

Results - 2004

Outer West Met Zone

U/7 Boys

U/7 Girls

50M Run

1 Thomas Cowell	Penrith	9.1
2 T J Uele	Werrington	9.4
3 Joshua Sampson	Penrith	9.6
4 Eric Grima	Colyton St Clair	9.7
5 Bradley Roberts	Colyton St Clair	9.8
6 Brandon McFall	Penrith	9.9
7 Jayden Cini	Penrith	10
8 Johnathan Anestoudis	Nepean	10.2

1 Kirsten Davidson	Jamison
2 Rebecca Hadfield	Penrith
3 Melissa Denny	Penrith
4 Shayley Hackenberg	Colyton St Clair

70M Run

1 Thomas Cowell	Penrith	11.8
2 Grant Cooper	Jamison	12.1
3 Jayden Sutton	Nepean	12.8
4 T J Uele	Werrington	13
5 Kyle Ionn	Colyton St Clair	13.1
6 Jake Toby	Colyton St Clair	13.1
7 Sean Eggins	Werrington	13.7

1 Lisa Kilroy	Nepean
2 Brittany Long	Cranebrook
3 Lara Zielinski	Werrington
4 Isabella Venzlauskas	Nepean
5 Olivia Allen	Penrith
6 Natalie Jackson	Penrith
7 Melissa Denny	Penrith

100M Run

1 Nicholas Marshall	Nepean	17
2 Thomas Cowell	Penrith	17.2
3 Grant Cooper	Jamison	17.6
4 Daniel Brown	Nepean	18.5
5 T J Uele	Werrington	19
6 Sean Eggins	Werrington	19.1
7 Bradley Roberts	Colyton St Clair	19.2
8 Latrell Harvey	Nepean	19.5

1 Talisha Maruta	Colyton St Clair
2 Lisa Kilroy	Nepean
3 Brittany Long	Cranebrook
4 Georgia Zielinski	Werrington
5 Parris Taalili	Nepean
6 Chloe Mantle	Penrith
7 Emily Baker	Jamison
8 Rebecca Hadfield	Penrith

200M Run

1 Latrell Harvey	Nepean	40.1
2 Sean Eggins	Werrington	40.4
3 Kyle Ionn	Colyton St Clair	40.8
4 Corey Waddell	Penrith	41.7
5 Eric Grima	Colyton St Clair	42.4
6 Johnathan Anestoudis	Nepean	42.9
7 Jayden Cini	Penrith	44.6
8 Peter Sims	Nepean	45.4

1 Talisha Maruta	Colyton St Clair
2 Lisa Kilroy	Nepean
3 Brittany Long	Cranebrook
4 Parris Taalili	Nepean
5 Georgia Zielinski	Werrington
6 Bridgette Potter	Nepean
7 Emily Baker	Jamison
8 Chloe Mantle	Penrith

Long Jump

1 Thomas Cowell	Penrith	3.02
2 Grant Cooper	Jamison	2.84
3 Latrell Harvey	Nepean	2.83
4 Corey Waddell	Penrith	2.74
5 Daniel Brown	Nepean	2.72
6 Jayden Sutton	Nepean	2.62
7 Bradley Roberts	Colyton St Clair	2.6
8 Sean Eggins	Werrington	2.54
9 Brandon McFall	Penrith	2.4
10 Johnathan Anestoudis	Nepean	2.37
11 T J Uele	Werrington	2.33
12 Nathan Molloy	Colyton St Clair	2.17
13 Andre Chinnery	Jamison	2.04
14 Brent Shiagetz	Cranebrook	1.92
15 Kyle Seach	Cranebrook	1.85

1 Talisha Maruta	Colyton St Clair
2 Georgia Zielinski	Werrington
3 Isabella Venzlauskas	Nepean
4 Bridgette Potter	Nepean
5 Parris Taalili	Nepean
6 Lisa Kilroy	Nepean
7 Chloe Mantle	Penrith
8 Lara Zielinski	Werrington
9 Emily Baker	Jamison
10 Kirsten Davidson	Jamison
11 Olivia Allen	Penrith
12 Samantha Hines	Penrith
13 Rebecca Hadfield	Penrith
14 Shayley Hackenberg	Colyton St Clair

Shot Put

1 Nicholas Marshall	Nepean	7.43
2 Johnathan Anestoudis	Nepean	6.23
3 Jake Toby	Colyton St Clair	5.04
4 Travis Allen	Nepean	4.82
5 Jarrod Manning	Nepean	4.4
6 Stuart Potts	Penrith	4.36
7 Joshua Sampson	Penrith	3.69
8 Andre Chinnery	Jamison	3.37
9 Kyle Seach	Cranebrook	2.8

