

RESULTS

MID SOUTH COAST ZONE - 2003/04

U/7 Boys

50M Run	1 Adam Watson	Shoalhaven	9.4
	2 Reuben de Casanove	St Georges Basin	9.5
	3 Mitchell Callaghan	Albion Park	10.2
	4 Steve Borg	Lake Illawarra	12.9
70M Run	1 Adam Watson	Shoalhaven	12.5
	2 Gus Frank	Milton Ulladulla	12.7
	3 Mitchell Callaghan	Albion Park	13.5
	4 Jason Huntsman	St Georges Basin	13.6
	5 Blake Wakeling	Shoalhaven	13.6
100M Run	1 Adam Watson	Shoalhaven	17.6
	2 Reuben de Casanove	St Georges Basin	17.7
	3 Gus Frank	Milton Ulladulla	18
	4 Mitchell Callaghan	Albion Park	19.54
	5 Steve Borg	Lake Illawarra	23.4
200M Run	1 Gus Frank	Milton Ulladulla	39.8
	2 Adam Watson	Shoalhaven	40.8
	3 Reuben de Casanove	St Georges Basin	41
	4 Kieran Gilly	Albion Park	44.4
Long Jump	1 Mitchell Scott	Lake Illawarra	3.02
	2 Jason Huntsman	St Georges Basin	2.72
	3 Blake Wakeling	Shoalhaven	2.62
	4 Mitchell Callaghan	Albion Park	2.51
	5 Kieran Gilly	Albion Park	2.49
Shot Put	1 Steve Borg	Lake Illawarra	5.92
	2 Mitchell Scott	Lake Illawarra	5.67
	3 Kieran Gilly	Albion Park	5.23
Discus	1 Mitchell Scott	Lake Illawarra	21.21
	2 Steve Borg	Lake Illawarra	15.12
	3 Kieran Gilly	Albion Park	11.38
	4 Blake Wakeling	Shoalhaven	10.7
	5 Jason Huntsman	St Georges Basin	10.11
Pack Start	1 Gus Frank	Milton Ulladulla	1-59.5
	2 Jason Huntsman	St Georges Basin	2-05.1
	3 Blake Wakeling	Shoalhaven	2-10.3
	4 Mitchell Scott	Lake Illawarra	2-17.7

U/8 Boys

70M Run	1 Braeden Mellier	St Georges Basin	12.7
	2 Byron Herring	Milton Ulladulla	12.9
70M Run	3 Brandon Fitness	Albion Park	13.5

	4 Jarred Woodham	Shoalhaven	13.7
	5 Hayden Jackson	St Georges Basin	14
	6 Hayden Rodda	Shoalhaven	14
100M Run	1 Harley Wall	Albion Park	17.1
	2 Byron Herring	Milton Ulladulla	17.3
	3 Liam Schubert	Milton Ulladulla	18.3
	4 Brandon Fitness	Albion Park	18.6
	5 Jarred Woodham	Shoalhaven	18.8
200M Run	1 Byron Herring	Milton Ulladulla	37.7
	2 Miles Donnelly	Shoalhaven	37.8
	3 Jed Nielsen	Shoalhaven	46.6
400M Run	1 Byron Herring	Milton Ulladulla	1-30.40
	2 Harley Wall	Albion Park	1-32.90
	3 Liam Schubert	Milton Ulladulla	1-34.20
	4 Jed Nielsen	Shoalhaven	1-37.30
60M Hurdles	1 Harley Wall	Albion Park	12.9
	2 Miles Donnelly	Shoalhaven	12.9
	3 Braeden Mellier	St Georges Basin	13
	4 Brandon Fitness	Albion Park	13.9
	5 Liam Schubert	Milton Ulladulla	14
	6 Hayden Rodda	Shoalhaven	14.9
Long Jump	1 Harley Wall	Albion Park	3.05
	2 Ryan Chapman	Albion Park	2.86
	3 Hayden Rodda	Shoalhaven	2.6
	4 Joshua Fernandes	Lake Illawarra	2.53
	5 Jed Nielsen	Shoalhaven	2.47
	6 Billy Jack Louttit	Lake Illawarra	2.16
Shot Put	1 Braeden Mellier	St Georges Basin	5.79
	2 Joshua Fernandes	Lake Illawarra	5.39
	3 Ryan Chapman	Albion Park	5.11
	4 Miles Donnelly	Shoalhaven	4.7
	5 Jarred Woodham	Shoalhaven	4.69
	6 Hayden Rodda	Shoalhaven	3.69
	7 Billy Jack Louttit	Lake Illawarra	3.41
	8 Brandon Fitness	Albion Park	3.18
Discus	1 Ryan Chapman	Albion Park	18.5
	2 Braeden Mellier	St Georges Basin	18.04
	3 Hayden Jackson	St Georges Basin	13.36
	4 Joshua Fernandes	Lake Illawarra	13.27
	5 Jarred Woodham	Shoalhaven	11.81
	6 Billy Jack Louttit	Lake Illawarra	5.91
Pack Start	1 Miles Donnelly	Shoalhaven	2-56.3
	2 Joshua Fernandes	Lake Illawarra	2-58.5
	3 Ryan Chapman	Albion Park	3-06.1

	4 Jed Nielsen	Shoalhaven	3-13.0
Pack Start	5 Billy Jack Louttit	Lake Illawarra	3-30.1
	6 Hayden Jackson	St Georges Basin	3-44.5

U/9 Boys

70M Run	1 Wade Hazell	Shoalhaven	11.1
	2 Tim White	St Georges Basin	11.1
	3 Timothy Adams	Lake Illawarra	11.2
	4 Evan Nagel	St Georges Basin	12
	5 Joshua O'Dea	Albion Park	14.1
	6 Tyler Watson	Shoalhaven	14.2

100M Run	1 Wade Hazell	Shoalhaven	15.4
	2 David Windred	St Georges Basin	15.7
	3 Timothy Adams	Lake Illawarra	16
	4 Ryan Clarke	Milton Ulladulla	17.3
	5 Joshua O'Dea	Albion Park	17.4

200M Run	1 Tim White	St Georges Basin	33.8
	2 Joshua Bingham	Lake Illawarra	33.9
	3 Simon Meaney	Kiama	36.1
	4 Brodie Wakeling	Shoalhaven	37.6
	5 Ryan Clarke	Milton Ulladulla	37.7

400M Run	1 Drew Hutchison	Albion Park	1-25.90
	2 Michael Stapleton	Milton Ulladulla	1-32.70

800M Run	1 Joshua Bingham	Lake Illawarra	2-52.4
	2 Brodie Wakeling	Shoalhaven	3-16.1
	3 Devin Gould	Kiama	3-19.9
	4 Michael Stapleton	Milton Ulladulla	3-24.5
	5 Steven Skipper	St Georges Basin	4-19.7
	6 Blake Johnson	St Georges Basin	4-27.6

700M Walk	1 Timothy Adams	Lake Illawarra	4-29.4
	2 Devin Gould	Kiama	5-18.2
	3 Steven Skipper	St Georges Basin	5-18.5
	4 Blake Johnson	St Georges Basin	6-47.6

