

LITTLE ATHLETICS N.S.W.
FAMILY FUN AND FITNESS



1993/94 STATE RELAYS



RESULTS

Campbelltown Sports Ground, Leumeah
Sunday, November 28, 1993

LITTLE ATHLETICS ASSOCIATION OF NEW SOUTH WALES INC.

RESULTS - 1993 "TWISTIES" STATE RELAYS

Campbelltown Sports Ground, Leumeah - Sunday, November 28, 1993

BOYS

GIRLS

4 x 100 METRES

UNDER 8

1.	Eschol Park	1:06.9	1.	Manly Warringah	1:08.7
2.	St George	1:07.6	2.	Randwick Botany	1:09.3
3.	Manly Warringah	1:07.6	3.	Port Hacking	1:09.5
4.	Blacktown	1:08.0	4.	Wollondilly	1:09.7
5.	Hornsby	1:08.9	5.	Ku-Ring-Gai	1:10.3
6.	Holroyd	1:09.8	6.	Blacktown	1:13.3
7.	Ryde	1:10.1	7.	Hornby	1:15.6
			8.	Ryde	1:17.3

UNDER 9

1.	Camden	1:01.0	1.	Nth Suburbs	1:02.9
2.	Ku-Ring-Gai	1:01.4	2.	Ryde	1:03.6
3.	Ambarvale	1:02.6	3.	Revesby Workers	1:05.3
4.	Parramatta	1:03.2	4.	Gosford	1:06.6
5.	Nepean	1:03.4	5.	Port Hacking	1:07.3
6.	Campbelltown	1:03.6	6.	Blacktown	1:07.5
7.	Nth Suburbs	1:04.3	7.	Bankstown	1:07.8
8.	Blacktown	1:05.3	8.	Nepean	1:08.1

UNDER 10

1.	Blacktown	59.7	1.	Nth Districts	1:01.6
2.	St George	1:00.0	2.	Campbelltown	1:01.7
3.	Girraween	1:00.7	3.	Revesby Workers	1:02.2
4.	Camden	1:00.9	4.	Nepean	1:02.5
5.	Nth Suburbs	1:01.2	5.	Manly Warringah	1:02.7
6.	Randwick Botany	1:01.5	6.	Sutherland	1:03.1
7.	Port Hacking	1:02.0	7.	Ku-Ring-Gai	1:03.4
8.	Winston Hills	1:03.6	8.	Randwick Botany	1:03.7

UNDER 11

1.	Parramatta	56.0	1.	Port Hacking	58.7
2.	Ryde	56.4	2.	Camden	59.6
3.	Springwood	57.7	3.	Campbelltown	59.9
4.	Ku-Ring-Gai	57.8	4.	Springwood	59.9
5.	Blacktown	58.8	5.	Parramatta	1:00.0
6.	Camden	59.7	6.	Macquarie Shores	1:00.2
7.	St George	1:00.6	7.	St George	1:01.6
			8.	Nth Suburbs	1:01.8

UNDER 12

1.	Campbelltown	54.7	1.	Ryde	56.5
2.	Liverpool	56.4	2.	Parramatta	57.3
3.	Ku-Ring-Gai	56.4	3.	Manly Warringah	57.5
4.	Manly Warringah	56.7	4.	Ku-Ring-Gai	58.7
5.	Camden	56.9	5.	St George	58.7
6.	Randwick Botany	57.0	6.	Nth Districts	59.1
7.	Parramatta	57.3	7.	Campbelltown	59.7
			8.	Nth Suburbs	1:00.0

BOYS

GIRLS

4 x 100 METRES

UNDER 13

1.	Winston Hills	52.0
2.	Springwood	52.8
3.	Camden	53.0
4.	Nth Districts	53.1
5.	Sutherland	54.0
6.	Port Hacking	54.8
7.	Campbelltown	55.2
8.	Randwick Botany	56.5

