

**Waratah Series Short Course
and
Little Athletics NSW
Cross Country Championships**



U7 Boys 1km

| Comp# | Name | Team | Time | Points |
|-------|------------------------|-----------------------------|------|--------|
| 1 | 35 Bergan, Carter | 7 Jamison | 4:13 | |
| 2 | 291 Mercer, Ruari | 7 Hills District | 4:20 | |
| 3 | 298 Mitchell, Jack | 7 Kurrajong Bilpin | 4:32 | |
| 4 | 150 Giffney, Michael | 7 Kings Langley | 4:33 | |
| 5 | 48 Broughton, Heath | 7 Hawkesbury City | 4:33 | |
| 6 | 89 Cox, Jonas | 7 Campbelltown Uws Collegia | 4:44 | |
| 7 | 263 Marchant, Algernon | 7 Balmain Athletics Club | 4:49 | |
| 8 | 64 Carty, Davin | 7 Balmain Athletics Club | 4:52 | |
| 9 | 534 Raftery, Sean | 7 Randwick Botany Harriers | 4:53 | |
| 10 | 225 Kisby, Oscar | 7 Manly Warringah | 5:00 | |
| 11 | 98 Davila, Charles | 7 Balmain Athletics Club | 5:03 | |
| 12 | 37 Blair, Taj | 7 Quakers Hill | 5:13 | |
| 13 | 127 Eason, Xavier | 7 Hills District | 5:15 | |
| 14 | 540 Allen, Thomas | 7 Camden Athletics Club | 5:25 | |
| 15 | 360 Pryke, Jenson | 7 Cranebrook | 5:46 | |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



U7 Boys 1km

| Rank | Team | Total | 1 | 2 | 3 | *4 | *5 | *6 | *7 | *8 | *9 |
|----------|-------------------------------|----------|--------------|----------|----------|------|----|----|----|----|----|
| 1 | Balmain Athletics Club | 6 | 1 | 2 | 3 | | | | | | |
| #263 | Marchant, Allgernon | 7 | Balmain Athl | | | 4:49 | 1 | | | | |
| #64 | Carty, Davin | 7 | Balmain Athl | | | 4:52 | 2 | | | | |
| #98 | Davila, Charles | 7 | Balmain Athl | | | 5:03 | 3 | | | | |

**Waratah Series Short Course
and
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U7 Girls 1km

| Comp# | Name | Team | Time | Points |
|-------|-----------------------|-----------------------------|------|--------|
| 1 | 352 Plummer, Ella | 7 Sutherland District Athle | 4:30 | |
| 2 | 210 Keays, Halo | 7 Douglas Park Athletics Cl | 4:39 | |
| 3 | 189 Holl, Kourtney | 7 Ryde Athletics Centre Inc | 5:10 | |
| 4 | 470 West, Emily | 7 Hills District | 5:14 | |
| 5 | 76 Clayton, Amber | 7 Hornsby | 5:16 | |
| 6 | 353 Pogoy, Skye | 7 Tiger Wests | 5:17 | |
| 7 | 246 Lennie, Sophie | 7 Quakers Hill | 5:22 | |
| 8 | 115 Dobson, Stella | 7 Hills District | 5:26 | |
| 9 | 216 Kernaghan, Alexis | 7 Parramatta | 5:32 | |
| 10 | 280 McKendrick, Emily | 7 Gosford Little Athletics | 5:37 | |
| 11 | 328 Pace, Seville | 7 Hills District | 5:46 | |
| 12 | 256 Lyng, Olivia | 7 Hornsby | 5:55 | |
| 13 | 121 Dubsky, Amelia | 7 Hornsby | 6:02 | |
| 14 | 229 Knight, Clara | 7 Northern Districts | 6:34 | |
| 15 | 166 Haaf, Sara | 7 Winston Hills Athletics | 6:56 | |
| 16 | 106 De eml, Chanya | 7 Cherrybrook Senior & Litt | 7:02 | |
| 17 | 376 Robinson, Mikayla | 7 Girraween | 7:23 | |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



U7 Girls 1km

| Rank | Team | Total | 1 | 2 | 3 | *4 | *5 | *6 | *7 | *8 | *9 |
|-------------------------|----------------|------------------|-----------|----------|----------|----------|----|----|----|----|----|
| 1 Hills District | | | 8 | 1 | 3 | 4 | | | | | |
| #470 | West, Emily | 7 Hills District | | | | 5:14 | | 1 | | | |
| #115 | Dobson, Stella | 7 Hills District | | | | 5:26 | | 3 | | | |
| #328 | Pace, Seville | 7 Hills District | | | | 5:46 | | 4 | | | |
| 2 Hornsby | | | 13 | 2 | 5 | 6 | | | | | |
| #76 | Clayton, Amber | 7 Hornsby | | | | 5:16 | | 2 | | | |
| #256 | Lyng, Olivia | 7 Hornsby | | | | 5:55 | | 5 | | | |
| #121 | Dubsky, Amelia | 7 Hornsby | | | | 6:02 | | 6 | | | |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



| U8 Boys 1km | | | | |
|-------------|----------------------|-----------------------------|------|--------|
| Comp# | Name | Team | Time | Points |
| 1 | 276 McIntosh, Max | 8 Ku-Ring-Gai | 4:00 | |
| 2 | 382 Rostami, Adrian | 8 Blacktown | 4:01 | |
| 3 | 368 ratajczak, zwi | 8 Sutherland District Athle | 4:10 | |
| 4 | 23 Bartle, Joshua | 8 Inner West | 4:16 | |
| 5 | 367 Ramsay, Joel | 8 Hornsby | 4:20 | |
| 6 | 108 De mel, Charithu | 8 Cherrybrook Senior & Litt | 4:35 | |
| 7 | 165 Haaf, Ryan | 8 Winston Hills Athletics | 4:42 | |
| 8 | 142 Francis, Ned | 8 Winston Hills Athletics | 4:55 | |
| 9 | 258 Maclaine, Aston | 8 Cherrybrook Senior & Litt | 4:59 | |
| 10 | 504 Zhu, Jing | 8 Parramatta | 5:00 | |
| 11 | 12 Armstrong, Jacob | 8 Ryde Athletics Centre Inc | 6:45 | |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



U8 Girls 1km

| Comp# | Name | Team | Time | Points |
|-------|---------------------------------|-----------------------------|------|--------|
| 1 | 463 Warszawska, Ronia | 8 Sutherland District Athle | 4:03 | |
| 2 | 512 Akeng Saddler, Asuncoin Aye | 8 Balmain Athletics Club | 4:04 | |
| 3 | 113 Dixon, Gemma | 8 Ku-Ring-Gai | 4:15 | |
| 4 | 283 McKenzie, Eva | 8 Hills District | 4:20 | |
| 5 | 288 Mcwilliam, Alessandra | 8 Mosman Athletics Club | 4:25 | |
| 6 | 337 Pawsey, Jacqueline | 8 Ryde Athletics Centre Inc | 4:32 | |
| 7 | 154 Godfrey, Millie | 8 Mingara Athletics Club In | 4:33 | |
| 8 | 405 Sherwood, Lucy | 8 Hills District | 4:39 | |
| 9 | 207 Katahie, Ayanna | 8 Emu Plains | 4:40 | |
| 10 | 175 Harris, Madison | 8 Hills District | 4:42 | |
| 11 | 147 Gartner, Makenzi | 8 Cherrybrook Senior & Litt | 4:45 | |
| 12 | 66 Cassilles, Erin | 8 Revesby Workers | 4:46 | |
| 13 | 464 Webb, Alicia | 8 Campbelltown Uws Collegia | 4:48 | |
| 14 | 301 Moller, Gabrielle | 8 Balmain Athletics Club | 4:51 | |
| 15 | 270 McCallum, Sophie | 8 Eastlakes Athletics Centr | 4:58 | |
| 16 | 315 Naylor, Katty | 8 Winston Hills Athletics | 5:01 | |
| 17 | 329 page, lillian | 8 Kurrajong Bilpin | 5:03 | |
| 18 | 38 Blake, Evie | 8 Bowral | 5:07 | |
| 19 | 224 Kirkland, Hallie | 8 Cherrybrook Senior & Litt | 5:14 | |
| 20 | 231 Kot, Madeline | 8 Girraween | 5:37 | |
| 21 | 441 Toynbee, Jennifer | 8 Northern Districts | 5:59 | |
| 22 | 271 McGraw, Ruby | 8 Revesby Workers | 6:42 | |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



