

## GIRLS

## BOYS

## Under 9

## 100 metres

1	R Hayward	Wyong	14.0	1	A Coulter	Bankstown	14.2
2	R Quiggan	St. George	14.3	2	R Parker	N. District	14.3
3	S Berry	Tumut	14.7	3	T Conn	Penrith	14.3
4	K Mulheron	Werrington	14.9	4	B Coughlan	Wyong	14.5
5	K Medhurst	Denman	15.0	5	L Spokes	Wagga	14.6
6	B Conlon	Girraween	15.1	6	L Chodat	Wollongong	14.6
7	M Briggs	Girraween	15.1	7	J Palmer	Richmond	14.7
8	K Youlten	Pt Hacking	15.6	8	I Wheeler	Camden	14.7

## 200 metres

1	R Hayward	Wyong	28.9	1	A Coulter	Bankstown	29.3
2	R Quiggan	St. George	30.8	2	L Spokes	Wagga	29.9
3	S Berry	Tumut	31.1	3	J Palmer	Richmond	30.2
4	K Medhurst	Denman	31.1	4	L Shepherd	Pt Hacking	30.2
5	M Briggs	Girraween	31.1	5	J Conn	Penrith	30.5
6	S Gailey	Manly Warr	32.3	6	K Heckenberg	Mac. Fields	30.7
7	B Conlon	Girraween	32.5	7	I Wheeler	Camden	30.8
8	E Peirce	Hornsby	33.4	8	L Chodat	Wollongong	31.1
	H1 R Hayward	Wyong	28.5 REC				

## 400 metres

1	R Hayward	Wyong	1:06.5 REC	1	A Coulter	Bankstown	1:05.6
2	K Medhurst	Denman	1:10.4	2	L Shepherd	Pt Hacking	1:07.2
3	S Gailey	Manly Warr	1:11.2	3	R Hall	Woy Woy	1:07.7
4	K Callaghan	C'belltown	1:12.4	4	J Palmer	Richmond	1:07.7
5	R Gould	Camden	1:16.1	5	G Bible	Armidale	1:07.9
6	T Kay	Mac. Shores	1:17.0	6	D Mackay	Bankstown	1:08.9
7	E Comer	Wollongong	1:17.8	7	M Henry	Taree	1:07.31.0
8	B Chambers	Nepean	1:25.7	8	B McKinley	N. Suburbs	1:09.3

## 800 metres

1	K Callaghan	C'belltown	2:43.2	1	D Mackay	Bankstown	2:30.4
2	E Comer	Wollongong	2:46.8	2	G Bible	Armidale	2:31.0
3	R Archer	Hornsby	2:47.3	3	M Tonkin	Hills	2:31.2
4	T Kay	Mac. Shores	2:49.7	4	B McConnell	Nepean	2:35.5
5	K McCarthy	Rutherford	2:50.3	5	L Shepherd	Pt Hacking	2:39.9
6	T Lee	N. Rocks/Ca	2:53.1	6	A Webster	C'belltown	2:40.5
7	L Porter	Nepean	2:53.3	7	T Kirk	Blacktown	2:42.1
8	M McCourt	Glenbrook	2:54.2	8	R Hall	Woy Woy	2:44.0

## 60m Hurdles

1	R Quiggan	St. George	10.1	1	A Coulter	Bankstown	9.6 REC
2	F McGuffog	Colyton	10.5	2	R Parker	N. District	9.8
3	M Hinds	Edgeworth	10.6	3	C Macarther	Pt Hacking	9.8
4	S Berry	Tumut	10.7	4	S Lonsdale	Mac. Shores	10.2
5	L Wright	Manly Warr	10.8	5	J Eggins	Illawong	10.2
6	K Bishop	Bowral	10.8	6	J Conn	Penrith	10.2
7	K Youlten	Pt Hacking	10.8	7	G Yates	Manly Warr	10.2
8	D Calvert	Mac. Shores	11.3	8	R Hall	Woy Woy	12.0

## GIRLS

## BOYS

## 800m Walk

1	S Andrew	Nepean	3:58.3	1	P McCullach	Nepean	3:48.3
2	N Koltz	Pt Hacking	4:11.4	2	N Weaver	Blacktown	3:55.9
3	M Blake	Hills	4:13.4	3	S Pettit	Doonside	4:05.5
4	S Robinson	Bankstown	4:13.8	4	C O'Donnell	Hornsby	4:10.4
5	M Hines	Edgeworth	4:21.3	5	C Jordan	Ingleburn	4:23.8
6	J Johnston	Harrington	4:36.4	6	S Wolfers	Hornsby	4:30.1
7	N Robinson	Bankstown	4:37.2	7	A Channels	Doonside	4:31.6
8	C Bowen	South East	4:37.6	8	N Hill	Pt Hacking	4:31.8

## High Jump

1	C Capon	Emu Plains	1.14	1	J Sherman	Bathurst	1.33
2	A Papadatos	Rand/Bot	1.12	2	L Furlong	Tilligerry	1.33
3	S Kirne	Barooga	<del>1.10</del> 1.12	3	C Raymond	Werrington	1.25
4	K Fraser	Ryde	<del>1.05</del> 1.10	4	C Joyce	Doonside	1.20
5	K Nash	Greystanes	1.05	5	A Stockmanis	Colyton	1.20
6	D Jenkins	Narrabri	1.05	6	C Davis	Blacktown	1.20
7	C Atkinson	Armidale	1.05	7	J Spencer	Narrandera	1.20
8	E Hill	Gloucester	1.05	8	R Hall	Woy Woy	1.20

## Long Jump

1	S Berry	Tumut	4.11	1	J Conn	Penrith	4.26
2	R Hayward	Wyong	3.92	2	R Parker	N.District	4.24
3	K Mulheron	Werrington	3.89	3	J Ross	Woy Woy	4.21
4	K Youlton	Pt Hacking	3.89	4	L Tattersall	Liverpool	4.12
5	R Quiggin	St. George	3.83	5	S McLean	Colyton	4.11
6	K Bishop	Bowral	3.82	6	L Furlong	Tilligerry	3.90
7	M Hines	Edgeworth	3.79	7	S Casey	Penrith	3.87
8	T Civiti	Nelson Bay	3.78	8	G Wells	Hills	3.81

## Shot Put

1	J Spiteri	Pt Hacking	8.21	1	S Novkovic	W. Hills	9.99
2	K Mulheron	Werrington	7.97	2	S Lee	Blacktown	9.98
3	N Canu	Tamworth	7.00	3	T Bragg	Emu Plains	9.58
4	P McGuffog	Colyton	6.86	4	D Sebelic	Gulgong	9.52
5	K Moorhouse	Sutherland	6.73	5	S Burdett	Colyton	9.35
6	M Blake	Hills	6.68	6	C Robinson	W. Hills	8.64
7	L Donnelly	Albury	6.67	7	L Brogan	Cardiff	8.57
8	J Kandel	Werrington	6.65	8	J Vandervent	Prospect	8.47

## Discus

1	J Kandel	Werrington	24.72	1	D Sebelic	Gulgong	31.26
2	P McGuffog	Colyton	24.02	2	C Robinson	W. Hills	28.68
3	S Robinson	Bankstown	21.72	3	S Novkovic	W. Hills	28.66
4	M Harries	Scully Pk	19.80	4	M McFadyen	Revesby	27.00
5	J Spiteri	Pt Hacking	19.78	5	S McLean	Colyton	26.96
6	M Kingswell	Colyton	19.33 <sup>19.32</sup>	6	M Pendleton	Rand/Bot	26.30
7	L Donnelly	Albury	18.63 <sup>18.62</sup>	7	L Chaffey	Mac.Shores	24.78
8	R Noy	Parramatta	18.51 <sup>18.50</sup>	8	R Darcey	Gunnedah	24.34

## GIRLS

## BOYS

## Under 10

## 100 metres

1	E Wilson	N.Rocks/Ca	13.8	1	S Bultitude	Kuring-gai	13.7
2	V Diloi	Rand/Bot	13.9	2	J Dibbs	Colyton	14.1
3	M Slomka	Branxton	13.9	3	A Bannister	Camden	14.1
4	K Judge	Canterbury	14.1	4	D Jackson	Hornsby	14.1
5	K Evans	Mac.Shores	14.5	5	A Hosking	Doonside	14.2
6	M Gault	Ryde	14.7	6	S Piltz	Leeton	14.2
7	F Ryan	Wellington	14.9	7	K Houston	Blacktown	14.3
8	M O'Grady	Sutherland	14.9	8	D Roddy	Tumut	14.3

