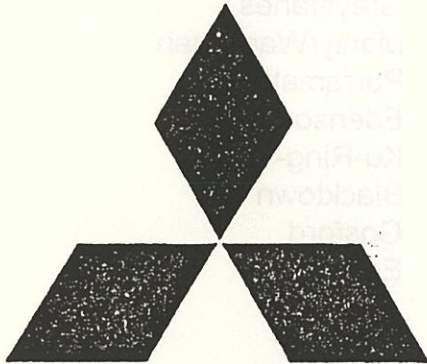


LITTLE ATHLETICS N.S.W.



1995

FAMILY FUN AND FITNESS



**MITSUBISHI  
ELECTRIC**

**STATE RELAYS**



Sydney International Athletic Centre, Homebush  
Sunday, November 26, 1995

# Little Athletics Association of New South Wales Inc.

## RESULTS - 1995 "Mitsubishi Electric" State Relays

Sydney International Athletic Centre, Homebush, November 26, 1995

### BOYS

### GIRLS

#### 4 x 100 Metres

##### UNDER 8

1.	Ku-Ring-Gai	1:04.3	1.	Greystanes	1:07.5
2.	Nth Suburbs	1:04.6	2.	Manly/Warringah	1:09.7
3.	Camden	1:05.6	3.	Parramatta	1:10.3
4.	Sutherland	1:06.2	4.	Edensor Park	1:10.5
5.	Terrigal/Wamberal	1:06.4	5.	Ku-Ring-Gai	1:11.0
6.	Manly Warringah	1:07.2	6.	Blacktown	1:11.4
7.	St George	1:11.1	7.	Gosford	1:13.5
8.	Gosford	1:13.5	8.	Eschol Park	1:14.1

##### UNDER 9

1.	Winston Hills	1:00.1	1.	St George	1:03.6
2.	Western Suburbs	1:00.2	2.	Tuggerah Lakes	1:03.6
3.	Liverpool	1:00.5	3.	Randwick/Botany	1:04.4
4.	Revesby Workers	1:01.4	4.	Camden	1:05.4
5.	Ku-Ring-Gai	1:02.7	5.	Jamison	1:07.9
6.	Manly Warringah	1:02.9	6.	Edensor Park	1:08.0
7.	St George	1:02.9	7.	Campbelltown	Disq
8.	Doonside	1:04.4	8.	Nth Suburbs	Disq

##### UNDER 10

1.	St George	57.5	1.	Wollondilly	59.5
2.	Ku-Ring-Gai	58.2	2.	Camden	1:00.5
3.	Eschol Park	59.0	3.	Blacktown	1:00.6
4.	Parramatta	1:00.5	4.	Nth Suburbs	1:00.6
5.	Campbelltown	1:00.7	5.	St George	1:02.6
6.	Hornsby	1:00.9	6.	Springwood	1:02.9
7.	Edensor Park	1:01.1	7.	Gosford	1:03.8
8.	Springwood	1:01.2	8.	Parramatta	1:04.0

##### UNDER 11

1.	Ambarvale	54.9	1.	Nth Suburbs	57.5
2.	Ku-Ring-Gai	55.4	2.	Blacktown	58.1
3.	Parramatta	55.7	3.	Ryde	58.4
4.	Bankstown Sports	55.9	4.	Springwood	59.6
5.	Nth Suburbs	56.3	5.	Doonside	59.6
6.	St George	56.5	6.	Revesby Workers	1:00.8
7.	Springwood	56.7	7.	Manly Warringah	1:01.9
8.	Edensor Park	57.0	8.	Port Hacknig	Disq.

BOYS

GIRLS

**4 x 100 Metres**

UNDER 12

1.	Campbelltown	52.9	1.	Kotara South	53.9
2.	Blacktown	53.8	2.	Campbelltown	54.6
3.	Manly/Warringah	53.9	3.	Sutherland	55.1
4.	Randwick/Botany	54.5	4.	Hills District	57.3
5.	Hills District	54.7	5.	Revesby Workers	58.0
6.	Eastern Suburbs	56.6	6.	Ryde	58.3
7.	Port Hacking	58.3	7.	Port Hacking	58.4
8.	Nth Rocks/C'ford	58.8	8.	Camden	58.5