U8 Girls 1km

| Rank | Team | Total | 1 | 2 | 3 | *4 | *5 | *6 | *7 | *8 | *9 |
|----------|-----------------------|------------------|----------|----------|----------|------|----|----|----|----|----|
| 1 | Hills District | 6 | 1 | 2 | 3 | | | | | | |
| #283 | McKenzie, Eva | 8 Hills District | | | | 4:20 | | 1 | | | |
| #405 | Sherwood, Lucy | 8 Hills District | | | | 4:39 | | 2 | | | |
| #175 | Harris, Madison | 8 Hills District | | | | 4:42 | | 3 | | | |

**Waratah Series Short Course
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U9 Boys 1500m

| Comp# | Name | Team | Time | Points |
|-------|--------------------------|-----------------------------|------|--------|
| 1 | 286 McMahon, Patrick | 9 Canterbury | 5:31 | |
| 2 | 429 Taylor, Jayden | 9 Kotara South Amateur Athl | 5:37 | |
| 3 | 67 Cassilles, Shea | 9 Revesby Workers | 5:43 | |
| 4 | 321 Norris, Bryson | 9 Mingara Athletics Club In | 5:50 | |
| 5 | 100 Davoren, Max | 9 South Eastern | 5:56 | |
| 6 | 290 Mercer, Keir | 9 Hills District | 5:58 | |
| 7 | 400 Shailesh, Sai Sravan | 9 Girraween | 6:10 | |
| 8 | 278 McKendrick, Callum | 9 Gosford Little Athletics | 6:16 | |
| 9 | 492 Wood, Eric | 9 Corowa | 6:18 | |
| 10 | 261 Maini, Neil | 9 Cherrybrook Senior & Litt | 6:21 | |
| 11 | 69 Chandler, Rhys | 9 Ryde Athletics Centre Inc | 6:24 | |
| 12 | 430 Taylor, Oscar | 9 St. George District Athle | 6:26 | |
| 13 | 214 Kelly, Max | 9 Balmain Athletics Club | 6:29 | |
| 14 | 252 Lowndes, Daniel | 9 Smithfield | 6:29 | |
| 15 | 245 Lennie, Charlie | 9 Quakers Hill | 6:54 | |
| 16 | 533 Oldfield, Ollie | 9 Unattached | 7:08 | |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



U9 Girls 1500m

| Comp# | Name | Team | Time | Points |
|-------|-----------------------------|-----------------------------|------|--------|
| 1 | 398 Scott-Rogers, Olivia | 9 Hills District | 6:06 | |
| 2 | 383 Rout, Sophia | 9 Running Science | 6:13 | |
| 3 | 497 Wyatt, Claudia | 9 Ku-Ring-Gai | 6:16 | |
| 4 | 327 Pace, Breanna | 9 Hills District | 6:21 | |
| 5 | 49 Broughton, Tabitha | 9 Hawkesbury City | 6:26 | |
| 6 | 334 Pasnin, Abbie | 9 Revesby Workers | 6:28 | |
| 7 | 397 Scott-Rogers, Charlotte | 9 Hills District | 6:32 | |
| 8 | 242 Laws, Jessica | 9 Canterbury | 6:35 | |
| 9 | 32 Bennett, Aliyah | 9 Cherrybrook Senior & Litt | 6:36 | |
| 10 | 273 McGregor, Chloe | 9 Ryde Athletics Centre Inc | 6:37 | |
| 11 | 482 Wiberg, Kayla | 9 Cherrybrook Senior & Litt | 6:39 | |
| 12 | 425 Strahl, Jade | 9 Port Hacking | 6:51 | |
| 13 | 47 Bray, Laura | 9 Cherrybrook Senior & Litt | 6:51 | |
| 14 | 457 Walsh, Liesel | 9 Hornsby | 6:52 | |
| 15 | 218 Kernaghan, Ruby | 9 Parramatta | 6:57 | |
| 16 | 230 Kot, Emily | 9 Girraween | 6:59 | |
| 17 | 445 van Hooft, Lucy | 9 Hornsby | 7:01 | |
| 18 | 488 Williams, Emmiline | 9 Mosman Athletics Club | 7:06 | |
| 19 | 63 Carty, Aoibhe | 9 Balmain Athletics Club | 7:08 | |
| 20 | 417 Stampfli, Lena | 9 Balmain Athletics Club | 7:09 | |
| 21 | 107 de Groot, Sylvie | 9 Hornsby | 7:09 | |
| 22 | 11 Armstrong, Erin | 9 Ryde Athletics Centre Inc | 7:14 | |
| 23 | 103 Dawson, Eliza | 9 Canterbury | 7:18 | |
| 24 | 194 Hoskins, Emma | 9 Quakers Hill | 7:20 | |
| 25 | 79 Cloey, Marissa | 9 Glenbrook Athletics Centr | 7:20 | |
| 26 | 247 Ligertwood, Caitlyn | 9 Kings Langley | 7:30 | |
| 27 | 112 Diaz, Lily | 9 Balmain Athletics Club | 7:53 | |
| 28 | 90 Cox, Maddison | 9 Campbelltown Uws Collegia | 9:34 | |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



U9 Girls 1500m

| Rank | Team | Total | 1 | 2 | 3 | *4 | *5 | *6 | *7 | *8 | *9 |
|----------|--------------------------------------|------------------|----------|-----------|-----------|------|----|----|----|----|----|
| 1 | Hills District | 6 | 1 | 2 | 3 | | | | | | |
| #398 | Scott-Rogers, Olivi | 9 Hills District | | | | 6:06 | | 1 | | | |
| #327 | Pace, Breanna | 9 Hills District | | | | 6:21 | | 2 | | | |
| #397 | Scott-Rogers, Charl | 9 Hills District | | | | 6:32 | | 3 | | | |
| 2 | Cherrybrook Senior & Litt | 15 | 4 | 5 | 6 | | | | | | |
| #32 | Bennett, Aliyah | 9 Cherrybrook | | | | 6:36 | | 4 | | | |
| #482 | Wiberg, Kayla | 9 Cherrybrook | | | | 6:39 | | 5 | | | |
| #47 | Bray, Laura | 9 Cherrybrook | | | | 6:51 | | 6 | | | |
| 3 | Hornsby | 26 | 7 | 8 | 11 | | | | | | |
| #457 | Walsh, Liesel | 9 Hornsby | | | | 6:52 | | 7 | | | |
| #445 | van Hooft, Lucy | 9 Hornsby | | | | 7:01 | | 8 | | | |
| #107 | de Groot, Sylvie | 9 Hornsby | | | | 7:09 | | 11 | | | |
| 4 | Balmain Athletics Club | 31 | 9 | 10 | 12 | | | | | | |
| #63 | Carty, Aoibhe | 9 Balmain Athl | | | | 7:08 | | 9 | | | |
| #417 | Stampfli, Lena | 9 Balmain Athl | | | | 7:09 | | 10 | | | |
| #112 | Diaz, Lily | 9 Balmain Athl | | | | 7:53 | | 12 | | | |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



U10 Boys 1500m and U9, U10 and U11 Para-Athlete Boys 1500m

| Name | Age Team | Finals | Points |
|-----------------------------|--------------------|--------|--------|
| ===== | | | |
| 10 Year Olds Results 1500 | | | |
| 1 #507 Corry, Eamon | 10 Unattached | 5:34 | |
| 2 #226 Kisby, William | 10 Manly Warringah | 5:41 | |
| 3 #126 Eason, Alexander | 10 Hills District | 5:42 | |
| 4 #443 Tuqiri, Jone | 10 St. George D | 5:45 | |
| 5 #355 Poole, Jacob | 10 Revesby Workers | 5:46 | |
| 6 #450 Von Mengersen, Fred | 10 Balmain Athl | 5:49 | |
| 7 #6 Allred, Joji | 10 Helensburgh | 5:50 | |
| 8 #114 Dixon, Owen | 10 Ku-Ring-Gai | 5:52 | |
| 9 #133 Farrell, Lachlan | 10 Prestons Robins | 5:58 | |
| 10 #465 Webber, Ben | 10 Glenbrook At | 6:03 | |
| 11 #254 Luyten, Byron | 10 Campbelltown | 6:08 | |
| 12 #22 Barry, James | 10 Balmain Athl | 6:12 | |
| 13 #459 Ward, Jackson | 10 Hills District | 6:13 | |
| 14 #359 Pryke, Conner | 10 Cranebrook | 6:39 | |
| 15 #489 Williams, Joshua | 10 Kandos Rylstone | 7:19 | |
| 16 #495 Wright-Smith, Jerra | 10 Tiger Wests | 7:58 | |

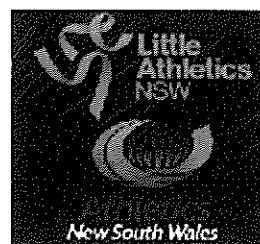
Waratah Series Short Course and Little Athletics NSW Cross Country Championships