60M Hurdles	1 Timothy Adams	Lake Illawarra	11.1
	2 Joshua Bingham	Lake Illawarra	11.4
	3 Wade Hazell	Shoalhaven	11.6
	4 David Windred	St Georges Basin	11.7
	5 Simon Meaney	Kiama	12.3
	6 Joshua O'Dea	Albion Park	12.7
	7 Tyler Watson	Shoalhaven	13.3

Long Jump	1 Joshua Bingham	Lake Illawarra	4.32
	2 David Windred	St Georges Basin	3.76
	3 Wade Hazell	Shoalhaven	3.76
	4 Drew Hutchison	Albion Park	3.66

Long Jump	5 Brodie Wakeling	Shoalhaven	3.37
	6 Ryan Clarke	Milton Ulladulla	3.31
	7 Evan Nagel	St Georges Basin	3.21
	8 Blake Johnson	St Georges Basin	2.86
High Jump	1 David Windred	St Georges Basin	1.07
	2 Drew Hutchison	Albion Park	1.01
	3 Tim White	St Georges Basin	0.99
	4 Simon Meaney	Kiama	0.97
	5 Ryan Clarke	Milton Ulladulla	0.97
Shot Put	1 Tim White	St Georges Basin	6.55
	2 Drew Hutchison	Albion Park	5.91
	3 Michael Stapleton	Milton Ulladulla	5.32
	4 Devin Gould	Kiama	5.23
	5 Tyler Watson	Shoalhaven	4.97
Discus	1 Devin Gould	Kiama	15.13
	2 Steven Skipper	St Georges Basin	14.65
	3 Blake Johnson	St Georges Basin	14.01
	4 Michael Stapleton	Milton Ulladulla	13.78
	5 Brodie Wakeling	Shoalhaven	13.5
	6 Tyler Watson	Shoalhaven	13.34
U/10 Boys			
70M Run	1 Robert Cull	Albion Park	10.8
	2 Anthony Pearce	Albion Park	11
	3 Dean Invernon	Lake Illawarra	11.3
	4 Aiden Takacs	Lake Illawarra	12
100M Run	1 Anthony Pearce	Albion Park	15
	2 Dean Invernon	Lake Illawarra	15.3
	3 Brennan Kendrick	Lake Illawarra	15.5
	4 Robert Cull	Albion Park	15.6
	5 Michael Whipp	St Georges Basin	16.5
	6 Aiden Takacs	Lake Illawarra	17
	7 Brodie McMorrow	St Georges Basin	19.2
	8 Joseph Davies	Shoalhaven	20.2
200M Run	1 Brennan Kendrick	Lake Illawarra	33
	2 Joseph Davies	Shoalhaven	41.5
400M Run	1 Adam Gilbert	Albion Park	1-14.50
	2 Jayden Kennedy	Milton Ulladulla	1-25.30
800M Run	1 Adam Gilbert	Albion Park	2-47.8
	2 Jayden Kennedy	Milton Ulladulla	3-07.7
	3 Lochlan Patterson	Lake Illawarra	3-10.7
	4 Brett Cowie	Albion Park	3-24.9
1500M Run	1 Adam Gilbert	Albion Park	5-45.0

	2 Robert Cull	Albion Park	6-21.3
	3 Jayden Kennedy	Milton Ulladulla	6-32.1
1500M Run	4 Brett Cowie	Albion Park	6-38.0
1100M Walk	1 Lachlan Mellier	St Georges Basin	9-59.6
60M Hurdles	1 Nicky Logan	Albion Park	11.1
	2 Dean Invernon	Lake Illawarra	11.8
	3 Aiden Takacs	Lake Illawarra	12.3
	4 Mitchell Chpaman	Albion Park	13.1
	5 Jayden Kennedy	Milton Ulladulla	13.7
	6 Brodie McMorrow	St Georges Basin	13.8
Long Jump	1 Dean Invernon	Lake Illawarra	3.97
	2 Adam Gilbert	Albion Park	3.89
	3 Nicky Logan	Albion Park	3.84
	4 Michael Whipp	St Georges Basin	3.79
	5 Aiden Takacs	Lake Illawarra	3.7
	6 Anthony Pearce	Albion Park	3.54
High Jump	1 Nicky Logan	Albion Park	1.23
	2 Brennan Kendrick	Lake Illawarra	1.19
	3 Lochlan Patterson	Lake Illawarra	1.15
	4 Robert Cull	Albion Park	1.11
Shot Put	1 Jayden Crook	Shoalhaven	7.54
	2 Lochlan Patterson	Lake Illawarra	7.05
	3 Anthony Pearce	Albion Park	6.99
	4 Lachlan Mellier	St Georges Basin	5.75
Discus	1 Nicky Logan	Albion Park	26.83
	2 Brennan Kendrick	Lake Illawarra	19.79
	3 Jayden Crook	Shoalhaven	19.55
	4 Brodie McMorrow	St Georges Basin	14.52
	5 Lachlan Mellier	St Georges Basin	13.67
	6 Joseph Davies	Shoalhaven	11.91

U/11 Boys

100M Run	1 Joel Fitness	Albion Park	15
	2 Harley Ryan	Albion Park	15.4
	3 Stephen Shelley	Shoalhaven	15.9
	4 Matthew Smith	Shoalhaven	16
	5 Kieran Richards	St Georges Basin	16.5
	6 Jake Hazell	Shoalhaven	16.8
	7 William Pearce	Albion Park	17.5
	8 Jack Rodda	Shoalhaven	17.9
200M Run	1 Jack Doyle	Lake Illawarra	30.1
	2 Corey Gameiro	Lake Illawarra	30.6
	3 Samuel White	Albion Park	31
	4 Harley Ryan	Albion Park	32.3

	5	Matthew Smith	Shoalhaven	32.5
	6	Gareth Ryan	Albion Park	34.3
400M Run	1	Samuel White	Albion Park	1-08.70
	2	Wesley Ring	Milton Ulladulla	1-13.30
	3	Gareth Ryan	Albion Park	1-18.00
	4	Jordan Hutchison	Albion Park	1-28.20
800M Run	1	Samuel White	Albion Park	2-39.2
	2	Shane Cowie	Albion Park	2-44.9
	3	Matthew Logan	Albion Park	2-48.4
	4	Nathan Mackinnon	Lake Illawarra	2-56.7
	5	Matthew Cooke	Shoalhaven	2-59.1
	6	Gareth Ryan	Albion Park	3-01.1
	7	Cain Parker	Shoalhaven	3-10.2
	8	Thomas Leedham	Lake Illawarra	3-10.9
	9	Jordan Hutchison	Albion Park	3-29.2
1500M Run	1	Shane Cowie	Albion Park	5-23.5
	2	Matthew Logan	Albion Park	5-39.1
	3	Wesley Ring	Milton Ulladulla	5-50.7
	4	Corey Gameiro	Lake Illawarra	5-56.8
	5	Gareth Ryan	Albion Park	6-00.4
	6	Matthew Cooke	Shoalhaven	6-18.5
	7	Thomas Leedham	Lake Illawarra	6-23.1
1100M Walk	1	Nathan Mackinnon	Lake Illawarra	6-03.5
	2	Matthew Logan	Albion Park	7-11.2
	3	Thomas Leedham	Lake Illawarra	7-17.7
	4	Jack Rodda	Shoalhaven	7-29.9
60M Hurdles	1	Jack Doyle	Lake Illawarra	10.3
	2	Matthew Smith	Shoalhaven	10.9
	3	Stephen Shelley	Shoalhaven	11.5
	4	Jake Hazell	Shoalhaven	12.5
	5	Jack Rodda	Shoalhaven	13.5
Long Jump	1	Jack Doyle	Lake Illawarra	4.88
	2	Corey Gameiro	Lake Illawarra	4.71
	3	Joel Fitness	Albion Park	4.66
	4	Kieran Richards	St Georges Basin	3.87
	5	Harley Ryan	Albion Park	3.82
	6	Jake Hazell	Shoalhaven	3.65
	7	Cain Parker	Shoalhaven	3.58
High Jump	1	Corey Gameiro	Lake Illawarra	1.34
	2	Matthew Smith	Shoalhaven	1.34
	3	Nathan Mackinnon	Lake Illawarra	1.34
	4	Samuel White	Albion Park	1.15
	5	Stephen Shelley	Shoalhaven	1.15
	6	Kieran Richards	St Georges Basin	1.1