1 Olivia Allen	Penrith
2 Bridgette Potter	Nepean
3 Sarah Holt	Nepean
4 Gemma Carling	Nepean
5 Natalie Jackson	Penrith
6 Shayley Hackenberg	Colyton St Clair
7 Kirsten Davidson	Jamison
8 Samantha Hines	Penrith

Discus

1 Nicholas Marshall	Nepean	16.75	1 Olivia Allen	Penrith
2 Corey Waddell	Penrith	14.8	2 Brittany Long	Cranebrook
3 Travis Allen	Nepean	14.79	3 Kirsten Davidson	Jamison
4 Jayden Sutton	Nepean	13.79	4 Sarah Holt	Nepean
5 Jake Toby	Colyton St Clair	13.14	5 Lara Zielinski	Werrington
6 Mitchell Tunbridge	Nepean	10.2	6 Gemma Carling	Nepean
7 Stuart Potts	Penrith	9.07	7 Natalie Jackson	Penrith
8 Brandon McFall	Penrith	8.48	8 Shayley Hackenberg	Colyton St Clair
			9 Emily Baker	Jamison

Pack Start

1 Grant Cooper	Jamison	1-57.70	1 Talisha Maruta	Colyton St Clair
2 Jarrod Manning	Nepean	2-03.80	2 Parris Taailli	Nepean
3 Corey Waddell	Penrith	2-06.80	3 Georgia Zielinski	Werrington
4 Caleb Sudulic	Nepean	2-07.90	4 Bridgette Potter	Nepean
5 Peter Sims	Nepean	2-20.20	5 Chloe Mantle	Penrith
6 Nathan Molloy	Colyton St Clair	2-25.50	6 Samantha Hines	Penrith
7 Stuart Potts	Penrith	4-32.80	7 Miriam Maloinato	Penrith
			8 Melissa Denny	Penrith

U/8 Boys

1 Corey McFall	Penrith	11.5
2 Calvin Vidigal	Nepean	11.7
3 Alex Moore	Penrith	11.8
4 Tanami Hill	Colyton St Clair	12.2
5 Justin Maloney	Nepean	12.3
6 Stefan Bazon	Werrington	12.4
7 Jay Andrijic	Jamison	12.5
8 Adam Jordan	Nepean	12.7

70M Run

1 Taylor Lowe	Colyton St Clair
2 Danielle Rayner	Werrington
3 Rachel Antala	Colyton St Clair
4 Kaylie Gosling	Penrith
5 Rachael Kilroy	Nepean
6 Melissa Lee	Werrington
7 Alana Banks	Nepean
8 Jessica Saunders	Penrith

U/8 Girls

1 Niko Uele	Werrington	16.2
2 Alex Moore	Penrith	16.3
3 Stefan Bazon	Werrington	16.5
4 Corey McFall	Penrith	16.7
5 Jay Andrijic	Jamison	16.8
6 Tanami Hill	Colyton St Clair	17.3
7 Jacob Molloy	Colyton St Clair	17.7
8 Trea Blanch	Jamison	18.1

100M Run

1 Kristie Blair	Werrington
2 Courtney Evans	Colyton St Clair
3 Taylor Lowe	Colyton St Clair
4 Rebecca Plews	Colyton St Clair
5 Allison Ruse	Jamison
6 Melissa Lee	Werrington
7 Rachael Kilroy	Nepean
8 Danielle Rayner	Werrington

200M Run

1 Jay Andrijic	Jamison	36.1	1 Courtney Evans	Colyton St Clair
2 Trea Blanch	Jamison	36.5	2 Kristie Blair	Werrington
3 Jacob Molloy	Colyton St Clair	36.6	3 Rebecca Plews	Colyton St Clair
4 Tayler Currie	Werrington	36.8	4 Kaylie Gosling	Penrith
5 Travis Daley	Nepean	38.2	5 Taylor Lowe	Colyton St Clair
6 Adam Jordan	Nepean	38.8	6 Rachel Antala	Colyton St Clair
7 Mathew Holt	Nepean	39.1	7 Lauren Steltenpool	Nepean
8 Nicolas Haggett	Cranebrook	42.9	8 Rachael Kilroy	Nepean

400M Run

1 Jacob Molloy	Colyton St Clair	1-25.20	1 Kristie Blair	Werrington
2 Tayler Currie	Werrington	1-25.40	2 Lauren Steltenpool	Nepean
3 Trea Blanch	Jamison	1-26.10	3 Sharna Rodriguez	Colyton St Clair
4 Mathew Holt	Nepean	1-28.60	4 Rachel Antala	Colyton St Clair
5 Calvin Vidigal	Nepean	1-30.00	5 Katelyn Main	Nepean
6 Chris Marinakis	Werrington	1-35.50	6 Alissa Tesoriero	Cranebrook
7 Dylan Payne	Nepean	1-45.20		
8 Travis Daley	Nepean	1-46.10		