## 200 metres

1	E Wilson	N.Rocks/Ca	28.7	1	B Stephenson	Goulburn	29.2
2	V Diloi	Rand/Bot	28.9	2	D Roddy	Tumut	29.2
3	M Slomka	Branxton	29.9	3	C Green	Rand/Bot	29.2
4	K Judge	Canterbury	30.0	4	S Bultitude	Kuring-gai	29.3
5	F Ryan	Wellington	30.5	5	K Houston	Blacktown	29.3
6	J Shaw	Kuring-gai	30.9	6	A Banister	Camden	29.4
7	R Dolan	Clar. Val.	31.1	7	M Turek	Kuring-gai	29.5
8	M Watson	Koorringal	31.2	8	M McLennan	Clar. Val.	30.8

## 400 metres

1	E Wilson	N.Rocks/Ca	1:04.4	Rec	1	R Schempp	Nepean	1:04.1
2	L Elms	Wollongong	1:06.7		2	G Levy	Glenbrook	1:04.5
3	N Kuhn	Mac.Fields	1:07.7		3	S Chiddy	Mosman	1:04.6
4	R Smith	Manly Warr	1:08.0		4	S Brown	Bathurst	1:04.6
5	C Scott	Gosford	1:09.9		5	J Hopkins	Kuring-gai	1:04.7
6	K Bowes	Bowral	1:11.1		6	D Richmond	Illawong	1:05.1
7	S Telford	Pt Hacking	1:11.3		7	F Dowling	Manly Warr	1:06.0
					8	B Stephenson	Goulburn	1:07.6

## 800 metres

1	P Taylor	Manly Warr	2:33.0		1	F Dowling	Manly Warr	2:23.9
2	H Dowell	C'belltown	2:34.5		2	R Schempp	Nepean	2:26.5
3	L Elms	Wollongong	2:37.4		3	B Chapman	Sutherland	2:29.2
4	N Kuhn	Mac.Fields	2:42.4		4	A Bland	Ambarvale	2:29.8
5	E Yates	Sutherland	2:45.6		5	J Titcombe	C'belltown	2:33.4
6	A Armati	Kuring-gai	2:46.3		6	S Brown	Bathurst	2:34.4
7	S Hepworth	Werrington	2:47.6		7	S Hammerton	Stockton	2:36.2
8	A Brown	Glenbrook	2:48.0		8	R Koopmans	Werrington	2:36.4

## 1500 metres

1	P Taylor	Manly Warr	5:07.3		1	F Dowling	Manly Warr	4:52.8
2	H Dowell	C'belltown	5:07.4		2	R Schempp	Nepean	4:56.1
3	L Elms	Wollongong	5:17.4		3	B Chapman	Sutherland	4:57.6
4	F Pakes	Kuring-gai	5:28.0		4	G Levy	Glenbrook	5:06.6
5	R Yates	Sutherland	5:34.1		5	C Sutton	Sutherland	5:10.5
6	A Armati	Kuring-gai	5:36.7		6	M Durante	Rand/Bot	5:12.9
7	S Hepworth	Werrington	5:39.0		7	S Brown	Bathurst	5:13.4
8	J Mimica	Nepean	5:47.4		8	M Taylor	Mac.Shores	5:14.1

## GIRLS

## BOYS

## 60m Hurdles

1	M Slomka	Branxton	9.7	1	M Turek	Kuring-gai	9.4
2	M Gault	Ryde	9.8	2	M Vaughan	W. Hills	9.6
3	V Deloi	Rand/Bot	9.8	3	C Turby	Wollongong	9.6
4	A Di Rosa	St. George	9.9	4	N Petit	Doonside	9.7
5	S Telford	Pt Hacking	9.9	5	T Connolly	Illawong	9.7
6	L Carniato	Glenbrook	9.9	6	C Hall	Edgeworth	9.8
7	E Moore	Penrith	10.3	7	G Pendlebury	Glenbrook	9.9
8	J Shaw	Kuring-gai	10.5	8	G Levy	Glenbrook	10.0

## 800m Walk

1	K Henry	Nepean	3:51.8	1	D Beacroft	Blacktown	3:37.9
2	B Gillies	Mac.Shores	3:52.0	2	A Nappin	Manly Warr	3:45.5
3	F Pakes	Kuring-gai	3:55.5	3	A Clarke	Nepean	3:47.0
4	R Tanner	Penrith	3:59.9	4	A Finley	Clar. Val.	3:57.1
5	B Edwards	Doonside	4:03.0	5	N Crothers	Rand/Bot	4:11.9
6	S Anderson	Woodberry	4:09.6	6	M Sutic	Pt Hacking	4:12.9
7	R Campisi	Parkes	4:14.8	7	C Francis	Kuring-gai	4:14.1
8	E Sales	Rand/Bot	4:17.4	8	L Williams	Cardiff	4:16.0

## High Jump

1	B Gillies	Mac.Shores	1.31	1	G Fitzmaurice	Manly Warr	1.32
2	N Crawford	Hills	1.27	2	S McMillan	Hornsby	1.32
=3	N Weber	Emu Plains	1.20	3	M Hawkins	Terrigal	1.30
=3	L Robson	Liverpool	1.20	4	M Verecka	Blacktown	1.25
=3	K Bowes	Bowral	1.20	5	R McInnes	Scully Pk	1.25
6	H Fitzpatrick	Penrith	1.20	6	J Upton	L. Illawara	1.25
7	A Brazel	Canowindra	1.20	=7	C Donovan	Dubbo	1.25
=8	L Rose	Nepean	1.15	=7	L Leeder	Bathurst	1.25
=8	S Yates	Hills	1.15				

## Long Jump

1	M Gault	Ryde	4.46	1	J Dibbs	Colyton	4.60
2	V Diloi	Rand/Bot	4.38	2	A Bosward	Hornsby	4.45
3	J Dawson	Hills	4.38	3	N Towney	Wellington	4.35
4	S Telford	Pt Hacking	4.24	4	S Perkins	Kuring-gai	4.34
5	L Elms	Wollongong	4.17	5	D Richmond	Illawong	4.25
6	F Ryan	Wellington	4.16	6	A Banister	Camden	4.18
7	L Muscat	Sutherland	4.13	7	A Cullen	Penrith	4.17
8	K Robertson	Glenbrook	4.01	8	C Tubby	Wollongong	4.17

## Shot Put

1	L Dugo	Liverpool	9.08	1	J Andrews	Manly Warr	10.84
2	S Brincat	Balmain	8.99	2	B Parker	Springwood	10.82
3	K Porter	Tamworth	8.70	3	N Newson	Colyton	10.24
4	K Pethybridge	W. Hills	8.41	4	P Kendall	Werrington	10.14
5	B Cameron	E. Maitland	8.20	5	J Smith	Gunnedah	9.76
6	V LLOYD	Bankstown	8.06	6	G Hammett	Balmain	9.26
7	S Williams	Katoomba	7.44	7	D Chamber	Bowral	9.25
8	R Wingrove	Cardiff	7.44	8	S Brennan	Camden	9.17

## GIRLS

## BOYS

## Discus

1	V Lloyd	Bankstown	27.08	1	B Turner	South East	34.02
2	B Cameron	E. Maitland	25.34	2	P Kandel	Werrington	32.84
3	C Andriske	Dubbo	24.76	3	M Vaughan	W. Hills	31.84
4	K Bowes	Bowral	24.52	4	A Cullen	Penrith	31.14
5	A Roams	Pt Hacking	24.16	5	M Varecka	Blacktown	31.14
6	K Hamilton	Prospect	23.88	6	T McKeown	Werrington	30.94
7	E Moore	Penrith	22.92	7	L Leeder	Bathurst	30.32
8	M O'Keefe	Doonside	22.62	8	G McKay	Rand/Bot	28.76

## Under 11

## 100 metres

1	A McNamara	Scully Pk	13.5	1	R Gayler	Wallsend	13.3
2	A Hill	Pt Hacking	13.6	2	L Reid	N. Rocks/Ca	13.3
3	M Cupitt	Smithfield	13.7	3	G Pill	Illawong	13.4
4	K Bloxham	Pt Hacking	13.8	4	C Best	Sutherland	13.4
5	K Grubb	St. George	14.0	5	S Ryan	N. Suburbs	13.7
6	E Harrison	Hornsby	14.2	6	T Gillett	Mac. Shores	13.7
7	C Mortleman	Hornsby	14.2	7	M Ward	Balmain	13.8
8	M Downey	Goulburn	14.2	8	S Tuxford	Banana Cst	13.9