Triple Jump	1 Jack Doyle	Lake Illawarra	9.33
	2 Matthew Logan	Albion Park	7.91
	3 Harley Ryan	Albion Park	7.8
	4 Wesley Ring	Milton Ulladulla	7.69
Triple Jump	5 Stephen Shelley	Shoalhaven	7.41
	6 Jack Rodda	Shoalhaven	7.25
Shot Put	1 Joel Fitness	Albion Park	10.34
	2 Matthew Cooke	Shoalhaven	6.9
	3 Jordan Hutchison	Albion Park	6.55
	4 William Pearce	Albion Park	5.76
	5 Jake Hazell	Shoalhaven	5.27
Discus	1 Joel Fitness	Albion Park	28.03
	2 Kieran Richards	St Georges Basin	20.07
	3 Cain Parker	Shoalhaven	18.31
	4 Nathan Mackinnon	Lake Illawarra	17.8
	5 Matthew Cooke	Shoalhaven	16.41
	6 Jordan Hutchison	Albion Park	16.13
	7 Thomas Leedham	Lake Illawarra	16.01
	8 William Pearce	Albion Park	14.88

U/12 Boys

100M Run	1 Mathew Stone	Albion Park	13.8
	2 Kevin Orgaz	St Georges Basin	13.9
	3 Ben Stratton	Lake Illawarra	14.3
	4 Jarryd King	Albion Park	14.9
200M Run	1 Mathew Stone	Albion Park	28.2
	2 Ben Stratton	Lake Illawarra	29.6
	3 Jarryd King	Albion Park	30.1
	4 Ethan Reed	Lake Illawarra	31
	5 Patrick Meaney	Kiama	31.9
	6 Christopher Schubert	Milton Ulladulla	32.7
400M Run	1 Sam Whittmore	Albion Park	1-07.30
	2 John Tilden	Lake Illawarra	1-10.20
	3 Justin Tejero	Lake Illawarra	1-10.80
	4 Patrick Meaney	Kiama	1-12.40
	5 Christopher Schubert	Milton Ulladulla	1-14.70
800M Run	1 Kyle Chappelow	Albion Park	2-40.0
	2 John Tilden	Lake Illawarra	2-42.8
	3 Ethan Reed	Lake Illawarra	2-43.3
	4 Jason Invernon	Lake Illawarra	2-44.5
	5 Christopher Schubert	Milton Ulladulla	2-57.1
1500M Run	1 John Tilden	Lake Illawarra	5-40.2
	2 Kyle Chappelow	Albion Park	5-58.1
	3 Christopher Schubert	Milton Ulladulla	6-07.0

1500M Walk	1 John Tilden	Lake Illawarra	8-41.2
	2 Ethan Reed	Lake Illawarra	10-05.1
	3 Chris Joines	St Georges Basin	11-52.5
60M Hurdles	1 Kevin Orgaz	St Georges Basin	10
60M Hurdles	2 Sam Whittmore	Albion Park	10.5
	3 Ben Stratton	Lake Illawarra	10.7
	4 Patrick Meaney	Kiama	10.8
	5 Jarryd King	Albion Park	10.8
Long Jump	1 Kevin Orgaz	St Georges Basin	5.16
	2 Mathew Stone	Albion Park	4.98
	3 Justin Tejero	Lake Illawarra	4.57
	4 Sam Whittmore	Albion Park	4.23
	5 Jason Invernon	Lake Illawarra	4.12
	6 Patrick Meaney	Kiama	4.11
High Jump	1 Justin Tejero	Lake Illawarra	1.45
	2 Vaughan Patterson	Lake Illawarra	1.33
	3 Sam Whittmore	Albion Park	1.31
	4 Jason Invernon	Lake Illawarra	1.17
	5 Chris Joines	St Georges Basin	1.15
Triple Jump	1 Kevin Orgaz	St Georges Basin	10.64
	2 Justin Tejero	Lake Illawarra	9.42
	3 Kyle Chappelow	Albion Park	9.15
	4 Jason Invernon	Lake Illawarra	8.86
	5 Ethan Reed	Lake Illawarra	8.49
Shot Put	1 Simon Harris	Albion Park	9.4
	2 Mathew Stone	Albion Park	9.19
	3 Chris Joines	St Georges Basin	8.28
	4 Matthew Stapleton	Milton Ulladulla	7.85
	5 Vaughan Patterson	Lake Illawarra	7.81
Discus	1 Chris Joines	St Georges Basin	31.91
	2 Simon Harris	Albion Park	27.46
	3 Kyle Chappelow	Albion Park	24.7
	4 Ben Stratton	Lake Illawarra	24.31
	5 Jarryd King	Albion Park	21.5

U/13 Boys

100M Run	1 Troy Dekker	Shoalhaven	14.5
	2 James Grimm	Lake Illawarra	14.6
	3 Tom Russell	Shoalhaven	15.9
	4 Cameron Lander	Milton Ulladulla	16.6
200M Run	1 Steven Midson	Shoalhaven	28.1
	2 Joel Skeates	Lake Illawarra	28.5
	3 James Grimm	Lake Illawarra	31.2