U10 Girls 1500m and U9, U10 and U11 Para-Athlete Girls 1500m

| Name | Age Team | Finals | Points |
|-----------------------------|-----------------------|--------|--------|
| ===== | | | |
| 10 Year Olds Results 1500 | | | |
| 1 #163 Guillergan, Mia | 10 Manly Warringah | 5:45 | |
| 2 #299 Mitchell, Maisie | 10 Kurrajong Bilpin | 5:49 | |
| 3 #511 Akeng Saddler, Almu | 10 Balmain Athl | 5:51 | |
| 4 #306 Muc, Isabella | 10 Prestons Robins | 5:52 | |
| 5 #157 Grant, Azarliah | 10 Wyong Athlet | 5:59 | |
| 6 #182 Hill, Evelyn | 10 Shoalhaven | 6:01 | |
| 7 #83 Colquhoun, Anna | 10 Eastern Suburbs | 6:02 | |
| 8 #151 Gill, Penny | 10 Northern Districts | 6:06 | |
| 9 #39 Blake, Ruby | 10 Bowral | 6:09 | |
| 10 #364 Quarrell, Philippa | 10 Manly Warringah | 6:10 | |
| 11 #148 Gawel, Eva | 10 Campbelltown | 6:13 | |
| 12 #212 Kelly, Ashlyn | 10 Hills District | 6:15 | |
| 13 #240 Latanis, Sienna | 10 St. George D | 6:18 | |
| 14 #183 Hills, Taylor | 10 Hills District | 6:24 | |
| 15 #249 Loring, Jessica | 10 Parramatta | 6:27 | |
| 16 #255 Lyng, Alice | 10 Hornsby | 6:28 | |
| 17 #137 Firer, Lia | 10 Hills District | 6:28 | |
| 18 #199 James, Annabelle | 10 Prestons Robins | 6:39 | |
| 19 #85 Connell, Gabriella | 10 Cherrybrook | 6:43 | |
| 20 #480 Whittingham, Kayla | 10 Prestons Robins | 6:52 | |
| 21 #228 Knight, Aniela | 10 Northern Districts | 6:55 | |
| 22 #41 Blyth, Charlotte | 10 Quakers Hill | 6:57 | |
| 23 #424 Storey, Hannah | 10 Cherrybrook | 7:04 | |
| 24 #209 Kealy-Banks, Eibhli | 10 Hornsby | 7:19 | |
| 25 #387 Ryle, Mackenzie | 10 Hornsby | 7:24 | |
| 26 #78 Clayton, Josie | 10 Hornsby | 7:34 | |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



U10 Girls 1500m and U9, U10 and U11 Para-Athlete Girls 1500m

=====
Rank Team Total 1 2 3 *4 *5 *6 *7 *8 *9
=====

10 Year Olds Results 1500

| | | | | | | | | | | |
|--------------------------|--------------------|----------|----------|----------|------|---|--|--|--|--|
| 1 Hills District | 10 | 2 | 3 | 5 | | | | | | |
| #212 Kelly, Ashlyn | 10 Hills District | | | | 6:15 | 2 | | | | |
| #183 Hills, Taylor | 10 Hills District | | | | 6:24 | 3 | | | | |
| #137 Firer, Lia | 10 Hills District | | | | 6:28 | 5 | | | | |
| 2 Prestons Robins | 14 | 1 | 6 | 7 | | | | | | |
| #306 Muc, Isabella | 10 Prestons Robins | | | | 5:52 | 1 | | | | |
| #199 James, Annabelle | 10 Prestons Robins | | | | 6:39 | 6 | | | | |
| #480 Whittingham, Kayla | 10 Prestons Robins | | | | 6:52 | 7 | | | | |
| 3 Hornsby | 21 | 4 | 8 | 9 | | | | | | |
| #255 Lyng, Alice | 10 Hornsby | | | | 6:28 | 4 | | | | |
| #209 Kealy-Banks, Eibhli | 10 Hornsby | | | | 7:19 | 8 | | | | |
| #387 Ryle, Mackenzie | 10 Hornsby | | | | 7:24 | 9 | | | | |

**Waratah Series Short Course
and
Little Athletics NSW
Cross Country Championships**



U11 Boys 2km

| Name | Age | Team | Finals | Points |
|----------------------------|-----|-----------------|--------|--------|
| 1 #202 Jayakody, Joseph | 11 | Glenbrook At | 7:47 | |
| 2 #484 Willcocks, Alexande | 11 | Wyong Athlet | 7:51 | |
| 3 #153 Godfrey, Coen | 11 | Mingara Athl | 7:55 | |
| 4 #190 Holman, Evan | 11 | Parramatta | 8:39 | |
| 5 #219 Keyser, Sanderson | 11 | Parramatta | 8:39 | |
| 6 #253 Lubrano, James | 11 | Cherrybrook | 8:42 | |
| 7 #341 Pellarini, Joshua | 11 | Cherrybrook | 8:45 | |
| 8 #3 Allen, Daniel | 11 | Camden Haven | 8:58 | |
| 9 #316 Neilan, Lochlann | 11 | Hornsby | 8:59 | |
| 10 #493 Woods, Luke | 11 | Hornsby | 9:41 | |
| 11 #30 bell, Matthew | 11 | Glenbrook At | 11:55 | |
| 12 #40 Blunden, Maverick | 11 | Hawkesbury City | 12:34 | |

**Waratah Series Short Course
and
Little Athletics NSW
Cross Country Championships**



U11 Girls 2km

| Comp# | Name | Team | Time | Points |
|-------|--------------------------|------------------------------|-------|--------|
| 1 | 61 Carson, Brooke | 11 Illawong Revesby Workers | 7:30 | |
| 2 | 244 Leadbeatter, Emerson | 11 Macquarie Hunter Athletic | 7:31 | |
| 3 | 485 Williams, Adelaide | 11 Mosman Athletics Club | 8:07 | |
| 4 | 338 Pawsey, Zara | 11 Ryde Athletics Centre Inc | 8:27 | |
| 5 | 160 Grogan, Chloe | 11 Girraween Athletics Club | 8:33 | |
| 6 | 487 Williams, Emilia | 11 Balmain Athletics Club | 8:39 | |
| 7 | 440 Toynbee, Elizabeth | 11 Northern Districts | 8:43 | |
| 8 | 348 Phillips, Kaydenze | 11 Nepean District Athletic | 8:49 | |
| 9 | 439 Toynbee, Charlotte | 11 Northern Districts | 8:52 | |
| 10 | 9 Anthony, Syesha | 11 Cherrybrook Senior & Litt | 8:57 | |
| 11 | 54 Butcher, Tahlia | 11 Parramatta | 8:57 | |
| 12 | 274 McGregor, Ella | 11 Ryde Athletics Centre Inc | 9:01 | |
| 13 | 312 Nagle, Charlotte | 11 Ryde Athletics Centre Inc | 9:07 | |
| 14 | 437 Timms, Amy | 11 Cherrybrook Senior & Litt | 9:16 | |
| 15 | 46 Bray, Katie | 11 Cherrybrook Senior & Litt | 9:23 | |
| 16 | 349 Pike, Jojo | 11 Mosman Athletics Club | 10:02 | |
| 17 | 473 Whatman, Keiley | 11 Orange Little Athletics C | 11:22 | |
| 18 | 149 Giffney, Claire | 11 Kings Langley | 12:07 | |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



U11 Girls 2km

| Rank | Team | Total | 1 | 2 | 3 | *4 | *5 | *6 | *7 | *8 | *9 |
|----------|--------------------------------------|-----------|--------------|----------|----------|------|----|----|----|----|----|
| 1 | Ryde Athletics Centre Inc | 8 | 1 | 3 | 4 | | | | | | |
| #338 | Pawsey, Zara | 11 | Ryde Athleti | | | 8:27 | | 1 | | | |
| #274 | McGregor, Ella | 11 | Ryde Athleti | | | 9:01 | | 3 | | | |
| #312 | Nagle, Charlotte | 11 | Ryde Athleti | | | 9:07 | | 4 | | | |
| 2 | Cherrybrook Senior & Litt | 13 | 2 | 5 | 6 | | | | | | |
| #9 | Anthony, Syesha | 11 | Cherrybrook | | | 8:57 | | 2 | | | |
| #437 | Timms, Amy | 11 | Cherrybrook | | | 9:16 | | 5 | | | |
| #46 | Bray, Katie | 11 | Cherrybrook | | | 9:23 | | 6 | | | |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



