITTLE ATHLETICS ASSOCIATION OF NEW SOUTH WALES INC.

RESULTS - SHELLEYS STATE CHAMPIONSHIPS - NARRABEEN

MARCH 18 - 19, 1989

UNDER 9

BOYS

100 METRES

1. S. Bultitude	Ku Ring Gai	14.5
2. D. Cody	St George	14.5
3. A. Hosking	Doonside	14.6
4. S. Kiely	Nth Suburbs	14.7
5. M. Bonsor	Mullumbimby	15.1
6. J. Dibbs	Col/St Clair	15.1
7. A. Bannister	Camden	15.2
8. C. Green	Rand/Botany	15.2

GIRLS

1. E. Wilson	Nth Rocks/C'	14.9
2. K. Evans	Mac Shores	15.2
3. M. Slomka	Branxton/G	15.2
4. V. Lloyd	Bankstown	15.2
5. M. Gault	Ryde	15.2
6. L. Elms	Wollongong	15.2
7. S. Brooks	Walcha	15.4
8. G. Deane	Girraween	15.6

200 METRES

1. A. Hosking	Doonside	29.9
2. N. Healey	Gosford	30.1
3. J. Armit	Goulburn	30.5
4. J. Dibbs	Col/St Clair	30.6
5. A. Bannister	Camden	30.8
5. M. McLennan	Clar Valley	30.9
7. S. Kiely	Nth Suburbs	31.1
8. J. Lynch	Lk Illawarra	31.4

1. E. Wilson	Nth Rocks/C'	31.0
2. M. Slomka	Branxton/G	31.3
3. N. Kuhn	Mac Fields	31.4
4. K. Evans	Mac Shores	31.5
5. V. Lloyd	Bankstown	31.5
6. L. Carniato	Glenbrook	31.6
7. A. Horwood	East Hills	32.0
8. G. Deane	Girraween	32.0

400 METRES

1. J. Armit	Goulburn	1:07.1
2. N. Healey	Gosford	1:07.5
3. A. Bland	Ambarvale	1:08.1
4. S. Brown	Bathurst	1:08.4
5. G. Levy	Glenbrook	1:08.8
5. J. Titcombe	Campbelltown	1:09.1
7. M. Durante	Rand/Botany	1:10.5
8. M. Bonsor	Mullumbimby	1:19.6

1. L. Elms	Wollongong	1:09.3
2. N. Kuhn	Mac Fields	1:09.4
3. E. Wilson	Nth Rocks/C'	1:10.8
4. F. Pakes	Ku Ring Gai	1:12.0
5. P. Taylor	Manly/Warr	1:12.0
6. S. Telford	Port Hacking	1:12.7
7. M. Slomka	Branxton/G	1:13.0
8. H. Dowell	Campbelltown	1:13.1

800 METRES

1. A. Bland	Ambarvale	2:32.2
2. J. Hopkins	Ku Ring Gai	2:34.5
3. F. Dowling	Manly/Warr	2:34.5
1. G. Levy	Glenbrook	2:34.5
5. M. Durante	Rand/Botany	2:38.2
5. B. Chapman	Sutherland	2:38.6
7. C. Sutton	Sutherland	2:41.9
8. S. Brown	Bathurst	2:42.6

1. F. Pakes	Ku Ring Gai	2:38.1
2. L. Elms	Wollongong	2:39.2
3. M. Moore	St George	2:41.6
4. H. Dowell	Campbelltown	2:41.8
5. N. Kuhn	Mac Fields	2:46.0
6. P. Taylor	Manly/Warr	2:46.8
7. R. Yates	Sutherland	2:51.5
8. A. Di Rosa	St George	2:54.0

60M HURDLES

1. N. Pettit	Doonside	9.8 R
2. J. Titcombe	Campbelltown	10.0
3. L. Stokes	Lk Illawarra	10.0
1. M. Turer	Ku Ring Gai	10.0
5. W. Smith	Manly/Warr	10.1
6. J. Patterson	Camden	10.3
7. A. Patterson	Camden	10.3
8. C. Tubby	Wollongong	DNF

1. L. Carniato	Glenbrook	9.9 R
2. N. Crawford	Hills Dist	10.4
3. K. Evans	Mac Shores	10.4
4. M. O'Grady	Sutherland	10.4
5. M. Gault	Ryde	10.4
6. A. Di Rosa	St George	10.5
7. S. Brincat	Balmain	10.5
8. J. Shaw	Ku Ring Gai	10.9

HIGH JUMP

1. M. Hafford	Springwood	1.37
2. J. Dibbs	Col/St Clair	1.25
3. R. McInnes	Scully Park	1.20
4. S. Culkin	St George	1.20
5. G. Levy	Glenbrook	1.20
6. A. Wheeler	Camden	1.20
7. L. Tomich	Nepean	1.15
8. D. Trim	Mac Shores	1.15

1. G. Deane	Girraween	1.15
2. E. Noble	Hills Dist	1.11
3. S. Watson	Hornsby	1.11
4. S. Yates	Hills Dist	1.09
5. S. Nowlan	Low Macleay	1.07
6. K. Read	Albury	1.00
7. N. Sinclair	Bankstown	1.00
8. B. Gillies	Mac Shores	1.00

LONG JUMP

1. A. Cullen	Penrith	4.39	1. K. Evans	Mac Shores	3.96
2. J. Dibbs	Col/St Clair	4.31	2. L. Elms	Wollongong	3.93
3. S. Perkins	Ku Ring Gai	4.20	3. L. Muscat	Sutherland	3.92
4. J. Ducrest	Mac Fields	4.15	4. M. Gault	Ryde	3.92
5. M. McLennan	Clar/Valley	4.14	5. A. Munday	Terrigal/Wam	3.84
6. A. Yarrow	Rand/Botany	4.03	6. S. Brooks	Walcha	3.82
7. V. Constable	Wollongong	4.03	7. K. Brunton	Fairfield	3.80
8. J. Deery	Moree	3.95	8. N. Crawford	Hills Dist	3.74

SHOT PUT

1. W. Newson	Col/St Clair	9.59	1. K. Porter	Tamworth	7.64
2. P. Kandel	Werrington	8.45	2. V. Lloyd	Bankstown	7.44
3. B. Parker	Springwood	8.44	3. M. O'Keefe	Doonside	7.12
4. J. Andrews	Manly/Warr	8.35	4. C. Andriske	Dubbo	6.78
5. J. Smith	Gunnedah	8.25	5. S. Brincat	Balmain	6.75
6. B. Turner	Sth Eastern	8.21	6. F. Gaffney	Parramatta	6.62
7. J. Deery	Moree	7.85	7. K. Pethybridge	Winston H	6.41
8. D. Chambers	Bowral	7.81	8. E. Harshman	Gunnedah	6.29

DISCUS

1. J. Disher	Tumut	29.29	1. C. Andriske	Dubbo	25.08
2. B. Turner	Sth Eastern	28.72	2. M. O'Keefe	Doonside	23.46
3. M. Vareka	Prospect	27.58	3. V. Lloyd	Bankstown	21.76
4. P. Kandel	Werrington	27.10	4. B. Cameron	E Maitland	21.32
5. T. McKeown	Werrington	25.32	5. L. Butt	Rand/Botany	21.14
6. M. Hafford	Springwood	25.04	6. K. Hamilton	Prospect	20.00
7. B. Parker	Springwood	24.84	7. K. Weatherburn	Werrington	19.20
8. G. McKay	Rand/Botany	24.54	8. K. Digby	Armidale	18.90

800M WALK

1. D. Beacroft	Blacktown	3:43.9	1. K. Henry	Nepean	4:01.8
2. C. Francis	Ku Ring Gai	4:18.1	2. F. Pakes	Ku Ring Gai	4:13.5
3. B. Broughton	Basin	4:28.3	3. P. Phillips	Bankstown	4:25.2
4. M. Payne	Claymore	4:32.0	4. A. Townsend	Mac Shores	4:39.1
5. D. Cooley	Rand/Botany	4:33.4	5. S. Lynch	Temora	4:39.7
6. B. Williams	Cardiff	4:37.5	6. L. Goodbee	Hills Dist	4:42.5
7. E. Meers	Kurr/Bilpin	4:43.0	7. S. Barker	Sutherland	4:43.3
8. D. Babic	Rutherford	4:44.4	8. B. Edwards	Doonside	4:47.8

UNDER 10

100 METRES

1. P. Haas	Mac Shores	13.8	1. A. Hill	Pt Hacking	14.3
2. C. Best	Sutherland	14.0	2. T. McHeyzer	Mac Shores	14.3
3. L. Reid	Nth Rocks/C'	14.1	3. A. McNamara	Scully Park	14.4
4. S. Corrigan	Camden	14.3	4. R. Smart	Narrabri	14.5
5. V. Jones	Nth Suburbs	14.4	5. M. Cupitt	Smithfield	14.7
6. J. Dorey	Penrith	14.5	6. K. Grubb	St George	14.7
7. J. Johns	Mac Shores	14.6	7. J. Clancy	Hills Dist	14.8
8. I. Wong	Fairfield	14.6	8. C. Mortleman	Hornsby	14.8