1.	Randwick Botany	54.1
2.	Parramatta	54.6
3.	Manly Warringah	54.9
4.	St George	55.3
5.	Camden	55.4
6.	Hornsby	56.0
7.	Ryde	56.3
8.	Ku-Ring-Gai	56.4

UNDER 14

1.	Westfields AA	48.8
2.	Campbelltown	49.2
3.	Gosford	49.7
4.	Emu Plains AA	50.4
5.	Eschol Park	50.6
6.	Blacktown	51.1
7.	Ku-Ring-Gai	51.3
8.	Randwick Botany	53.8

1.	Westfields AA	53.0
2.	St George	53.3
3.	Gosford	53.6
4.	Manly Warringah	53.6
5.	Springwood	54.3
6.	Camden	54.7
7.	Blacktown	55.4
8.	Campbelltown	57.4

UNDER 15

1.	Randwick Botany	46.7
2.	Winston Hills	46.9
3.	Campbelltown	47.5
4.	Emu Plains	48.7
5.	Blacktown	50.8
6.	Manly Warringah	52.3
7.	Hornsby	54.1

1.	Randwick Botany	51.4
2.	Doonside	51.7
3.	Smithfield	52.3
4.	Manly Warringah	53.9
5.	Winston Hills	54.2
6.	Nth Districts	55.2
7.	Nth Suburbs	58.6

MIXED 4 x 100 METRES

UNDER 8

1.	Balmain	1:08.1
2.	Sth Eastern	1:08.9
3.	Kurrajong/Bilpin	1:11.4
4.	Illawong	1:12.2
5.	Emu Plains	1:12.6
6.	Fairfield	1:12.9
7.	Katoomba	1:13.4
8.	Macquarie Fields	1:14.1

UNDER 9

1.	Kurrajong/Bilpin	1:03.8
2.	Sth Eastern	1:04.0
3.	Colyton/St Clair	1:04.5
4.	Katoomba	1:05.3
5.	Green Valley	1:07.8
6.	Tiger Wests	1:08.1
7.	Prospect	1:08.8

UNDER 10

1.	Balmain	1:00.6
2.	Sth Eastern	1:02.7
3.	Ambarvale	1:02.8
4.	Emu Plains	1:03.1
5.	Prospect	1:03.5
6.	Illawong	1:06.4
7.	Kurrajong/Bilpin	1:07.3

UNDER 11

1.	Illawong	59.0
2.	Emu Plains	59.4
3.	Macquarie Fields	1:00.7
4.	Ambarvale	1:01.6
5.	Sth Eastern	1:01.2
6.	Kurrajong/Bilpin	1:01.3
7.	Prospect	1:01.8
8.	Smithfield	1:02.9

UNDER 12

1.	Prospect	56.4
2.	Illawong	56.8
3.	Katoomba	57.2
4.	Colyton/St Clair	57.5
5.	Kurrajong/Bilpin	58.1
6.	Ambarvale	58.1
7.	Emu Plains	59.9

UNDER 13

1.	Kurrajong/Bilpin	53.0
2.	Balmain	53.4
3.	Smithfield	55.5
4.	Emu Plains	56.3
5.	Katoomba	57.7
6.	Prospect	57.7
7.	Ambarvale	58.0

MIXED 4 x 100 METRES

<u>UNDER 14</u>			<u>UNDER 15</u>		
1.	Colyton/St Clair	55.4	1.	Nth Rocks/C'ford	48.7 REC
2.	Emu Plains	56.0	2.	Illawong	49.3
3.	Sth Eastern	56.3	3.	Ku-Ring-Gai	49.9
4.	Ryde	56.6	4.	Ryde	56.1

