

LITTLE ATHLETICS ASSOCIATION OF NEW SOUTH WALES INC.

**STATE CROSS COUNTRY + ROAD WALKS**

1996

**Tamworth Touch Football Ground**

BOYS

GIRLS

**UNDER 7 - 800m**

STATE

1. D O'Brien	Blacktown	3:06.8	1. S Halpin	Tamworth	3:33.4
2. S Johnstone	Winston Hills	3:13.5	2. J Seymour	Aberdeen	3:42.9
3. B Kelly	Tamworth	3:19.7	3. P Russell	Tamworth	3:44.5
4. T Pollock	Edgeworth	3:29.5	4. A Appleby	Nepean	3:48.9
5. J Smith	Tiger Wests	3:30.5	5. L Beaton	Tuggerah Lakes	3:51.3
6. T Baker	Nth Districts	3:31.2	6. K Frost	Charlestown	3:55.2
7. A Poppett	Kiama	3:36.4	7. L Kurp	Winston Hills	4:09.7
8. S Hall	Ambarvale	3:37.6	8. S Pokoney	Cowra	4:18.3

COUNTRY

1. B Kelly	Tamworth	3:19.7	1. S Halpin	Tamworth	3:33.4
2. T Pollock	Edgeworth	3:29.5	2. J Seymour	Aberdeen	3:42.9
3. A Poppett	Kiama	3:36.4	3. P Russell	Tamworth	3:44.5

STATE TEAMS

Nil Teams

Nil Teams

11 competitors - 5 Met; 6 Country

9 competitors - 2 Met; 7 Country

**UNDER 8 - 800m**

STATE

1. A Katalinic	Winston Hills	2:54.3	1. E Junor	Tiger Wests	3:01.9
2. M Harrison	Nth Rocks/C'ford	2:59.3	2. E Statham	Lithgow	3:03.4
3. S Driver	Tamworth	3:03.6	3. S Frost	Charlestown	3:06.7
4. S Condon	Doonside	3:07.4	4. K Schramm	Tiger Wests	3:13.0
5. T Marshall	Wallsend	3:08.5	5. A Russell	Port Hacking	3:15.2
6. K Densmore	Bellinger Valley	3:13.5	6. S Wilton	Warialda	3:17.1
7. J Ninyo	Randwick/Botany	3:14.6	7. N Harrison	Blacktown	3:19.2
8. J Mitchell	Tamworth	3:16.0	8. M Hamilton	Nth Districts	3:22.4

COUNTRY

1. S Driver	Tamworth	3:03.6	1. E Statham	Lithgow	3:03.4
2. T Marshall	Wallsend	3:08.5	2. S Frost	Charlestown	3:06.7
3. K Densmore	Bellinger Valley	3:13.5	3. S Wilton	Warialda	3:17.1

STATE TEAMS

1. Tamworth

Nil Teams

13 competitors - 8 Met; 5 Country

18 competitors - 9 Met; 9 Country

BOYS

GIRLS

**UNDER 9 - 1500m**

STATE

1. J Matthews	Western Suburbs	4:56.5	1. S Clifford	Nepean	5:50.1
2. A Rutter	Hornsby	5:11.0	2. R Dodds	Nepean	5:53.3
3. K Smith	Tiger Wests	5:22.8	3. A Graves	Hills District	6:00.5
4. C Trescott	Winston Hills	5:26.8	4. C Fleming	Mt Druitt	6:02.4
5. T Watson	Inverell	5:28.1	5. K Corbett	Warradale	6:09.5
6. C Cole	Warren	5:32.2	6. T Doodson	Mt Druitt	6:10.4
7. J Hooimeyer	Hawkesbury City	5:38.6	7. E Glover	Randwick/Botany	6:11.7
8. S Leggatt	Armidale	5:55.3	8. C Hammond	Mosman	6:16.2

COUNTRY

1. T Watson	Inverell	5:28.1	1. S Collins	Warialda	6:19.8
2. C Cole	Warren	5:32.2	2. N Youman	Guyra	6:32.1
3. S Leggatt	Armidale	5:55.3	3. R Taylor	Tamworth	6:44.3