200 METRES

1. J. Jones	Nth Suburbs	28.3	1. A. Hill	Pt Hacking	29.7
2. C. Best	Sutherland	28.6	2. R. Smart	Narrabri	30.1
3. Grant	Pt Hacking	28.7	3. A. McNamara	Scully Park	30.1
4. Haas	Mac Shores	28.9	4. T. McHeyzer	Mac Shores	30.1
5. Dorey	Penrith	29.2	5. H. Moore	Sth Eastern	30.2
6. Wallington	Hills Dist	29.6	6. S. Bennett	Winston Hill	30.9
7. Reid	Nth Rocks/C'	29.6	7. C. Borg	Holroyd	30.9
8. Douglas	Bankstown	30.1	8. R. Mossman	Nepean	31.1

400 METRES

1. S. Grant	Pt Hacking	1:03.5	1. A. Hill	Pt Hacking	1:04.8
2. B. Moore	Penrith	1:03.6	2. H. Moore	Sth Eastern	1:06.0
3. C. Dillinger	Tilligerry	1:04.1	3. R. Smart	Narrabri	1:06.8
4. B. Lloyd	Pt Hacking	1:04.4	4. A. Zucca	Wyong	1:07.7
5. A. Mittiga	Nth Rocks/C'	1:06.0	5. K. Mackintosh	Tumut	1:07.8
6. M. Lowe	Camden	1:06.3	6. R. Mossman	Nepean	1:08.3
7. J. Murphy	Emu Plains	1:06.6	7. E. Austin	Ku Ring Gai	1:08.3
8. B. McClements	Bathurst	1:10.9	8. B. Trembath	Gosford	1:10.2

800 METRES

1. M. Harden	Young	2:30.8	1. A. Zucca	Wyong	2:32.0
2. N. Nonemacher	Nepean	2:31.5	2. A. Hill	Pt Hacking	2:33.0
3. B. Swain	Pt Macquarie	2:31.9	3. L. Skuse	Campbelltown	2:33.9
4. A. Mittiga	Nth Rocks/C'	2:34.4	4. E. Hosking	Blacktown	2:36.7
5. B. Emerton	Mac Fields	2:35.3	5. K. Mackintosh	Tumut	2:37.9
6. S. McMurray	Scully Park	2:36.3	6. E. Austin	Ku Ring Gai	2:41.0
7. M. Baker	Hornsby	2:36.5	7. C. Dalton	Nth Rocks/C'	2:43.0
8. B. Moore	Penrith	2:37.8	8. C. Buckley	Campbelltown	2:43.8

1500 METRES

1. M. Harden	Young	5:01.3	1. A. Zucca	Wyong	5:15.3
2. N. Nonemacher	Nepean	5:04.5	2. L. Skuse	Campbelltown	5:16.9
3. M. Fahey	Forster/Tun	5:09.4	3. L. Hosking	Blacktown	5:22.9
4. T. Tinker	Wyong	5:09.4	4. E. Austin	Ku Ring Gai	5:30.0
5. S. McMurray	Scully Park	5:15.1	5. R. Kane	Gosford	5:34.3
6. A. McArdell	Col/St Clair	5:15.4	6. C. Dalton	Nth Rocks/C'	5:35.4
7. D. Harris	Goulburn	5:16.0	7. E. Hope	Pt Hacking	5:35.9
8. G. Mahony	Girraween	5:16.5	8. M. Daniliuc	Albury	5:37.4

60M HURDLES

1. C. Best	Sutherland	9.3 ER	1. B. Konopka	Doonside	9.4
2. J. Ryan	Ingleburn	9.7	2. S. Norris	Ku Ring Gai	9.9
3. M. Douglas	Bankstown	9.7	3. E. Harrison	Hornsby	9.9
4. S. Berne	Rand/Botany	9.7	4. A. McNamara	Scully Park	9.9
5. S. Ryan	Nth Suburbs	9.7	5. M. Cupit	Smithfield	10.0
6. M. Bennett	Werrington	9.8	6. L. Olejarnik	Kurr/Bilpin	10.1
7. A. Wheeler	Hornsby	10.0	7. M. Everett	E Maitland	10.1
8. D. Piper	Kiama	10.0	8. C. Borg	Holroyd	10.4

HIGH JUMP

1. T. Bradley	Campbelltown	1.39	1. L. Capon	Emu Plains	1.32
2. P. Wallington	Hills Dist	1.37	2. H. Takoto	Werrington	1.30
3. M. Carmody	Young	1.37	3. R. Peel	Camden	1.28
4. M. Simms	Col/St Clair	1.35	4. L. Kerlake	Medowie	1.20
5. T. Callaghan	Fairfield	1.35	5. A. Calvert	Kiama	1.15
5. B. Clarey	Glenbrook	1.30	6. C. Mortleman	Hornsby	1.15
7. C. Cuthrill	Sutherland	1.30	7= A. Pajtl	Mac shores	1.15
3. D. Matthews	Charlestown	1.30	7= G. Harrop	Goulburn	1.15

LONG JUMP

1. S. Grant	Pt Hacking	4.87	1. R. Smart	Narrabri	4.39
2. C. Best	Sutherland	4.80	2. T. McHeyzer	Mac Shores	4.31
3. A. Large	Balmain	4.68	3. J. Clancy	Hills Dist	4.26
4. D. Mancuso	Rand/Botany	4.64	4. C. Walsh	Sutherland	4.20
5. N. Johns	Mac Shores	4.52	5. K. Hepburn	Ku Ring Wai	4.08
6. D. Browne	Jamison	4.45	6. V. Arthur	St George	4.07
7. B. Marsh	Prospect	4.44	7. B. Konopka	Doonside	4.00
8. A. Peck	Katoomba	4.38	8. R. Mossman	Nepean	3.98

800 METRES

1. T. Danne	Bankstown	2:19.4	1. V. King	Campbelltown	2:26.5
2. S. De Pomeroy	Nth Rocks/C'f	2:21.5	2. A. Sotera	Campbelltown	2:27.5
3. S. Archer	Hornsby	2:23.4	3. K. Sutton	Sutherland	2:28.0
4. J. Hooper	Albion Park	2:24.3	4. S. Sotera	Campbelltown	2:28.9
5. M. Rennie	Pt Hacking	2:25.3	5. L. Comer	Wollongong	2:32.3
6. R. Bileckij	Hills Dist	2:26.4	6. M. Hepworth	Werrington	2:35.1
7. P. Hoffman	Clar Valley	2:26.7	7. D. Mitcham	Nambucca	2:35.9
8. A. Dowell	Campbelltown	2:31.4	8. C. Wiggins	Charlestown	2:37.0

1500 METRES

1. S. Archer	Hornsby	4:49.1	1. V. King	Campbelltown	4:58.1
2. A. Dowell	Campbelltown	4:53.1	2. A. Sotera	Campbelltown	5:01.9
3. R. Bileckij	Hills Dist	4:54.1	3. S. Sotera	Campbelltown	5:02.8
4. S. De Pomeroy	Nth Rocks/C'f	4:54.9	4. L. Comer	Wollongong	5:05.1
5. F. Hoffman	Clar Valley	4:55.1	5. M. Hepworth	Werrington	5:14.1
6. J. Hooper	Albion Park	4:56.9	6. D. Mitcham	Nambucca	5:16.1
7. W. Charlton	Nepean	5:03.6	7. T. Irving	Nepean	5:17.7
8. L. Wells	Mac Shores	5:09.9	8. K. Sutton	Sutherland	5:19.7

60M HURDLES

1. J. Carter	Manly Warr	9.2 R	1. D. Jones	Kurr/Bilpin	9.7
2. J. Smith	Hornsby	9.3	2. C. Wright	Hornsby	9.7
3. G. Haas	Mac Shores	9.3	3. A. Haynes	Hornsby	10.0
4. S. Griffiths	Manly Warr	9.3	4. J. Rennert	Katoomba	10.3
5. M. McGrath	Illawong	9.4	5. L. Richardson	Dubbo	10.4
6. T. Brown	Lk Illawarra	9.7	6. A. Lewis	Doonside	10.5
7. M. Ettridge	St George	9.8	7. J. Hodgkins	Sutherland	10.6
8. G. Ebinger	Bankstown	12.5	8. R. Kay	Cardiff	10.6

HIGH JUMP

1. J. Masters	Sutherland	1.50	1. L. Richardson	Dubbo	1.48 ER
2= T. Danne	Bankstown	1.45	2. D. Knapp	Albion Park	1.37
2= J. Hooper	Albion Park	1.45	3. R. Kay	Cardiff	1.37
4. M. Solomon	Nepean	1.45	4. P. Kidd	Gunnedah	1.35
5. D. Moreau	Col/St Clair	1.45	5. J. Smith	Kurr/Bilpin	1.35
6. B. Brian	Riverstone	1.45	6= M. Auer	Parramatta	1.30
7= S. Thompson	Glenbrook	1.45	6= R. Strom	Nth Rocks/C'	1.30
7= C. Ryan	Hornsby	1.45	8. M. Pesut	Nepean	1.30