U13, U14 Boys 3km and U18/Open Para-Athlete Men 3km

| Name | Age | Team | Finals | Points |
|------------------------------|-----|---------------------|--------|--------|
| Under 13 Results 3000 | | | | |
| 1 #478 White, Oliver | 12 | Sydney Pacif | 10:28 | |
| 2 #53 Burkhardt, Idris | 12 | Cherrybrook | 10:53 | |
| 3 #498 Wylie, Julian | 12 | Randwick Bot | 11:14 | |
| 4 #304 Mori, Masato | 12 | Sydney Pacif | 11:49 | |
| 5 #50 Brown, Bronsen | 12 | Cherrybrook | 11:55 | |
| 6 #105 Dawson, Max | 12 | Westfields A | 12:06 | |
| 7 #241 Latanis, Bailey | 12 | St. George D | 12:15 | |
| 8 #205 Judge, Lincoln | 12 | Camden Athle | 12:21 | |
| 9 #527 Lee, Ethan | 12 | Cherrybrook | 12:37 | |
| 10 #447 Venturino, Marco | 12 | St. George D | 12:51 | |
| 11 #510 Akeng Saddler, Just | 12 | Balmain Athl | 12:56 | |
| 13 #356 Pospischil, Aidan | 12 | Winston Hill | 14:32 | |
| Under 14 Results 3000 | | | | |
| 1 #490 Williams, Sean | 13 | Knox Grammar School | 10:33 | |
| 2 #62 Carson, Miles | 13 | Illawong Rev | 10:37 | |
| 3 #477 White, Keenan | 13 | Mingara Athl | 11:17 | |
| 4 #187 Hinds, Joe | 13 | Kembla Joggers Inc. | 11:31 | |
| 5 #523 Krayem, Zachariah | 13 | Bankstown Sports | 11:33 | |
| 6 #373 Rees, Tate | 13 | Katoomba | 12:18 | |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



U13, U14 Girls 3km and U18/Open Para-Athlete Women 3km

| Name | Age | Team | Finals | Points |
|------------------------------|-----|---------------------|--------|--------|
| Under 13 Results 3000 | | | | |
| 1 #389 Scahill, Sienna | 12 | Asics Wests | 11:13 | |
| 2 #71 Charlton, Morgan | 12 | Asics Wests | 11:14 | |
| 3 #508 Norton, Amelia | 12 | Unattached | 11:17 | |
| 4 #243 Le Roux, Angie | 12 | Balmain Athl | 11:30 | |
| 5 #36 Blackwell, Jessie | 12 | Asics Wests | 11:39 | |
| 6 #415 Solomon, Rebecca | 12 | Sydney Strid | 11:41 | |
| 7 #407 Simpson., Piper | 11 | Randwick Bot | 11:50 | |
| 8 #119 Doran, Phoebe | 12 | Adamstown Ne | 12:03 | |
| 9 #526 Meernijacin, PinPin | 11 | Mosman Athle | 12:03 | |
| 10 #111 Diaz, Ava | 12 | Balmain Athl | 12:09 | |
| 11 #509 Norton, Ella | 12 | Unattached | 12:14 | |
| 12 #371 Redford, Isobel | 12 | Kotara South | 12:25 | |
| 13 #496 Wright-Smith, Maisy | 12 | Asics Wests | 12:41 | |
| 14 #99 Davis, Emily | 12 | Northern Suburbs | 12:58 | |
| 15 #130 Eskridge, Keyra | 12 | Kembla Joggers Inc. | 13:01 | |
| 16 #449 Villacorta, Zara | 11 | Sydney Strid | 13:54 | |
| 17 #28 Bektas, Jessey | 12 | Nepean Distr | 14:28 | |
| 18 #77 Clayton, Charlotte | 12 | Hills District | 14:36 | |
| 19 #91 Coyte, Rebecca | 12 | Kurrajong Bilpin | 14:45 | |
| 20 #325 Olson, Matilda | 11 | Quakers Hill | 15:17 | |
| 21 #27 Bektas, Abbey | 12 | Nepean Distr | 15:18 | |
| 22 #479 Whittingham, Claire | 12 | Prestons Robins | 16:09 | |
| Under 14 Results 3000 | | | | |
| 1 #223 Kingsmill, Ingrid | 13 | Sydney Strid | 11:23 | |
| 2 #201 Jarvis, Hannah | 13 | Macquarie Hu | 11:29 | |
| 3 #506 Corry, Anneke | 13 | Unattached | 11:45 | |
| 4 #141 Francis, Lucie | 13 | Hills District | 11:47 | |
| 5 #340 Pellarini, Grace | 13 | Cherrybrook | 11:54 | |
| 6 #308 Munroe, Ella | 13 | Hills District | 12:25 | |
| 7 #380 Roots, Hannah | 13 | Blue Mountai | 12:26 | |
| 8 #284 McKenzie, Marley | 13 | Hills District | 12:32 | |
| 9 #74 Christou, Nicola | 13 | Everley Park | 12:46 | |
| 10 #491 Wilson, Claudia | 13 | Cherrybrook | 12:53 | |
| 11 #336 Pawsey, Elysha | 13 | Ryde Athleti | 13:05 | |
| 12 #266 Martin, Kaitlyn | 13 | Ryde Athleti | 13:40 | |
| 13 #73 Christou, Isabella | 13 | Everley Park | 13:41 | |
| 14 #257 Macdonald, Annabel | 13 | Ryde Athleti | 13:42 | |
| 15 #392 Schultz, Hayley | 13 | Hills District | 13:42 | |
| 16 #81 Coffin, Krishani | 13 | Ryde Athleti | 13:50 | |
| 17 #421 Steele-Minett, Bell | 13 | Tuggerah Lak | 15:07 | |
| 18 #406 shobade, Chloe | 13 | Prestons Robins | 16:54 | |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



U13, U14 Girls 3km and U18/Open Para-Athlete Women 3km

| Rank | Team | Total | 1 | 2 | 3 | 4 | *5 | *6 | *7 | *8 | *9 |
|------------------------------|--|-------------------|----------|----------|----------|----------|----|----|----|----|----|
| Under 14 Results 3000 | | | | | | | | | | | |
| | 1 Hills District | 13 | 1 | 2 | 3 | 7 | | | | | |
| #141 | Francis, Lucie | 13 Hills District | | | | 11:47 | 1 | | | | |
| #308 | Munroe, Ella | 13 Hills District | | | | 12:25 | 2 | | | | |
| #284 | McKenzie, Marley | 13 Hills District | | | | 12:32 | 3 | | | | |
| #392 | Schultz, Hayley | 13 Hills District | | | | 13:42 | 7 | | | | |
| | 2 Ryde Athletics Centre Inc | 23 | 4 | 5 | 6 | 8 | | | | | |
| #336 | Pawsey, Elysha | 13 Ryde Athleti | | | | 13:05 | 4 | | | | |
| #266 | Martin, Kaitlyn | 13 Ryde Athleti | | | | 13:40 | 5 | | | | |
| #257 | Macdonald, Annabel | 13 Ryde Athleti | | | | 13:42 | 6 | | | | |
| #81 | Coffin, Krishani | 13 Ryde Athleti | | | | 13:50 | 8 | | | | |
| Under 13 Results 3000 | | | | | | | | | | | |
| | 1 Asics Wests Track & Field | 10 | 1 | 2 | 3 | 4 | | | | | |
| #389 | Scahill, Sienna | 12 Asics Wests | | | | 11:13 | 1 | | | | |
| #71 | Charlton, Morgan | 12 Asics Wests | | | | 11:14 | 2 | | | | |
| #36 | Blackwell, Jessie | 12 Asics Wests | | | | 11:39 | 3 | | | | |
| #496 | Wright-Smith, Maisy | 12 Asics Wests | | | | 12:41 | 4 | | | | |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



