

LITTLE ATHLETICS ASSOCIATION OF NEW SOUTH WALES INC.

1995 STATE CROSS COUNTRY & ROAD WALKS

Jamison Oval, Penrith

BOYS

GIRLS

**UNDER 7 - 800m**

STATE

1. M Butler	Highlanders	3:19.5	1. E Junor	Tiger Wests	3:37.0
2. M Harrison	Nth Rocks/C'ford	3:20.6	2. K Payne	Warradale	3:38.9
3. A Katalinic	Winston Hills	3:23.4	3. A Butler	Highlanders	3:40.7
4. M Outzen	Winston Hills	3:25.0	4. K Schramm	Tiger Wests	3:42.7
5. M Fullarton	Winston Hills	3:26.6	5. S Lewis	Wallsend	3:45.4
6. A Smith	Nth Rocks/C'ford	3:27.2	6. E Johnson	Penrith	3:45.8
7. S Condon	Doonside	3:29.7	7. A Westerweller	Kurrajong/Bilpin	3:47.9
8. M Leslie	Liverpool	3:29.9	8. J Fullbrook	Manly Warringah	3:49.0

COUNTRY

1. M Butler	Highlanders	3:19.5	1. A Butler	Highlanders	3:40.7
2. T O'Connor	St Georges Basin	3:30.1	2. S Lewis	Wallsend	3:45.4
3. B Myers	Coffs Harbour	3:32.2	3. A Westerweller	Kurrajong/Bilpin	3:47.9

STATE TEAMS

1. Winston Hills
2. Nth Rocks/Carlingford
3. Hills District

Nil Teams

28 competitors - 24 Met; 4 Country

20 competitors - 12 Met; 8 Country

**UNDER 8 - 800m**

STATE

1. J Matthews	West Suburbs	3:02.2	1. T Amanakis	St George	3:14.9
2. M Duncan	Randwick/Botany	3:03.0	2. N Fullbrook	Manly Warringah	3:15.7
3. M Lewandowski	Tuggerah Lakes	3:03.6	3. V Jones	Camden	3:16.6
4. D Curren	Ku-Ring-Gai	3:03.9	4. N Berry	Shoalhaven	3:16.9
5. C Rudduck	Colyton/St Clair	3:04.1	5. S Clifford	Nepean	3:17.2
6. A Rutler	Hornsby	3:11.4	6. J Nikolic	Nepean	3:21.6
7. J Hall	Ambarvale	3:17.0	7. B Dodds	Nepean	3:22.2
8. J Murphy	Young	3:18.5	8. K Corbett	Warradale	3:27.4

COUNTRY

1. M Lewandowski	Tuggerah Lakes	3:03.6	1. N Berry	Shoalhaven	3:16.9
2. J Murphy	Young	3:18.5	2. D Searle	Cessnock	3:31.0
3. L Thomas	Emu Plains	3:24.8	3. M Smith	Kurrajong/Bilpin	3:34.0

STATE TEAMS

1. Prospect

1. Nepean
2. Kurrajong/Bilpin
3. Parramatta

32 competitors - 24 Met; 8 Country

35 competitors - 26 Met; 9 Country

**BOYS**

**GIRLS**

**UNDER 9 - 1500m**

**STATE**

1. T Crasti	Ku-Ring-Gai	5:53.8	1. K Paull	Blacktown	6:11.4
2. D Edmunds	Manly Warringah	5:37.6	2. A Pokoney	Cowra	6:12.5
3. S Close	Kurrajong/Bilpin	5:47.8	3. A Saftich	Port Stephens	6:13.6
4. C Stevenson	Manly Warringah	5:53.3	4. E Lonergan	Randwick/Botany	6:15.3
5. J Milburn	Nepean	5:56.4	5. L Newall	Sth Eastern	6:17.5
6. M Noro	Penrith	5:57.1	6. T Speechley	Manly Warringah	6:19.4
7. B Wiblen	Randwick/Botany	5:59.8	7. K Evans	Doonside	6:22.2
8. M Russell	Illawong	6:03.0	8. C Krueger	Kurrajong/Bilpin	6:24.3

**COUNTRY**

1. S Close	Kurrajong/Bilpin	5:47.8	1. A Pokoney	Cowra	6:12.5
2. B George	Mudgee	6:14.3	2. A Saftich	Port Stephens	6:13.6
3. C Diehm	Griffith	6:17.8	3. C Krueger	Kurrajong/Bilpin	6:24.3