60M Hurdles

1 Niko Uele	Werrington	11.8	1 Rebecca Plews	Colyton St Clair
2 Corey McFall	Penrith	11.8	2 Courtney Evans	Colyton St Clair
3 Stefan Bazon	Werrington	12	3 Danielle Rayner	Werrington
4 Calvin Vidigal	Nepean	12	4 Kaylie Gosling	Penrith
5 Aaron Giuntini	Nepean	12.9	5 Emma Faulkner	Colyton St Clair
6 Nicolas Haggett	Cranebrook	13.2	6 Jessica Sainsbury	Nepean
7 Dylan Payne	Nepean	13.4	7 Brittany Byrne	Penrith

8 Matthew Beck	Colyton St Clair	13.5
1 Corey McFall	Penrith	3.08
2 Stefan Bazon	Werrington	3.05
3 Tayler Currie	Werrington	2.99
4 Niko Uele	Werrington	2.98
5 Mathew Holt	Nepean	2.97
6 Ryan Sudulic	Nepean	2.89
7 Jay Andrijic	Jamison	2.88
8 Mitchell Attwood	Jamison	2.7
9 Jack Lyons	Nepean	2.67
10 Tanami Hill	Colyton St Clair	2.65
11 Chris Marinakis	Werrington	2.64
12 Jake Ionn	Colyton St Clair	2.49
13 Thomas Booth	Colyton St Clair	2.4

Long Jump

8 Brittany Kerr	Cranebrook
1 Courtney Evans	Colyton St Clair
2 Rebecca Plews	Colyton St Clair
3 Rachel Antala	Colyton St Clair
4 Kaylie Gosling	Penrith
5 Alana Banks	Nepean
6 Rebecca Ward	Nepean
7 Melissa Lee	Werrington
8 Emma Faulkner	Colyton St Clair
9 Rachael Kilroy	Nepean
10 Brittany Byrne	Penrith
11 Courtney Hosie	Cranebrook
12 Jessica Sainsbury	Nepean
13 Alexandra Broome	Penrith
14 Brittany Kerr	Cranebrook
15 Maddison Harney	Jamison

Shot Put

1 Justin Maloney	Nepean	6.93
2 Chris Marinakis	Werrington	5.41
3 Travis Oto	Nepean	5.11
4 Thomas Booth	Colyton St Clair	5.03
5 Markus McDonagh	Nepean	4.78
6 Matthew Beck	Colyton St Clair	4.72
7 Mitchell Attwood	Jamison	4.66
8 Adam Rogers	Werrington	4.61
9 Anthony Cotello	Colyton St Clair	4.26
10 Afnan Yazdan-Parast	Nepean	4.23
11 Jake Ionn	Colyton St Clair	3.84
12 Bradley Hlucshnlow	Penrith	3.06

1 Sharna Rodriguez	Colyton St Clair
2 Taylor Lowe	Colyton St Clair
3 Jodie Allen	Nepean
4 Chantelle Maloinato	Penrith
5 Samantha Tunbridge	Nepean
6 Erin McGrath	Cranebrook
7 Kiara Bloxsome	Penrith
8 Courtney Hosie	Cranebrook
9 Emma Withers	Penrith

Discus

1 Anthony Cotello	Colyton St Clair	17.08
2 Justin Maloney	Nepean	16.07
3 Ryan Sudulic	Nepean	15.3
4 Chris Marinakis	Werrington	15.1
5 Travis Daley	Nepean	14.89
6 Travis Oto	Nepean	13.6
7 Niko Uele	Werrington	13.54
8 Thomas Booth	Colyton St Clair	12.08
9 Mitchell Attwood	Jamison	11.48
10 Blake Tickner	Werrington	11.01
11 Jake Ionn	Colyton St Clair	10.38
12 Adam Rogers	Werrington	10.37

1 Sharna Rodriguez	Colyton St Clair
2 Jodie Allen	Nepean
3 Jessica Wallis	Colyton St Clair
4 Brittany Byrne	Penrith
5 Courtney Hosie	Cranebrook
6 Lauren Steltenpool	Nepean
7 Alana Banks	Nepean
8 Erin McGrath	Cranebrook
9 Emma Faulkner	Colyton St Clair
10 Katelyn Main	Nepean
11 Kiara Bloxsome	Penrith