U15 and U16 Boys 4km

| Name | Age | Team | Finals | Points |
|----------------------------|-----|------------------|--------|--------|
| Under 15 Results 4000 | | | | |
| 1 #134 Felice, Brendan | 14 | Illawong Rev | 14:14 | |
| 2 #282 McKenzie, Ethan | 14 | Bankstown Sports | 14:17 | |
| 3 #264 Marendy, Tim | 14 | Westfields A | 14:36 | |
| 4 #372 Redford, Joshua | 14 | Kotara South | 14:47 | |
| 5 #222 King, Michael | 14 | Mounties | 14:50 | |
| 6 #123 Dundon, Finn | 14 | Balmain Athl | 15:04 | |
| 7 #20 Baptist, Lachlan | 14 | Westfields A | 16:27 | |
| 8 #172 Harragon, Matthew | 14 | Winston Hill | 16:47 | |
| 9 #357 Pospischil, Brendan | 14 | Winston Hill | 16:55 | |
| 10 #472 Whatman, Angus | 14 | Orange Littl | 17:39 | |
| 11 #556 Ford, Leo | 12 | Athletics East | 20:06 | |
| 15 Year Olds Results 4000 | | | | |
| 1 #176 Hart, Hamish | 15 | Mingara Athl | 13:34 | |
| 2 #51 Bruntsch, Adam | 15 | Ryde Athleti | 14:13 | |
| 3 #332 Palethorpe, William | 15 | Epping Athle | 14:23 | |
| 4 #557 Gordon, Rafi | 15 | Sydney Strid | 14:50 | |
| 5 #128 Elbourne, Brody | 15 | Randwick Bot | 14:55 | |
| 6 #169 Hanna, Ashton | 15 | Ryde Athleti | 15:12 | |
| 7 #503 zhu, henry | 15 | Epping Athle | 17:00 | |
| 8 #136 Ferrier, Cameron | 15 | Asics Wests | 17:19 | |
| 9 #19 Baker, Jack | 15 | Ryde Athleti | 18:15 | |
| 10 #444 Turnbull, Shaun | 15 | Woy Woy Peni | 20:02 | |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



U15, U16 and U17 Girls and U18 Women 4km

| Name | Age | Team | Finals | Points |
|-----------------------------------|-----|-----------------|--------|--------|
| Under 15 Results 4000 | | | | |
| 1 #314 Nathanael, Mercy | 14 | Sydney Strid | 14:48 | |
| 2 #14 Arnott, Charlie | 14 | Sydney Strid | 15:54 | |
| 3 #322 Norris, Stella | 14 | Mingara Athl | 16:05 | |
| 4 #467 Wegenaar, Hanneke | 14 | Sydney Strid | 16:29 | |
| 5 #198 Jakovljevic, Moniqu | 14 | Campbelltown | 16:56 | |
| 6 #132 Farrell, Isabella | 14 | Prestons Robins | 18:19 | |
| 7 #481 Whittingham, Keira | 14 | Prestons Robins | 22:00 | |
| 8 #8 Alufa, chelsea | 14 | Prestons Robins | 31:04 | |
| Under 16 Olds Results 4000 | | | | |
| 1 #211 Kells, Grace | 15 | U.T.S. North | 16:02 | |
| 2 #135 Ferenczi, Sophie | 15 | Randwick Bot | 16:07 | |
| 3 #555 Visser, Milena | 15 | Cherrybrook | 17:49 | |
| 4 #162 Grosvenor, Skye | 15 | Cherrybrook | 17:52 | |
| Under 17 Results 4000 | | | | |
| 1 #188 Hogg, Nicola | 16 | Sydney Strid | 15:00 | |
| 2 #517 Rauter, Jordyn | 16 | Athletics Act | 15:37 | |
| 3 #250 Lovlin, Hannah | 16 | Sydney Strid | 16:43 | |
| 4 #500 Young, Lauren | 16 | Asics Wests | 17:37 | |
| 5 #59 Cameron, Jade | 16 | Illawong Rev | 17:48 | |
| 6 #309 Munroe, Zara | 16 | Cherrybrook | 17:56 | |
| 7 #399 Searles, Cassandra | 16 | Old Bar | 20:59 | |
| Under 18 Results 4000 | | | | |
| 1 #388 Sanday, Niamh | 17 | Hills District | 16:10 | |
| 2 #70 Charles, Sadie | 17 | Sydney Strid | 18:29 | |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



U15, U16 and U17 Girls and U18 Women 4km

| Rank | Team | Total | 1 | 2 | 3 | 4 | *5 | *6 | *7 | *8 | *9 |
|------|------|-------|---|---|---|---|----|----|----|----|----|
|------|------|-------|---|---|---|---|----|----|----|----|----|

U18 Years Results 4000

| | | | | | | | | | | | |
|------|---------------------------|-----------------|---|---|---|-------|---|--|--|--|--|
| 1 | Sydney Striders Road Runn | 10 | 1 | 2 | 3 | 4 | | | | | |
| #314 | Nathanael, Mercy | 17 Sydney Strid | | | | 14:48 | 1 | | | | |
| #14 | Arnott, Charlie | 17 Sydney Strid | | | | 15:54 | 2 | | | | |
| #467 | Wegenaar, Hanneke | 17 Sydney Strid | | | | 16:29 | 3 | | | | |
| #70 | Charles, Sadie | 17 Sydney Strid | | | | 18:29 | 4 | | | | |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



U17, U18 and U20 Men and U20 Women 5km

| Name | Age Team | Finals | Points |
|------------------------------------|-------------------------|--------|--------|
| U20 Results - Women 5000 | | | |
| 1 #335 Pateman, Chloe | W18 Kembla Joggers Inc. | 20:38 | |
| 2 #159 Gribble, Imogen | W19 St. George D | 21:14 | |
| 3 #29 bell, kaitlin | W18 Glenbrook At | 24:28 | |
| Under 17 Results - Men 5000 | | | |
| 1 #213 Kelly, Daniel | M16 Run Crew | 17:08 | |
| 2 #178 Healey, James | M16 Kembla Joggers Inc. | 17:26 | |
| 3 #215 Kelly, Mitchell | M16 Run Crew | 19:14 | |
| 4 #528 Mantarro, Jack | M16 Asics Wests | 19:58 | |
| 5 #410 Sink, Christopher | M16 Kembla Joggers Inc. | 20:05 | |
| 6 #319 Nicholls, Lachlan | M16 Blue Mountai | 20:45 | |
| 7 #287 McManus, Rogan | M16 Sutherland D | 21:01 | |
| 8 #181 Hennessey, Samuel | M16 Cherrybrook | 21:19 | |
| 9 #474 Whatman, Riley | M16 Orange Littl | 22:10 | |
| U18 Results - Men 5000 | | | |
| 1 #186 Hince, Luke | M17 Kembla Joggers Inc. | 16:55 | |
| 2 #545 Hungerford, Frank | M17 Kembla Joggers Inc. | 17:32 | |
| 3 #303 Mood, Sam | M17 Sutherland D | 17:34 | |
| 4 #131 Eskridge, Kyle | M17 Kembla Joggers Inc. | 17:34 | |
| U20 Results - Men 5000 | | | |
| 1 #237 Lang, Callam | M19 Newcastle Runners | 16:24 | |
| 2 #93 Crews, Jacob | M19 Sydney Unive | 16:29 | |
| 3 #143 Fryer, Drew | M18 Randwick Bot | 16:38 | |
| 4 #220 Khoo, Otto | M19 Run Crew | 17:14 | |
| 5 #260 Madden, Jakob | M18 Mingara Athl | 17:30 | |
| 6 #206 Kaparakis, Charlie | M19 Mingara Athl | 17:51 | |
| 7 #144 Gair, William | M18 Sutherland D | 18:26 | |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



U17, U18 and U20 Men and U20 Women 5km

| Rank | Team | Total | 1 | 2 | 3 | 4 | *5 | *6 | *7 | *8 | *9 |
|------|------|-------|---|---|---|---|----|----|----|----|----|
|------|------|-------|---|---|---|---|----|----|----|----|----|

Under 18 Results - Men 5000

| | | | | | | | | | | | |
|------------------------------|-------------------|-------------------------|----------|----------|----------|----------|---|--|--|--|--|
| 1 Kembla Joggers Inc. | | 10 | 1 | 2 | 3 | 4 | | | | | |
| #186 | Hince, Luke | M17 Kembla Joggers Inc. | | | | 16:55 | 1 | | | | |
| #178 | Healey, James | M17 Kembla Joggers Inc. | | | | 17:26 | 2 | | | | |
| #545 | Hungerford, Frank | M17 Kembla Joggers Inc. | | | | 17:32 | 3 | | | | |
| #131 | Eskridge, Kyle | M17 Kembla Joggers Inc. | | | | 17:34 | 4 | | | | |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