MIXED 4 x 200 METRES

<u>UNDER 8</u>			<u>UNDER 9</u>		
1.	Blacktown	2:26.0	1.	Nth Suburbs	2:14.9
2.	Hills District	2:26.1	2.	Camden	2:15.5
3.	St George	2:27.3	3.	Springwood	2:17.7
4.	Nth Suburbs	2:28.4	4.	Nepean	2:18.3
5.	Randwick Botany	2:29.4	5.	Campbelltown	2:19.0
6.	Colyton/St Clair	2:30.8	6.	St George	2:22.8
7.	Nth Districts	2:31.1	7.	Port Hacking	2:23.3
8.	Campbelltown	2:33.4	8.	Hills District	2:23.5
H3.	Blacktown	2:23.6 REC	H2.	Nth Suburbs	2:14.2 REC

MIXED 4 x 400 METRES

<u>UNDER 10</u>			<u>UNDER 11</u>		
1.	Hornsby	4:56.0	1.	Parramatta	4:45.0
2.	Manly Warringah	4:58.6	2.	Springwood	4:49.6
3.	Ku-Ring-Gai	5:06.3	3.	Manly Warringah	4:51.2
4.	Balmain	5:09.1	4.	Campbelltown	4:55.9
5.	Blacktown	5:09.6	5.	Sutherland	4:57.1
6.	St George	5:10.0	6.	Port Hacking	5:03.1
7.	Hills District	5:12.5	7.	Ryde	5:04.7
8.	Nth Suburbs	5:15.4	8.	Hornsby	5:10.3
<u>UNDER 12</u>			<u>UNDER 13</u>		
1.	Ku-Ring-Gai	4:30.0	1.	Manly Warringah	4:20.2
2.	Winston Hills	4:30.7	2.	Hills District	4:24.7
3.	Katoomba	4:39.1	3.	Randwick Botany	4:25.3
4.	Manly Warringah	4:41.0	4.	Nth Districts	4:26.7
5.	Randwick Botany	4:44.2	5.	Parramatta	4:32.4
6.	Campbelltown	4:46.0	6.	Campbelltown	4:34.3
7.	St George	4:48.1	7.	Nepean	4:37.8
8.	Hills District	5:01.6	8.	Sutherland	4:42.8

MIXED 4 x 400 METRES

<u>UNDER 14</u>			<u>UNDER 15</u>		
1.	Hills District	4:10.0	1.	Randwick Botany	4:00.5
2.	Randwick Botany	4:16.9	2.	Nth Rocks/C'ford	4:01.1
3.	Manly Warringah	4:19.7	3.	Campbelltown	4:02.8
4.	Sutherland	4:21.1	4.	Doonside	4:07.5
5.	Blacktown	4:21.2	5.	Revesby Workers	4:17.0
6.	Nepean	4:29.3	6.	Ku-Ring-Gai	4:26.5
7.	Nth Districts	4:32.2	7.	Port Hacking	4:27.6
8.	Port Hacking	4:41.6			

BOYS

GIRLS

2 x 2 LONG - SHOT

UNDER 8

1.	Manly Warringah	1928	REC
2.	Ku-Ring-Gai	1915	
3.	Port Hacking	1787	
4.	Colyton/St Clair	1745	
5.	Camden	1651	
6.	Hornsby	1596	
7.	Nth Suburbs	1566	
8.	Ingleburn	1444	

1.	Manly Warringah	1734	REC
2.	Penrith	1599	
3.	Winston Hills	1399	
4.	Hornsby	1318	
5.	Ku-Ring-Gai	1277	
6.	Camden	1198	
7.	Hills District	1185	
8.	Campbelltown	1132	

New Specifications - 1.5kg

New Record: Shot Put

N Gillette Manly/Warringah 6.72m

New Specifications - 1.5kg

New Record: Shot Put

C Rees Ku-Ring-Gai 5.56m

2 x 2 LONG - HIGH

UNDER 9

1.	Hornsby	1921	
2.	Colyton/St Clair	1861	
3.	Camden	1833	
4.	Ku-Ring-Gai	1751	
5.	Winston Hills	1741	
6.	Manly Warringah	1722	
7.	Blacktown	1638	
8.	Campbelltown	1612	