## 200 metres

1	A Hill	Pt Hacking	28.1	1	G Pill	Illawong	27.5
2	R Mossman	Nepean	28.2	2	R Gayler	Wallsend	27.5
3	A McNamara	Scully Pk	28.3	3	C Best	Sutherland	27.7
4	K Bloxham	Pt Hacking	28.9	4	S Tuxford	Banana Cst	27.9
5	H Moore	Pt Hacking	29.1	5	S Ryan	N. Suburbs	28.3
6	M Cupitt	Smithfield	29.5	6	G Marshall	Bankstown	28.7
7	E Harrison	Hornsby	29.8	7	M Douglas	Bankstown	28.8
				8	T McRae	Orange	30.7

## 400 metres

1	A Hill	Pt Hacking	1:02.5	1	B Lloyd	Pt Hacking	1:02.3
2	R Mossman	Nepean	1:03.0	2	L Kennedy	Glenbrook	1:02.6
3	H Moore	Pt Hacking	1:03.5	3	B Moore	Penrith	1:02.7
4	R Smart	Narrabri	1:07.0	4	A Mittiga	N. Rocks/Ca	1:04.0
5	R Blanch	Werrington	1:07.9	5	M Lowe	Camden	1:04.0
6	M Rattey	W. Wyalong	1:08.9	6	J Murphy	Emu Plains	1:05.4
7	K Hosking	Blacktown	1:10.4	7	J Job	Parkes	1:06.2
8	K Gallagher	Wollongong	1:10.6	8	A Collins	W. Hills	1:09.4

## 800 metres

1	A Zucca	Wyong	2:25.2	1	M Harden	Young	2:24.7
2	K Hosking	Blacktown	2:26.9	2	S Corrigan	Camden	2:26.1
3	H Moore	Pt Hacking	2:28.1	3	A Mittiga	N. Rocks/Ca	2:26.1
4	L Skuse	C'belltown	2:32.9	4	B Moore	Penrith	2:26.2
5	L Akrap	Emu Plains	2:33.1	5	D Harris	Goulburn	2:29.2
6	M Rattey	W. Wyalong	2:33.3	6	A Jordan	Manly Warr	2:29.9
7	A Hill	Pt Hacking	2:38.2	7	S Irwin	Wollondily	2:31.5
8	A Ferrier	Leeton	2:39.6	8	L Wood	Hills	2:31.9

## GIRLS

## BOYS

## 1500 metres

1	K Hosking	Blacktown	5:00.6	1	M Harden	Young	4:55.5
2	A Zucca	Wyong	5:05.4	2	G Mahoney	Girraween	5:00.6
3	L Akrap	Emu Plains	5:09.5	3	I Kerr	Walcha	5:01.3
4	L Skuse	C'belltown	5:12.2	4	A Jordan	Manly Warr	5:01.7
5	A Ferrier	Leeton	5:28.1	5	S Irwin	Wollondily	5:01.8
6	A Pinnington	Kuring-gai	5:33.1	6	C Omara	Fairfield	5:06.3
7	R Duggan	Rutherford	5:33.7	7	H Preston	Sutherland	5:11.3
8	M Hanlon	Nelson Bay	5:37.7	8	G Frost	C'belltown	5:11.9

## 60m Hurdles

1	E Harrison	Hornsby	9.7	1	C Best	Sutherland	9.0	REC
2	V Arthur	St. George	9.8	2	G Pill	Illawong	9.1	
3	K Bloxham	Pt Hacking	9.9	3	M Douglas	Bankstown	9.2	
4	B Konopka	Doonside	10.1	4	N Weidner	Bankstown	9.4	
5	R Deane	Girraween	10.2	5	E Wong	Hornsby	9.7	
6	M Cupitt	Smithfield	10.2	6	S Berne	Rand/Bot	9.7	
7	A McNamara	Scully Fk	10.2	7	D Piper	Kiama	9.9	
8	M Edwards	Bankstown	10.6	8	A Wheeler	Hornsby	12.5	

## 1500m Walk

1	S Hatcher	Nepean	7:51.2	1	M James	Bankstown	7:18.5
2	D Ritchie	Gosford	7:56.3	2	A Hurley	Kuring-gai	7:35.6
3	K Donnelly	Doonside	7:58.0	3	S Hobbs	Clar. Val.	7:38.8
4	S Bieske	Kuring-gai	8:07.2	4	K Howes	South East	7:46.5
5	S Haas	Mac.Shores	8:16.9	5	B James	Rand/Bot	7:52.1
6	S Jesson	C'belltown	8:23.8	6	M Dickson	Glenbrook	8:03.0
7	H Sestic	Girraween	8:30.9	7	M Thomson	Hills	8:21.2
8	C Craft	Parkes	8:33.3	8	M McLoughlin	Doonside	8:41.6

## High Jump

1	G Harrop	Goulburn	1.45	1	M Carmody	Young	1.48
2	R Peel	Camden	1.43	2	N Johns	Mac.Shores	1.44
3	H Takoko	Werrington	1.41	3	T Bradley	C'belltown	1.42
4	C Mortleman	Hornsby	1.39	4	P Wallington	Hills	1.40
5	L Buckley	Smithfield	1.35	=5	D Morgan	Balmain	1.35
6	A Calvert	Kiama	1.30	=5	M MacPherson	Kuring-gai	1.35
7	M Taylor	Bellinger	1.30	=5	R Macready	Armidale	1.35
8	L Capon	Emu Plains	1.30	8	D Matthews	Mac.Shores	1.30

## Long Jump

1	R Mossman	Nepean	4.79	1	C Best	Sutherland	4.79
2	E Harrison	Hornsby	4.65	2	N Johns	Mac.Shores	4.70
3	T Spiliopoulos	Albion Fk	4.63	3	J Ryan	Ingleburn	4.61
4	B Konopka	Doonside	4.49	4	B Marsh	Prospect	4.60
5	V Arthur	St. George	4.47	5	A Ongley	Penrith	4.57
6	T Stanley	Rand/Bot	4.46	6	G Marshall	Bankstown	4.53
7	K Hepburn	Kuring-gai	4.42	7	C Dillinger	Tilligerry	4.52
8	M Downey	Goulburn	4.35	8	A Wheeler	Hornsby	4.35



## GIRLS

## BOYS

## Triple Jump

1	R Mossman	Nepean	10.00	1	S Lal	Rand/Bot	10.74
2	V Arthur	St. George	9.78	2	D Mancuso	Rand/Bot	10.54
3	T Stanley	Rand/Bot	9.59	3	B Broadstock	Rand/Bot	10.15
4	T Spiliopoulos	Albion Pk	9.37	4	M Williams	Ryde	10.03
5	A McNamara	Scully Pk	9.27	5	P Haas	Mac.Shores	9.76
6	J Clancy	Hills	9.26	6	M Yardin	Werrington	9.76
7	S Halls	Rand/Bot	9.25	7	M Douglas	Bankstown	9.61
8	N Gray	Woodberry	9.09	8	M Christie	Manly Warr	9.54

## Shot Put

1	K Brennan	Camden	11.08	1	TPayten	Temora	11.19
2	D Novkovic	W. Hills	10.76	2	P Levi	Rand/Bot	9.83
3	G Hampel	L. Illawara	10.74	3	A Lovic	Woy Woy	9.62
4	M Cupitt	Smithfield	10.26	4	J Murphy	Manly Warr	9.58
5	E Nelving	W. Hills	10.03	5	D Morgan	Balmain	9.43
6	L Chapman	Hills	9.72	6	J Talbot	Doonside	9.32
7	K Wilson	Tumut	9.55	7	S Adams	Ryde	9.28
8	J Page	Wingham	9.53	8	D Ucchino	Greystanes	9.20