LONG JUMP

1. A. Cetinic	Holroyd	5.23	1. D. Kerr	Winston Hill	4.88
2. B. Longworth	Narrabri	5.03	2. A. Haynes	Hornsby	4.72
3. G. Ebinger	Bankstown	5.01	3. L. Richardson	Dubbo	4.62
4. G. Haas	Mac Shores	4.93	4. D. Jones	Kurr/Bilpin	4.59
5. S. Bosley	Manly Warr	4.80	5. K. Thompson	Clar Valley	4.51
6. T. Wozniak	Penrith	4.79	6. P. Kidd	Gunnedah	4.43
7. P. Harries	Sutherland	4.75	7. R. Harrington	Campbelltown	4.36
8. M. Solomon	Nepean	4.73	8. C. Martin	Smithfield	4.26

TRIPLE JUMP

1. A. Cetinic	Holroyd	10.82 R	1. B. Smith	Winston Hill	9.56
2. T. Danne	Bankstown	10.06	2. A. Haynes	Hornsby	9.54
3. S. McLean	Col/St Clair	9.93	3. T. Siemionow	Liverpool	9.50
4. A. Harvey	Emu Plains	9.68	4. P. Kidd	Gunnedah	9.48
5. T. Wozniak	Penrith	9.61	5. K. Thompson	Clar Valley	9.37
6. J. Hooper	Albion Park	9.52	6. A. Weincke	Temora	9.33
7. J. Helou	Bankstown	9.44	7. A. Lewis	Doonside	9.24
8. B. Halls	Rand/Botany	9.37	8. J. Rennert	Katoomba	9.15

SHOT PUT

1. T. Payten	Temora	11.70	1. O. Novkovik	Winston Hill	9.01
2. S. Grant	Pt Hacking	11.36	2. K. Brennan	Camden	8.89
3. D. Morgan	Balmain	10.64	3. D. Turnbull	Tugg Lakes	8.35
4. J. Murphy	Manly Warr	10.56	4. M. Cupitt	Smithfield	8.28
5. S. Selmes	Doonside	10.05	5. E. Nelving	Winston Hill	8.14
6. J. Talbot	Doonside	9.70	6. L. Buckley	Smithfield	7.94
7. W. Anderson	Glenbrook	9.26	7. L. Chapman	Hills Dist	7.88
8. G. Bullock	Harrington	8.97	8. M. Burns	Sutherland	7.85

DISCUS

1. J. Murphy	Manly Warr	34.32	1. K. Brennan	Camden	27.98
2. S. Selmes	Doonside	32.42	2. A. Nedic	Rand/Botany	27.12
3. T. Csont	Liverpool	31.02	3. D. Turnbull	Tugg Lakes	26.98
4. W. Anderson	Glenbrook	28.44	4. L. Buckley	Smithfield	26.28
5. C. Jackson	Lk Illawarra	27.38	5. J. Clancy	Hills Dist	25.24
6. A. Cox	Charlestown	27.04	6. B. Morrison	Wingham	25.04
7. P. McNamara	Prospect	27.00	7. S. Simpson	Winston Hill	24.70
8. B. Swain	Pt Macquarie	25.98	8. K. Nicholas	Greystanes	22.70

800M WALK

1. A. Hurley	Ku Ring Gai	3:55.3	1. H. Sestic	Girraween	3:59.4
2. S. Hobbs	Clar Valley	3:59.6	2. D. Ritchie	Gosford	4:03.2
3. A. Cotterill	E Maitland	4:01.0	3. P. Thurston	Gosford	4:18.7
4. K. Howes	Sth Eastern	4:06.4	4. N. Reilly	Rand/Botany	4:19.9
5. R. Andrews	Bargo	4:06.7	5. C. Deane	Ingleburn	4:20.8
6. W. Worobiej	Nepean	4:08.2	6. K. Conway	Katoomba	4:34.2
7. G. McIntyre	Gosford	4:11.0	7. K. Lapham	Hills Dist	4:36.1
8. M. Dickson	Glenbrook	4:17.5	8. K. Lloyd	Mac Shores	4:40.7

UNDER 11

100 METRES

1. G. Haas	Mac Shores	13.2	1. T. Calvert-Bugg S/Toormina	13.6
2. D. Cross	Clar Valley	13.3	2. C. Martin	Smithfield 13.9
3. G. Pelham	St George	13.4	3. T. Siemionow	Liverpool 14.0
4. G. Ebinger	Bankstown	13.4	4. R. Strom	Nth Rocks/C' 14.0
5. J. Smith	Hornsby	13.4	5. J. Delves	Hornsby 14.0
6. P. Dwyer	Kooringal	13.5	6. A. Gamble	Katoomba 14.0
7. A. Cetinic	Holroyd	13.6	7. B. Smith	Winston Hill 14.0
8. A. Macarthur	St George	13.8	8. B. Hawker	Taree 14.0

200 METRES

1. J. Smith	Hornsby	27.1	1. T. Calvert-Bugg S/Toormina	27.0
2. D. Cross	Clar Valley	27.7	2. T. Siemionow	Liverpool 28.3
3. G. Pelham	St George	27.7	3. J. Delves	Hornsby 28.3
4. G. Ebinger	Bankstown	27.7	4. C. Martin	Smithfield 28.6
5. P. Dwyer	Kooringal	27.9	5. M. Bradley	Young 28.7
6. G. Haas	Mac Shores	28.2	6. D. Jones	Kurr/Bilpin 28.8
7. A. Cetinic	Holroyd	28.2	7. D. Ferraro	St George 28.9
8. S. Staniforth	West Wyalong	29.4	8. B. Hawker	Taree 29.3

400 METRES

1. T. Danne	Bankstown	1:00.4	1. T. Calvert-Bugg S/Toormina	1:02.3
2. M. Ettridge	St George	1:01.9	2. D. Ferraro	St George 1:03.8
3. A. Kolts	Pt Hacking	1:02.0	3. K. Sutton	Sutherland 1:04.9
4. S. Staniforth	West Wyalong	1:03.1	4. V. King	Campbelltown 1:04.9
5. S. De Pomeroy	Nth Rocks/C'	1:03.4	5. J. Delves	Hornsby 1:04.9
6. B. Halls	Rand/Botany	1:04.2	6. S. Sotera	Campbelltown 1:05.5
7. R. Bileckij	Hills Dist	1:04.4	7. M. Hepworth	Werrington 1:05.6
8. G. Cremer	Ryde	1:07.5	8. M. Lord	Albury 1:05.8

SHOT PUT

1. M. McGrath	Illawong	9.99	1. S. Pierce	Tugg Lakes	10.78
2. J. Helou	Bankstown	9.64	2. D. Kerr	Winston Hill	10.25
3. P. Faucher	Mosman	9.60	3. V. Freeman	Canterbury	9.47
4. D. Boyle	Sth Eastern	9.17	4. L. Everson	Winston Hill	9.38
5. S. Griffiths	Manly Warr	9.12	5. K. Dossantos	Rand/Botany	9.15
6. S. Petrovic	Rand/Botany	9.06	6. R. Owers	Griffith	9.06
7. B. Cornick	E Maitland	8.52	7. T. Morley	Manly Warr	9.01
8. T. Barrett	Temora	8.41	8. H. Taylor	Bankstown	9.00

DISCUS

1. M. McGrath	Illawong	33.44	1. V. Freeman	Canterbury	26.56
2. J. Helou	Bankstown	31.14	2. O. Harrison	Winston Hill	24.94
3. J. Koinusis	Sutherland	30.08	3. S. Pierce	Tugg Lakes	24.40
4. C. Pagnamenta	Penrith	29.86	4. H. Taylor	Bankstown	24.22
5. A. Harvey	Emu Plains	27.86	5. V. Cali	Sutherland	23.94
6. A. Wieczorek	Woodberry	25.54	6. D. Kerr	Winston Hill	23.12
7. B. Harman	Manly/Warr	25.46	7. T. Morley	Manly Warr	22.60
8. J. Lord	Lk Illawarra	25.38	8. A. Gavenlock	Morisset	22.04

1500M WALK

1. K. Rastall	Nepean	6:56.5	1. A. Lawrence	Rand/Botany	7:35.2
2. C. Beacroft	Blacktown	7:30.9	2. M. Pesut	Nepean	7:56.0
3. T. McClymont	Clar Valley	7:36.5	3. R. Galloway	Sutherland	8:01.5
4. D. Hubbard	Nepean	7:53.4	4. K. Bookallil	Armidale	8:07.4
5. B. Malyon	Rand/Botany	7:53.9	5. K. Robards	Tugg Lakes	8:15.4
6. S. Robinson	Cardiff	8:12.7	6. T. Milton	Mac Shores	8:24.1
7. A. Midgley	Prospect	8:31.2	7. J. Richards	Blacktown	8:27.5
8. S. Nielson	Woodberry	8:32.4	8. L. Everson	Winston Hill	8:37.6