Open, 30+ and 40+ Men 6km

| Name | Age | Team | Finals | Points |
|------------------------------|-----|-------------------|--------|--------|
| Under 30 Results 6000 | | | | |
| 1 #152 Goddard, Ed | 22 | U.T.S. North | 19:05 | |
| 2 #453 Wade, Harrison | 20 | Sydney Unive | 19:20 | |
| 3 #57 Byrne, Sam | 23 | Bankstown Sports | 19:35 | |
| 4 #522 Cooper, Martin | 23 | Sydney Unive | 19:42 | |
| 5 #346 Peterson, Leo | 28 | U.T.S. North | 19:50 | |
| 6 #52 Burgess, Joe | 23 | Sydney Unive | 19:54 | |
| 7 #317 Newell, Richard | 26 | Randwick Bot | 19:58 | |
| 8 #365 Raimond, Oli | 18 | Sutherland D | 20:00 | |
| 9 #235 Land, Andrew | 26 | Mingara Athl | 20:33 | |
| 10 #546 Harvey, Thomas | 24 | Sydney Unive | 20:52 | |
| 11 #420 Starkey, James | 23 | Mingara Athl | 21:10 | |
| 12 #196 Jagger, Benjamin | 21 | UP Coaching | 21:13 | |
| 13 #139 Fletcher, Ian | 26 | Newcastle Runners | 21:22 | |
| 14 #532 Nicholas, Michael | 20 | Asics Wests | 22:00 | |
| 15 #179 Healy, James | 24 | Sydney Unive | 22:47 | |
| 16 #516 Constantine, James | 26 | Delta Runnin | 22:56 | |
| 17 #208 Katsilis., Nicholas | 20 | Bankstown Sports | 23:03 | |
| 18 #549 Schaffer, Adam | 20 | Sydney Unive | 25:12 | |
| 19 #553 Whitbread, Matthew | 28 | Bankstown Sports | 29:46 | |
| 30-34 Results 6000 | | | | |
| 1 #296 Milosevic, Brad | 30 | Girraween At | 18:42 | |
| 2 #289 Meier, Frank | 31 | Sydney Unive | 20:27 | |
| 3 #104 Dawson, Matt | 34 | Sydney Strid | 21:02 | |
| 4 #18 Baddeley, Karl | 30 | Athletics East | 22:27 | |
| 5 #552 Mangili-Vincent, Mi | 34 | Athletics East | 22:40 | |
| 6 #402 Sheargold, Geoff | 33 | Girraween At | 22:58 | |
| 7 #483 Wickham, Peter | 30 | Mingara Athl | 23:00 | |
| 8 #377 Robinson, Tipene | 33 | Girraween At | 31:16 | |
| 35-39 Results 6000 | | | | |
| 1 #462 Warren, Mark | 38 | Mingara Athl | 20:13 | |
| 2 #155 Godfrey, Scott | 38 | Mingara Athl | 21:00 | |
| 3 #281 McKendrick, Ryan | 39 | Mingara Athl | 22:04 | |
| 4 #433 Thompson, Josh | 36 | Athletics East | 22:16 | |
| 5 #423 Stone, Christopher | 36 | Athletics East | 27:37 | |
| 6 #42 Blyth, Matt | 37 | Hills District | 29:17 | |
| 7 #80 Clubb, Shane | 35 | Girraween At | 31:04 | |
| 40-44 Results 6000 | | | | |
| 1 #375 Robertson, Kevin | 44 | Sutherland D | 20:48 | |
| 2 #233 Kozok, Michal | 44 | Athletics East | 24:54 | |
| 3 #331 Palethorpe, James | 44 | Epping Athle | 25:16 | |
| 4 #161 Grogan, Michael | 44 | Girraween | 31:38 | |
| 45+ Results 6000 | | | | |
| 1 #554 Mullins, Gary | 47 | Trt Running | 21:21 | |
| 2 #548 Whiteley, Robin | 45 | Asics Wests | 21:34 | |
| 3 #34 Bennett, Nick | 48 | Sutherland D | 21:53 | |
| 4 #362 Purcell, Darren | 49 | Athletics East | 22:11 | |
| 5 #550 Safi, Karl | 46 | Bankstown Sports | 22:45 | |
| 6 #102 dawson, campbell | 57 | Athletics East | 23:25 | |
| 7 #101 dawes, jim | 48 | Randwick Bot | 24:24 | |
| 8 #547 Chand, Vateesh | 46 | Bankstown Sports | 25:08 | |
| 9 #116 Doggett, Michael | 46 | Asics Wests | 25:18 | |
| 10 #173 Harris, Andrew | 50 | Athletics East | 26:24 | |
| 11 #43 Boyle, Brad | 59 | Bankstown Sports | 30:21 | |
| 12 #96 Davie, EJ | 48 | Sydney Strid | 30:55 | |

| | | | |
|----|--------------------|---------------------|-------|
| 13 | #94 Cupitt, Bart | 47 Bankstown Sports | 31:04 |
| 14 | #295 Milliss, Mark | 60 Girraween At | 37:56 |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



Open, 30+ and 40+ Women 6km

| Name | Age | Team | Finals | Points |
|------------------------------|-----|---------------------|--------|--------|
| Under 30 Results 6000 | | | | |
| 1 #97 Davies, Rose | 20 | Adamstown Ne | 21:43 | |
| 2 #416 Spencer, Kate | 24 | U.T.S. North | 22:20 | |
| 3 #435 Thornton-Bott, Isab | 21 | U.T.S. North | 22:30 | |
| 4 #267 Marvin, Sarah | 22 | Sydney Unive | 22:50 | |
| 5 #44 Brady, Tia | 27 | Macquarie Hu | 23:45 | |
| 6 #33 Bennett, Amy | 20 | Sutherland D | 25:25 | |
| 7 #476 White, Claudia | 23 | Run Crew | 29:13 | |
| 30-34 Results 6000 | | | | |
| 1 #158 Grant, Lisa | 34 | Girraween At | 27:43 | |
| 35-39 Results 6000 | | | | |
| 1 #75 Clayton, Alice | 39 | Hills District | 25:53 | |
| 2 #451 Vrachliotis, Heathe | 36 | Sydney Pacif | 27:07 | |
| 3 #279 McKendrick, Daniell | 35 | Mingara Athl | 34:24 | |
| 40-44 Results 6000 | | | | |
| 1 #330 Paisio, Cindy | 40 | Athletics East | 25:11 | |
| 2 #551 Molesworth, Lillian | 41 | Bankstown Sports | 26:28 | |
| 3 #419 Stanley, Larissa | 44 | Sydney Unive | 29:03 | |
| 45+ Results 6000 | | | | |
| 1 #428 Tancred, Naomi | 45 | Athletics East | 25:36 | |
| 2 #232 Kovacs, Kriszta | 46 | Cantoo | 26:07 | |
| 3 #191 Holmes, Rebecca | 45 | Athletics East | 27:29 | |
| 4 #171 hannah, Sally | 47 | Athletics East | 27:55 | |
| 5 #530 Melling, Zoe | 50 | Unattached | 28:11 | |
| 6 #385 Ruty, Bridget | 50 | Kembla Joggers Inc. | 30:30 | |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



Open, 30+ and 40+ Women 6km

=====
Rank Team Total 1 2 3 4 *5 *6 *7 *8 *9
=====

40+ Results 6000

| Rank | Team | Total | 1 | 2 | 3 | 4 | *5 | *6 | *7 | *8 | *9 |
|------|-------------------------|-------------------|----------|----------|----------|----------|----|----|----|----|----|
| | 1 Athletics East | 10 | 1 | 2 | 3 | 4 | | | | | |
| #330 | Paisio, Cindy | 40 Athletics East | | | | 25:11 | 1 | | | | |
| #428 | Tancred, Naomi | 45 Athletics East | | | | 25:36 | 2 | | | | |
| #191 | Holmes, Rebecca | 45 Athletics East | | | | 27:29 | 3 | | | | |
| #171 | hannah, Sally | 47 Athletics East | | | | 27:55 | 4 | | | | |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