UNDER 13

1.	Westfields AAC	50.3 Rec	1.	Port Hacking	51.8 Rec
2.	Parramatta	51.0	2.	Campbelltown	52.9
3.	Ryde	51.5	3.	Parramatta	52.9
4.	Springwood	51.9	4.	Jamison	53.6
5.	Port Hacking	52.2	5.	Ku-Ring-Gai	54.4
6.	Campbelltown	52.5	6.	Nth Suburbs	55.4
7.	Revesby Workers	52.5	7.	Manly/Warringah	55.5
8.	St George	53.1	8.	St George	57.2

UNDER 14

1.	Doonside	49.0	1.	Ryde	51.1
2.	Campbelltown	49.9	2.	Ku-Ring-Gai	52.0
3.	Nth Suburbs	50.1	3.	Manly/Warringah	52.7
4.	St George	50.7	4.	Campbelltown	52.9
5.	Winston Hills	51.0	5.	Doonside	53.6
6.	Hills District	51.6	6.	Randwick/Botany	53.8
7.	Jamison	52.4	7.	Camden	54.2
8.	Randwick/Botany	DNF	8.	Liverpool	56.0

UNDER 15

1.	Winston Hills	46.2	1.	Hills District	50.0 Rec
2.	Campbelltown	46.7	2.	Randwick/Botany	51.5
3.	Nth Districts	47.1	3.	Parramatta	51.5
4.	Gosford	47.9	4.	Port Hacking	52.1
5.	Emu Plains	48.0	5.	Gosford	52.5
6.	Manly/Warringah	48.7	6.	Manly/Warringah	53.0
7.	Jamison	48.9	7.	Campbelltown	53.2
			8.	Nth Rocks/C'ford	54.2

## Mixed 4 x 100 Metres

<u>UNDER 8</u>			<u>UNDER 9</u>		
1.	Kurrajong Bilpin	1:08.3	1.	Nth Districts	1:02.2
2.	Illawong	1:09.0	2.	Balmain	1:03.8
3.	Minchinbury	1:09.1	3.	Ambarvale	1:05.6
4.	Nth Districts	1:09.5	4.	Kurrajong/Bilpin	1:07.4
5.	Prospect	1:10.1	5.	Katoomba	1:08.6
6.	Balmain	1:12.2	6.	Prospect	1:14.0
7.	Smithfield	1:12.2	7.	Sth Eastern	Disq.
8.	Ambarvale	Disq.	8.		
<u>UNDER 10</u>			<u>UNDER 11</u>		
1.	Green Valley	59.7	1.	Nth Districts	59.2
2.	Nth Districts	1:00.1	2.	Sth Eastern	59.7
3.	Sth Eastern	1:00.8	3.	Kotara South	1:01.3
4.	Kurrajong/Bilpin	1:01.3	4.	Emu Plains	1:02.7
5.	Balmain	1:03.3	5.	Kings Langley	1:02.8
6.	Ambarvale	1:04.0	6.	Prospect	1:06.6
7.	Emu Plains	1:05.6			
8.	Prospect	1:05.9			
<u>UNDER 12</u>			<u>UNDER 13</u>		
1.	Balmain	56.5	1.	Nth Rocks/C'ford	53.5
2.	Katoomba	56.5	2.	Emu Plains	54.0
3.	Ambarvale	56.6	3.	Prospect	54.3
4.	Sth Eastern	57.5	4.	Katoomba	56.7
5.	Emu Plains	58.5	5.	Ambarvale	57.0
6.	Glenbrook	59.2	6.	Kurrajong/Bilpin	57.4
7.	Prospect	59.5			
8.	Illawong	1:00.8			
9.	Kurrajong/Bilpin	Disq.			
<u>UNDER 14</u>			<u>UNDER 15</u>		
1.	Glenbrook	50.4 <b>Rec</b>	1.	Nth Suburbs	50.0
2.	Nth Districts	52.3	2.	Kurrajong/Bilpin	50.6
3.	Eschol Park	52.9	3.	Balmain	51.3
4.	Kurrajong/Bilpin	53.1	4.	Blacktown	51.4
5.	Illawong	53.3	5.	Illawong	52.5
6.	Blacktown	53.8	6.	Prospect	56.0
7.	Ambarvale	53.9			