STATE TEAMS

Nil Teams	1. Nepean
	2. Mt Druitt
	3. Tamworth

3 competitors - 8 Met; 5 Country

25 competitors - 14 Met; 11 Country

**UNDER 10 - 1500m**

STATE

1. C Burgess	Kotara South	5:10.2	1. C Harrison	Blacktown	5:36.1
2. J Milburn	Nepean	5:18.9	2. R Hesp	Manly Warringah	5:40.6
3. D Edmunds	Manly Warringah	5:24.8	3. B Mohr	Kotara South	5:45.4
4. L Palmer	Warialda	5:31.0	4. R McDermott	Narrandera	5:46.2
5. M Parnham	Parramatta	5:32.7	5. A Pokoney	Cowra	5:50.6
6. B Woods	Tamworth	5:39.0	6. G Peek	Tamworth	6:01.2
7. M Bawden	Bowral	5:40.0	7. E Munro	Cranebrook	6:02.5
8. N Perry	Tuggerah Lakes	5:40.9	8. C Krueger	Kurrajong/Bilpin	6:05.1

COUNTRY

1. C Burgess	Kotara South	5:10.2	1. B Mohr	Kotara South	5:45.4
2. L Palmer	Warialda	5:31.0	2. R McDermott	Narrandera	5:46.2
3. B Woods	Tamworth	5:39.0	3. A Pokoney	Cowra	5:50.6

STATE TEAMS

1. Manly Warringah	1. Tamworth
2. Winston Hills	2. Winston Hills

25 competitors - 17 Met; 8 Country

18 competitors - 9 Met; 9 Country

BOYS

GIRLS

**UNDER 11 - 2000m**

STATE

1. A Marshall	Wallsend	7:11.3	1. B Lenne	St George	7:15.4
2. J Small	Terrigal/Wamberal	7:13.0	2. M Dickson	Eastlakes	7:27.6
3. C Clifford	Nepean	7:15.5	3. M Hugo	Kotara South	7:30.9
4. G McConnell	Girraween	7:15.8	4. R Junor	Tiger Wests	7:40.0
5. M Shortis	Armidale	7:21.6	5. C Archer	Mt Druitt	7:50.3
6. J Poppett	Kiama	7:21.9	6. A Gwilliam	Nepean	7:55.4
7. M Perrin	Tuggerah Lakes	7:24.1	7. L Palmer	Terrigal/Wamberal	7:55.7
8. M Needham	Tuggerah Lakes	7:26.2	8. S Baker	Nth Districts	8:05.4

COUNTRY

1. A Marshall	Wallsend	7:11.3	1. M Dickson	Eastlakes	7:27.6
2. J Small	Terrigal/Wamberal	7:13.0	2. M Hugo	Kotara South	7:30.9
3. M Shortis	Armidale	7:21.6	3. L Palmer	Terrigal/Wamberal	7:55.7

STATE TEAMS

1. Tamworth Nil Teams

18 competitors - 8 Met; 10 Country

19 competitors - 11 Met; 8 Country

**UNDER 12 - 2000m**

STATE

1. A Vringer	Tiger Wests	6:56.2	1. B Keith	Toukley	7:20.5
2. D Beecroft	Toukley	6:56.2	2. B Wilsher	Sutherland	7:27.5
3. J Tolmie	Cootamundra	7:21.1	3. N Greenhalgh	Grafton	7:29.0
4. L Wright	Wauchope	7:28.4	4. M Jenkins	Nepean	7:37.5
5. E Hasselmann	Inverell	7:42.0	5. G Bagshaw	Tamworth	7:46.5
6. L Gough	Nepean	7:45.4	6. L McIlvenie	Nepean	7:49.3
7. J Appleby	Nepean	7:53.7	7. K Drennan	Winston Hills	7:52.7
8. K Roberts	Illawong	7:54.9	8. S Riakos	Eastern Suburbs	7:58.8