## Discus

1	D Turnbull	Tuggerah	27.80	1	J Murphy	Manly Warr	34.54
2	B Morrison	Wingham	26.60	2	S Selmes	Doonside	33.00
3	A Thompson	N. Suburbs	26.60	3	G Cuthill	Sutherland	32.12
4	J Clancy	Hills	26.56	4	G Marshall	Bankstown	30.50
5	K Brennan	Camden	24.80	5	T Payten	Temora	29.26
6	K Nicholas	Greystanes	22.92	6	M James	Bankstown	26.30
7	J Williams	Glenbrook	22.16	7	L Evans	Albury	25.64
8	M Burns	Sutherland	21.80	8	D Ucchino	Greystanes	25.38

## Under 12

## 100 metres

1	J Shepherd	Kuring-gai	12.8	1	C Pelham	St. George	12.5
2	D Kerr	W. Hills	12.9	2	D Cross	Clar. Val.	12.7
3	D Jones	Kurrajong	13.0	3	J Lockrey	Smithfield	12.7
4	D Ferraro	St. George	13.0	4	G Ebinger	Bankstown	12.9
5	B Smith	W. Hills	13.0	5	J Smith	Hornsby	13.2
6	L Smith	Mac.Shores	13.1	6	G Watkins	Hornsby	13.3
7	C Martin	Smithfield	13.1	7	B Longworth	Narrabri	13.3
8	K Alexander	Pt Hacking	13.7	8	S Staniforth	W. Wyalong	13.5

## 200 metres

1	D Ferraro	St. George	26.9	1	C Pelham	St. George	25.9
2	J Shepherd	Kuring-gai	26.9	2	A Cetinic	Holroyd	26.3
3	D Kerr	W. Hills	27.0	3	G Ebinger	Bankstown	26.3
4	B Smith	W. Hills	27.2	4	D Cross	Clar. Val.	26.4
5	L Smith	Mac.Shores	27.2	5	B Ferreria	St. George	26.9
6	T Siemionow	Liverpool	27.3	6	J Lockrey	Smithfield	27.1
7	L Pearson	Pt Hacking	28.3	7	G Watkins	Hornsby	27.2
8	K Bendit	Emu Plains	28.8	8	J Smith	Hornsby	27.6

## GIRLS

## BOYS

## 400 metres

1	T Siemionow	Liverpool	1:00.1	1	C Pelham	St. George	58.6
2	D Ferraro	St. George	1:00.6	2	M Irvine	Hornsby	59.7
3	C Martin	Smithfield	1:01.8	3	M Etteridge	St. George	1:00.1
4	A Sotera	C'belltown	1:02.6	4	G Cremer	Hornsby	1:00.8
5	C Wiggins	Mac. Shores	1:04.6	5	B Halls	Rand/Bot	1:02.6
6	L Comer	Wollongong	1:05.9	6	C Webster	Taree	1:04.1
7	G Amaral	Gosford	1:05.9	7	T Akrap	Emu Plains	1:06.5
8	K Nealon	Tuggerah	1:06.5				

## 800 metres

1	V King	C'belltown	2:19.5	1	S DePomeroy	N.Rocks/Ca	2:17.5
2	T Siemionow	Liverpool	2:20.2	2	J Hooper	Albion Pk	2:17.7
3	L Comer	Wollongong	2:26.0	3	A Pearce	N.Rocks/Ca	2:20.4
4	M Kenyon	Katoomba	2:27.3	4	B Halls	Rand/Bot	2:21.9
5	L Keogh	Bathurst	2:29.0	5	M Irvine	Hornsby	2:22.4
6	U Rodway	Pt Hacking	2:30.4	6	P Hoffman	Clar. Val.	2:23.0
7	L Reekers	Manly Warr	2:30.7	7	A Dowell	C'belltown	2:23.6
8	C Wright	Hornsby	2:32.6	8	J Jarman	Basin	2:25.3

## 1500 metres

1	V King	C'belltown	4:50.8	1	S De Pomeroy	N.Rocks/Ca	4:43.3
2	U Rodway	Pt Hacking	4:56.8	2	P Hoffman	Clar. Val.	4:44.0
3	L Comer	Wollongong	4:58.5	3	J Hooper	Albion Pk	4:47.2
4	A Sotera	C'belltown	5:10.7	4	A Dowell	C'belltown	4:50.2
5	L Keogh	Bathurst	5:10.8	5	R Bileckij	Hills	4:52.7
6	M Hepworth	Werrington	5:11.9	6	A Pearce	N.Rocks/Ca	4:52.7
7	T Irving	Nepean	5:12.2	7	K Rastall	Nepean	4:53.3
8	D Knapp	Albion Pk	5:18.9	8	T Durer	Ingleburn	4:56.8

## 60m Hurdles

1	D Jones	Kurrajong	9.2	1	G Haas	Mac. Shores	8.8
2	B Smith	W. Hills	9.3	2	G Ebinger	Bankstown	8.8
3	A Haynes	Hornsby	9.3	3	A Koltz	Pt Hacking	8.9
4	L Pearson	Pt Hacking	9.5	4	J Smith	Hornsby	9.2
5	C Wright	Hornsby	9.6	5	S Griffiths	Manly Warr	9.2
6	A Lewis	Doonside	9.6	6	M McGrath	Illawong	9.2
7	R Cay	Cardiff	9.7	7	P Teremi	Pt Hacking	9.4
8	J Rennert	Katoomba	9.8	8	M Irvine	Hornsby	9.6

EG.  
REC

## 1500m Walk

1	N Saville	South East	7:12.2	1	K Rastall	Nepean	6:54.4
2	A Laurence	Rand/Bot	7:32.1	2	C Beacroft	Blacktown	7:09.3
3	M Pesut	Nepean	7:36.5	3	R Bileckij	Hills	7:10.8
4	J Richards	Blacktown	7:45.3	4	T Stanton	Ingleburn	7:13.6
5	K Robards	Tuggerah	7:47.1	5	A Midgley	Prospect	7:21.8
6	M Loder	Fairfield	7:57.4	6	T McClymont	Clar. Val.	7:31.8
7	K Geyteman	Richmond	8:02.9	7	B Malyon	Rand/Bot	7:37.1
8	T Milton	Mac. Shores	8:20.8	8	D Hubbard	Nepean	7:44.4



## GIRLS

## BOYS

## High Jump

1	M Auer	Parramatta	1.48	1	M Wright	Prospect	1.56
2	G Amaral	Gosford	1.48	2	J Hooper	Albion Pk	1.54
3	J Smith	Sutherland	1.44	3	S Critchley	Glenbrook	1.52
4	L Pearson	Pt Hacking	1.42	4	S Thompson	Glenbrook	1.50
5	D Knapp	Albion Pk	1.42	5	B Spence	Illawong	1.50
6	K Telford	Pt Hacking	1.40	6	T Duffett	Nepean	1.45
7	D Jones	Kurrajong	1.35	7	M Solomon	Nepean	1.45
=8	F Kidd	Gunnedah	1.35	=8	B Faulkner	Woy Woy	1.40
=8	K Adamson	Werrington	1.35	=8	J Masters	Sutherland	1.40

## Long Jump

1	D Kerr	W. Hills	5.03	1	A Cetinic	Holroyd	5.41
2	L Richardson	Dubbo	4.96	2	G Haas	Mac. Shores	5.41
3	J Sheppard	Kuring-gai	4.92	3	J Lockrey	Smithfield	5.10
4	F Kidd	Gunnedah	4.90	4	B Longworth	Narrabri	5.06
5	D Ferraro	St. George	4.81	5	M Wright	Prospect	4.88
6	D Jones	Kurrajong	4.76	6	M Hunter	Woy Woy	4.86
7	L Smith	Mac. Shores	4.75	7	D Cross	Clar. Val.	4.85
8	T Siemidnow	Liverpool	4.73	8	R Moen	Balmain	4.79

## Triple Jump

1	B Smith	W. Hills	10.63	1	A Cetinic	Holroyd	12.25 <i>Rec</i>
2	L Richardson	Dubbo	10.61	2	A Macarthur	Sutherland	11.41
3	F Kidd	Gunnedah	10.12	3	M Wright	Prospect	10.73
4	M Hepworth	Werrington	9.93	4	J Heaney	Mac. Shores	10.64
5	A Haynes	Hornsby	9.93	5	M Boyd	Ingleburn	10.55
6	R Strom	N. Rocks/Ca	9.76	6	A Harvey	Emu Plains	10.49
7	A Lewis	Doonside	9.71	7	J Hooper	Albion Pk	10.33
8	D Knapp	Albion Pk	9.66	8	A Hawthorne	Tamworth	10.18