400M Run	1 Joel Skeates	Lake Illawarra	1-02.90
	2 Pat Pearse	Albion Park	1-05.80
	3 Jake Ring	Milton Ulladulla	1-09.00
800M Run	1 Jake Ring	Milton Ulladulla	2-25.8
	2 Pat Pearse	Albion Park	2-44.6
800M Run	3 Cameron Lander	Milton Ulladulla	3-07.6
1500M Run	1 Jake Ring	Milton Ulladulla	4-59.4
	2 Michael Bingham	Lake Illawarra	5-17.5
3000M Run	1 Jake Ring	Milton Ulladulla	10-42.3
	2 Michael Bingham	Lake Illawarra	11-07.5
1500M Walk	1 Ethan Collins	Lake Illawarra	9-35.1
	2 Tom Russell	Shoalhaven	13-29.3
80M Hurdles	1 Troy Dekker	Shoalhaven	15.9
Long Jump	1 Michael Bingham	Lake Illawarra	4.93
	2 Steven Midson	Shoalhaven	4.86
	3 Troy Dekker	Shoalhaven	4.71
	4 Joshua Murphy	Shoalhaven	4.57
	5 Cameron Lander	Milton Ulladulla	4.04
	6 Ethan Collins	Lake Illawarra	4.03
High Jump	1 Joel Skeates	Lake Illawarra	1.46
	2 Pat Pearse	Albion Park	1.42
	3 Christopher Parnell	Albion Park	1.38
	4 Ethan Collins	Lake Illawarra	1.34
	5 Cameron Lander	Milton Ulladulla	1.28
	6 Tom Russell	Shoalhaven	1.24
Triple Jump	1 Michael Bingham	Lake Illawarra	10.58
	2 Joel Skeates	Lake Illawarra	10.15
	3 James Grimm	Lake Illawarra	9.69
	4 Joshua Murphy	Shoalhaven	9.46
	5 Troy Dekker	Shoalhaven	9.3
	6 Christopher Parnell	Albion Park	8.2
	7 Tom Russell	Shoalhaven	7.28
Shot Put	1 Joshua Mennie	Shoalhaven	11.18
	2 Christopher Parnell	Albion Park	10.77
Discus	1 Joshua Mennie	Shoalhaven	31.03
	2 Christopher Parnell	Albion Park	25.03
	3 Pat Pearse	Albion Park	24.41
Javelin	1 Ethan Collins	Lake Illawarra	24.72
	2 Joshua Murphy	Shoalhaven	24.08
	3 Joshua Mennie	Shoalhaven	21.56
	4 Samuel Gameiro	Lake Illawarra	21.27

U/14 Boys

100M Run	1 Andrew Kaineder	Milton Ulladulla	14.1
	2 Shane Shelley	Shoalhaven	15
200M Run	1 Andrew Kaineder	Milton Ulladulla	28.3
	2 Ryan Miller	Shoalhaven	28.6
	3 Sheldon Fraser	Shoalhaven	29
200M Run	4 Shane Shelley	Shoalhaven	29.1
	5 Alexander Visser	St Georges Basin	29.2
400M Run	1 Shane Chapman	Albion Park	1-01.10
	2 Andrew Kaineder	Milton Ulladulla	1-03.90
	3 Alex Vourliotis	Lake Illawarra	1-09.80
800M Run	1 Shane Chapman	Albion Park	2-18.5
	2 Ryan Gregson	Albion Park	2-20.3
	3 Alex Pitkethly	Shoalhaven	2-48.1
	4 Alexander Visser	St Georges Basin	3-18.0
1500M Run	1 Ryan Gregson	Albion Park	4-54.0
	2 Alex Pitkethly	Shoalhaven	5-44.9
	3 Shane Shelley	Shoalhaven	6-10.8
3000M Run	1 Ryan Gregson	Albion Park	10-00.80
	2 Alex Vourliotis	Lake Illawarra	11-39.80
	3 Alex Pitkethly	Shoalhaven	12-07.00
90M Hurdles	1 Sheldon Fraser	Shoalhaven	15.3
200M Hurdles	1 Shane Chapman	Albion Park	31
Long Jump	1 Sheldon Fraser	Shoalhaven	4.89
	2 Alex Vourliotis	Lake Illawarra	4.8
	3 Andrew Kaineder	Milton Ulladulla	4.36
	4 Alexander Visser	St Georges Basin	4.15
High Jump	1 Shane Chapman	Albion Park	1.51
	2 Sheldon Fraser	Shoalhaven	1.49
Triple Jump	1 Alex Vourliotis	Lake Illawarra	9.39
	2 Ryan Miller	Shoalhaven	9.1
	3 Shane Shelley	Shoalhaven	8.68
Shot Put	1 Ryan Miller	Shoalhaven	8.7
Discus	1 Ryan Miller	Shoalhaven	31.8
	2 Ryan Gregson	Albion Park	23.71
Javelin	1 Alex Pitkethly	Shoalhaven	20.54

U/15 Boys

100M Run	1 Tony Vourliotis	Lake Illawarra	12.6
	2 Shanon Williams	Albion Park	12.9
200M Run	1 Shanon Williams	Albion Park	26.6
400M Run	1 Kane Linnett	Lake Illawarra	58.7
	2 Cameron Vaughan	Lake Illawarra	1-05.60
800M Run	1 Kane Linnett	Lake Illawarra	2-19.1
1500M Run	1 Kane Linnett	Lake Illawarra	5-19.5
	2 Bob Pearse	Albion Park	5-50.4
	3 Ashley Climpson	Lake Illawarra	6-02.4
3000M Run	1 Ashley Climpson	Lake Illawarra	12-25.90
100M Hurdles	1 Ashley Climpson	Lake Illawarra	21.4
200M Hurdles	1 Tony Vourliotis	Lake Illawarra	29.9
Long Jump	1 Andrew Poppett	Kiama	4.24
High Jump	1 Cameron Vaughan	Lake Illawarra	1.44
Triple Jump	1 Kane Linnett	Lake Illawarra	11.05
	2 Cameron Vaughan	Lake Illawarra	9.94
	3 Ashley Climpson	Lake Illawarra	8.32
Shot Put	1 Andrew Poppett	Kiama	12.53
	2 Bob Pearse	Albion Park	10.2
	3 Shanon Williams	Albion Park	9.8
Discus	1 Bob Pearse	Albion Park	39.13
	2 Andrew Poppett	Kiama	30.22
	3 Shanon Williams	Albion Park	26.8
Javelin	1 Cameron Vaughan	Lake Illawarra	41.71
	2 Andrew Poppett	Kiama	40.72
	3 Bob Pearse	Albion Park	35.61

Junior Boys

4 x 100 Relay	1 Albion Park	Albion Park	58.7
	2 Lake Illawarra	Lake Illawarra	1-00.4
	3 Shoalhaven	Shoalhaven	1-03.6