UNDER 12

100 METRES

1. J. Niupalau	Sth Eastern	13.0	1. T. Barrett	Junee	13.1
2. C. Doyle	Ku Ring Gai	13.1	2. L. Saliba	Girraween	13.1
3. A. Tzannes	Eastern Sub	13.2	3. S. Peattie	Mac Shores	13.4
4. D. Sharman	Mac Shores	13.2	4. D. Westwood	Sutherland	13.4
5. S. Rayner	Campbelltown	13.2	5. C. Andrews	Nth Rocks/C'	13.5
6. S. Hollands	Dubbo	13.2	6. J. Petersen	Woy Woy	13.5
7. A. Woods	Hornsby	13.4	7. M. Clark	Campbelltown	13.7
8. J. Du	Fairfield	13.5	8. S. Willis	Wagga PYC	13.8

200 METRES

1. S. Brooker	Doonside	25.9	1. T. Barrett	Junee	26.9
2. T. Wilson	Camden	26.6	2. C. Andrews	Nth Rocks/C'	27.1
3. C. Doyle	Ku Ring Gai	26.8	3. J. Petersen	Woy Woy	27.8
4. A. Dawson	Pt Hacking	27.3	4. L. Saliba	Girraween	27.9
5. A. Woods	Hornsby	27.3	5. G. Chadwick	Manly/Warr	28.1
6. M. Carroll	Mac Shores	27.3	6. D. Westwood	Sutherland	28.3
7. J. Niupalau	Sth Eastern	27.3	7. R. Fernandes	Ryde	28.3
8. B. Lovie	Woy Woy	27.8	8. S. Willis	Wagga PYC	28.5

400 METRES

1. T. Wilson	Camden	58.5	1. K. Fitzgerald	Sth Eastern	1:01.2
2. M. Carroll	Mac Shores	58.7	2. A. Burne	Pt Hacking	1:01.8
3. A. Dawson	Pt Hacking	59.5	3. D. Broadbent	Mac Shores	1:02.1
4. T. Simpson	Ku Ring Gai	59.8	4. S. Willis	Wagga PYC	1:02.2
5. S. Antony	Gosford	1:00.4	5. G. Chadwick	Manly/Warr	1:02.3
6. S. Appleyard	Pt Hacking	1:00.7	6. F. Melville	Hornsby	1:05.6
7. D. Weigand	Bankstown	1:00.8	7. C. Andrews	Nth Rocks/C'	1:06.7
8. M. Aspinall	Rutherford	1:03.3	8. J. Grubb	St George	1:08.2

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800 METRES

. G. King	Campbelltown	2:17.2	1. A. Heckenberg	Nepean	2:24.5
. S. Antony	Gosford	2:19.4	2. M. Underhill	Woy Woy	2:24.8
. M. Aspinall	Rutherford	2:20.8	3. A. Burne	Pt Hacking	2:24.8
. D. Muniz	Albion Park	2:21.5	4. L. Coffee	Nepean	2:25.2
. C. Kunert	Campbelltown	2:23.8	5. M. Simson	Campbelltown	2:26.6
. S. Appleyard	Pt Hacking	2:23.8	6. K. Fitzgerald	Sth Eastern	2:27.0
. P. Daniliuc	Albury	2:25.5	7. W. Nettelbeck	Albury	2:30.9
. M. Learmonth	Gosford	2:26.0	8. M. Gabbott	Rand/Botany	2:32.3

1500 METRES

. G. King	Campbelltown	4:37.8	1. M. Underhill	Woy Woy	4:53.4
. M. Aspinall	Rutherford	4:37.9	2. A. Heckenberg	Nepean	4:56.8
. S. Antony	Gosford	4:42.9	3. M. Simson	Campbelltown	4:58.4
. J. Barker	Sutherland	4:50.4	4. L. Coffee	Nepean	5:02.5
. P. Daniliuc	Albury	4:53.0	5. W. Nettelbeck	Albury	5:10.5
. C. Kunnert	Campbelltown	4:54.0	6. M. Calwell	Mac Shores	5:13.6
. D. Muniz	Albion Park	4:54.5	7. A. Webb	Ku Ring Gai	5:15.1
. D. Murphy	Campbelltown	4:57.0	8. J. Sherwin	Canowindra	5:19.1

60M HURDLES

. L. Maszkowski	St George	9.2	1. N. Moore	Rand/Botany	9.4
. R. Dittes	Tugg Lakes	9.6	2. O. Skene	Rand/Botany	9.5
. A. Woods	Hornsby	9.6	3. H. Pure	Young	9.6
. S. Rayner	Campbelltown	9.6	4. G. Ting	Nth Suburbs	9.7
. B. Walker	Wagga PYC	9.6	5. M. Harris	Hornsby	9.7
. S. Laybutt	Albion Park	9.6	6. K. Laws	Hills Dist	9.8
. C. McKenzie	Richmond	9.8	7. B. Nicholas	Balmain	9.8
. J. Robards	Tugg Lakes	9.8	8. M. Nacsa	Mullumbimby	9.9

HIGH JUMP

. D. Whitehead	Woy Woy	1.58	1. M. Harris	Hornsby	1.58
. J. Yerbury	Ku Ring Gai	1.58	2. K. Bazdaric	Camden	1.49
. A. Tonitto	Bankstown	1.54	3. J. Petersen	Woy Woy	1.47
. M. Turnbull	Ku Ring Gai	1.52	4. S. Carden	Campbelltown	1.45
= R. McCarthy	Dubbo	1.45	5. N. Tome	Glen Innes	1.45
= B. McLean	Hills Dist	1.45	6. A. Laws	Hills Dist	1.40
. L. Stuart	Sutherland	1.45	7. T. Hummelshoj	Bathurst	1.40
. G. Duck	Narrandera	1.45	8. L. Robson	Liverpool	1.40

LONG JUMP

. D. Whitehead	Woy Woy	5.34	1. J. Yeomans	Hornsby	4.98
. C. Carney	Glen Innes	5.29	2. O. Skene	Rand/Botany	4.94
. M. Stcherbina	Pt Hacking	5.24	3. K. Rayment	Richmond	4.88
. A. Tzannes	Eastern Sub	5.24	4. J. Petersen	Woy Woy	4.76
. M. Guzman	Bankstown	5.16	5. L. Saliba	Girraween	4.76
. T. Wilson	Camden	5.14	6. V. Comerford	Doonside	4.64
. M. Davidson	Parramatta	5.08	7. K. Laws	Hills Dist	4.64
. G. Moore	Mac Shores	5.06	8. A. Goff	Mac Shores	4.59

TRIPLE JUMP

. A. Tzannes	Eastern Sub	11.07	1. N. Moore	Rand/Botany	10.70 R
. R. Dittes	Tugg Lakes	10.75	2. B. Nicholas	Balmain	10.66
. G. Moore	Mac Shores	10.70	3. G. Ting	Nth Suburbs	10.31
. L. Sturt	Sutherland	10.61	4. K. Rayment	Richmond	10.26
. J. Cantello	Ku Ring Gai	10.36	5. O. Skene	Rand/Botany	10.16
. D. Whitehead	Woy Woy	10.34	6. A. Goff	Mac Shores	10.10
. G. Duck	Narrandera	9.83	7. K. Laws	Hills Dist	10.06
. D. Bennett	Werrington	9.61	8. B. Burke	Shoalhaven	9.80

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SHOT PUT

. S. Brooker	Doonside	14.71 R	1. R. Dunham	Rand/Botany	12.84
. M. Wolfenden	Lithgow	11.99	2. N. Sebelic	Gulgong	12.03
. S. Tonkin	Winston Hill	10.91	3. M. Harris	Hornsby	11.59
. M. Schroeder	Harrington	10.50	4. N. Fenwick	Mac Shores	11.44
. A. Cameron	E Maitland	10.10	5. N. Stanfield	Campbelltown	10.96
. S. Hall	Edgeworth	10.04	6. E. Samou	Rand/Botany	10.61
. J. Ayres	Bankstown	9.98	7. K. Lea	Pt Hacking	10.61
. P. Halpin	Hills Dist	9.71	8. L. Baker	St George	10.59

DISCUS

. M. Stcherbina	Pt Hacking	41.36	1. N. Sebelic	Gulgong	35.88
. S. Brooker	Doonside	40.02	2. R. Dunham	Rand/Botany	35.42
. M. Salvatore	Illawong	36.60	3. N. Fenwick	Mac Shores	30.82
. B. Lovie	Woy Woy	36.50	4. M. Aylett	Hills Dist	30.18
. P. Halpin	Hills Dist	34.62	5. N. Munn	Hornsby	30.06
. A. Tzannes	Eastern Sub	34.54	6. E. Bain	Springwood	29.60
. M. Griesser	Terrigal/Wam	32.92	7. S. Volk	Doonside	27.78
. H. Knowles	Greystanes	32.84	8. C. McGrath	Illawong	27.64