**STATE TEAMS**

1. Hornsby	1. Nepean
2. Mt Druitt	2. Prospect
3. Nepean	3. Winston Hills

40 competitors - 33 Met; 7 Country

38 competitors - 26 Met; 12 Country

**UNDER 10 - 1500m**

**STATE**

1. C Clifford	Nepean	5:48.0	1. R Junor	Tiger Wests	5:51.0
2. B Paul	Ambarvale	5:48.2	2. M Dickson	Eastlakes	5:51.6
3. D Robinson	Camden	5:48.4	3. A Gwilliam	Nepean	5:52.4
4. D Pryer	Port Hacking	5:52.4	4. M Hugo	Kotara South	5:57.0
5. G McConnell	Girraween	5:52.8	5. C Archer	Mt Druitt	5:57.7
6. J Poppet	Kiama	5:53.1	6. A Ross	Kiama	6:00.2
7. D Kolodziej	Bankstown Sports	5:54.4	7. J Schramm	Tiger Wests	6:05.4
8. N Perrin	Tuggerah Lakes	5:55.7	8. A Vane	Fairfield	6:11.9

**COUNTRY**

1. J Poppet	Kiama	5:53.1	1. M Dickson	Eastlakes	5:51.6
2. N Perrin	Tuggerah Lakes	5:55.7	2. M Hugo	Kotara South	5:57.0
3. C Lewis	Wallsend	5:58.4	3. A Ross	Kiama	6:00.2

**STATE TEAMS**

1. Springwood	1. Kurrajong/Bilpin
2. North Rocks/Carlingford	2. Ku-Ring-Gai
	3. Penrith

36 competitors - 21 Met; 15 Country

46 competitors - 34 Met; 12 Country

**BOYS**

**GIRLS**

**UNDER 11 - 2000m**

**STATE**

1. D Beecroft	Toukley	7:29.4	1. R Mills	Nepean	8:03.6
2. J McCormack	Albion Park	7:30.4	2. L McIlvenie	Nepean	8:03.8
3. P Balinski	Holroyd	7:35.6	3. B Keith	Toukley	8:04.6
4. A Russell	Illawong	7:45.8	4. B Jones	Eastlakes	8:09.9
5. J Tolmie	Cootamundra	7:50.3	5. J Carroll	Minchinbury	8:10.4
6. R Cooper	Hawkesbury	7:53.4	6. R Hollands	Lake Illawarra	8:10.5
7. S McIlwraith	Springwood	7:57.1	7. A Cunnington	Koorinal-Wagga	8:11.6
8. A Mitchell	Sth Eastern	8:00.8	8. E O'Brien	Springwood	8:19.1

**COUNTRY**

1. D Beecroft	Toukley	7:29.4	1. B Keith	Toukley	8:04.6
2. J McCormack	Albion Park	7:30.4	2. B Jones	Eastlakes	8:09.9
3. J Tolmie	Cootamundra	7:50.3	3. R Hollands	Lake Illawarra	8:10.5

**STATE TEAMS**

1. Nepean	1. Nepean
2. Penrith	2. Sutherland
3. Prospect	3. Winston Hills

37 competitors - 25 Met; 12 Country

43 competitors - 31 Met; 12 Country

**UNDER 12 - 2000m**

**STATE**

1. A O'Neill	Koorinal-Wagga	7:10.8	1. G Bryen	Parkes	7:46.6
2. M Gibson	Springwood	7:24.6	2. S Hill	Toukley	7:47.2
3. T Richardson	Springwood	7:25.2	3. E Anthony	Port Hacking	8:04.0
4. D Searle	Cessnock	7:26.2	4. N Kelly	Campbelltown	8:08.4
5. A Myers	Coffs Harbour	7:30.5	5. N Molan	Manly Warringah	8:10.5
6. E Holt	Katoomba	7:38.1	6. R Junor	Tiger Wests	8:10.7
7. B Cato	Wollongong	7:40.2	7. T Davies	Nth Illawarra	8:25.8
8. K Murrell	Rutherford	7:41.9	8. E McKenzie	Campbelltown	8:28.3

**COUNTRY**

1. A O'Neill	Koorinal-Wagga	7:10.8	1. G Bryen	Parkes	7:46.6
2. M Gibson	Springwood	7:24.6	2. S Hill	Toukley	7:47.2
3. T Richardson	Springwood	7:25.2	3. T Davies	Nth Illawarra	8:25.8