50+, 60+, 70+ and 80+ Men and Women 4km

| Name | Age Team | Finals | Points |
|-----------------------------------|----------------------|--------|--------|
| 50-54 Results - Women 4000 | | | |
| 1 #177 Hart, Jenny | W53 Mingara Athl | 18:40 | |
| 2 #55 Byrne, Fiona | W51 Sutherland D | 20:54 | |
| 3 #369 Re, Margaret | W53 Bankstown Sports | 22:33 | |
| 55-59 Results - Women 4000 | | | |
| 1 #418 Stanley, Karen | W55 Illawong Rev | 16:58 | |
| 2 #384 Ruhen, Trish | W58 Sutherland D | 18:21 | |
| 3 #195 Hunt, Sally | W56 Mingara Athl | 18:22 | |
| 4 #442 Tsiamoulis., Jenny | W56 Bankstown Sports | 21:43 | |
| 5 #203 Joannides, Desie | W57 Bankstown Sports | 28:20 | |
| 60-64 Results - Women 4000 | | | |
| 1 #347 Petley, Karen | W60 Hills District | 18:33 | |
| 2 #120 Drennan, Deborah | W61 U.T.S. North | 19:03 | |
| 3 #542 Beardslee, Margaret | W61 Mingara Athl | 20:14 | |
| 4 #72 Chenery, Susan | W62 Bankstown Sports | 20:29 | |
| 5 #544 Thomas, Margaret | W63 U.T.S. North | 21:18 | |
| 65-69 Results - Women 4000 | | | |
| 1 #379 Roediger, Rosemary | W65 Hills District | 18:07 | |
| 2 #345 Perry, Rosalind | W67 Athletics Wo | 25:05 | |
| 3 #404 Sheehan, Mary | W68 Bankstown Sports | 28:20 | |
| 4 #458 Walton, Jacqui | W65 Bankstown Sports | 28:28 | |
| 5 #537 Kass, Dorothy | W66 U.T.S. North | 31:41 | |
| 70-74 Results - Women 4000 | | | |
| 1 #184 Hillsdon, Dianne | W74 Bankstown Sports | 31:04 | |
| 75-79 Results - Women 4000 | | | |
| 1 #538 Siepmann, Dorothy | W76 Bankstown Sports | 36:49 | |
| 50-54 Results - Men 4000 | | | |
| 1 #390 Scholle, Lindsay | M51 Asics Wests | 15:47 | |
| 2 #15 Arthur, Paul | M52 St. George D | 16:40 | |
| 3 #2 Alam, Emile Boey | M52 St. George D | 16:54 | |
| 4 #326 O'Reilly, Patrick | M54 Randwick Bot | 17:23 | |
| 5 #409 sinibaldi., tony | M50 Bankstown Sports | 17:44 | |
| 6 #227 Kistler, David | M50 St. George D | 17:56 | |
| 7 #426 Sturtz., James | M50 Bankstown Sports | 18:16 | |
| 8 #311 Murray, John | M53 Asics Wests | 19:44 | |
| 9 #25 Bauer, Darren | M53 St. George D | 19:45 | |
| 55-59 Results - Men 4000 | | | |
| 1 #411 Sivraj, Manu | M56 Randwick Bot | 15:33 | |
| 2 #82 Coles, Tony | M58 Girraween At | 16:29 | |
| 3 #285 mclucas, david | M56 Hills District | 16:43 | |
| 4 #505 Sharpe, Brad | M58 U.T.S. North | 16:50 | |
| 5 #358 Privitera., Mark | M55 Bankstown Sports | 17:03 | |
| 6 #92 Cozijnsn, Ronald | M57 Sutherland D | 17:08 | |
| 7 #262 Man, Albert | M55 Hills District | 17:21 | |
| 8 #248 Loane, Kim | M57 U.T.S. North | 17:34 | |
| 9 #68 Chamberlain, Kevin | M57 U.T.S. North | 17:55 | |
| 10 #259 MacMillan, Ross | M59 Sutherland D | 18:26 | |
| 11 #269 Matthews, Craig | M56 Sutherland D | 18:41 | |
| 12 #197 Jagger, David | M57 Sydney Strid | 20:17 | |
| 13 #275 McGuire, Paul | M58 Athletics East | 21:28 | |
| 14 #292 Micallef, Gary | M57 Girraween At | 22:25 | |
| 15 #174 Harris, Christopher | M56 Bankstown Sports | 23:03 | |
| 16 #200 James, Craig | M57 Sutherland D | 25:29 | |
| 60-64 Results - Men 4000 | | | |
| 1 #521 Carvalho, Jose | M61 St. George D | 15:00 | |

| | | | |
|--------------------------|-------------------------|----------------------|-------|
| 2 | #374 Riches, David | M62 Bankstown Sports | 15:16 |
| 3 | #118 Dooley, Peter | M62 Nowra Athlet | 16:26 |
| 4 | #56 Byrne, Peter | M60 Hills District | 17:21 |
| 5 | #381 Rose, Ian | M61 Hills District | 17:54 |
| 6 | #432 Terranova, Nicolas | M62 Hills District | 18:21 |
| 7 | #502 Young, Trevor | M61 U.T.S. North | 20:10 |
| 8 | #403 Sheargold, Graham | M64 Girraween At | 20:24 |
| 9 | #156 Gonye, Leslie | M62 University o | 22:12 |
| 10 | #539 Free, Andrew | M61 Athletics Nsw | 22:43 |
| 11 | #541 Wong, Patrick | M64 Bankstown Sports | 23:13 |
| 12 | #293 Mifsud, Stephen | M61 Girraween | 24:02 |
| 13 | #221 Kilham, Mick | M63 Bankstown Sports | 24:58 |
| 65-69 Results - Men 4000 | | | |
| 1 | #125 Dwyer, Christopher | M68 Hills District | 16:48 |
| 2 | #394 Schwebel, Ron | M68 Sydney Strid | 17:13 |
| 3 | #320 Nixon, Trevor | M67 Hills District | 18:23 |
| 4 | #21 Barrett, Douglas | M67 U.T.S. North | 20:23 |
| 5 | #167 Hackett, Chris | M66 Hills District | 23:10 |
| 6 | #529 Eager, Robert | M67 Girraween | 24:39 |
| 7 | #515 Sutton, Richard | M69 Bankstown Sports | 24:55 |
| 70-74 Results - Men 4000 | | | |
| 1 | #395 Scorzelli, Frank | M73 St. George D | 17:52 |
| 2 | #13 Arnold, Rodney | M73 St. George D | 18:09 |
| 3 | #486 Williams, Dennis | M71 Hills District | 18:28 |
| 4 | #494 Wright, Noel | M73 Hills District | 20:21 |
| 5 | #313 Napper, Stephen | M73 Hills District | 21:06 |
| 6 | #138 Fitzpatrick, Peter | M71 St. George D | 23:14 |
| 7 | #26 beahan, gavin | M72 Bankstown Sports | 27:56 |
| 8 | #422 Stitzinger, Ron | M74 Bankstown Sports | 30:01 |
| 9 | #519 Archbold, David | M74 Blacktown Ci | 31:53 |
| 75-79 Results - Men 4000 | | | |
| 1 | #268 Mathewson, Donald | M75 Hills District | 17:45 |
| 2 | #294 millett, raymond | M76 St. George D | 24:46 |
| 3 | #5 allomes, graham | M75 Sydney Pacif | 25:52 |
| 80-84 Results - Men 4000 | | | |
| 1 | #543 Ulloa, Abdon | M81 Athletics Nsw | 25:36 |
| 2 | #185 Hillson, Roger | M80 Bankstown Sports | 25:36 |
| 3 | #344 Perry, Ronald | M80 Athletics Wo | 27:41 |
| 4 | #370 Re., Tony | M81 Bankstown Sports | 30:34 |
| 5 | #16 atkins., alan | M81 Bankstown Sports | 44:03 |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