## Shot Put

1	S Pierce	Tuggerah	12.34	1	R Debrincat	Penrith	12.07
2	V Freeman	Mudgee	11.42	2	M McGrath	Illawong	11.75
3	D Kerr	W. Hills	11.28	3	A Cetinic	Holroyd	11.10
4	V Hutchinson	C'belltown	11.27	4	S Griffiths	Manly Warr	10.72
5	R Kay	Cardiff	11.21	5	J Heaney	Mac. Shores	10.71
6	T Morley	Manly Warr	11.01	6	M Munce	Nepean	10.55
7	N McKeown	Werrington	10.02	7	A Weiczorek	Woodberry	10.01
8	L Breen	Penrith	10.02	8	D Boyle	South East	9.69

## Discus

1	V Bungie-Beard	Moorland	30.74	1	<i>M.</i> McGrath	Illawong	41.50
2	<i>C</i> Pierce	Tuggerah	28.96	2	C Pagnamenta	Penrith	34.18
3	D Harrison	W. Hills	28.80	3	T Duffett	Nepean	33.02
4	N McKeown	Werrington	28.22	4	<i>J</i> Koinusis	Sutherland	32.76
5	V Freeman	Mudgee	28.14	5	L Green	Parkes	31.92
6	L Edwards	Glen Innes	27.56	6	A Hawthorne	Tamworth	30.04
7	J Cali	Rand/Bot	26.78	7	A Harvey	Emu Plains	29.44
8	V Cali	Sutherland	24.62	8	B Clacher	Camden	28.22

## GIRLS

## BOYS

## Under 13

## 100 metres

1	C Thomas	Albion Fk	12.6	1	S Brooker	Doonside	12.0
2	S Peattie	Mac.Shores	12.7	2	A Kirby	Tallawong	12.2
3	K Quealy	Mulumbimby	12.7	3	J Niupalau	South East	12.3
4	L Saliba	Girraween	12.7	4	D Sharman	Mac.Shores	12.3
5	T Barrett	Junee	12.7	5	B Lovie	Woy Woy	12.5
6	C Andrews	N.Rocks/Ca	12.8	6	N Patchett	Manly Warr	12.6
7	G Chadwick	Manly Warr	12.8	7	C Carney	Glen Innes	12.8
8	D Westward	Sutherland	13.2				

## 200 metres

1	C Thomas	Albion Fk	26.0	1	S Brooker	Doonside	25.1
2	C Andrews	N.Rocks/Ca	26.2	2	J Niupalua	South East	25.2
3	T Barrett	Junee	26.4	3	A Kirby	Tallawong	25.3
4	K Quealey	Mulumbimby	26.4	4	B Lovie	Woy Woy	25.6
5	S Peattie	Mac.Shores	26.6	5	N Patchett	Manly Warr	25.8
6	D Westward	Sutherland	26.8	6	T Wilson	Camden	26.4
7	K Withers	Sutherland	27.1	7	J Kirkwood	Pt. Macq.	26.5
8	G Chadwick	Manly Warr	27.1	8	D Sharman	Mac.Shores	26.5

## 400 metres

1	G Chadwick	Manly Warr	1:00.1	1	B Lovie	Woy Woy	55.8
2	K Withers	Sutherland	1:00.5	2	R Berry	N.Suburbs	56.1
3	A Burne	Pt Hacking	1:00.6	3	T Wilson	Camden	56.3
4	K Fitzgerald	South East	1:01.1	4	A Moore	Penrith	57.0
5	F Melville	Hornsby	1:01.8	5	A Dawson	St. George	58.8
6	C Webb	Penrith	1:02.6	6	M Aspinall	Rutherford	59.4
7	A Heckenberg	Nepean	1:03.6	7	D Jones	Young	59.4
8	S Willis	Wagga	1:07.1	8	W Applebury	Leth. Park	1:02.0

## 800 metres

1	A Burne	Pt Hacking	2:20.8	1	R Berry	N.Suburbs	2:11.4
2	L Coffee	Nepean	2:22.0	2	G King	C'belltown	2:13.4
3	F Fitzgerald	South East	2:22.3	3	S Antony	Gosford	2:15.3
4	M Underhill	Woy Woy	2:22.8	4	J Barker	Sutherland	2:16.5
5	A Webb	Kuring-gai	2:26.9	5	D Muniz	Albion Fk	2:17.4
6	C Webb	Penrith	2:28.0	6	P Williams	W. Hills	2:17.7
7	N Weston	Armidale	2:28.3	7	C Moore	Morisset	2:18.1
8	M Calwell	Mac.Shores	2:28.4	8	J Smith	Wollondily	2:19.0

## 1500 metres

1	M Underhill	Woy Woy	4:53.3	1	M Aspinall	Rutherford	4:28.4
2	L Coffee	Nepean	4:55.0	2	G King	C'belltown	4:31.2
3	W Nettlebeck	Albury	4:59.6	3	J Barker	Sutherland	4:35.5
4	M Calwell	Mac.Shores	5:04.9	4	D Muniz	Albion Fk	4:41.6
5	L Rea	L. Illawara	5:07.7	5	S Anthony	Gosford	4:42.1
6	J Sherwin	Canowindra	5:10.4	6	C Russell	L. Illawara	4:46.0
7	K Hawkes	St. George	5:11.4	7	C Harrison	Springwood	4:46.0
8	J Truscott	Hornsby	5:17.2	8	S Hogg	Gosford	4:50.1

## GIRLS

## BOYS

## 90m Hurdles

1	<del>Manlove</del> C Manlove	East. Sub.	13.8	1	A Haddock	Glenbrook	13.5
2	G Ting	N. Suburbs	14.0	2	B Kerlake	Manly Warr	13.6
3	K Quealey	Mulumbimby	14.0	3	L Murphy	St. George	13.6
4	O Skene	Rand/Bot	14.2	4	J Robards	Tuggerah	13.6
5	H Pure	Young	14.3	5	N Geale	Kuring-gai	13.7
6	K Laws	Hills	14.5	6	W Appleby	Leth. Park	13.8
7	R Cooper	Bellinger	14.5	7	D Sharman	Mac. Shores	13.9
8	E Peel	Blacktown	14.7	8	S Laybutt	Albion Pk	22.4
Hi	C manlove	East Sub	12.75gk				

## 200m Hurdles

1	C Thomas	Albion Pk	28.2	REC	1	N Patchett	Manly Warr	27.4
2	N Gale	Wyong	28.5		2	W Appleby	Leth. Park	27.6
3	K Quealey	Mulumbimby	28.5		3	J Niupalau	South East	27.7
4	O Skene	Rand/Bot	28.9		4	A Haddock	Glenbrook	28.1
5	R Cooper	Bellinger	29.3		5	M Hunt	C'belltown	28.4
6	K Johnston	St. George	29.4		6	L Murphy	St. George	28.6
7	A Maguire	Hills	29.5		7	S Hall	Edgeworth	28.7
8	M Purcell	Glenbrook	30.1		8	B Kerlake	Manly Warr	28.8

## 1500m Walk

1	C Webb	Penrith	6:47.0	REC	1	M Lobina	St. George	6:59.5
2	L Coffee	Nepean	6:57.2		2	M Aspinall	Rutherford	7:07.3
3	A Heckenberg	Nepean	7:17.8		3	B Gladdish	Tilligerry	7:30.7
4	C Little	Hornsby	7:34.5		4	M Barry	W. Hills	7:33.3
5	R Muddle	Mac. Shores	7:43.4		5	C Bryen	Richmond	7:33.7
6	S Kenneth	Sutherland	7:51.0		6	K Brooks	Claymore	7:38.7
7	T Martas	Nepean	7:59.1		7	D Kirkman	W. Hills	7:45.2
8	K Ledger	Tuggerah	8:00.1		8	C Honeman	Penrith	7:48.2

## High Jump

1	M Harris	Hornsby	1.69		1	M McAllister	Narromine	1.64
2	K Bazdaric	Camden	1.59		2	K Riddick	Clar. Val.	1.64
3	S Cardin	C'belltown	1.59		=3	M Mikalaukas	Nepean	1.64
4	D Horgan	Albion Pk	1.57		=3	C McKay	Penrith	1.64
5	J Patersen	Woy Woy	1.55		5	J Yerbury	Kuring-gai	1.62
6	K Laws	Hills	1.55		6	M Trumbull	Mosman	1.55
7	L Robson	Liverpool	1.50		7	M Learmonth	Gosford	1.55
8	R Creighton	Bellinger	1.50		8	L Stuart	Sutherland	1.50