**STATE TEAMS**

1. Springwood	1. Campbelltown
2. Winston Hills	2. Prospect
3. Kurrajong/Bilpin	

35 competitors - 17 Met; 18 Country

33 competitors - 25 Met; 8 Country

**BOYS**

**GIRLS**

**UNDER 13 - 2000m**

**STATE**

1. P Beacroft	Blacktown	7:13.1	1. M French	Nepean	7:37.4
2. T Webster	Cootamundra	7:13.3	2. E Stratford	Randwick/Botany	7:40.9
3. R Conroy	Gosford	7:20.0	3. A McIlvenie	Colyton/St Clair	7:47.5
4. C Philip	East Maitland	7:27.8	4. K Burnell	Penrith	7:51.8
5. P Harding	Penrith	7:29.9	5. K Johnston	Illawong	7:54.3
6. B St Lawrence	Katoomba	7:32.6	6. S Flett	Port Hacking	8:03.5
7. M Wills	Sawtell/Toormina	7:33.1	7. I Inacio	Nepean	8:04.2
8. S Muir	Girraween	7:33.4	8. M Flett	Port Hacking	8:04.4

**COUNTRY**

1. T Webster	Cootamundra	7:13.3	1. K Pye	Orange	8:10.3
2. R Conroy	Gosford	7:20.0	2. A Close	Kurrajong/Bilpin	9:03.5
3. C Philip	East Maitland	7:27.8	3. R Phipps	Dubbo	9:30.8

**STATE TEAMS**

1. Winston Hills	1. Nepean
2. Kurrajong/Bilpin	2. Penrith
	3. Prospect

25 competitors - 14 Met; 11 Country

29 competitors - 23 Met; 6 Country

**UNDER 14 - 3000m**

**STATE**

1. T Sundstrom	Highlanders	10:36.2	1. T Moxham	Lake Illawarra	10:55.0
2. D Byrne	Kurrajong/Bilpin	10:49.9	2. K Field	Nepean	11:05.8
3. B Balinski	Holroyd	10:50.6	3. M Riakos	Eastern Suburbs	11:34.9
4. S Elphick	Bowral	11:02.5	4. A Coyle	Parramatta	11:44.3
5. C Graves	Hornsby	11:03.5	5. K O'Neill	Koorringal-Wagga	11:58.0
6. D Salmon	Smithfield	11:19.5	6. E Comer	Wollongong	12:08.2
7. M Moody	Lake Illawarra	11:43.5	7. R Wilsher	Sutherland	12:08.8
8. G Farrow	Rutherford	11:43.7	8. D Calvert	Parramatta	12:20.7

**COUNTRY**

1. T Sundstrom	Highlanders	10:36.2	1. T Moxham	Lake Illawarra	10:55.0
2. D Byrne	Kurrajong/Bilpin	10:49.9	2. K O'Neill	Koorringal-Wagga	11:58.0
3. S Elphick	Bowral	11:02.5	3. E Comer	Wollongong	12:08.2

**STATE TEAMS**

Nil Teams	1. Parramatta
	2. Winston Hills

11 competitors - 5 Met; 6 Country

20 competitors - 14 Met; 6 Country

BOYS

GIRLS

**UNDER 15 - 3000m**

		<u>STATE</u>			
1. L Taylor	Penrith	10:15.9	1. D Hayes	Nth District	11:58.1
2. N Barr	Manly Warringah	10:24.7	2. M Watmough	Illawong	12:31.8
3. G Bass	Manly Warringah	10:28.7	3. A Hegarty	Nepean	13:22.7
4. J Kennedy	Koorringal-Wagga	10:37.0	4. E Priestley	Jamison	13:48.1
5. M Durante	Randwick/Botany	10:46.2	5. L Scott	Gosford	14:09.9
6. D Beacroft	Blacktown	10:51.7	6. R Tanner	Penrith	15:28.1
7. G Johnson	Koorringal-Wagga	10:53.8	7. G Nikolic	Nepean	15:56.0
8. E Declauzel	Campbelltown	11:20.1			

		<u>COUNTRY</u>			
1. J Kennedy	Koorringal-Wagga	10:37.0	1. L Scott	Gosford	14:09.9
2. G Johnson	Koorringa-Wagga	10:53.8			
3. C Dent	Tuggerah Lakes	11:30.4			