Senior Boys

4 x 100 Relay	1 Lake Illawarra	Lake Illawarra	54.6
	2 Shoalhaven	Shoalhaven	54.7

U/7 Girls

50M Run	1	Kasia Pulawski	Albion Park	10
	2	Jenelle Spry	Milton Ulladulla	10.5
	3	Emma Wolfe	St Georges Basin	11.3
	4	Sekaya Williams	St Georges Basin	12.9
70M Run	1	Alana Smith	Kiama	13.7
	2	Kasia Pulawski	Albion Park	13.7
	3	Sophie Hewitt	Albion Park	13.8
	4	Niamh Frawley	Shoalhaven	13.8
	5	Jenelle Spry	Milton Ulladulla	15.2
	6	Sheridan McGee	Lake Illawarra	16.7
100M Run	1	Kasia Pulawski	Albion Park	19
100M Run	2	Jordan Gregson	Albion Park	19.4
	3	Sophie Hewitt	Albion Park	20
	4	Jenelle Spry	Milton Ulladulla	22.5
	5	Lilyan Orchard	St Georges Basin	22.6
	6	Sheridan McGee	Lake Illawarra	24.5
	7	Sekaya Williams	St Georges Basin	26.3
	8	Emma Wolfe	St Georges Basin	27.3
	200M Run	1	Jordan Gregson	Albion Park
2		Sophie Hewitt	Albion Park	42.3
3		Emma Wolfe	St Georges Basin	46.4
4		Jenelle Spry	Milton Ulladulla	47.4
5		Lilyan Orchard	St Georges Basin	51.5
6		Montannah Murray	Lake Illawarra	52
Long Jump	1	Kasia Pulawski	Albion Park	2.92
	2	Alana Smith	Kiama	2.61
	3	Sophie Hewitt	Albion Park	2.51
	4	Niamh Frawley	Shoalhaven	2.47
	5	Jordan Gregson	Albion Park	2.41
	6	Tamara Peters	Lake Illawarra	2.03
	7	Montannah Murray	Lake Illawarra	2
	8	Sheridan McGee	Lake Illawarra	1.92
Shot Put	1	Montannah Murray	Lake Illawarra	4.19
	2	Tamara Peters	Lake Illawarra	3.73
	3	Alana Smith	Kiama	3.62
Discus	1	Montannah Murray	Lake Illawarra	11.45
	2	Tamara Peters	Lake Illawarra	9.65
	3	Sheridan McGee	Lake Illawarra	7.99
	4	Niamh Frawley	Shoalhaven	7.1
	5	Lilyan Orchard	St Georges Basin	6.92
	6	Sekaya Williams	St Georges Basin	6.12
Pack Start	1	Jordan Gregson	Albion Park	2-11.2
	2	Alana Smith	Kiama	2-24.6
	3	Tamara Peters	Lake Illawarra	2-30.6

U/8 Girls

70M Run	1	Zoe Gargett	Lake Illawarra	12.7
	2	Cody Wray	Milton Ulladulla	13
	3	Kaitlyn Hayes	Albion Park	13
	4	Mariah Spalding	St Georges Basin	13.1
	5	Kyrah Hush	Shoalhaven	14.2
	6	Jordan Fitzsimmons	St Georges Basin	15
100M Run	1	Shayna Wilson	Milton Ulladulla	17.8
	2	Kaitlyn Hayes	Albion Park	18.2
	3	Mariah Spalding	St Georges Basin	18.5
	4	Cody Wray	Milton Ulladulla	18.5
200M Run	1	Kayla McMahon	Lake Illawarra	36.8
	2	Shayna Wilson	Milton Ulladulla	38.5
	3	Kaitlyn Hayes	Albion Park	39.5
	4	Cody Wray	Milton Ulladulla	39.9
	5	Alyssa Edwards	Shoalhaven	41.7
	6	Brianna Horne	Albion Park	42.4
400M Run	1	Kayla McMahon	Lake Illawarra	1-26.20
	2	Brianna Horne	Albion Park	1-36.20
	3	Chloe Peters	Lake Illawarra	1-57.40
60M Hurdles	1	Lacey Bruce	Shoalhaven	13.2
	2	Shayna Wilson	Milton Ulladulla	13.2
	3	Cody Wray	Milton Ulladulla	13.7
	4	Zoe Gargett	Lake Illawarra	13.7
	5	Brianna Horne	Albion Park	13.7
	6	Alyssa Edwards	Shoalhaven	13.9
Long Jump	1	Lacey Bruce	Shoalhaven	3.28
	2	Kayla McMahon	Lake Illawarra	3.19
	3	Shayna Wilson	Milton Ulladulla	3.12
	4	Alyssa Edwards	Shoalhaven	2.96
	5	Kaitlyn Hayes	Albion Park	2.88
	6	Mariah Spalding	St Georges Basin	2.66
	7	Chloe Peters	Lake Illawarra	2.29
Shot Put	1	Zoe Gargett	Lake Illawarra	4.24
	2	Chloe Peters	Lake Illawarra	4.09
	3	Jordan Fitzsimmons	St Georges Basin	3.87
Discus	1	Zoe Gargett	Lake Illawarra	10.54
	2	Jordan Fitzsimmons	St Georges Basin	10.3
	3	Lacey Bruce	Shoalhaven	10.12
	4	Chloe Peters	Lake Illawarra	8.65
Pack Start	1	Kayla McMahon	Lake Illawarra	2-50.0
	2	Lacey Bruce	Shoalhaven	3-03.9
	3	Brianna Horne	Albion Park	3-06.0

4 Alyssa Edwards	Shoalhaven	3-08.2
5 Mariah Spalding	St Georges Basin	3-10.1
6 Kyrah Hush	Shoalhaven	3-29.5

U/9 Girls

70M Run	1 Caitlin Foord	Lake Illawarra	11.4
	2 Skye Ryan	Albion Park	11.7
	3 Emily Fenech	Albion Park	12.5
	4 Sarah Broadhead	Kiama	12.8
	5 Madeline Sanderson	Milton Ulladulla	13.4
	6 Shenae Reed	Lake Illawarra	13.5
	7 Sophie Murphy	Albion Park	13.8
70M Run	8 Sabrina Tejero	Lake Illawarra	14.1
100M Run	1 Skye Ryan	Albion Park	16.3
	2 Emily Warden	Shoalhaven	17.1
	3 Jessica Nichol	Milton Ulladulla	18
	4 Molly Cornish	Shoalhaven	18.4
	5 Madeline Sanderson	Milton Ulladulla	19.1
	6 Courtney Crossland	St Georges Basin	20.4
	7 Shauna Shelley	Shoalhaven	21.3
	8 Toryanna Williams	St Georges Basin	22.8
200M Run	1 Skye Ryan	Albion Park	36.7
	2 Emily Warden	Shoalhaven	38.2
	3 Jessica Nichol	Milton Ulladulla	39.5
	4 Sarah Broadhead	Kiama	40.4
	5 Molly Cornish	Shoalhaven	40.6
	6 Shenae Reed	Lake Illawarra	42.5
400M Run	1 Danika Heron	Shoalhaven	1-26.60
	2 Siobhan Ryan	Albion Park	1-33.30
	3 Courtney Crossland	St Georges Basin	1-35.00
	4 Sophie Murphy	Albion Park	1-56.50
	5 Toryanna Williams	St Georges Basin	2-07.90
800M Run	1 Caitlin Foord	Lake Illawarra	2-53.3
	2 Shenae Reed	Lake Illawarra	3-27.4
	3 Siobhan Ryan	Albion Park	3-31.3
700M Walk	1 Emily Cramp-Miller	Lake Illawarra	5-17.7
	2 Sabrina Tejero	Lake Illawarra	6-13.0
60M Hurdles	1 Caitlin Foord	Lake Illawarra	11.1
	2 Sarah Broadhead	Kiama	12.7
	3 Danika Heron	Shoalhaven	13
	4 Jessica Nichol	Milton Ulladulla	13.1
	5 Courtney Crossland	St Georges Basin	13.3
	6 Molly Cornish	Shoalhaven	13.4
	7 Emily Fenech	Albion Park	14.1