1500M WALK

. M. Aspinall	Rutherford	7:05.1	1. C. Webb	Penrith	6:47.4 R
. L. Lobina	St George	7:30.4	2. L. Coffee	Nepean	7:01.4
. K. Brooks	Claymore	7:37.3	3. A. Heckenberg	Nepean	7:18.9
. M. Barry	Winston Hill	7:43.2	4. C. Little	Hornsby	7:36.2
. W. Broomfield	Sutherland	8:03.7	5. V. Comerford	Doonside	7:45.7
. J. Robards	Tugg Lakes	8:04.1	6. S. Paine	Mac Shores	8:06.5
. D. Lawson	Tugg Lakes	8:24.3	7. J. Roberts	Canterbury	8:12.6
. G. Loader	Harden/M'bah	8:24.9	8. A. O'Mara	Fairfield	8:25.3

UNDER 13

100 METRES

. B. Schrader	Mac Shores	12.3	1. K. Sanders	Wagga PYC	12.9
. S. Hedley	Wyong	12.3	2. N. Linabury	Mac Shores	12.9
. D. Thom	Katoomba	12.7	3. B. McNaughton	Holroyd	13.0
. T. Edwards	Woy Woy	13.0	4. R. Massey	Ku Ring Gai	13.1
. D. Clark	Campbelltown	13.1	5. J. Mitchell	Campbelltown	13.1
. A. McGrath	Waratah/May	13.1	6. G. Hammond	Manly Warr	13.4
. P. Levine	Granville	13.2	7. R. O'Riordan	Ku Ring Gai	13.4
			8. K. Ridney	West Wyalong	13.5

200 METRES

. S. Wano	Holroyd	24.9	1. K. Sanders	Wagga PYC	25.9
. S. Hedley	Wyong	25.1	2. R. Massey	Ku Ring Gai	26.0
. G. Jones	Katoomba	25.2	3. N. Linabury	Mac Shores	26.5
. J. Robinson	Nth Rocks/C'	25.5	4. J. Mitchell	Campbelltown	27.0
. C. Wicks	Basin	25.8	5. M. Mossman	Nepean	27.2
. P. Levine	Granville	26.7	6. N. Banicevic	Bathurst	27.4
. D. Thom	Katoomba	27.1	7. C. Kennedy	Ku Ring Gai	27.4
. D. Fairclough	Green Valley	27.2	8. Y. Lynch	St George	27.6

400 METRES

. S. Hedley	Wyong	54.8	1. S. Harrison	Nepean	1:00.5
. G. Jones	Katoomba	55.0	2. M. Nordhoff	Wollongong	1:00.6
. J. Robinson	Nth Rocks/C'	55.1	3. C. Weston	Armidale	1:00.6
. T. Watson	St George	57.8	4. F. Came	Pt Hacking	1:01.9
. B. Richards	E Maitland	58.5	5. S. Healy	Taree	1:01.9
. A. Somerville	Liverpool	59.2	6. L. Proietti	Nepean	1:02.2
. C. Jones	Hills Dist	59.7	7. S. Bloom	Sutherland	1:02.6
. G. Hamilton	Manly Warr	1:00.4	8. A. Nelson	Wollongong	1:03.4



800 METRES

1. J. Robinson	Nth Rocks/C'	2:12.7	1. S. Harrison	Nepean	2:17.7
2. G. Jones	Katoomba	2:13.4	2. C. Weston	Armidale	2:19.9
3. T. Watson	St George	2:14.8	3. F. Came	Pt Hacking	2:22.5
4. T. Auciello	St George	2:15.2	4. T. Brown	Kurr/Bilpin	2:22.5
5. B. Cantello	Mac Shores	2:18.8	5. N. Blackstone	Campbelltown	2:25.0
6. G. Hamilton	Manly Warr	2:19.3	6. L. Dolly	Manly Warr	2:25.1
7. C. Jones	Hills Dist	2:20.6	7. K. Houtman	Terrigal/Wam	2:25.5
8. M. Young	Moree	2:21.1	8. K. Albers	Manly Warr	2:26.2

1500 METRES

1. T. Auciello	St George	4:35.2	1. S. Harrison	Nepean	4:40.8
2. G. Jones	Katoomba	4:38.2	2. C. Weston	Armidale	4:47.3
3. G. Hamilton	Manly Warr	4:38.8	3. T. Brown	Kurr Bilpin	4:48.3
4. B. Cantelo	Mac Shores	4:44.2	4. N. Blackstone	Campbelltown	4:53.3
5. D. Simone	Canterbury	4:46.3	5. L. Dolly	Manly Warr	5:02.4
6. C. Shannon	Wollondilly	4:47.0	6. K. Albers	Manly Warr	5:06.4
7. M. Hartley	St George	4:49.6	7. L. Hopkins	St George	5:08.4
8. M. McAtamney	Narrandera	4:50.2	8. A. Midgley	Prospect	5:08.8

90M HURDLES

1. B. Schrader	Mac Shores	13.0	1. J. Mitchell	Campbelltown	13.9
2. N. Thomson	Katoomba	13.9	2. C. Kennedy	Ku Ring Gai	14.1
3. E. Edgar	Parramatta	14.3	3. T. Johnson	N Illawarra	14.4
4. A. Sommerville	Liverpool	14.3	4. K. Ridley	Wagga PYC	14.5
5. M. Wheelton	Canowindra	14.4	5. V. Young	Ku Ring Gai	14.8
6. P. Treharne	Manly Warr	14.5	6. N. Apps	Young	14.9
7. D. Clark	Campbelltown	14.5	7. K. Jackson	Richmond	15.1
8. S. Hauser	Hills Dist	14.6	8. S. Best	Illawong	15.2

1. B.  
2 B. Schrader Mac Shores 12.6 R

200M HURDLES

1. B. Schrader	Mac Shores	27.0	1. J. Mitchell	Campbelltown	28.6
2. S. Dorney	Manly Warr	27.8	2. C. Kennedy	Ku Ring Gai	28.7
3. A. Sommerville	Liverpool	28.1	3. T. Johnson	N Illawarra	29.0
4. C. Jones	Hills Dist	28.5	4. M. Nordhoff	Wollongong	29.2
5. D. Munro	St George	28.8	5. N. Dick	Katoomba	29.4
6. T. Watson	St George	28.9	6. S. Sammut	Woy Woy	30.2
7. A. Trieste	Winston Hill	29.4	7. S. Best	Illawong	30.4
8. S. Hauser	Hills Dist	30.0	8. M. Matchett	Nth Rocks/C'	31.0

HIGH JUMP

1. P. Jackson	Richmond	1.63	1. V. Young	Ku Ring Gai	1.58
2. D. Fairclough	Green Valley	1.63	2. L. Proietti	Nepean	1.54
3. N. Thomson	Katoomba	1.55	3. R. O'Riordan	Ku Ring Gai	1.54
4. D. Shearer	Tugg Lakes	1.55	4. C. Bryers	Pt Hacking	1.52
5. G. Morrison	Gosford	1.50	5. L. Martin	Narromine	1.45
6. N. Hyde	Parramatta	1.50	5. L. Mackay	Rand/Botany	1.45
7. D. Sharp	Parramatta	1.50	7. S. White	St George	1.45
8. C. Wicks	Basin	1.45	8. J. Bowen	Wyong	1.40

LONG JUMP

1. J. Robinson	Nth Rocks/C'	5.90 R	1. R. O'Riordan	Ku Ring Gai	5.38 R
2. C. Wicks	Basin	5.76	2. L. Proietti	Nepean	5.10
3. N. Thomson	Katoomba	5.71	3. B. Otto	St George	5.09
4. D. Fairclough	Green Valley	5.49	4. M. Mantikos	Rand/Botany	5.00
5. C. Lapi-an	Moorland	5.33	5. V. Young	Ku Ring Gai	4.97
6. B. Speljko	Riverstone	5.16	6. G. Hammond	Manly Warr	4.94
7. C. Woodroff	Manly Warr	5.10	7. C. Battishall	Tilligerry	4.87
8. D. Thom	Katoomba	4.96	8. G. Dausman	Forster/Tun	4.69

TRIPLE JUMP

1. S. Dorney	Manly Warr	12.02 R	1. L. Proietti	Nepean	11.03 R
2. N. Thomson	Katoomba	11.26	2. M. Mantikos	Rand/Botany	10.88
3. G. Wiencke	Temora	11.06	3. N. Dick	Katoomba	10.83
4. G. Cotterill	E Maitland	11.03	4. E. Bengowski	Hills Dist	10.81
5. A. Stone	Katoomba	11.01	5. N. Linabury	Mac Shores	10.47
6. C. Woodroff	Manly Warr	10.72	6. J. Caruana	Prospect	10.17
7. W. Horder	Hills Dist	10.61	7. A. Hrysafis	Sutherland	9.97
8. B. Degnan	St George	10.45	8. B. Richardson	Holroyd	9.85