## Long Jump

1	O Skene	Rand/Bot	5.35		1	C Carney	Glen Innes	5.21
2	N Gale	Wyong	5.12		2	G Coates	E. Maitland	5.17
3	V Comerford	Doonside	5.07		3	M Guzman	Bankstown	5.11
4	B Burke	Shoalhaven	4.83		4	T Wilson	Camden	5.02
5	R Gibson	Greystanes	4.78		5	A Kirby	Tallawong	5.01
6	J Peterson	Woy Woy	4.77		6	S Hollands	Dubbo	5.01
7	B Scott	N. District	4.75		7	N Franklin	W. Hills	4.99
8	J Rotunno	Pt Hacking	4.70		8	N Smith	Griffith	4.84

## GIRLS

## BOYS

## Triple Jump

1	B Nicholas	Balmain	11.22 <sup>REC</sup>	1	C Carney	Glen Innes	11.63
2	G Ting	N. Suburbs	11.03	2	A Tzannes	East. Sub.	11.57
3	V Comerford	Doonside	10.97	3	M Guzman	Bankstown	11.48
4	D Skene	Rand/Bot	10.72	4	N Franklin	W. Hills	11.20
5	R Gibson	Greystanes	10.48	5	D Sharmon	Mac. Shores	10.78
6	A Blackburn	Kurri	10.33	6	G Coates	E. Maitland	10.71
7	B Burke	Shoalhaven	10.32	7	A Washington	Glenbrook	10.68
8	L Conlon	Griffith	10.27	8	C McLean	Nepean	10.68

## Shot Put

1	N Sebelic	Gulgong	12.42	1	S Brooker	Doonside	16.77
2	R Dunham	Rand/Bot	12.21	2	M Wolfenden	Lithgow	14.34
3	N Fenwick	Mac. Shores	10.64	3	M Schroeder	Harrington	13.93
4	E Zahou	Rand/Bot	10.31	4	S Hall	Edgeworth	12.91
5	N Munn	Hornsby	10.30	5	A Temple	Hornsby	12.81
6	M Aylett	Tamworth	10.24	6	M Griesser	Terrigal	12.73
7	D Watson	Tuggerah	10.17	7	M Salvatore	Illawong	11.48
8	C Harridge	Springwood	9.83	8	C McLean	Nepean	11.39

## Discus

1	R Dunham	Rand/Bot	35.94	1	S Brooker	Doonside	45.26
2	N Sebelic	Gulgong	33.52	2	M Griesser	Terrigal	34.56
3	E Hodges	Greystanes	29.74	3	H Knowles	Greystanes	34.52
4	M Nacsa	Mulumbimby	29.30	4	C McLean	Nepean	34.15 <sup>30.1</sup>
5	M Munn	Hornsby	27.92	5	M Schroeder	Harrington	33.52
6	L Robson	Liverpool	27.30	6	A Tzannes	East. Sub.	33.16
7	N Fenwick	Mac. Shores	26.46	7	B Lovie	Woy Woy	33.06
8	N Waterson	Springwood	25.30	8	A Brennan	Camden	32.20

## Under 14

## 100 metres

1	K Sanders	Wagga	12.5 <sup>REC</sup>	1	B Schrader	Mac. Shores	11.7
2	R Massey	Kuring-gai	12.5	2	S Hedley	Wyong	11.8
3	N Linabury	Mac. Shores	12.5	3	J Edwards	Woy Woy	12.0
4	N Banicevic	Bathurst	12.8	4	A Miller	C'belltown	12.1
5	A Cooper	Mac. Shores	12.9	5	P Prinzi	Emu Plains	12.1
6	R Burgess	Glenbrook	12.9	6	N Thompson	Katoomba	12.2
7	R Garbutt	C'belltown	12.9	7	D Bell	Gwydir	12.3
8	E Seers	Werrington	13.3	8	M Gauchi	Girraween	12.4

## 200 metres

1	K Sanders	Wagga	25.5	1	S Hedley	Wyong	23.8
2	R Massey	Kuring-gai	25.9	2	B Schrader	Mac. Shores	24.0
3	N Banicevic	Bathurst	26.0	3	J Robinson	N. Rocks/Ca	24.3
4	A Cooper	Mac. Shores	26.3	4	T Edwards	Woy Woy	24.3
5	L Matthews	Sutherland	26.5	5	A Millar	C'belltown	24.7
6	N Linabury	Mac. Shores	26.6	6	P Prinzi	Emu Plains	24.9
7	Y Lynch	St. George	26.6	7	L Boothman	N. Illawara	25.1
8	E Seers	Werrington	26.7	8	W Mizzi	Sawtell	27.0

## GIRLS

## BOYS

## 400 metres

1	L Dolly	Manly Warr	58.0	1	S Hedley	Wyong	51.5	<i>REC</i>
2	C Weston	Armidale	58.3	2	J Robinson	N.Rocks/Ca	52.6	
3	L Matthews	Sutherland	58.7	3	G Jones	Katoomba	54.3	
4	H Fallowfield	Tuggerah	59.0	4	W Mizzi	Sawtell	54.5	
5	L Proietti	Nepean	59.2	5	M Young	Moree	54.7	
6	S Harrison	Nepean	1:00.2	6	B Richards	E.Maitland	56.7	
7	K Albers	Manly Warr	1:01.1	7	D Philipsen	Fairfield	57.8	
8	F Came	Pt Macking	1:01.5					

## 800 metres

1	C Weston	Armidale	2:16.1	1	J Robinson	N.Rocks/Ca	2:03.7	<i>RE</i>
2	L Dolly	Manly Warr	2:18.4	2	T Auciello	St. George	2:06.1	
3	S Harrison	Nepean	2:19.1	3	G Hamilton	Manly Warr	2:08.8	
4	B Brown	Kurrajong	2:19.4	4	D Simone	Canterbury	2:12.0	
5	K Albers	Manly Warr	2:23.3	5	G Daniels	Mac.Shores	2:12.5	
6	H Fallowfield	Tuggerah	2:24.7	6	W Mizzi	Sawtell	2:13.1	
7	L Hopkins	St. George	2:25.7	7	G Jones	Katoomba	2:15.7	
8	N Blackstone	C'belltown	2:27.3	8	B Speijko	Riverstone	2:17.1	

## 1500 metres

1	S Harrison	Nepean	4:40.9	1	T Auciello	St. George	4:21.4	
2	L Dolly	Manly Warr	4:46.4	2	D Simone	Canterbury	4:28.6	
3	C Weston	Armidale	4:47.4	3	G Hamilton	Manly Warr	4:28.8	
4	B Brown	Kurrajong	4:51.0	4	G Daniels	Mac.Shores	4:32.5	
5	J Comer	Wollongong	5:00.4	5	G Jones	Katoomba	4:37.4	
6	L Hopkins	St. George	5:01.2	6	C Jones	Hills	4:39.0	
7	S Stratford	Rand/Bot	5:04.2	7	B Cantelo	Mac.Shores	4:43.2	
8	N Blackstone	C'belltown	5:05.9	8	D O'Mara	Fairfield	4:44.7	

## 90m Hurdles

1	T Johnston	N.Illawara	13.9	1	B Schrader	Mac.Shores	12.2	
2	B Malcolm	St. George	14.0	2	M Cauchi	Girraween	13.3	
3	V Young	Kuring-gai	14.1	3	P Treharne	Manly Warr	13.3	
4	K Ridley	W. Wyalong	14.2	4	H Treharne	Manly Warr	13.3	
5	N Apps	Young	14.4	5	P Fehrenbach	C'belltown	13.5	
6	K Standing	Bankstown	14.5	6	A Somerville	Bankstown	13.6	
7	J Plattner	Nepean	14.6	7	A Burke	Mac.Shores	14.1	
8	S Sammut	Woy Woy	14.7	8	A Franklin	Illawong	14.4	
				HI	B Schrader	Mac.Shores	12.1	