## Mixed 4 x 200 Metres

<u>UNDER 8</u>			<u>UNDER 9</u>		
1.	Ku-Ring-Gai	2:23.3 Rec	1.	Liverpool	2:13.8 Rec
2.	Manly/Warringah	2:23.8	2.	Tuggerah Lakes	2:14.7
3.	Campbelltown	2:28.0	3.	Winston Hills	2:16.2
4.	Greystanes	2:28.1	4.	Randwick/ Botany	2:17.0
5.	Camden	2:30.4	5.	Campbelltown	2:18.7
6.	Port Hacking	2:31.1	6.	Camden	2:19.3
7.	Hornsby	2:36.3	7.	Nth Districts	2:23.3
8.	Sutherland	DNF			

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## Mixed 4 x 400 Metres

<u>UNDER 10</u>			<u>UNDER 11</u>		
1.	Manly/Warringah	4:50.9	1.	Camden	4:38.4
2.	Randwick/Botany	4:56.2	2.	Campbelltown	4:45.1
3.	Nth Districts	4:57.6	3.	Springwood	4:49.4
4.	Blacktown	5:04.6	4.	St George	4:52.9
5.	Ku-Ring-Gai	5:09.1	5.	Hills District	5:00.8
6.	Cherrybrook	5:09.9	6.	Kotara South	5:02.6
7.	Nth Suburbs	5:20.6	7.	Nepean	5:04.4
8.	Illawong	5:25.9	8.	Revesby Workers	5:11.6

<u>UNDER 12</u>			<u>UNDER 13</u>		
1.	Hills District	4:29.3	1.	Port Hacking	4:14.2
2.	Manly/Warringah	4:30.1	2.	Parramatta	4:16.1
3.	Hornsby	4:30.4	3.	Campbelltown	4:17.9
4.	Blacktown	4:34.5	4.	Manly/Warringah	4:18.4
5.	Doonside	4:35.9	5.	Sutherland	4:24.1
6.	Campbelltown	4:47.8	6.	Nth Districts	4:35.0
7.	Nepean	4:50.9	7.	Blacktown	4:39.9
8.	Revesby Workers	4:59.4	8.	St George	4:51.1

<u>UNDER 14</u>			<u>UNDER 15</u>		
1.	St George	4:06.2	1.	Nth Districts	3:59.4
2.	Campbelltown	4:09.2	2.	Kotara South	4:01.2
3.	Hills District	4:09.9	3.	Campbelltown	4:01.6
4.	Winston Hills	4:15.8	4.	Hills District	4:02.1
5.	Blacktown	4:24.7	5.	Parramatta	4:03.7
6.	Nth Suburbs	4:25.4	6.	Eastern Suburbs	4:12.3
7.	Manly/Warringah	4:41.8			

**BOYS**

**GIRLS**

**2 x 2 Long Jump - Shot Put**

**UNDER 8**

1.	Glenbrook	1682	1.	Manly/Warringah	1476
2.	Manly/Warringah	1641	2.	Hills District	1454
3.	Nth Suburbs	1590	3.	Ku-Ring-Gai	1318
4.	Girraween	1557	4.	Randwick/Botany	1199
5.	Penrith	1438	5.	Girraween	1193
6.	Ingleburn RSL	1437	6.	Ingleburn RSL	1155
7.	Parramatta	1416	7.	Holroyd	1112
8.	Blacktown	1404	8.	Camden	1056

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**4 x Discus**

**UNDER 8**

1.	Campbelltown	1660 <b>Rec</b>	1.	Hills District	1465 <b>Rec</b>
2.	Nth Suburbs	1616	2.	Manly/Warringah	1430
3.	Hornsby	1592	3.	Girraween	1405
4.	Holroyd	1552	4.	Camden	1336
5.	Minchinbury	1526	5.	Holroyd	1327
6.	Penrith	1525	6.	Campbelltown	1283
7.	Blacktown	1522	7.	Minchinbury	1279
8.	Parramatta	1507	8.	Nth Suburbs	1258

**2 x 2 Long Jump - High Jump**

**UNDER 9**

1.	Ku-Ring-Gai	1865	1.	Ku-Ring-Gai	1633
2.	Blacktown	1857	2.	Manly/Warringah	1259
3.	Bankstown	1850	3.	Winston Hills	1210
4.	Port Hacking	1835	4.	Holroyd	1140
5.	Manly/Warringah	1754	5.	Nepean	1124
6.	Penrith	1730	6.	Hills District	1118
7.	Winston Hills	1709	7.	Penrith	1093
8.	Sutherland	1643	8.	Balmain	1061