Long Jump	1 Caitlin Foord	Lake Illawarra	3.77
	2 Danika Heron	Shoalhaven	3.51
	3 Sarah Broadhead	Kiama	3.1
	4 Skye Ryan	Albion Park	3.04
	5 Shenae Reed	Lake Illawarra	2.57
	6 Madeline Sanderson	Milton Ulladulla	2.45
	7 Sabrina Tejero	Lake Illawarra	2.25

High Jump	1 Emily Warden	Shoalhaven	0.91
	2 Danika Heron	Shoalhaven	0.91
	3 Jessica Nichol	Milton Ulladulla	0.87

Shot Put	1 Emily Fenech	Albion Park	4.82
	2 Courtney Crossland	St Georges Basin	4.53
	3 Rachele Grozde	Albion Park	4.41
	4 Emily Cramp-Miller	Lake Illawarra	4.31

Shot Put	5 Sophie Murphy	Albion Park	4.21
	6 Kaitlyn Heap	St Georges Basin	3.55
	7 Toryanna Williams	St Georges Basin	2.72

Discus	1 Rachele Grozde	Albion Park	18.83
	2 Emily Fenech	Albion Park	13.2
	3 Sophie Murphy	Albion Park	12.91
	4 Emily Cramp-Miller	Lake Illawarra	10.49
	5 Emily Warden	Shoalhaven	10.46

U/10 Girls

70M Run	1 Karra-Lee Nolan	Lake Illawarra	10.9
	2 Abbie Taddeo	Lake Illawarra	11.1
	3 Tayla King	Albion Park	11.2
	4 Georgia Herring	Milton Ulladulla	11.7
	5 Samantha Broadhead	Kiama	11.7
	6 Natalie Gattas	Lake Illawarra	12.7
	7 Ashley Conley	St Georges Basin	12.9
	8 Rachael Huntsman	St Georges Basin	13.3

100M Run	1 Abbie Taddeo	Lake Illawarra	15
	2 Karra-Lee Nolan	Lake Illawarra	15.1
	3 Tayla King	Albion Park	15.7
	4 Samantha Broadhead	Kiama	16
	5 Georgia Herring	Milton Ulladulla	16.4
	6 Imogen Frawley	Shoalhaven	16.8
	7 Kaisha Edwards	Lake Illawarra	17.2
	8 Kaitlyn Regent-Klein	St Georges Basin	17.2

200M Run	1 Abbie Taddeo	Lake Illawarra	33.2
	2 Alice Hewitt	Albion Park	34.6
	3 Kaisha Edwards	Lake Illawarra	34.7
	4 Imogen Frawley	Shoalhaven	35.4
	5 Georgia Herring	Milton Ulladulla	37.3
	6 Ashley Conley	St Georges Basin	40.5

400M Run	1	Kaisha Edwards	Lake Illawarra	1-17.20
	2	Samantha Broadhead	Kiama	1-19.70
	3	Khari Stapleton	Milton Ulladulla	1-21.40
	4	Alice Hewitt	Albion Park	1-25.50
	5	Kaitlyn Regent-Klein	St Georges Basin	1-32.00
	6	Natalie Wolfe	St Georges Basin	1-47.10

800M Run	1	Karra-Lee Nolan	Lake Illawarra	3-03.8
	2	Natalie Wolfe	St Georges Basin	3-33.9

1100M Walk	1	Khari Stapleton	Milton Ulladulla	7-57.9
	2	Natalie Gattas	Lake Illawarra	8-11.0
	3	Tiana Phillips-Maynard	St Georges Basin	8-14.0
	4	Ashley Conley	St Georges Basin	8-17.3

60M Hurdles	1	Karra-Lee Nolan	Lake Illawarra	10.8
	2	Alice Hewitt	Albion Park	12.3
	3	Kaitlyn Regent-Klein	St Georges Basin	13.3
	4	Kimberley Ardler	St Georges Basin	13.5

Long Jump	1	Tayla King	Albion Park	3.97
	2	Abbie Taddeo	Lake Illawarra	3.94
	3	Kaisha Edwards	Lake Illawarra	3.57
	4	Samantha Broadhead	Kiama	3.56
	5	Imogen Frawley	Shoalhaven	3.49
	6	Alice Hewitt	Albion Park	3.38
	7	Kimberley Ardler	St Georges Basin	3.25

High Jump	1	Imogen Frawley	Shoalhaven	1.15
	2	Tayla King	Albion Park	1.13
	3	Rachael Huntsman	St Georges Basin	1.03
	4	Khari Stapleton	Milton Ulladulla	1.01
	5	Georgia Herring	Milton Ulladulla	0.97

Shot Put	1	Tiana Phillips-Maynard	St Georges Basin	4.67
	2	Ashley Conley	St Georges Basin	4.42
	3	Rachael Huntsman	St Georges Basin	4.34

Discus	1	Natalie Gattas	Lake Illawarra	15.66
	2	Tiana Phillips-Maynard	St Georges Basin	15.44
	3	Kaitlyn Regent-Klein	St Georges Basin	13.4
	4	Khari Stapleton	Milton Ulladulla	13.09

U/11 Girls

100M Run	1	Talissa Scott	Lake Illawarra	14.9
	2	Elizabeth Borg	Lake Illawarra	15.4
	3	Anna Jennings	Milton Ulladulla	15.6
	4	Olivia Mann	Lake Illawarra	16.2
	5	Lucy Davies	Shoalhaven	16.3
	6	Paige Spalding	St Georges Basin	16.5

	7	Jamie Foord	Lake Illawarra	17.1
	8	Emma Lander	Milton Ulladulla	17.5
200M Run	1	Paige Fenech	Albion Park	29.9
	2	Anna Jennings	Milton Ulladulla	33.9
	3	Olivia Mann	Lake Illawarra	34.2
	4	Paige Spalding	St Georges Basin	35.7
	5	Michaela Neto	Lake Illawarra	36.1
	6	Kate Edwards	Shoalhaven	39.5
400M Run	1	Paige Fenech	Albion Park	1-04.10
	2	Rebecca Mounsey	Albion Park	1-10.90
	3	Kirsty Honey	Albion Park	1-14.80
	4	Jamie Foord	Lake Illawarra	1-21.80
	5	Amy Austin	Milton Ulladulla	1-22.50
	6	Olivia Mann	Lake Illawarra	1-27.20
800M Run	1	Paige Fenech	Albion Park	2-35.4
	2	Elizabeth Borg	Lake Illawarra	2-50.2
	3	Kirsty Honey	Albion Park	2-55.1
	4	Amy Austin	Milton Ulladulla	3-07.8
	5	Stephanie Murphy	Albion Park	3-12.6
1500M Run	1	Amy Austin	Milton Ulladulla	6-11.7
	2	Kirsty Honey	Albion Park	6-20.6
	3	Stephanie Murphy	Albion Park	7-06.3
	4	Zoe Cornish	Shoalhaven	7-14.7
1100M Walk	1	Emma Lander	Milton Ulladulla	7-56.9
	2	Megan Burke	Albion Park	10-22.0
60M Hurdles	1	Rebecca Mounsey	Albion Park	10
	2	Elizabeth Borg	Lake Illawarra	10.9
	3	Jamie Foord	Lake Illawarra	11.7
	4	Emily Reichler	St Georges Basin	12.1
	5	Emma Lander	Milton Ulladulla	12.5
	6	Lucy Davies	Shoalhaven	12.6
	7	Anna Jennings	Milton Ulladulla	12.9
Long Jump	1	Paige Fenech	Albion Park	4.55
	2	Talissa Scott	Lake Illawarra	4.39
	3	Rebecca Mounsey	Albion Park	4.33
	4	Paige Spalding	St Georges Basin	3.67
	5	Lucy Davies	Shoalhaven	3.59
	6	Olivia Mann	Lake Illawarra	3.57
High Jump	1	Talissa Scott	Lake Illawarra	1.31
	2	Zoe Cornish	Shoalhaven	1.21
	3	Emma Lander	Milton Ulladulla	1.15
	4	Michaela Neto	Lake Illawarra	1.07
Triple Jump	1	Talissa Scott	Lake Illawarra	8.78