1.	Ingleburn	1413	
2.	Hornsby	1402	
3.	Ku-Ring-Gai	1373	
4.	Penrith	1326	
5.	Hills District	1302	
6.	Nth Rocks/C'ford	1286	
7.	Manly Warringah	1162	
8.	Blacktown	1093	

UNDER 10

1.	Manly/Warringah	2313	REC
2.	Fairfield	2253	
3=	Springwood	2193	
3=	Mosman	2193	
5.	Bankstown	2167	
6.	Hornsby	2069	
7.	Hills District	1990	
8.	Camden	1986	

1.	Manly Warringah	1889	
2.	Colyton/St Clair	1810	
3.	Werrington	1746	
4.	Winston Hills	1693	
5.	Campbelltown	1615	
6.	Hornsby	1595	
7.	Springwood	1534	
8.	Liverpool	1526	

UNDER 11

1.	Manly/Warringah	2587	
2.	Liverpool	2462	
3.	Randwick Botany	2373	
4.	Werrington	2358	
5.	Colyton/St Clair	2308	
6.	Hills District	2278	
7.	Glenbrook	2268	
8.	Balmain	2223	

1.	Balmain	2494	REC
2.	Ku-Ring-Gai	2218	
3.	Manly Warringah	2193	
4.	Blacktown	2173	
5.	Winston Hills	2089	
6.	Ingleburn	2030	
7.	Bankstown	1995	
8.	Penrith	1978	

UNDER 12

1.	Manly Warringah	3127	
2.	Penrith	2881	
3.	Ku-Ring-Gai	2806	
4.	Green Valley	2682	
5.	Hornsby	2558	
6.	Glenbrook	2429	
7.	Ingleburn	2392	
8.	Winston Hills	2303	

1.	Sutherland	2866	REC
2.	Balmain	2712	
3.	Manly Warringah	2542	
4.	Ku-Ring-Gai	2527	
5.	Richmond	2390	
6.	Winston Hills	2328	
7.	Campbelltown	2262	
8.	Blacktown	2217	

BOYS

GIRLS

2 x 2 LONG - HIGH

UNDER 13

1.	Manly Warringah	3466 REC	1.	Glenbrook	2986
2.	Penrith	3061	2.	Manly Warringah	2676
3.	Hornsby	2917	3.	Bankstown	2363
4.	Ku-Ring-Gai	2786	4.	Camden	2356
5.	Winston Hills	2761	5.	Illawong	2347
6.	Colyton/St Clair	2587	6.	Springwood	2124
7.	Hills District	2516	7.	Parramatta	2096
8.	Blacktown	2454	8.	Winston Hills	2068

UNDER 14

1.	Manly Warringah	3931 REC	1.	Hills District	2956
2.	Penrith	3386	2.	Girraween	2896
3.	Springwood	3186	3.	Manly Warringah	2772
4.	Campbelltown	3051	4.	Bankstown	2687
5.	Blacktown	2786	5.	Penrith	2636
6.	Fairfield	2768	6.	Winston Hills	2618
7.	Bankstown	2166	7.	Ku-Ring-Gai	2557
8.	St George	1982	8.	Campbelltown	2030

UNDER 15

1.	Glenbrook	3631	1.	Hills District	3011 REC
2.	Manly Warringah	3571	2.	Liverpool	2666
3.	Illawong	3381	3.	Glenbrook	2627
4.	Prospect	3287	4.	Manly Warringah	2596
5.	Camden	3226	5.	Penrith	2551
6.	Winston Hills	3204	6.	Randwick Botany	2476
7.	Hills District	3189	7.	Winston Hills	2452
8.	Randwick Botany	2946	8.	Girraween	2339