50+, 60+, 70+ and 80+ Men and Women 4km

| Rank | Team | Total | 1 | 2 | 3 | 4 | *5 | *6 | *7 | *8 | *9 |
|-----------------------------------|------------------------------------|----------------------|----------|----------|-----------|-----------|----|----|----|----|----|
| 60-69 Men Results - 4000 | | | | | | | | | | | |
| | 1 Hills District | 14 | 2 | 3 | 4 | 5 | | | | | |
| #125 | Dwyer, Christopher | M68 Hills District | | | | 16:48 | | 2 | | | |
| #56 | Byrne, Peter | M60 Hills District | | | | 17:21 | | 3 | | | |
| #381 | Rose, Ian | M61 Hills District | | | | 17:54 | | 4 | | | |
| #432 | Terranova, Nicolas | M62 Hills District | | | | 18:21 | | 5 | | | |
| | 2 Girraween | 32 | 6 | 7 | 9 | 10 | | | | | |
| #403 | Sheargold., Graham | M64 Girraween | | | | 20:24 | | 6 | | | |
| #539 | Free, Andrew | M61 Girraween | | | | 22:43 | | 7 | | | |
| #293 | Mifsud, Stephen | M61 Girraween | | | | 24:02 | | 9 | | | |
| #529 | Eager, Robert | M67 Girraween | | | | 24:39 | | 10 | | | |
| | 3 Bankstown Sports | 32 | 1 | 8 | 11 | 12 | | | | | |
| #374 | Riches, David | M62 Bankstown Sports | | | | 15:16 | | 1 | | | |
| #541 | Wong, Patrick | M64 Bankstown Sports | | | | 23:13 | | 8 | | | |
| #515 | Sutton, Richard | M69 Bankstown Sports | | | | 24:55 | | 11 | | | |
| #221 | Kilham, Mick | M63 Bankstown Sports | | | | 24:58 | | 12 | | | |
| 60-69 Women Results - 4000 | | | | | | | | | | | |
| | 1 Bankstown Sports | 10 | 1 | 2 | 3 | 4 | | | | | |
| #72 | Chenery, Susan | W62 Bankstown Sports | | | | 20:29 | | 1 | | | |
| #404 | Sheehan, Mary | W68 Bankstown Sports | | | | 28:20 | | 2 | | | |
| #458 | Walton, Jacqui | W65 Bankstown Sports | | | | 28:28 | | 3 | | | |
| #184 | Hillsdon, Dianne | W64 Bankstown Sports | | | | 31:04 | | 4 | | | |
| 70-79 Results - Men 4000 | | | | | | | | | | | |
| | 1 Hills District | 16 | 1 | 4 | 5 | 6 | | | | | |
| #268 | Mathewson, Donald | M75 Hills District | | | | 17:45 | | 1 | | | |
| #486 | Williams, Dennis | M71 Hills District | | | | 18:28 | | 4 | | | |
| #494 | Wright, Noel | M73 Hills District | | | | 20:21 | | 5 | | | |
| #313 | Napper, Stephen | M73 Hills District | | | | 21:06 | | 6 | | | |
| | 2 St. George District Athle | 20 | 2 | 3 | 7 | 8 | | | | | |
| #395 | Scorzelli, Frank | M73 St. George D | | | | 17:52 | | 2 | | | |
| #13 | Arnold, Rodney | M73 St. George D | | | | 18:09 | | 3 | | | |
| #138 | Fitzpatrick, Peter | M71 St. George D | | | | 23:14 | | 7 | | | |
| #294 | millet, raymond | M76 St. George D | | | | 24:46 | | 8 | | | |
| 80+ Results - Men 4000 | | | | | | | | | | | |
| | 1 Bankstown Sports | 10 | 1 | 2 | 3 | 4 | | | | | |
| #543 | Ulloa, Abdon | M81 Bankstown Sports | | | | 25:36 | | 1 | | | |
| #185 | Hillsdon, Roger | M80 Bankstown Sports | | | | 25:36 | | 2 | | | |
| #370 | Re., Tony | M81 Bankstown Sports | | | | 30:34 | | 3 | | | |
| #16 | atkins., alan | M81 Bankstown Sports | | | | 44:03 | | 4 | | | |
| 50-59 Men Results - 4000 | | | | | | | | | | | |
| | 1 St. George District Athle | 20 | 1 | 2 | 5 | 12 | | | | | |
| #521 | Carvalho, Jose | M51 St. George D | | | | 15:00 | | 1 | | | |
| #15 | Arthur, Paul | M52 St. George D | | | | 16:40 | | 2 | | | |
| #2 | Alam, Emile Boey | M52 St. George D | | | | 16:54 | | 5 | | | |
| #227 | Kistle, David | M50 St. George D | | | | 17:56 | | 12 | | | |
| | 2 U.T.S. Northern Suburbs A | 42 | 4 | 9 | 11 | 18 | | | | | |
| #505 | Sharpe, Brad | M58 U.T.S. North | | | | 16:50 | | 4 | | | |
| #248 | Loane, Kim | M57 U.T.S. North | | | | 17:34 | | 9 | | | |
| #68 | Chamberlain, Kevin | M57 U.T.S. North | | | | 17:55 | | 11 | | | |
| #502 | Young, Trevor | M51 U.T.S. North | | | | 20:10 | | 18 | | | |
| | 3 Hills District | 46 | 3 | 8 | 15 | 20 | | | | | |
| #285 | mclucas, david | M56 Hills District | | | | 16:43 | | 3 | | | |
| #262 | Man, Albert | M55 Hills District | | | | 17:21 | | 8 | | | |
| #320 | Nixon, Trevor | M57 Hills District | | | | 18:23 | | 15 | | | |
| #167 | Hackett, Chris | M56 Hills District | | | | 23:10 | | 20 | | | |

| 4 Bankstown Sports | | 48 | 6 | 10 | 13 | 19 | | |
|------------------------------------|---------------------|-----------|------------------|-----------|-----------|-----------|----|--|
| #358 | Privitera., Mark | M55 | Bankstown Sports | | | 17:03 | 6 | |
| #409 | sinibaldi., tony | M50 | Bankstown Sports | | | 17:44 | 10 | |
| #426 | Sturtz., James | M50 | Bankstown Sports | | | 18:16 | 13 | |
| #174 | Harris, Christopher | M56 | Bankstown Sports | | | 23:03 | 19 | |
| 5 Sutherland District Athle | | 54 | 7 | 14 | 16 | 17 | | |
| #92 | Cozijnsn, Ronald | M57 | Sutherland D | | | 17:08 | 7 | |
| #384 | Ruhen, Trish | M58 | Sutherland D | | | 18:21 | 14 | |
| #259 | MacMillan, Ross | M59 | Sutherland D | | | 18:26 | 16 | |
| #269 | Matthews, Craig | M56 | Sutherland D | | | 18:41 | 17 | |

LANSW STATE XC + ANSW SHORT COURSE - 03-Aug-19
UpJohn Park

Men 3k CC Open Para

| Comp# | Name | Team | Time Points |
|-------|--------------------------|------------------------------|-------------|
| 1 | 277 McIntosh (T20), Kyle | 25 Sutherland District Athle | 10:20 |

Men 3k CC U18 Para

| | | | |
|---|-------------------------------|----------------|-------|
| 2 | 361 Pryke (no class), Lachlan | 12 UP Coaching | 12:57 |
|---|-------------------------------|----------------|-------|

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



| Open | Greater | Fun | Run | 1km | | | | |
|-------|---------|--------------------|---------|-----|--------------------------|--|------|--------|
| Comp# | Name | | | | Team | | Time | Points |
| 1 | 400 | Shailesh, Sai | Pravan | | M9 Girraween | | 5:15 | |
| 2 | 489 | Williams, Joshua | | | M10 Kandos Rylstone | | 5:27 | |
| 3 | 807 | Williams., Jacob | | | M13 Unattached | | 5:37 | |
| 4 | 808 | Shailesh, Sai | Sraddha | | W6 Unattached | | 5:38 | |
| 5 | 814 | Godfrey, Claire | | | W Unattached | | 5:50 | |
| 6 | 821 | van Hooft, Annabel | | | W6 Unattached | | 6:27 | |
| 7 | 820 | van Hooft, Lyndal | | | W31 Unattached | | 6:29 | |
| 8 | 488 | Williams, Emmiline | | | W9 Mosman Athletics Club | | 6:34 | |
| 9 | 811 | Williams, Joscelyn | | | W5 Unattached | | 6:44 | |
| 10 | 812 | Williams, Dianne | | | W38 Unattached | | 6:45 | |
| 11 | 805 | Williams, Michael | | | M7 Unattached | | 8:27 | |
| 12 | 806 | Williams, Anne | | | W43 Unattached | | 8:34 | |
| 13 | 801 | Broughton, Rebecca | | | W36 Hawkesbury City | | 8:44 | |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



Open Greater Fun Run 2km

| Comp# | Name | Team | Time | Points |
|-------|-------------------------|-------------------------------|-------|--------|
| 1 | 360 Pryke, Jenson | M7 Cranebrook | 6:20 | |
| 2 | 813 McPhee, Jack | M23 Unattached | 7:16 | |
| 3 | 800 Solomon, Joel | M14 Unattached | 7:16 | |
| 4 | 819 Wilmott, Kylie | W37 Athletics Nsw | 8:13 | |
| 5 | 817 Armstrong, Brendan | M10 Unattached | 8:36 | |
| 6 | 816 Armstrong, Michael | M52 Unattached | 8:36 | |
| 7 | 822 Clubb, Shane | M35 Girraween | 9:22 | |
| 8 | 823 Scott, Belinda | W18 Asics Wests Track & Field | 9:24 | |
| 9 | 818 Armstrong, Benson | M8 Unattached | 11:17 | |
| 10 | 815 Armstrong, Kristine | W40 Unattached | 11:36 | |

Waratah Series Short Course and Little Athletics NSW Cross Country Championships



| Open | Greater | Fun Run | 4km | | | | |
|-------|---------|---------------------------|-----|------|-----------------|-------|--------|
| Comp# | Name | | | Team | | Time | Points |
| 1 | 810 | Leadbetter, Angela | | W43 | Unattached | 14:57 | |
| 2 | 361 | Pryke (no class), Lachlan | | M12 | UP Coaching | 19:11 | |
| 3 | 803 | Broughton., Heath | | M7 | Hawkesbury City | 20:09 | |
| 4 | 359 | Pryke, Conner | | M10 | Cranebrook | 21:14 | |
| 5 | 804 | Broughton., Tabitha | | W9 | Hawkesbury City | 25:16 | |
| 6 | 802 | Broughton, Allan | | M37 | Hawkesbury City | 25:17 | |
| 7 | 809 | Pyke, Kimberly | | W38 | Unattached | 31:03 | |