STATE TEAMS

Nil Teams

Nil teams

20 competitors - 12 Met; 8 Country

7 competitors - 6 Met; 1 Country

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# STATE ROAD WALKS

Jamison Oval, Penrith, July 9, 1995

## BOYS

### **UNDER 9 - 1200m**

## GIRLS

#### STATE

1. M Great	Nepean	6:30.7	1. P Gough	Nepean	6:15.3
2. N Mendham	Colyton/St Clair	6:34.7	2. C Woods	Eastern Suburbs	6:26.8
3. O Hughes	Manly Warringah	6:39.1	3. M Vellis	Nepean	6:29.9
4. M Russell	Illawong	7:14.9	4. L Newall	Sth Eastern	6:45.7
5. D Brown	Mt Druitt	7:22.0	5. A Horner	Nepean	6:55.1
6. D Potter	Mt Druitt	7:28.9	6. C Krueger	Kurrajong/Bilpin	6:56.0
7. S Bartlett	Bankstown Sports	7:50.6	7. J Kolodziej	Bankstown Sports	7:17.3
8. T Brown	Mt Druitt	8:27.7	8. S Bowd	Parkes	7:19.5

#### COUNTRY

1. C Diehm	Griffith	8:42.6	1. C Krueger	Kurrajong/Bilpin	6:56.0
			2. S Bowd	Parkes	7:19.5

#### STATE TEAMS

1. Mt Druitt	1. Nepean
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12 competitors - 10 Met; 2 Country

13 competitors - 11 Met; 2 Country

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### **UNDER 10 - 1200m**

#### STATE

1. N Fullarton	Winston Hills	6:03.8	1. K Venzlauskas	Nepean	5:56.2
2. C Clifford	Nepean	6:04.9	2. S Dickson	Sth Eastern	5:57.3
3. D Pryer	Port Hacking	6:17.7	3. N Dudman	Blacktown	6:15.5
4. T Geyteman	Hawkesbury	6:20.5	4. C Archer	Mt Druitt	6:37.0
5. M Dodds	Nepean	6:26.3	5. L Graham	Kurrajong/Bilpin	6:42.3
6. A Mellor	Bankstown Sports	6:29.5	6. M Dickson	Eastlakes	7:01.4
7. A Coker	Hills District	7:19.3	7. A Erwin	Nepean	7:09.1
			8. E Farrow	Rutherford	7:44.5

#### COUNTRY

Nil competitors	1. L Graham	Kurrajong/Bilpin	6:42.3
	2. M Dickson	Eastlakes	7:01.4
	3. E Farrow	Rutherford	7:44.5

#### STATE TEAMS

Nil teams	Nil teams
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7 competitors - 7 Met; 0 Country

11 competitors - 7 Met; 4 Country

BOYS

GIRLS

**UNDER 11 - 1500m**

STATE

1. K Harpley	Hornsby	7:37.0	1. L McIlvenie	Nepean	7:00.5
2. J Appleby	Nepean	7:51.1	2. K Drennan	Winston Hills	7:57.1
3. E Cross	Kurrajong/Bilpin	7:56.8	3. L Brooke	Nepean	8:09.5
4. R Cooper	Hawkesbury	8:00.6	4. K Connolly	Blacktown	8:14.8
5. K Crawford	Hills District	8:01.4	5. M Jenkins	Nepean	8:19.1
6. A Mitchell	Sth Eastern	8:38.6	6. E Graham	Kurrajong/Bilpin	8:26.4
7. K O'Connor	Raymond Terrace	8:39.5	7. A Paine	Nth Districts	8:40.5
8. S O'Dea	Blacktown	9:06.2	8. S Dickson	Fairfield	8:48.3

COUNTRY

1. E Cross	Kurrajong/Bilpin	7:56.8	1. E Graham	Kurrajong/Bilpin	8:26.4
2. K O'Connor	Raymond Terrace	8:39.5			
3. T Nesbitt-Hawes	Gosford	9:32.3			

STATE TEAMS

- |           |                  |
|-----------|------------------|
| Nil Teams | 1. Nepean        |
|           | 2. Winston Hills |
|           | 3. Penrith       |