**UNDER 10**

1.	Manly/Warringah	2203	1.	Port Hacking	1849
2.	Ku-Ring-Gai	2034	2.	Manly/Warringah	1738
3.	Campbelltown	1908	3.	St George	1614
4.	Nth Suburbs	1901	4.	Camden	1552
5.	Nepean	1801	5.	Doonside	1523
6.	Springwood	1768	6.	Cherrybrook	1474
7.	Hills District	1759	7.	Ku-Ring-Gai	1472
8.	Hornsby	1758	8.	Winston Hills	1388

BOYS

GIRLS

**2 x 2 Long Jump - High Jump**

UNDER 11

1.	Blacktown	2472
2.	Ku-Ring-Gai	2407
3.	Manly/Warringah	2402
4.	Penrith	2375
5.	Nepean	2278
6.	Winston Hills	2220
7.	Hills District	2138
8.	Camden	2102

1.	St George	2298
2.	Kurrajong/Bilpin	2131
3.	Bankstown	2129
4.	Manly/Warringah	2048
5.	Ryde	1970
6.	Fairfield	1944
7.	Hornsby	1937
8.	Ingleburn RSL	1881

UNDER 12

1.	Springwood	3041
2.	Manly/Warringah	2821
3.	Penrith	2816
4.	Winston Hills	2727
5.	Campbelltown	2442
6.	Hills District	2436
7.	Mosman	2406
8.	Nth Suburbs	2387

1.	Manly/Warringah	2457
2.	Winston Hills	2408
3.	Ku-Ring-Gai	2276
4.	Randwick/Botany	2132
5.	Penrith	2080
6.	Bankstown	2078
7.	Springwood	1986
8.	Hornsby	1944

UNDER 13

1.	Manly/Warringah	3151
2.	Hills District	2857
3.	Nepean	2852
4.	Blacktown	2691
5.	Penrith	2681
6.	Camden	2641
7.	Balmain	2616
8.	Campbelltown	2302

1.	Ku-Ring-Gai	2730
2.	Manly/Warringah	2546
3.	Camden	2436
4.	Balmain	2416
5.	Penrith	2387
6.	Randwick/Botany	2363
7.	Winston Hills	2318
8.	Nth Suburbs	2295

UNDER 14

1.	Manly/Warringah	3821
2.	Ku-Ring-Gai	3461
3.	Bankstown	3406
4.	Penrith	3351
5.	Liverpool	3306
6.	Port Hacking	3211
7.	Ingleburn RSL	3161
8.	Springwood	3051

1.	Manly/Warringah	3476	<b>Rec</b>
2.	Sutherland	3051	
3.	Hornsby	2971	
4.	Girraween	2921	
5.	Hills District	2447	
6.	Campbelltown	2256	
7.	Camden	2242	
8.	Doonside	2155	

BOYS

GIRLS

**2 x 2 Long Jump - High Jump**

UNDER 15

1.	Manly/Warringah	4266	1.	Manly/Warringah	3216
2.	Revesby Workers	4046	2.	Glenbrook	2962
3.	Hornsby	3436	3.	Hornsby	2707
4.	Girraween	3431	4.	Springwood	2162
5.	Winston Hills	3401	5.	Balmain	2111
6.	Bankstown	3331	6.	Winston Hills	1948
7.	Penrith	3246	7.	Ku-Ring-Gai	1624
8.	Ku-Ring-Gai	2716	8.	Hills District	1499

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**2 x 2 Shot Put - Discus**

UNDER 9

1.	Bankstown	2400	1.	Manly/Warringah	1930
2.	Ku-Ring-Gai	2397	2.	Winston Hills	1840
3.	Sutherland	2308	3.	Hills District	1833
4.	Manly/Warringah	2240	4.	Nepean	1784
5.	Blacktown	2219	5.	Holroyd	1748
6.	Springwood	2193	6.	Parramatta	1704
7.	Parramatta	2149	7.	Ku-Ring-Gai	1631
8.	Holroyd	2141	8.	Bankstown	1620

UNDER 10

1.	Manly/Warringah	2776	1.	Blacktown	2430
2.	Ku-Ring-Gai	2692	2.	Manly/Warringah	2405
3.	Camden	2596	3.	Penrith	2196
4.	Emu Plains	2548	4.	Winston Hills	2163
5.	Campbelltown	2528	5.	Ku-Ring-Gai	2115
6.	Springwood	2458	6.	Hills District	2046
7.	Winston Hills	2442	7.	Camden	2039
8.	Bankstown	2429	8.	Randwick/Botany	2026