## 200m Hurdles

1	Y Lynch	St. George	28.2	1	B Schrader	Mac.Shores	25.2	
2	N Dick	Katoomba	28.6	2	D Philipsen	Fairfield	26.0	
3	K Ridley	W. Wyalong	28.6	3	S Dorney	Manly Warr	26.0	
4	T Johnston	N.Illawara	28.6	4	P Levine	Granville	26.5	
5	A Whiteman	Manly Warr	29.3	5	P Treharne	Manly Warr	26.7	
6	M Matchett	N.Rocks/Ca	29.4	6	J Nowland	Camden	27.0	
7	J Mitchell	C'belltown	30.7	7	D Munro	St. George	27.2	
8	H Lotze	St. George	30.7	8	N Wallington	Hills	27.6	

## GIRLS

## BOYS

## 1500m Walk

1	S Stratford	Rand/Bot	7:12.1	1	D O'Mara	Fairfield	6:40.1
2	J Thompson	Hills	7:26.3	2	V Cassamento	Sutherland	6:47.5
3	M Coulter	Blacktown	7:27.6	3	B Lloyd	Mac. Shores	6:54.2
4	J Charlier	Manly Warr	7:44.0	4	T Urane	Mac. Shores	7:17.9
5	N Rilen	Parramatta	7:55.5	5	N Forward	Rand/Bot	7:35.8
6	A Outtrim	Kurrajong	8:11.0	6	L Collis	Doonside	7:46.4
7	K Osborne	Liverpool	8:18.0	7	J Campisi	Parkes	8:05.7
8	K Jones	Glen Innes	8:19.9	8	A Russ	Rutherford	8:18.2

## High Jump

1	L Proietti	Nepean	1.68	1	D Fairclough	Green Val.	1.86 <i>REC</i>
2	V Young	Kuring-gai	1.65	2	R Fuller	Penrith	1.80
3	K Henwood	Manly Warr	1.59	3	N Thompson	Katoomba	1.74
4	R Burgess	Glenbrook	1.55	4	M Raper	Mac. Shores	1.74
=5	L McKay	Rand/Bot	1.50	5	P Jackson	Richmond	1.72
=5	D Sawyer	Goulburn	1.50	6	B Richards	E. Maitland	1.70
=5	R O'Riordan	Kuring-gai	1.50	7	S Pearce	Hornsby	1.65
=8	S Prosper	Westlakes	1.45	8	P Fehrenbach	C'belltown	1.65
=8	R Garbutt	C'belltown	1.45				

## Long Jump

1	B Page	Grenfell	5.33	1	S Dorney	Manly Warr	6.20 <i>REC</i>
2	L Proietti	Nepean	5.25	2	J Robinson	N. Rocks/Ca	6.16
3	V Young	Kuring-gai	5.09	3	H Treharne	Manly Warr	6.03
4	R O'Riordan	Kuring-gai	5.08	4	N Thomson	Katoomba	6.01
5	B Otto	St. George	5.04	5	D Fairclough	Green Val.	5.74
6	N Dick	Katoomba	5.03	6	A Millar	C'belltown	5.73
7	D Sawyer	Goulburn	4.99	7	D Chown	Moree	5.61
8	C Battishall	Tilligerry	4.79	8	M Young	Moree	5.60

## Triple Jump

1	L Proietti	Nepean	11.47	1	S Dorney	Manly Warr	11.89
2	N Dick	Katoomba	11.24	2	N Ward	Hornsby	11.82
3	M Mantikos	Rand/Bot	11.11	3	J Vangaalen	Rand/Bot	11.73
4	E Bengowski	Hills	11.09	4	N Thompson	Katoomba	11.66
5	B Page	Grenfell	10.78	5	M Young	Moree	11.60
6	K Albers	Manly Warr	10.55	6	P Fehrenbach	C'belltown	11.54
7	B Otto	St. George	10.54	7	G Cotterill	E. Maitland	11.52
8	L Quirk	Barooga	10.52	8	G Wiencke	Temora	11.42

## Shot Put

1	K Standing	Bankstown	14.71 <i>REC</i>	1	D Phillips	Tamworth	13.84
2	K Doublet	South East	12.76	2	S Dorney	Manly Warr	13.82
3	A Richards	Penrith	11.04	3	W Curry	Goulburn	13.39
4	A Moodie	Ingleburn	10.88	4	S Roelofs	Werrington	13.23
5	P Lloyd	Bankstown	10.63	5	S Desmond	Kurri	12.74
6	M Norris	Werrington	10.48	6	E Baica	Manly Warr	12.73
7	S Strand	Liverpool	10.42	7	T Edwards	Woy Woy	12.13
8	M Bullen	Walcha	9.99	8	M Evans	Albury	11.86

## GIRLS

## BOYS

## Discus

1	K Doublet	South East	36.14	1	E Baica	Manly Warr	44.30
2	K Standing	Bankstown	34.38	2	D Fairclough	Green Val.	41.52
3	A Richards	Penrith	31.14	3	S Roelofs	Werrington	40.02
4	B Rowley	Walcha	29.04	4	A Kroehnert	W. Hills	38.16
5	J Plattner	Nepean	27.78	5	M Evans	Albury	37.12
6	K Newham	Muswellbrk	27.10	6	D Maddison	W-Mayfield	36.84
7	S White	St. George	26.48	7	S Desmond	Kurri	35.50
8	L McKay	Rand/Bot	25.80	8	A Constable	Lithgow	35.24

## Under 15

## 100 metres

1	M Carroll	St. George	12.6	1	A Ross	Emu Plains	11.4	REC
2	S Nelson	N. Rocks/Ca	12.6	2	R Graham	C'belltown	11.4	
3	K Docherty	Kuring-gai	12.6	3	S Katopav	Parramatta	11.6	
4	M Gaudron	Clar. Val.	12.7	4	D Rolinson	Kurrajong	11.6	
5	S Eggleton	Kuring-gai	12.7	5	R Vidler	Wagga	11.8	
6	K Barker	C'belltown	12.7	6	J Fineberg	Blacktown	11.9	
7	J McRae	Orange	12.8	7	T Bellamy	Woodberry	12.0	
				8	A Coleman	Kuring-gai	12.1	

## 200 metres

1	M Carroll	St. George	25.8	1	A Ross	Emu Plains	23.4
2	M Gaudron	Clar. Val.	25.8	2	R Graham	C'belltown	23.5
3	K Barker	C'belltown	26.2	3	S Katopav	Parramatta	23.5
4	K Docherty	Kuring-gai	26.2	4	D Rolinson	Kurrajong	23.5
5	S Eggleton	Kuring-gai	26.6	5	J Fineberg	Blacktown	23.5
6	J McRae	Orange	26.8	6	W Oram	C'belltown	23.7
7	J Holmes	Bankstown	27.2	7	J Bellamy	Woodberry	23.7
8	W Young	Mac. Shores	27.7	8	T Doris	Green Val.	24.2

## 400 metres

1	A Menzies	Emu Plains	57.5	1	K Reid	Sutherland	50.9	REC
2	J Jensen	C'belltown	58.6	2	D Rolinson	Kurrajong	52.1	
3	C Thomas	South East	59.1	3	T Doris	Green Val.	52.7	
4	M Day	Gosford	1:00.5	4	W Oram	C'belltown	53.4	
5	D Walsham	Kuring-gai	1:00.6	5	D Fletcher	N. District	53.5	
6	L Thang	Bankstown	1:01.3	6	H Loder	Manly Warr	53.7	
7	C McGrath	Illawong	1:02.6	7	D Carlton	Armidale	54.3	
8	K Edmunds	Clar. Val.	1:03.0	8	O West	Tilligerry	55.4	

## 800 metres

1	L Zammarrelli	St. George	2:14.5	1	T Bryden	Camden	2:02.6	RC
2	A Menzies	Emu Plains	2:14.8	2	J Loder	Manly Warr	2:03.6	
3	N James	Bankstown	2:18.3	3	B Gabbott	Rand/Bot	2:04.8	
4	L Horrocks	St. George	2:21.0	4	D Jones	St. George	2:05.5	
5	E Simpson	W. Hills	2:21.8	5	N Barrett	Hills	2:06.4	
6	K Holgate	St. George	2:22.6	6	C Moroz	Wollondily	2:07.4	
7	K Edmunds	Clar. Val.	2:22.9	7	I Treweek	Goulburn	2:07.6	
8	L Bradley	East Lakes	2:26.9	8	W Taylor	Blacktown	2:09.8	