COUNTRY

1. D Beecroft	Toukley	6:51.6	1. B Keith	Toukley	7:20.5
2. J Tolmie	Cootamundra	7:21.1	2. N Greenhalgh	Grafton	7:29.0
3. L Wright	Wauchope	7:28.4	3. G Bagshaw	Tamworth	7:46.5

STATE TEAMS

Nil Teams 1. Nepean  
2. Winston Hills

16 competitors - 8 Met; 8 Country

20 competitors - 14 Met; 6 Country

BOYS

GIRLS

**UNDER 13 - 2000m**

STATE

1. W Devjak	Ryde AAC	6:39.2	1. G Bryen	Parkes	7:17.0
2. A O'Neill	Koorinal-Wagga	6:39.4	2. E McKenzie	Campbelltown	7:21.1
3. M Simmonds	Bathurst	6:46.9	3. T Jones	Muswellbrook	7:30.8
4. N Bromley	Ku-Ring-Gai	6:50.1	4. A Geddes	Kotara South	7:48.0
5. A Matthews	Western Suburbs	7:05.2	5. R Junor	Tiger Wests	7:59.8
6. D Caraghin	Wauchope	7:13.8	6. H Clark	Cobar	8:03.4
7. M Symes	Winston Hills	7:27.4	7. N Schramm	Tiger Wests	8:05.4
8. A Harpley	Hornsby	7:35.6	8. H Brown	Mt Druiitt	8:31.9

COUNTRY

1. A O'Neill	Koorinal-Wagga	6:39.4	1. G Bryen	Parkes	7:17.0
2. M Simmonds	Bathurst	6:46.9	2. T Jones	Muswellbrook	7:30.8
3. D Caraghin	Wauchope	7:13.8	3. A Geddes	Kotara South	7:48.0

STATE TEAMS

.. Winston Hills Nil Teams

7 competitors - 11 Met; 6 Country

9 competitors - 5 Met; 4 Country

**UNDER 14 - 3000m**

STATE

1. M Katalinic	Winston Hills	9:58.5	1. E Stratford	Randwick/Botany	10:42.9
2. A Murray	Tamworth	10:14.8	2. J Cropper	Nth Districts	10:51.4
3. D Diehm	Griffith	10:27.9	3. K Pye	Orange	10:58.5
4. B Tilt	Smithfield	10:50.1	4. K Johnston	Illawong	11:15.0
5. S Wilson	Illawong	11:02.8	5. K Watson-Jones	Nepean	11:31.2
6. A Okulicz	Smithfield	11:14.1	6. L Vringer	Tiger Wests	12:05.4
7. L Montgomery	Nepean	11:59.3	7. V Schramm	Tiger Wests	12:14.5
			8. N McDermott	Narrandera	12:37.9

COUNTRY

1. A Murray	Tamworth	10:14.8	1. K Pye	Orange	10:58.5
2. D Diehm	Griffith	10:27.9	2. N McDermott	Narrandera	12:37.9
			3. C McDermott	Narrandera	13:51.5

STATE TEAMS

Nil Teams Nil Teams

7 competitors - 5 Met; 2 Country

12 competitors - 8 Met; 4 Country

BOYS

GIRLS

**UNDER 15 - 3000m**

STATE

1. N Haines	Manly Warringah	9:30.9	1. R Wilsher	Sutherland	11:30.1
2. J Iddles	Bellinger Valley	9:36.7	2. D Mills	Nepean	11:56.5
3. M Moody	Lake Illawarra	9:43.2	3. D Peel	Winston Hills	11:57.0
4. B Innes	Jamison	9:47.5	4. K Butow	Nth Districts	12:32.6
5. S Elphick	Bowral	9:54.9	5. E Jones	Muswellbrook	12:34.6
6. D Salmon	Smithfield	10:14.7	6. M Drennan	Winston Hills	12:44.9
7. G Hubbard	Woolgoolga AA	10:23.4	7. T Kay	Kotara South	13:05.4
8. M Sibraa	Griffith	10:29.1	8. C Nilon	Prospect	13:25.2

COUNTRY

1. J Iddles	Bellinger Valley	9:36.7	1. E Jones	Muswellbrook	12:34.6
2. M Moody	Lake Illawarra	9:43.2	2. T Kay	Kotara South	13:05.4
3. S Elphick	Bowral	9:54.9	3. K O'Connor	Raymond Terrace	13:29.0