UNDER 11

1.	Camden	2948 <b>Rec</b>	1.	Manly/Warringah	2458
2.	Manly/Warringah	2770	2.	Winston Hills	2417
3.	Springwood	2735	3.	Parramatta	2375
4.	Penrith	2600	4.	Nth Rocks/C'ford	2354
5.	Port Hacking	2585	5.	Bankstown	2277
6.	Winston Hills	2561	6.	Randwick/Botany	2262
7.	Hills District	2488	7.	Fairfield	2213
8.	Campbelltown	2485	8.	Ingleburn RSL	2195



## 2 x 2 Shot Put - Discus

### UNDER 12

1.	Winston Hills	3069	1.	Bankstown	2902
2.	Springwood	2903	2.	Smithfield	2798
3.	Nth Rocks/C'ford	2893	3.	Manly/Warringah	2751
4.	Emu Plains	2808	4.	Winston Hills	2746
5.	Campbelltown	2767	5.	Blacktown	2626
6.	Manly/Warringah	2694	6.	Randwick/Botany	2572
7.	Bankstown	2557	7.	Holroyd	2544
8.	Penrith	2483	8.	Springwood	2508

### UNDER 13

1.	Manly/Warringah	2955	1.	Camden	2995 <b>Rec</b>
2.	Hills District	2909	2.	Winston Hills	2961
3.	Nepean	2905	3.	Ku-Ring-Gai	2863
4.	Holroyd	2826	4.	Bankstown	2846
5.	Blacktown	2551	5.	Blacktown	2818
6.	Camden	2466	6.	Manly/Warringah	2769
7.	St George	2423	7.	Randwick/Botany	2672
8.	Winston Hills	2369	8.	Penrith	2539

#### **Rec. U13G Discus**

**Megan Macgregor Camden 39.02m**

### UNDER 14

1.	Manly/Warringah	3593	1.	Blacktown	2871
2.	Bankstown	3353	2.	Hills District	2850
3.	Terrigal/Wamberal	3286	3.	Sutherland	2767
4.	Ku-Ring-Gai	3058	4.	Manly/Warringah	2706
5.	Parramatta	3030	5.	Girraween	2580
6.	Ingleburn RSL	3013	6.	St George	2553
7.	Winston Hills	2857	7.	Nepean	2542
8.	Springwood	2837	8.	Holroyd	2425

### UNDER 15

1.	Winston Hills	3525	1.	Springwood	3333
2.	Manly/Warringah	3498	2.	Revesby Workers	3122
3.	Revesby Workers	3371	3.	Manly/Warringah	2643
4.	Nth Districts	3365	4.	Glenbrook	2593
5.	Bankstown	3260	5.	Gosford	2555
6.	Penrith	3253	6.	Ryde	2553
7.	Hornsby	3161	7.	Winston Hills	2483
8.	Holroyd	3132	8.	Emu Plains	2473

#### **Rec. U15G Discus**

**Katrina Steele Springwood 48.18m**

## **New State Records**

### **4 x 100m**

U13 Boys	Westfields AAC	50.3s
U13 Girls	Port Hacking	51.8s
U15 Girls	Hills District	50.0s

### **Mixed 4 x 100m**

U14	Glenbrook	50.4s
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### **Mixed 4 x 200m**

U8	Ku-Ring-Gai	2:23.3
U9	Liverpool	2:13.8

### **4 x Discus**

U8B	Campbelltown	1660 points
U8G	Hills District	1465 points

### **Long Jump - High Jump**

U14G	Manly/Warringah	3476 points
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### **Shot Put - Discus**

U11B	Camden	2948 points
U13G	Camden	2995 points

### **Individual State Records**

U13 Girls Discus	Megan Macgregor	Camden	39.02m
U15 Girls Discus	Katrina Steele	Springwood	48.18m

## **GENERAL COMMENT**

From the outset, we all knew that 'our' State Relays would be the biggest event ever held at the new Sydney International Athletic Centre, Homebush.....and we were right!

The crowd, in excess of 11,000 people, was some 4,000 more than the existing ground record. We saw approximately 4,100 athletes take part in 64 events..... What a day !

Thank you to all of the hardworking officials that made the day happen. Thank you also to Mitsubishi Electric for their valued support and thank you to all of the athletes who make Little Athletics the great sport that it is.

Kerry Arkins  
CEO  
LAANSW