## GIRLS

## BOYS

## 1500 metres

1	L Horrocks	St. George	4:47.9	1	T Bryden	Camden	4:12.7
2	E Simpson	W. Hills	4:51.7	2	S Beirne	Westlakes	4:17.7
3	D Walsham	Kuring-gai	4:59.3	3	J Loder	Manly Warr	4:20.7
4	L Zammarelli	St. George	5:01.1	4	W Taylor	Blacktown	4:24.4
5	D Bonser	Fairfield	5:05.1	5	A Baraniak	Girraween	4:25.9
6	K Holgate	St. George	5:06.5	6	I Treweek	Goulburn	4:28.5
7	K Edmunds	Clar. Val.	5:07.7	7	B Ferguson	Gunnedah	4:29.8
8	K Ward	Girraween	5:13.2	8	K Urane	Mac. Shores	4:30.3

## 90m Hurdles

1	B Richardson	Doonside	13.8	1	A Lapi-an	Moorland	12.5
2	B Jones	Hornsby	14.0	2	R Graham	C'belltown	12.5
3	K Robards	St. George	14.0	3	M Bonomi	Manly Warr	12.5
4	V Yacoub	Parramatta	14.4	4	B Jones	Manly Warr	12.5
5	H Irvine	Woy Woy	14.4	5	T Bell	Clar. Val.	12.8
6	R Links	Sutherland	14.5	6	C Manny	Ingleburn	13.0
7	F Sylva	Moorland	14.7	7	M Taska	E.Maitland	13.0
8	S Quinlivan	Katoomba	14.9	8	D Gonzalez	Fairfield	13.5

*all M Bonomi*

## 200m Hurdles

1	M Gaudron	Clar. Val.	28.1	1	R Graham	C'belltown	24.4
2	R Jensen	C'belltown	28.5	2	M Bonomi	Manly Warr	24.5
3	K Robards	St. George	28.9	3	B Jackson	C'belltown	24.6
4	J Eccleston	W. Hills	29.2	4	J Fineberg	Blacktown	24.7
5	B Richardson	Doonside	29.3	5	D Rolinson	Kurrajong	24.8
6	A Payne	Gosford	29.4	6	S Katopav	Parramatta	25.9
7	F Sylva	Moorland	29.9	7	P King	N. District	26.3
8	J McRae	Orange	30.1	8	J Frampton	Glenbrook	26.9

*all M Bonomi*

## 1500m Walk

1	D Bonser	Fairfield	7:27.4	1	M Ness	Nepean	6:33.1
2	K Cantrell	C'belltown	7:33.0	2	G McLoughlin	Doonside	6:52.4
3	G Conroy	Gosford	7:41.3	3	L Willoughby	Rand/Bot	6:58.6
4	R Learmonth	Gosford	8:02.5	4	D Jordan	Ingleburn	6:58.7
5	S Worley	Rand/Bot	8:05.8	5	T Hutman	Albury	7:13.9
6	V Sestic	Girraween	8:21.3	6	G Davis	Balmain	7:14.7
7	M Hume	Woodberry	8:22.6	7	M Aspinall	Rutherford	7:28.7
8	D Young	Sutherland	8:23.7	8	I Hill	Leth. Park	7:38.2

## High Jump

1	J Jamieson	Kuring-gai	1.70	1	R Burgess	Armidale	1.78
2	G Conroy	Gosford	1.64	2	J Finall	Camden	1.78
3	S Quinlivan	Katoomba	1.64	3	A McMahon	C'belltown	1.78
4	M Bransgrove	Mac. Shores	1.62	4	G Ward	Cobar	1.78
=5	J Clissold	Moree	1.55	5	A Ciocca	Doonside	1.74
=5	M Carroll	St. George	1.55	6	B Hodges	Greystanes	1.72
7	F Sylva	Moorland	1.55	=7	C Schulstead	C'belltown	1.65
8	A Nolan	Nepean	1.55	=7	S Lynch	Wollondilly	1.65

## GIRLS

## BOYS

## Long Jump

1	M Gaudron	Clar. Val.	5.46	<i>Rec</i>	1	W Pieplensbosch	C'belltown	6.54
2	J Jamieson	<del>Kuring-gai</del> Kuring-gai	5.45		2	B Jackson	C'belltown	6.39
3	B Richardson	Doonside	5.26		3	D Mayne	Rand/Bot	6.30
4	B Jones	Hornsby	5.13		4	R Burgess	Armidale	6.23
5	J Peters	Lithgow	4.86		5	C Baker	Dubbo	6.11
6	K Docherty	Kuring-gai	4.75		6	B Fernandes	Ryde	5.92
7	C Wortley	Bankstown	4.75		7	B Bertholli	East Lakes	5.84
8	S Gyselhart	Wallsend	4.67		8	S Lynch	Wollondilly	5.74

## Triple Jump

1	D Armytage	East Lakes	11.13	<i>Rec</i>	1	C Baker	Dubbo	12.51
2	J Peters	Lithgow	10.99		2	L Last	Rand/Bot	12.17
3	K Hall	St. George	10.97		3	W Pieplensbosch	C'belltown	12.16
4	B Richardson	Doonside	10.92		4	B Hodges	Greystanes	12.12
5	F Whyte	Gosford	10.92		5	B Rizzo	Balmain	11.92
6	S Nelson	N.Rocks/Ca	10.55		6	B Bertholli	East Lakes	11.80
7	M Bransgrove	Mac.Shores	10.53		7	C Howard	Rutherford	11.69
8	S Gyselhart	Wallsend	10.51		8	B Page	Hornsby	11.67

## Shot Put

1	J Jamieson	Kuring-gai	13.33		1	C Cooney	Penrith	16.11
2	T Mortensen	Smithfield	11.86		2	B Hine	Armidale	15.29
3	V Clark	W. Hills	11.55		3	N Watkins	Mudgee	14.50
4	R Carr	W. Wyalong	11.50		4	A Coleman	Kuring-gai	14.03
5	F Marsh	C'belltown	11.38		5	C Brennan	Camden	13.61
6	P Wenderoth	Rand/Bot	11.35		6	M Smith	Parkes	12.80
7	S Gaunt	Camden	10.62		7	D Sebelic	Gulgong	12.73
8	N Andrews	Glenbrook	10.59		8	B Hodges	Greystanes	12.52

## Discus

1	V Clark	W. Hills	37.62		1	B Hine	Armidale	59.24	<i>Rec</i>
2	J Jamieson	Kuring-gai	36.06		2	P McNicholas	Rand/Bot	58.90	
3	T Mortensen	Smithfield	35.38		3	M Smith	Parkes	52.24	
4	J Morgan	Hills	32.78		4	C Cooney	Penrith	50.28	
5	T Burgess	Mac.Shores	30.32		5	N Watkins	Mudgee	44.50	
6	R Wenderoth	Rand/Bot	29.62		6	A Beh	Camden	44.28	
7	R Carr	W. Wyalong	29.12		7	D Pellizzaro	<del>Camden</del> Bathurst	44.14	
8	L Harvey	Albury	29.00		8	B Dorsett	Bathurst	41.80	

## Junior

## Relay

1		St. George	55.3	<i>Rec</i>	1		Camden	55.1
2		W. Hills	56.1		2		Kuring-gai	55.3
3		Dubbo	57.5		3		Wagga	56.1
4		Woodberry	57.9		4		Narrabri	56.9
5		Greystanes	1.00.1		5		Blacktown	57.3

GIRLS

BOYS

Senior

3000 metres

1	S Harrison	Nepean	10:18.2	REC	1	D Jones	St. George	9:25.3	REC
2	L Zammarrelli	St. George	10:23.2		2	R Holdsworth	Smithfield	9:27.7	
3	L Horrocks	St. George	10:32.5		3	S Beirne	Westlakes	9:30.9	
4	A Sheean	Mac.Shores	10:42.6		4	D Romyn	St. George	9:40.9	
5	E Simpson	W. Hills	10:44.3		5	K Urane	Mac.Shores	9:43.7	
6	N Underhill	Woy Woy	10:49.3		6	A Baraniak	Girraween	9:45.0	
7	J Comer	Wollongong	10:55.5		7	J Loder	Manly Warr	9:45.5	
8	C Orth	Kuring-gai	11:01.4		8	T Auciello	St. George	9:54.3	

Relay

1	Kuring-gai	50.0	REC	1	C'belltown	48.3	REC
2	Mac.Shores	50.2		2	Manly Warr	48.7	
3	St. George	51.4		3	Tamworth	49.6	
4	Wagga	53.1		4	Glenbrook	50.7	
				5	Koorringal	50.8	