	2	Rebecca Mounsey	Albion Park	8.75
	3	Amy Austin	Milton Ulladulla	7.06
	4	Michaela Neto	Lake Illawarra	6.98
	5	Paige Spalding	St Georges Basin	6.86
Shot Put	1	Megan Burke	Albion Park	7.45
	2	Stephanie Murphy	Albion Park	6.93
	3	Kate Edwards	Shoalhaven	5.6
	4	Zoe Cornish	Shoalhaven	5.57
	5	Emily Reichler	St Georges Basin	5.34
Discus	1	Megan Burke	Albion Park	20.32
	2	Elizabeth Borg	Lake Illawarra	17.21
	3	Stephanie Murphy	Albion Park	16.74
	4	Lucy Davies	Shoalhaven	13.8
	5	Kate Edwards	Shoalhaven	12.24
U/12 Girls				
100M Run	1	Janaya Zivkovic	Lake Illawarra	13.6
	2	Jade White	Shoalhaven	14.6
	3	Ashleigh Clarke	Milton Ulladulla	14.9
	4	Toyah Edwards	Lake Illawarra	15.6
	5	Zara Henderson	Milton Ulladulla	16
	6	Jordan McMorrow	St Georges Basin	19.9
200M Run	1	Janaya Zivkovic	Lake Illawarra	28.6
	2	Jade White	Shoalhaven	30.6
	3	Ashleigh Clarke	Milton Ulladulla	30.8
	4	Zara Henderson	Milton Ulladulla	33
	5	Toyah Edwards	Lake Illawarra	33.4
	6	Sarah De Vries	St Georges Basin	37.7
400M Run	1	Janaya Zivkovic	Lake Illawarra	1-05.00
	2	Georgie Bell	St Georges Basin	1-14.40
	3	Zara Henderson	Milton Ulladulla	1-15.20
	4	Elise Russell	Shoalhaven	1-16.90
	5	Isabel Donnelly	Shoalhaven	1-31.40
800M Run	1	Elise Russell	Shoalhaven	2-52.8
	2	Georgie Bell	St Georges Basin	2-57.0
	3	Kirby Nielsen	Shoalhaven	2-58.2
	4	Zara Henderson	Milton Ulladulla	3-10.3
	5	Sarah De Vries	St Georges Basin	3-28.0
1500M Run	1	Elise Russell	Shoalhaven	5-50.9
	2	Jordan McMorrow	St Georges Basin	7-08.1
	3	Liv Rodda	Shoalhaven	8-04.3
1500M Walk	1	Georgie Bell	St Georges Basin	8-43.9
	2	Sarah De Vries	St Georges Basin	12-02.5
	3	Liv Rodda	Shoalhaven	12-59.3

	4 Tamika Jackson	St Georges Basin	14-26.6
60M Hurdles	1 Jade White	Shoalhaven	10.9
	2 Emma Kelly	Albion Park	11.8
Long Jump	1 Ashleigh Clarke	Milton Ulladulla	4.4
	2 Kirby Nielsen	Shoalhaven	4.29
	3 Georgie Bell	St Georges Basin	3.96
	4 Melia Zur	Albion Park	3.94
	5 Toyah Edwards	Lake Illawarra	3.69
	6 Elise Russell	Shoalhaven	3.21
	7 Isabel Donnelly	Shoalhaven	3.01
High Jump	1 Kirby Nielsen	Shoalhaven	1.31
	2 Ashleigh Clarke	Milton Ulladulla	1.29
	3 Emma Kelly	Albion Park	1.27
	4 Sarah De Vries	St Georges Basin	1.15
Triple Jump	1 Janaya Zivkovic	Lake Illawarra	9.59
Triple Jump	2 Kirby Nielsen	Shoalhaven	8.98
	3 Emma Kelly	Albion Park	8.34
	4 Melia Zur	Albion Park	7.27
	5 Liv Rodda	Shoalhaven	6.57
	6 Tamika Jackson	St Georges Basin	5.63
Shot Put	1 Kendall Vaughan	Lake Illawarra	10.6
	2 Jade White	Shoalhaven	9.8
	3 Dannielle Vourliotis	Lake Illawarra	8.52
	4 Tamika Jackson	St Georges Basin	7.57
	5 Emma Kelly	Albion Park	7.23
	6 Tanya Poppett	Kiama	7.12
	7 Isabel Donnelly	Shoalhaven	6.54
	8 Kiara Peters	Lake Illawarra	5.88
Discus	1 Kendall Vaughan	Lake Illawarra	19.58
	2 Dannielle Vourliotis	Lake Illawarra	15.15
	3 Melia Zur	Albion Park	13.67
	4 Isabel Donnelly	Shoalhaven	12.34
	5 Kiara Peters	Lake Illawarra	11.24
	6 Liv Rodda	Shoalhaven	9.72
U/13 Girls			
100M Run	1 Caiti-Lyn Takacs	Lake Illawarra	14.6
	2 Renee Kelly	Albion Park	14.9
	3 Brodie Woodham	Shoalhaven	15.1
200M Run	1 Melissa Logan	Albion Park	30.9
	2 Dannielle Edwards	Shoalhaven	36.3
400M Run	1 Melissa Logan	Albion Park	1-09.60
	2 Hollie Spence	St Georges Basin	1-12.50

	3 Dannielle Edwards	Shoalhaven	1-28.10
800M Run	1 Jaylene Cusack	Albion Park	2-51.9
	2 Dannielle Edwards	Shoalhaven	3-39.3
1500M Run	1 Jaylene Cusack	Albion Park	6-22.5
	2 Dannielle Edwards	Shoalhaven	7-17.3
200M Hurdles	1 Melissa Logan	Albion Park	35
Long Jump	1 Caiti-Lyn Takacs	Lake Illawarra	4.36
	2 Brodie Woodham	Shoalhaven	4.33
	3 Melissa Logan	Albion Park	4.31
	4 Renee Kelly	Albion Park	4.3
High Jump	1 Renee Kelly	Albion Park	1.3
	2 Nikita Annetts	St Georges Basin	1.2
Triple Jump	1 Renee Kelly	Albion Park	9.15
	2 Caiti-Lyn Takacs	Lake Illawarra	8.88
	3 Sharney Hook	St Georges Basin	8.19
Shot Put	1 Nikita Annetts	St Georges Basin	10.57
	2 Grace Donnelly	Shoalhaven	8.6
	3 Danielle Filipsons-du Parte	Shoalhaven	8.54
	4 Brodie Woodham	Shoalhaven	8.41
	5 Trudy Burke	Albion Park	7.61
Discus	1 Nikita Annetts	St Georges Basin	30.54
	2 Trudy Burke	Albion Park	26.73
	3 Danielle Filipsons-du Parte	Shoalhaven	25.65
	4 Grace Donnelly	Shoalhaven	22.92
	5 Brodie Woodham	Shoalhaven	21.18
Javelin	1 Trudy Burke	Albion Park	24.09
	2 Sharney Hook	St Georges Basin	19.63
	3 Caiti-Lyn Takacs	Lake Illawarra	19.47
	4 Danielle Filipsons-du Parte	Shoalhaven	19.28
	5 Nikita Annetts	St Georges Basin	18.7
	6 Grace Donnelly	Shoalhaven	17.51