STATE TEAMS

Nil Teams

1. Winston Hills

9 competitors - 3 Met; 6 Country

11 competitors - 8 Met; 3 Country

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# STATE ROAD WALKS

Tamworth Touch Football Ground, July 7, 1996

## BOYS

## GIRLS

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

#### STATE

1. S Fyson	Randwick Botany	6:00.5	1. T Doodson	Mt Druitt	5:49.3
2. C Trescott	Winston Hills	7:01.4	2. R Dodds	Nepean	6:01.5
3. J Matthews	Western Suburbs	8:18.6	3. K Corbett	Warradale	6:07.0
			4. K Roberts	Illawong	6:31.9
			5. S McLean	Sth Eastern	6:47.9
			6. J Nikolic	Nepean	6:49.6
			7. A Graves	Hills District	7:04.1
			8. C Ebejer	Mt Druitt	7:38.9

#### COUNTRY

Nil	1. J Beaton	Tuggerah Lakes	8:04.5
	2. V Poppett	Kiama	8:35.9
	3. N Youman	Guyra	9:10.4

#### STATE TEAMS

Nil Teams	1. Mt Druitt
5 competitors - 3 Met; 2 Country	12 competitors - 9 Met; 3 Country

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

#### STATE

1. O Hughes	Manly Warringah	6:17.7	1. C Woods	Eastern Suburbs	5:49.3
2. M Great	Nepean	6:38.3	2. R McDermott	Narrandera	5:59.5
3. D Brown	Mt Druitt	6:51.9	3. M Vellis	Nepean	6:15.9
4. A Vaughan	Hills District	6:55.8	4. C Perriott	Winston Hills	6:24.4
5. T Brown	Mt Druitt	6:57.8	5. A Hawke	Wollondilly	6:34.1
6. M Parnham	Parramatta	7:23.9	6. C Krueger	Kurrajong/Bilpin	6:36.7
7. C Brooke	Nepean	8:06.2	7. L Burns-Rees	Balmain	7:21.6
8. B Lye	Tamworth	8:37.2	8. A Betts	Tamworth	7:59.8

#### COUNTRY

1. B Lye	Tamworth	8:37.2	1. R McDermott	Narrandera	5:59.5
2. B Hayward	Tamworth	9:27.7	2. A Hawkes	Wollondilly	6:34.1
			3. C Krueger	Kurrajong/Bilpin	6:36.7

#### STATE TEAMS

1. Winston Hills	Nil Teams
14 competitors - 11 Met; 3 Country	13 competitors - 7 Met; 6 Country

**BOYS**

**GIRLS**

**UNDER 11 - 1500m**

<u>STATE</u>					
1. C Clifford	Nepean	7:40.4	1. S Dickson	Sth Eastern	7:29.9
2. C Iddles	Bellinger Valley	9:00.2	2. C Archer	Mt Druitt	7:40.0
3. N Doodson	Mt Druitt	9:04.7	3. K Venzlauskas	Nepean	7:54.0
4. J Poppett	Kiama	9:13.0	4. N Dudman	Blacktown	7:59.9
5. S Thompson	Tamworth	9:27.3	5. R O'Connor	Raymond Terrace	8:59.3
6. R Fyson	Randwick/Botany	9:28.9	6. L Grant	Girraween	10:08.5
7. A Coker	Hills District	9:47.3	7. V Ebeger	Mt Druitt	10:39.9
8. P Batten	Nth Rocks/C'ford	9:48.6	8. R Johnstone	Wollondilly	11:26.9

<u>COUNTRY</u>					
1. C Iddles	Bellinger Valley	9:00.2	1. R O'Connor	Raymond Terrace	8:59.3
2. J Poppett	Kiama	9:13.0	2. R Johnstone	Wollondilly	11:26.9
3. S Thompson	Tamworth	9:27.3			