16 competitors - 10 Met; 6 Country

21 competitors - 20 Met; 1 Country

**UNDER 12 - 1500m**

STATE

1. O Khattab	Glenbrook	6:58.9	1. H Brown	Mt Druitt	7:45.9
2. D Connolly	Mt Druitt	7:26.9	2. R Dodds	Nepean	8:01.1
3. D Breckon	Campbelltown	7:31.5	3. B Comer	Wollongong	8:31.2
4. T Upward	Wollongong	7:47.6	4. M Kurp	Winston Hills	8:37.3
5. B Wells	Gosford	8:10.7	5. A Doust	Ku-Ring-Gai	8:37.5
6. M Dickson	Fairfield	8:30.9	6. M Skeers	Doonside	9:28.7
7. M Cleary	Nepean	8:35.9	7. K Tanner	Penrith	9:38.8
8. S Bowd	Parkes	9:23.8	8. K Lawson	Balmain	9:42.2

COUNTRY

1. O Khattab	Glenbrook	6:58.9	1. B Comer	Wollongong	8:31.2
2. T Upward	Wollongong	7:47.6	2. R Day	Lake Illawarra	9:44.6
3. B Wells	Gosford	8:10.7			

STATE TEAMS

- |           |           |
|-----------|-----------|
| Nil teams | Nil teams |
|-----------|-----------|

11 competitors - 7 Met; 4 Country

9 competitors - 7 Met; 2 Country

**BOYS****GIRLS****UNDER 13 - 1500m**

		<u>STATE</u>			
1. P Beacroft	Blacktown	6:58.4	1. R McAskill	Nepean	6:34.2
2. D Vellis	Nepean	7:52.6	2. M French	Nepean	6:41.5
3. S Willson	Illawong	8:19.0	3. A McIlvenie	Colyton/St Clair	7:07.2
4. T Kay	Eastlakes	8:20.1	4. E Stratford	Randwick/Botany	7:14.2
5. J Cross	Kurrajong/Bilpin	8:46.4	5. R West	Hawkesbury	7:39.2
5. M Grimm	Lake Illawarra	9:14.3	6. S Newall	Sth Eastern	7:41.3
7. G Eyears	Bankstown Sports	9:25.8	7. M Butow	Nth Districts	7:56.1
8. S Grimm	Lake Illawarra	10:22.6	8. L Potter	Mt Druitt	8:00.9

		<u>COUNTRY</u>			
1. T Kay	Eastlakes	8:20.1	1. K Harrison	Lake Illawarra	10:41.2
2. J Cross	Kurrajong/Bilpin	8:46.4	2. B Saffioti	Lake Illawarra	10:56.0
3. M Grimm	Lake Illawarra	9:14.3			

**STATE TEAMS**

Nil teams

Nil teams

8 competitors - 4 Met; 4 Country

16 competitors - 14 Met; 2 Country

**UNDER 14 - 2000m**

		<u>STATE</u>			
1. T Sundstrom	Highlanders	8:28.4	1. M Riakos	Eastern Suburbs	9:43.8
2. B Balinski	Holroyd	10:30.8	2. T Kay	Eastlakes	10:05.1
			3. D Peel	Winston Hills	10:17.5
			4. C Nilon	Prospect	10:33.5
			5. P Swann	Nepean	10:43.5
			6. M Fava	Kurrajong/Bilpin	11:38.3
			7. M Drennan	Winston Hills	12:50.2
			8. K Carpenter	Winston Hills	13:03.3

**COUNTRY**

1. T Sundstrom	Highlanders	8:28.4	1. T Kay	Eastlakes	10:05.1
			2. M Fava	Kurrajong/Bilpin	11:38.3
			3. K O'Connor	Raymond Terrace	13:03.6

2 competitors - 1 Met; 1 Country

10 competitors - 7 Met; 3 Country

**UNDER 15 - 2000m**

		<u>STATE</u>			
1. A Upward	Wollongong	9:36.2	1. B Edwards	Blacktown	10:15.4
2. M Golebiowski	Blacktown	9:43.4	2. N Ellis	Smithfield	10:34.4
3. A Brigden	Penrith	9:47.3	3. A Wells	Gosford	10:41.4
4. T Little-Overton	Gosford	9:57.5			
5. S McDonald	Blacktown	10:14.4			
5. C Dent	Tuggerah Lakes	10:17.5			
7. L Anderson	Sawtell/Toormina	11:37.6			

**COUNTRY**

1. A Upward	Wollongong	9:36.2	1. A Wells	Gosford	10:41.4
2. T Little-Overton	Gosford	9:57.5			
3. C Dent	Tuggerah Lakes	10:17.5			

8 competitors - 4 Met; 4 Country

3 competitors - 2 Met; 1 Country