2 x 2 SHOT - DISCUS

UNDER 9

1.	Ku-Ring-Gai	2498 REC	1.	Manly Warringah	2088
2.	Camden	2426	2.	Winston Hills	2044
3.	Randwick Botany	2318	3.	Parramatta	1920
4.	Colyton/St Clair	2282	4.	Ingleburn	1874
5.	Manly Warringah	2256	5.	Ku-Ring-Gai	1861
6.	Nepean	2155	6.	Blacktown	1771
7.	Hornsby	2124	7.	Hills District	1649
8.	Revesby Workers	2120	8.	Nth Rocks/C'ford	1639

UNDER 10

1.	Revesby Workers	2812	1.	Colyton/St Clair	2606 REC
2.	Winston Hills	2769	2.	Manly Warringah	2481
3.	Fairfield	2669	3.	Winston Hills	2461
4.	Springwood	2633	4.	Gosford	2459
5.	Emu Plains	2597	5.	Fairfield	2446
6.	Campbelltown	2586	6.	Macquarie Shores	2264
7.	Manly Warringah	2556	7.	Ku-Ring-Gai	2260
8.	Camden	2535	8=	Holroyd	2202
			8=	Liverpool	2202

BOYS

2 x 2 SHOT - DISCUS

GIRLS

UNDER 11

1.	Holroyd	2691
2.	Manly Warringah	2685
3.	Randwick Botany	2596
4.	Macquarie Shores	2583
5.	Hills District	2577
6.	Liverpool	2569
7.	Camden	2494
8.	Colyton/St Clair	2417

1.	Winston Hills	2659
2.	Ku-Ring-Gai	2610
3.	Bankstown	2596
4.	Manly Warringah	2348
5.	Penrith	2295
6.	Balmain	2180
7.	Randwick Botany	2132
8.	Holroyd	2080

UNDER 12

1.	Manly Warringah	2913
2.	Hornsby	2818
3.	Ku-Ring-Gai	2753
4.	Parramatta	2724
5.	Winston Hills	2527
6.	Bankstown	2519
7.	Randwick Botany	2482
8.	Hills District	2423

1.	Blacktown	2926 REC
2.	Manly Warringah	2880
3.	Winston Hills	2875
4.	Camden	2750
5.	Colyton/St Clair	2700
6.	Ku-Ring-Gai	2680
7.	Bankstown	2514
8.	Revesby Workers	2495

UNDER 13

1.	Blacktown	3401
2.	Colyton/St Clair	3194
3.	Winston Hills	3107
4.	Penrith	3039
5.	Ku-Ring-Gai	2652
6.	Holroyd	2547
7.	Balmain	2466
8.	Hills District	2464

1.	Springwood	2756
2.	Manly Warringah	2693
3.	Winston Hills	2677
4.	Revesby Workers	2665
5.	Bankstown	2663
6.	Holroyd	2342
7.	Hills District	2167
8.	Camden	2156

UNDER 14

1.	Randwick Botany	3370
2.	Manly Warringah	3300
3.	Springwood	2894
4.	Colyton/St Clair	2847
5.	Penrith	2820
6.	Fairfield	2704
7.	Bankstown	2251
8.	Blacktown	2232

1.	Bankstown	2913
2.	Manly Warringah	2721
3.	Girraween	2660
4.	Camden	2593
5.	Hills District	2581
6.	Penrith	2407
7.	Ku-Ring-Gai	2403
8.	Blacktown	2349

UNDER 15

1.	Manly Warringah	4026 REC
2.	Doonside	3503
3.	Glenbrook	3469
4.	Prospect	3344
5.	Camden	3149
6.	Randwick Botany	2932
7.	Hills District	2861
8.	Richmond	2765

1.	Winston Hills	3142
2.	Liverpool	2948
3.	Manly Warringah	2832
4.	Greystanes	2781
5.	Girraween	2760
6.	Colyton/St Clair	2747
7.	Glenbrook	2722
8.	Hills District	2686