U/14 Girls

100M Run	1 Amy Cornish	Shoalhaven	13.8
	2 Bianca Mounsey	Albion Park	14
	3 Sorelle Bowman	St Georges Basin	14.2
	4 Alannah Mann	Lake Illawarra	14.8
	5 Hannah Medina	Lake Illawarra	14.9
	6 Emma Flanigan	Albion Park	15.2
200M Run	1 Bianca Mounsey	Albion Park	28.4
	2 Sorelle Bowman	St Georges Basin	28.7

	3	Alannah Mann	Lake Illawarra	30.3
	4	Natalie Huntsman	St Georges Basin	30.7
	5	Hannah Medina	Lake Illawarra	31.2
400M Run	1	Bianca Mounsey	Albion Park	1-05.00
	2	Sorelle Bowman	St Georges Basin	1-06.50
	3	Katie-Louise Patterson	Lake Illawarra	1-06.70
	4	Alannah Mann	Lake Illawarra	1-18.10
800M Run	1	Katie-Louise Patterson	Lake Illawarra	2-38.5
	2	Bernadette Murphy	St Georges Basin	2-54.2
	3	Emma Cooke	Shoalhaven	3-06.9
	4	Alannah Mann	Lake Illawarra	3-30.0
1500M Run	1	Katie-Louise Patterson	Lake Illawarra	5-39.8
	2	Lauren Russell	Shoalhaven	7-26.1
3000M Run	1	Katie-Louise Patterson	Lake Illawarra	11-22.00
	2	Aleesha Cooke	Shoalhaven	14-48.50
1500M Walk	1	Emma Flanigan	Albion Park	8-58.0
	2	Bernadette Murphy	St Georges Basin	9-41.1
80M Hurdles	1	Ashleigh Scott	Lake Illawarra	15
	2	Hannah Medina	Lake Illawarra	16.7
	3	Ellyse Peters	Lake Illawarra	16.8
200M Hurdles	1	Bianca Mounsey	Albion Park	32.8
	2	Ashleigh Scott	Lake Illawarra	33.4
	3	Hannah Medina	Lake Illawarra	36.3
	4	Ellyse Peters	Lake Illawarra	38.4
Long Jump	1	Amy Cornish	Shoalhaven	4.96
	2	Sorelle Bowman	St Georges Basin	4.62
	3	Emma Flanigan	Albion Park	4.35
	4	Ashleigh Scott	Lake Illawarra	4.26
	5	Bernadette Murphy	St Georges Basin	3.88
	6	Ellyse Peters	Lake Illawarra	3.64
High Jump	1	Ashleigh Scott	Lake Illawarra	1.56
	2	Natalie Huntsman	St Georges Basin	1.37
	3	Amy Cornish	Shoalhaven	1.37
Triple Jump	1	Natalie Huntsman	St Georges Basin	9.79
	2	Amy Cornish	Shoalhaven	9.36
	3	Bernadette Murphy	St Georges Basin	8.22
	4	Ellyse Peters	Lake Illawarra	8.04
Shot Put	1	Aleesha Cooke	Shoalhaven	8.61
	2	Emma Cooke	Shoalhaven	8.15
Discus	1	Emma Cooke	Shoalhaven	27.7

	2 Aleesha Cooke	Shoalhaven	24.51
Javelin	1 Emma Cooke	Shoalhaven	27.25
	2 Emma Flanigan	Albion Park	27.22
	3 Aleesha Cooke	Shoalhaven	25.81

U/15 Girls

100M Run	1 Alisha Kawalla	Albion Park	13.4
	2 Amy Fenech	Albion Park	13.7
	3 Katie Roby	Lake Illawarra	14.5
	4 Catharine Jennings	Milton Ulladulla	16.1
200M Run	1 Sian Mowbray	Albion Park	27.3
	2 Alisha Kawalla	Albion Park	27.6
	3 Amy Fenech	Albion Park	28.5
	4 Julia Pitt	Albion Park	30.2
	5 Catharine Jennings	Milton Ulladulla	35.7
400M Run	1 Sian Mowbray	Albion Park	1-02.60
800M Run	1 Sian Mowbray	Albion Park	2-35.0
	2 Marita Smith	Milton Ulladulla	3-16.4
1500M Run	1 Eloise White	Albion Park	5-21.5
3000M Run	1 Eloise White	Albion Park	11-24.60
90M Hurdles	1 Alisha Kawalla	Albion Park	14.7
	2 Katie Roby	Lake Illawarra	16.6
	3 Catharine Jennings	Milton Ulladulla	21.4
200M Hurdles	1 Alisha Kawalla	Albion Park	30.8
	2 Katie Roby	Lake Illawarra	34.2
Long Jump	1 Julia Pitt	Albion Park	4.51
	2 Katie Roby	Lake Illawarra	4.4
	3 Amy Fenech	Albion Park	4.02
	4 Catharine Jennings	Milton Ulladulla	2.7
	5 Melissa Parnell	Albion Park	2.65
High Jump	1 Skye Stapleton	Milton Ulladulla	1.35
	2 Marita Smith	Milton Ulladulla	1.29
Triple Jump	1 Julia Pitt	Albion Park	9.16
Shot Put	1 Samantha Schofield	Albion Park	9.63
	2 Melissa Parnell	Albion Park	8.91
	3 Ellie Burke	Albion Park	8.41
Discus	1 Amy Fenech	Albion Park	28.49
	2 Melissa Parnell	Albion Park	23.48
	3 Samantha Schofield	Albion Park	22.95

4 Julia Pitt	Albion Park	22.13
5 Ellie Burke	Albion Park	15.55

Javelin	1 Melissa Parnell	Albion Park	19.26
	2 Samantha Schofield	Albion Park	19.11
	3 Ellie Burke	Albion Park	15.32

Junior Girls

4 x 100 Relay	1 Lake Illawarra	Lake Illawarra	58.7
	2 Albion Park	Albion Park	1-00.9
	3 Shoalhaven	Shoalhaven	1-06.5

Senior Girls

4 x 100 Relay	1 Shoalhaven	Shoalhaven	57.2
	2 Albion Park	Albion Park	57.3
	3 St Georges Basin	St Georges Basin	58
	4 Lake Illawarra	Lake Illawarra	58.2