SHOT PUT

1. S. Roelofs	Werrington	15.55	1. K. Standing	Bankstown	13.85 R
2. S. Dorney	Manly Warr	14.76	2. K. Doublet	Sth Eastern	11.37
3. S. Ewing	Cessnock	14.32	3. B. McNaughton	Holroyd	10.21
4. E. Baica	Manly Warr	13.24	4. M. Bullen	Walcha	9.94
5. M. Figures	Winston Hill	11.83	5. A. Evans	Manly Warr	9.68
6. G. Rawson	Parkes	11.69	6. C. Bryers	Pt Hacking	9.59
7. J. Brown	Blacktown	11.63	7. C. Hooper	Mudgee	9.54
8. S. Desmond	Kurri Kurri	11.52	8. M. Norris	Werrington	9.14

DISCUS

1. S. Roelofs	Werrington	40.80	1. K. Doublet	Sth Eastern	33.86
2. D. Fairclough	Green Valley	38.80	2. K. Standing	Bankstown	33.64
3. E. Baica	Manly Warr	38.20	3. C. Hooper	Mudgee	28.56
4. S. Dorney	Manly Warr	37.20	4. K. Newham	Denman	25.80
5. D. Phillips	Tamworth	33.96	5. A. Evans	Manly Warr	24.88
6. S. Desmond	Kurri Kurri	30.36	6. K. Swetland	Parkes	24.48
7. L. Boothman	N Illawarra	29.88	7. B. Rowley	Walcha	23.70
8. S. Ewing	Cessnock	29.40	8. J. Flicker	Richmond	23.02

1500M WALK

1. D. O'Mara	Fairfield	7:00.7	1. S. Stratford	Rand/Botany	7:12.8
2. S. Nolan	Illawong	7:11.4	2. M. Coulter	Blacktown	7:26.9
3. N. A'Bell	Manly Warr	7:18.2	3. K. Hall	Woy Woy	7:44.6
4. B. Lloyd	Mac Shores	7:26.2	4. C. Dobbs	Nepean	7:50.3
5. V. Casamento	Sutherland	7:26.9	5. J. Charlier	Manly Warr	7:59.3
6. P. Beacroft	Blacktown	7:38.6	6. J. Deller	Tugg Lakes	8:00.0
7. T. Urane	Mac Shores	7:40.8	7. Y. Cooney	Eastern Sub	8:07.1
8. D. Ingleby	Manly Warr	7:59.3	8. A. Wilson	Campbelltown	8:10.3

MULTI-EVENT

1. A. Macgonigal	St George	6137	1. B. Rangott	Manly Warr	5244
2. W. Curry	Goulburn	6050	2. J. Plattner	Nepean	5175
3. P. Fehrenbach	Campbelltown	5918	3. J. Berrell	St George	5095
4. N. Wallington	Hills Dist	5815	4. P. Lloyd	Bankstown	4905
5. B. Davies	Springwood	5417	5. A. Moodie	Ingleburn	4847
6. A. Franklin	Illawong	5332	6. B. Page	Grenfell	4764
7. D. Sanders	Sutherland	5258	7. A. Cooper	Mac Shores	4713
8. T. Baylis	Emu Plains	5232	8. A. Richards	Penrith	4689

UNDER 14

100 METRES

1. A. Ross	Emu Plains	11.9	1. P. Amery	Bankstown	12.6
2. D. Rollinson	Rand/Botany	11.9	2. M. Gaudron	Clarence Val	12.7
3. W. Hollier	Emu Plains	11.9	3. S. Nelson	Nth Rocks/C'	12.8
4. K. Reid	Sutherland	12.0	4. R. Burdon	Campbelltown	13.0
5. C. Trimboli	St George	12.1	5. J. Holmes	Bankstown	13.0
6. B. Jackson	Campbelltown	12.1	6. S. Eggleton	Ku Ring Gai	13.0
7. C. Arps	Nth Suburbs	12.3	7. A. Connellan	Wagga PYC	13.4
8. G. Tighe	Manly Warr	12.4			

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200 METRES

1. W. Hollier	Emu Plains	23.8	1. M. Gaudron	Clarence Val	25.9
2. D. Rollinson	Rand/Botany	23.9	2. L. Ellis	Kurr/Bilpin	26.5
3. A. Ross	Emu Plains	24.0	3. J. Holmes	Bankstown	26.5
4. K. Reid	Sutherland	24.1	4. M. Day	Gosford	26.7
5. J. Fineberg	Blacktown	24.4	5. K. Barker	Campbelltown	26.7
5. B. Jackson	Campbelltown	25.0	6. S. Eggleton	Ku Ring Gai	27.1
7. C. Arps	Nth Suburbs	25.0	7. T. Adams	Hills Dist	27.1
8. M. Watts	Bathurst	25.6	8. A. Connellan	Wagga PYC	27.4

400 METRES

1. K. Reid	Sutherland	52.0	R 1. M. Wilson	Nth Rocks/C'	57.6
2. D. Rollinson	Rand/Botany	53.0	2. K. Clemens	Hills Dist	58.9
3. D. Carlon	Armidale	54.6	3. J. Jensen	Campbelltown	58.9
4. A. Furner	Blacktown	55.1	4. A. Menzies	Emu Plains	59.3
5. W. Oram	Campbelltown	55.2	5. M. Day	Gosford	59.5
6. M. Watts	Bathurst	55.5	6. W. Young	Mac Shores	1:00.4
7. G. Tighe	Manly Warr	1:02.6	7. L. Joy	St George	1:01.3
			8. K. Murphy	Mac Shores	1:03.6

800 METRES

1. M. Watts	Bathurst	2:12.1	1. M. Wilson	Nth Rocks/C'	2:14.1
2. J. Loder	Manly Warr	2:12.3	2. L. Zammarrelli	St George	2:16.4
3. A. Baraniak	Girraween	2:13.1	3. A. Menzies	Emu Plains	2:17.6
4. W. Taylor	Blacktown	2:13.8	4. K. Clemens	Hills Dist	2:20.0
5. B. Gabbott	Rand/Botany	2:15.5	5. C. Mazengarb	Sutherland	2:20.1
6. C. Moroz	Wollondilly	2:16.2	6. C. Thomas	Sth Eastern	2:21.1
7. M. O'Donnell	Hornsby	2:16.2	7. L. Thang	Bankstown	2:23.8
8. K. Urane	Mac Shores	2:16.8	8. N. James	Bankstown	2:25.1

1500 METRES

1. J. Loder	Manly Warr	4:30.0	1. M. Wilson	Nth Rocks/C'	4:43.5
2. A. Baraniak	Girraween	4:30.1	2. L. Zammarrelli	St George	4:50.5
3. D. Romyn	St George	4:31.0	3. L. Horrocks	St George	4:53.7
4. B. Gabbott	Rand/Botany	4:33.9	4. D. Walsham	Ku Ring Gai	4:56.2
5. M. Angel	St George	4:36.2	5. N. James	Bankstown	4:56.7
6. S. Beirne	Westlakes	4:43.8	6. K. Ward	Tugg Lakes	4:58.2
7. K. Urane	Mac Shores	4:44.2	7. A. Menzies	Emu Plains	5:03.4
8. W. Taylor	Blacktown	4:46.4	8. K. Holgate	St George	5:06.5

90M HURDLES

1. M. Taska	E Maitland	13.6	1. P. Amery	Bankstown	13.8
2. R. Matheson	Camden	13.6	2. L. Ellis	Kurr/Bilpin	13.9
3. D. Mayne	Rand/Botany	13.7	3. A. Hayes	Manly Warr	14.3
4. O. West	Tilligerry	13.9	4. R. Pearson	Richmond	14.5
5. S. Van Bentum	Doonside	14.0	5. R. Links	Sutherland	14.6
6. C. Manny	Ingleburn	14.0	6. K. Robards	St George	14.7
7. C. Shute	Ku Ring Gai	14.4	7. H. Irvine	Woy Woy	14.9
8. M. Harper	Temora	14.7	8. C. Wortley	Bankstown	16.2

200M HURDLES

1. J. Fineberg	Blacktown	25.9	1. M. Gaudron	Clarence Val	27.9
2. C. Arps	Nth Suburbs	26.5	2. T. Adams	Hills Dist	28.8
3. R. Graham	Campbelltown	26.6	3. J. Jensen	Campbelltown	28.9
4. M. Taska	E Maitland	26.6	4. A. Hayes	Manly Warr	29.1
5. C. Manny	Ingleburn	27.5	5. K. Wicks	E Maitland	29.6
6. A. Lapi-an	Moorland	27.6	6. K. Robards	St George	29.9
7. R. Sickle	Campbelltown	27.8	7. V. Yacoub	Parramatta	30.1
8. M. Busuttii	Tiger Wests	28.1	8. M. McKenzie	Sutherland	30.7