GEORGE SOPER MEMORIAL SHIELD

1. MANLY WARRINGAH	1068	19. GLENBROOK	293	37. KURRAJONG/BILPIN	127
2. KU-RING-GAI	839	20. PARRAMATTA	282	38. KATOOMBA	119
3. WINSTON HILLS	752	21. RYDE	270	39. SOUTH EASTERN	111
4. HILLS DISTRICT	691	22. ILLAWONG	236	40. SMITHFIELD	88
5. RANDWICK BOTANY	686	23. LIVERPOOL	228.5	41= MACQUARIE FIELDS	83
6. CAMDEN	679	24. REVESBY WORKERS	217	41= ESCHOL PARK	83
7. BLACKTOWN	635	25. NTH DISTRICTS	196	43. GREYSTANES	82
8. HORNSBY	591	26= SUTHERLAND	186	44. RICHMOND	80
9. CAMPBELLTOWN	565	26= INGLEBURN	186	45. GREEN VALLEY	63
10. COLYTON/ST CLAIR	427	28. HOLROYD	173.5	46. WERRINGTON	62
11. ST GEORGE	399	29. EMU PLAINS	169	47. MACQUARIE SHORES	59
12. PENRITH	384	30. GIRRAWEEN	158	48. EDENSOR PARK	55
13. PORT HACKING	383	31. GOSFORD	157	49. TIGER WESTS	51
14. NTH SUBURBS	351	32. NTH ROCKS/C'FORD	148	50. WESTFIELDS AC	48
15. SPRINGWOOD	338.5	33. FAIRFIELD	144	51. MOSMAN	21.5
16. NEPEAN	337	34. PROSPECT	141	52= WOLLONDILLY	21
17. BANKSTOWN	317	35. AMBARVALE	131	52= EMU PLAINS AC	21
18. BALMAIN	314	36. DOONSIDE	130		

NEW STATE RECORDS

4 x 100m	✓ U15 MIXED	NTH ROCKS/CARLINGFORD	48.7s ✓
4 x 200m	✓ U8 MIXED	BLACKTOWN	2:23.6s ✓
	✓ U9 MIXED	NORTHERN SUBURBS	2:14.2s ✓

NEW SPECIFICATIONS: 1.5kg Shot Put

LONG JUMP - SHOT PUT	✓ U8 BOYS	MANLY WARRINGAH	1928 pts ✓
	✓ U8 GIRLS	MANLY WARRINGAH	1734 pts ✓
LONG JUMP - HIGH JUMP	✓ U10 BOYS	MANLY/WARRINGAH	2313 pts ✓
	✓ U11 GIRLS	BALMAIN	2494 pts ✓
	✓ U12 GIRLS	SUTHERLAND	2866 pts ✓
	✓ U13 BOYS	MANLY WARRINGAH	3466 pts ✓
	✓ U14 BOYS	MANLY/WARRINGAH	3931 pts ✓
	✓ U15 GIRLS	HILLS DISTRICT	3011 pts ✓
SHOT PUT - DISCUS	✓ U9 BOYS	KU-RING-GAI	2498 pts ✓
	✓ U10 GIRLS	COLYTON/ST CLAIR	2606 pts ✓
	✓ U12 GIRLS	BLACKTOWN	2926 pts ✓
	✓ U15 BOYS	MANLY/WARRINGAH	4026 pts ✓

INDIVIDUAL RECORDS - NEW SPECIFICATIONS U8 SHOT PUT - 1.5kg

U8 Boys	✓ Nick Gillette	Manly Warringah	6.72m ✓
U8 Girls	✓ Claire Rees	Ku-Ring-Gai	5.56m ✓

GENERAL COMMENT

Cloud cover provided an ideal day for our largest Championship event, with 51 LAANSW Centres and 2 ANSW Clubs entering teams.

Congratulations to all the children - they showed the true spirit of Little Athletics with this enthusiasm and sportsmanship.

Thank you to our hard working Championship Committee and their willing band of helpers who made the day such a success.

- JIM ARKINS
- TREASURER - LIFE MEMBER
- LAANSW