**STATE TEAMS**

Nil Teams

Nil Teams

10 competitors - 6 Met; 3 Country

8 competitors - 6 Met; 2 Country

**UNDER 12 - 1500m**

<u>STATE</u>					
1. K Harpley	Hornsby	7:23.8	1. L McIlvenie	Nepean	6:51.2
2. K Roberts	Illawong	8:12.6	2. S Riakos	Eastern Suburbs	7:41.6
3. K O'Connor	Raymond Terrace	8:34.9	3. K Drennan	Winston Hills	7:44.2
4. T Nesbitt-Hawes	Gosford	9:19.6	4. C Bennett	Nepean	8:08.3
5. S Nilon	Prospect	11:11.8	5. L Brooke	Nepean	8:09.5
			6. B Sait	Sth Eastern	8:18.1
			7. M Jenkins	Nepean	8:30.9
			8. A Daine	Nth Districts	9:31.1

<u>COUNTRY</u>					
1. K O'Connor	Raymond Terrace	8:34.9	1. T Potae	Canowindra	11:00.4
2. T Nesbitt-Hawes	Gosford	9:19.6	2. E Youman	Guyra	12:32.2

**STATE TEAMS**

Nil teams

1. Nepean
2. Winston Hills

7 competitors - 4 Met; 3 Country

12 competitors - 10 Met; 2 Country

BOYS

GIRLS

**UNDER 13 - 1500m**

STATE

1. D Connolly	Mt Druitt	6:56.9	1. H Brown	Mt Druitt	7:31.6
2. A Harpley	Hornsby	8:17.9	2. R Dodds	Nepean	7:32.0
3. M Symes	Winston Hills	11:05.9	3. K Lloyd	Blacktown	8:52.6
4. M Connaughton	Winston Hills	12:04.3	4. S Russell	Tamworth	9:35.9
			5. M Kurp	Winston Hills	10:03.4

COUNTRY

Nil			1. S Russell	Tamworth	9:35.9
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6 competitors - 6 Met; 0 Country

5 competitors - 4 Met; 1 Country

**UNDER 14 - 2000m**

STATE

1. S Willson	Illawong	11:01.9	1. A McIlvenie	Colyton/St Clair	10:28.6
2. D Vellis	Nepean	11:02.8	2. E Stratford	Randwick/Botany	10:39.53
3. L Montgomery	Nepean	11:45.9	3. M Butow	Nth Districts	10:47.4
4. T Kay	Kotara South	12:41.2	4. K Watson-Jones	Nepean	10:51.5
			5. M Coker	Hills District	11:14.3
			6. T Graves	Hills District	12:36.1
			7. C McDermott	Narrandera	12:38.2
			8. N McDermott	Narrandera	13:16.3

COUNTRY

1. T Kay	Kotara South	12:41.2	1. C McDermott	Narrandera	12:38.2
			2. N McDermott	Narrandera	13:16.3

4 competitors - 3 Met; 1 Country

8 competitors - 6 Met; 2 Country

**UNDER 15 - 2000m**

STATE

1. N Haines	Manly Warringah	10:25.4	1. D Peel	Winston Hills	10:39.0
2. G Hubbard	Woolgoolga AAC	10:32.0	2. T Kay	Kotara South	11:27.6
3. A Thompson	Tamworth	10:49.7	3. C Nilon	Prospect	11:43.7
4. S McMurray	Tamworth	13:51.6	4. K O'Connor	Raymond Terrace	11:50.8
			5. M Drennan	Winston Hills	11:58.8
			6. K Greenhalgh	Illawong	12:07.2
			7. K Carpenter	Winston Hills	12:08.2
			8. K Catford	Raymond Terrace	12:09.0

COUNTRY

1. G Hubbard	Woolgoolga AAC	10:32.0	1. T Kay	Kotara South	11:27.6
2. A Thompson	Tamworth	10:49.7	2. K O'Connor	Raymond Terrace	11:50.8
3. S McMurray	Tamworth	13:51.6	3. K Catford	Raymond Terrace	12:09.0

STATE TEAMS

Nil teams			1. Winston Hills		
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4 competitors - 1 Met; 3 Country

9 competitors - 6 Met; 3 Country