HIGH JUMP

1. C. Hardy	Eastern Sub	1.85 R	1. J. Jamieson	Ku Ring Gai	1.64
2. J. Deery	Moree	1.80	2. J. Clissold	Moree	1.62
3. R. Burgess	Armidale	1.70	3. C. Morante	Lk Illawarra	1.60
4. A. Barker	Hornsby	1.65	4. P. Bell	Hornsby	1.55
5. C. Shute	Ku Ring Gai	1.65	5= S. Carden	Campbelltown	1.55
6= B. Moss	Low.Clarence	1.65	5= C. Parsons	Hornsby	1.55
6= B. Williams	Sutherland	1.65	7. D. Armitage	East Lakes	1.55
8. D. Upston	Bankstown	1.65	8. N. Nolan	Nepean	1.50

LONG JUMP

1. W. Peiplenbosch	Campbelltown	5.92	1. A. Hayes	Manly Warr	5.29
2. C. Hardy	Eastern Sub	5.82	2. M. Gaudron	Clarence Val	5.19
3. A. Lapi-an	Moorland	5.75	3. J. Jamieson	Ku Ring Gai	5.17
4. R. Burgess	Armidale	5.74	4. D. Armitage	East Lakes	5.03
5. B. Jackson	Campbelltown	5.65	5. S. Nelson	Nth Rocks/C'	4.99
6. C. Arps	Nth Suburbs	5.65	6. L. Ellis	Kurr/Bilpin	4.83
7. D. Browne	Woodberry	5.56	7. M. Arnold	Sutherland	4.81
8. C. Moroz	Wollondilly	5.40	8. M. Knox	Campbelltown	4.69

TRIPLE JUMP

1. C. Hardy	Eastern Sub	13.06 R	1. S. Nelson	Nth Rocks/C'	10.94
2. D. Browne	Woodberry	12.13	2. A. Hayes	Manly Warr	10.80
3. J. Deery	Moree	12.11	3. D. Armitage	East Lakes	10.78
4. D. Schevenhoven	Leth Park	11.65	4. M. McKenzie	Sutherland	10.77
5. D. Mayne	Rand/Botany	11.65	5. K. Duffy	Blacktown	10.57
6. B. Hodges	Greystanes	11.49	6. S. Gyselhart	Wallsend	10.39
7. J. Smith	Hills Dist	11.42	7. S. Quinlivan	Katoomba	9.95
8. D. Foster	Hills Dist	11.08	8. A. Hayes	Winston Hill	9.84

SHOT PUT

1. C. Cooney	Penrith	15.52 R	1. M. Haage	Fairfield	13.90 R
2. B. Hine	Armidale	14.53	2. J. Jamieson	Ku Ring Gai	12.97
3. N. Watkins	Mudgee	13.51	3. S. Read	Goulburn	12.69
4. A. Coleman	Ku Ring Gai	12.82	4. K. Ferguson	Ku Ring Gai	11.80
5. J. Deery	Moree	12.39	5. T. Mortensen	Smithfield	11.38
6. M. O'Donnell	Hornsby	11.75	6. V. Clark	Winston Hill	11.30
7. A. Beh	Camden	11.67	7. R. Carr	West Wyalong	11.14
8. G. Rennie	Winston Hill	11.57	8. F. Marsh	Campbelltown	10.60

DISCUS

1. B. Hine	Armidale	57.68 R	1. S. Read	Goulburn	40.50 R
2. C. Cooney	Penrith	49.78	2. M. Haage	Fairfield	37.88
3. M. Smith	Parkes	43.52	3. V. Clark	Winston Hill	35.76
4. P. McNicholas	Rand/Botany	42.60	4. J. Jamieson	Ku Ring Gai	33.74
5. A. Beh	Camden	40.64	5. N. Marov	Manly Warr	33.38
6. N. Watkins	Mudgee	40.16	6. N. Rea	Lk Illawarra	31.88
7. B. Hodges	Greystanes	36.32	7. K. Ferguson	Ku Ring Gai	30.50
8. M. Hay	Greystanes	34.86	8. T. Mortensen	Smithfield	30.12

1500M WALK

1. M. O'Donnell	Hornsby	6:19.2 R	1. J. Saville	Sth Eastern	6:32.0 R
2. M. Ness	Nepean	6:27.8	2. D. Walsham	Ku Ring Gai	7:21.3
3. L. Willoughby	Rand/Botany	7:05.8	3. V. Sestic	Girraween	7:22.2
4. G. McLoughlin	Doonside	7:12.7	4. D. Bonser	Fairfield	7:44.8
5. T. Hutman	Albury	7:30.6	5. R. Leslight	Mac Shores	7:47.6
6. J. Lantry	E Maitland	7:58.3	6. G. Conroy	Gosford	7:52.9
7. G. Rennie	Winston Hill	8:44.6	7. T. Rose	Pt Hacking	8:01.5
8. I. Hill	Leth Park	8:45.6	8. S. Worley	Rand/Botany	8:05.9

MULTI-EVENT

1. M. Wehrhahn	Hornsby	6680	1. B. Jones	Hornsby	5718
2. C. Taylor	Penrith	6519	2. M. Bransgrove	Mac Shore	5511
3. P. Winsor	Wagga PYC	6401	3. Y. Almos	Bankstown	5433
4. D. Pellizzaro	Camden	6310	4. F. Sylva	Moorland	5123
5. D. Gonzalez	Fairfield	6197	5. M. Power	Ku Ring Gai	4834
6. M. Bonomi	Manly Warr	6133	6. T. Burgess	Mac Shores	4799
7. A. King	Illawong	6062	7. B. Newman	Ku Ring Gai	4698
8. N. Barrett	Hills Dist	6053	8. K. Hall	St George	4630

UNDER 15

100 METRES

1. M. Rayment	Koorringal	11.6	1. M. Lillington	St George	12.4
2. N. Highnett	St George	11.9	2. C. Chambers	Ku Ring Gai	13.0
3. J. Armor	Woolgoolga	11.9	3. N. Roff	Armidale	13.0
4. R. Player	Smithfield	11.9	4. A. Pratten	E Maitland	13.0
5. A. Hennessy	Mudgee	12.0	5. L. Corbett	Nth Rocks/C'	13.1
6. A. Del Grande	St George	12.0	6. R. Hayes	Manly Warr	13.1
7. G. Napoli	Hills Dist	12.1	7. A. Akemmana	Girraween	13.2
8. E. Beer	Armidale	12.5	8. J. Nacsa	Mullumbimby	13.2

N.B. HI M. Lillington St George 12.3 R

200 METRES

1. F. Millillo	Blacktown	23.8	1. M. Lillington	St George	25.4
2. M. Rayment	Koorringal	24.0	2. A. Ryan	Mac Shores	25.8
3. A. Hennessey	Mudgee	24.0	3. E. Aisbett	Rand/Botany	26.4
4. M. Highnett	St George	24.1	4. A. Pratten	E Maitland	26.6
5. J. Amor	Tugg Lakes	24.1	5. L. Corbett	Nth Rocks/C'	26.9
6. C. Marshall	Woy Woy	24.4	6. R. Hayes	Manly Warr	27.0
7. A. Kennerson	E Maitland	24.6	7. D. Alessio	Rand/Botany	27.1
8. S. Goh	Blacktown	-			

400 METRES

1. T. Lampier	Illawong	51.9 R	1. M. Lillington	St George	56.6 R
2. B. Alexander	Wagga PYC	53.3	2. E. Aisbett	Rand/Botany	58.9
3. C. Marshall	Woy Woy	53.7	3. L. Jacobs	Wagga PYC	59.2
4. A. King	Pt Macquarie	54.1	4. J. Smith	Nth District	59.6
5. M. Plunkett	Manly Warr	54.6	5. M. Mottram	Ku Ring Gai	1:00.1
6. C. Hardman	Granville	55.3	6. T. Woods	Emu Plains	1:01.7
7. S. Robinson	Bathurst	55.5	7. S. Carr	Lk Illawarra	1:02.2
8. D. Cooney	Penrith	55.8	8. R. Conroy	Gosford	1:02.3

800 METRES

1. A. Degnan	St George	2:04.7	1. M. Mottram	Ku Ring Gai	2:19.9
2. T. Lampier	Illawong	2:05.0	2. S. Walkley	Hornsby	2:21.6
3. J. Hourn	Rand/Botany	2:06.3	3. K. Harris	Springwood	2:22.3
4. T. Wood	Sutherland	2:07.1	4. J. Smith	Nth District	2:24.0
5. M. Crump	Cessnock	2:08.8	5. N. Lisle	Armidale	2:24.8
6. W. Yates	Ku Ring Gai	2:11.1	6. B. Fitzgerald	Sth Eastern	2:25.6
7. J. McGilvray	Springwood	2:11.4	7. M. Buckley	Campbelltown	2:26.1
8. D. Cooney	Penrith	2:11.7	8. C. Veitch	Mac Shores	2:26.2

1500 METRES

1. A. Degnan	St George	4:16.7	1. M. Mottram	Ku Ring Gai	4:50.3
2. G. Starkey	Wyong	4:17.8	2. S. Walkley	Hornsby	4:51.4
3. T. Wood	Sutherland	4:21.8	3. M. Buckley	Campbelltown	4:55.5
4. W. Yates	Ku Ring Gai	4:30.1	4. N. Lisle	Armidale	4:58.2
5. M. Crump	Cessnock	4:32.8	5. K. Harris	Springwood	5:04.4
6. J. McGilvray	Springwood	4:32.9	6. B. Fitzgerald	Sth Eastern	5:05.7
7. C. Fowler	Katoomba	4:35.6	7. S. Fahmy	Hills Dist	5:07.6
8. S. Lomath	Mullumbimby	4:36.0	8. C. Veitch	Mac Shores	5:08.0

90M HURDLES

1. T. Lampier	Illawong	12.6 R	1. A. Joo	Doonside	13.8
2. B. Courtney	Hills Dist	12.7	2. A. Ryan	Mac Shores	13.9
3. S. Goh	Blacktown	12.7	3. A. Fryer	Sutherland	13.9
4. J. Amor	Woolgoolga	13.0	4. B. Martin	St George	14.2
5. C. Marshall	Woy Woy	13.5	5. N. Roff	Armidale	14.3
6. A. Simpson	Katoomba	13.5	6. M. Daldock	Sutherland	14.3
7. P. Blucher	Greystanes	13.7	7. D. Collins	St George	14.3
8. M. Cameron	Fairfield	13.9	8. R. Edwards	Winston Hill	14.9

200M HURDLES

1. T. Lampier	Illawong	25.4	1. D. Collins	St George	28.2
2. C. Marshall	Woy Woy	25.6	2. A. Fratten	E Maitland	28.2
3. S. Goh	Blacktown	25.7	3. B. Palin	Campbelltown	28.3
4. M. Plunkett	Manly Warr	26.0	4. E. Aisbett	Rand/Botany	28.5
5. G. Napoli	Hills Dist	26.2	5. N. Roff	Armidale	28.8
6. B. Courtney	Hills Dist	26.5	6. S. Carr	Lk Illawarra	29.5
7. A. Beaver	Springwood	27.0	7. J. Glinsky	Manly Warr	29.6
8. K. Duke	Bankstown	27.1	8. B. Martin	St George	29.9

HIGH JUMP

1. A. Bohman	Hills Dist	1.85	1. M. Akins	St George	1.63 R
2. J. Herron	Hills Dist	1.78	2. N. Roff	Armidale	1.63
3. I. Leslight	Mac Shores	1.76	3. K. Cranstone	Glenbrook	1.59
4. M. Hathaway	Tamworth	1.76	4. D. Thomas	Sutherland	1.59
5. D. Turner	Green Valley	1.70	5. T. Butcher	Winston Hill	1.59
6. S. Wilson	Narromine	1.70	6. M. Hanson	Penrith	1.55
7. M. Urquhart	Leth Park	1.65	7. K. Davis	Cessnock	1.50
8. K. Duke	Bankstown	1.65	8. H. Hauswirth	Glenbrook	1.45

LONG JUMP

1. I. Leslight	Mac Shores	6.05	1. T. Blackburn	Kurri Kurri	5.40
2. B. Taylor	Parkes	6.04	2. M. Wallis	Blacktown	5.40
3. W. Pearce	Nepean	5.92	3. C. Dolan	Prospect	5.34
4. A. Del Grande	St George	5.90	4. A. Ryan	Mac Shores	5.23
5. M. Plunkett	Manly Warr	5.86	5. R. Strand	Liverpool	4.98
6. M. Hathaway	Tamworth	5.72	6. D. Collins	St George	4.86
7. J. Herron	Hills Dist	5.66	7. N. Buchanan	Albion Park	4.78
8. M. Rayment	Koorringal	5.61	8. L. Campbell	Gwydir	4.62

TRIPLE JUMP

1. J. Herron	Hills Dist	12.98	1. C. Dolan	Prospect	11.30 F
2. W. Pearce	Nepean	12.67	2. M. Wallis	Blacktown	11.27
3. B. Taylor	Parkes	12.22	3. D. Thomas	Sutherland	11.02
4. S. Robinson	Bathurst	12.18	4. A. Ryan	Mac Shores	10.90
5. R. Cleary	Rutherford	12.06	5. M. Baldock	Sutherland	10.54
6. A. Del Grande	St George	11.74	6. T. Blackburn	Kurri Kurri	10.46
7. A. Strauss	Liverpool	11.62	7. N. Buchanan	Albion Park	10.21
8. M. Hathaway	Tamworth	11.59	8. N. Reynolds	Hills Dist	10.17

SHOT PUT

1. R. Sadlier	Sutherland	16.11	1. J. Everson	Winston Hill	13.36 R
2. S. Hinchcliffe	Penrith	13.68	2. D. Sosimenko	Doonside	12.65
3. K. Duke	Bankstown	13.29	3. R. Edwards	Winston Hill	11.92
4. R. Serena	Rand/Botany	13.12	4. D. Ciferson	Winston Hill	11.44
5. D. Cooney	Penrith	12.89	5. R. Wright	Parkes	11.38
6. T. Gerasimou	Rand/Botany	12.69	6. J. Koinusis	Sutherland	10.28
7. R. Agostino	Griffith	12.56	7. N. Phelan	Gosford	10.17
8. S. Wilson	Narromine	12.23	8. A. Marov	Manly Warr	10.01

...../15

DISCUS

. A. Simpson	Katoomba	49.92	1. J. Everson	Winston Hill	39.50 R
. K. Duke	Bankstown	49.28	2. D. Ciferson	Winston Hill	36.88
. G. Bartlett	Fairfield	44.20	3. D. Sosimenko	Doonside	35.26
. P. Blucher	Greystanes	43.94	4. J. Nasca	Mullumbimby	33.82
. D. Cooney	Penrith	42.66	5. R. Wright	Parkes	31.86
. R. Puebla	St George	40.14	6. J. Koinusis	Sutherland	31.80
. R. Serena	Rand/Botany	39.90	7. A. Marov	Manly Warr	30.22
. M. Hall	Edgeworth	38.74	8. M. Mottram	Ku RingGai	29.96

1500M WALK

. M. Dowell	Doonside	6:18.4 R	1. C. Stratford	Rand/Botany	6:49.8 R
. A. Mitchell	Pt Hacking	6:29.6	2. S. Webb	Penrith	7:01.3
. S. Robards	Tugg Lakes	6:34.3	3. K. Rafferty	Ingleburn	7:10.6
. D. Mulder	Mac Shores	6:44.8	4. B. Fitzgerald	Sth Eastern	7:22.7
. L. Wolfers	Hornsby	7:16.0	5. S. Dean	Ingleburn	7:29.1
. M. Sewell	Taree	7:36.7	6. S. Walkley	Hornsby	7:39.8
. S. Lloyd	Mac Shores	7:46.9	7. A. Salvatore	Illawong	7:49.8
. T. Robins	Sutherland	7:50.2	8. N. Offley	Scully Park	7:59.4

MULTI-EVENT

. G. Quirk	Doonside	7597	1. M. Clough	Nambucca	6026
. S. Roseby	Nepean	7530	2. G. Meguyer	Nelson Bay	5847
. B. Sharman	Mac Shores	7405	3. K. RObertson	Manly Warr	5790
. S. Cheetham	Manly Warr	7184	4. S. Swift	Trangie	5326
. T. Rees	Campbelltown	6819	5. J. Mitchell	Camden	5284
. S. Hughes	Nepean	6744	6. M. Taylor	Bowral	5274
. J. Romyn	St George	6670	7. K. Allen	St George	5223
. S. Penrose	Campbelltown	6622	8. S. Lohs	Tumut	5214

4 x 100 METRES JUNIOR RELAY

. Hornsby	54.4 R	1. Macquarie Shores	56.2 R
. Macquarie Shores	54.5	2. South Eastern	57.5
. Fort Hacking	55.2	3. Hills District	57.6
. Ku Ring Gai	55.5	4. Campbelltown	57.8
. Camden	55.9	5. Ku Ring Gai	57.8
. Glenbrook	57.0	6. Katoomba	58.3
. Albion Park	57.5	7. Woy Woy	1:00.7
. Woy Woy	57.7	8. Dubbo	1:02.1

4 x 100 METRES SENIOR RELAY

. St George	49.0 R	1. Campbelltown	50.0 R
. Macquarie Shores	49.0	2. Macquarie Shores	50.6
. Campbelltown	49.1	3. St George	51.1
. Manly Warringah	49.5	4. Nth Rocks/Carlingford	51.2
. Emu Plains	50.2	5. Ku Ring Gai	52.1
. Katoomba	51.0	6. Wagga PYC	52.2
. Woy Woy	51.5	7. East Maitland	52.5
. Orange	53.6	8. Glenbrook	54.1