Pack Start

1 Nicolas Haggett	Cranebrook	2-42.90
2 Alex Moore	Penrith	2-44.50
3 Mathew Holt	Nepean	2-45.00
4 Jake Ionn	Colyton St Clair	2-48.80
5 Jacob Molloy	Colyton St Clair	2-49.20
6 Tayler Currie	Werrington	2-52.00
7 Mitchell Attwood	Jamison	2-54.00
8 Trea Blanch	Jamison	2-54.20
9 Blake Tickner	Werrington	2-54.60
10 Dylan Payne	Nepean	3-01.90
11 Liam Carter	Colyton St Clair	3-05.70
12 Thomas Booth	Colyton St Clair	3-06.30

1 Kristie Blair	Werrington
2 Sharna Rodriguez	Colyton St Clair
3 Alissa Tesoriero	Cranebrook
4 Lauren Steltenpool	Nepean
5 Brittany Kerr	Cranebrook
6 Maddison Harney	Jamison
7 Alexandra Broome	Penrith
8 Hannah-Rose Stewart	Penrith
9 Jessica Wallis	Colyton St Clair
10 Katelyn Main	Nepean
11 Brittany Byrne	Penrith
12 Kiara Bloxsome	Penrith

U/9 Boys

1 Joshua Jay	Penrith	10.4
2 Lachlan Forrester	Colyton St Clair	10.8
3 Alexander Wagg	Nepean	11.1
4 Jayden Tavae	Penrith	11.4
5 Jackson Harnett	Jamison	11.5
6 Mitchell Morris	Werrington	11.6

70M Run

U/9 Girls

1 Tarra-jane Forno	Colyton St Clair
2 Caitlin Heaps	Jamison
3 Paige Schafer	Jamison
4 Lanna Carter	Werrington
5 Shaleigh Lapin-Craig	Penrith
6 Jayde Matthews	Colyton St Clair

7 Adrian Boelhouver
8 Pierce Jackson

Nepean
Penrith

11.7
12.8

7 Stephanie Eggins
8 Leah Ledbrook

Werrington
Nepean

100M Run

1 Joshua Jay
2 Lachlan Forrester
3 Alexander Wagg
4 Mitchell Morris
5 Adrian Boelhouver
6 Jarod Pollett
7 Braden Strachan
8 Jackson Harnett

Penrith
Colyton St Clair
Nepean
Werrington
Nepean
Werrington
Jamison
Jamison

14.7
15.3
15.4
16
16.1
16.2
16.4
16.6

1 Tarra-jane Forno
2 Caitlin Heaps
3 Lanna Carter
4 Paige Schafer
5 Shaleigh Lapin-Craig
6 Casey Lowe
7 Courtney Cooper
8 Stephanie Eggins

Colyton St Clair
Jamison
Werrington
Jamison
Penrith
Colyton St Clair
Nepean
Werrington

200M Run

1 Joshua Jay
2 Lachlan Forrester
3 Jarrod Hall
4 Jackson Harnett
5 Mitchell Morris
6 Cody Kirkpatrick
7 Samuel Rogan
8 Daniel Crowe

Penrith
Colyton St Clair
Werrington
Jamison
Werrington
Penrith
Werrington
Penrith

31.9
34
34.3
34.4
35.2
36.3
37.5
40.7

1 Tarra-jane Forno
2 Caitlin Heaps
3 Lanna Carter
4 Paige Schafer
5 Courtney Cooper
6 Shaleigh Lapin-Craig
7 Casey Lowe
8 Stephanie Eggins

Colyton St Clair
Jamison
Werrington
Jamison
Nepean
Penrith
Colyton St Clair
Werrington

400M Run

1 Alexander Wagg
2 Jarrod Hall
3 Tom Whiteside
4 Lachlan Forrester
5 Cody Kirkpatrick
6 Jordan Flanagan
7 Jackson Harnett

Nepean
Werrington
Colyton St Clair
Colyton St Clair
Penrith
Colyton St Clair
Jamison

1-18.30
1-18.80
1-21.50
1-25.20
1-29.50
1-29.50
1-34.10

1 Caitlin Burns
2 Jessica Manning
3 Alix Waddell
4 Lucy Jones
5 Emma Felsch
6 Courtney Lazich

Jamison
Nepean
Penrith
Jamison
Nepean
Nepean

800M Run

1 Alexander Wagg
2 Nathan Fazldad
3 Tom Whiteside
4 Jordan Flanagan
5 Edward Stewart
6 Cody Kirkpatrick
7 Keith Wallace
8 Scott Price

Nepean
Nepean
Colyton St Clair
Colyton St Clair
Penrith
Penrith
Jamison
Penrith

3-02.00
3-02.80
3-03.70
3-12.70
3-18.90
3-24.20
3-35.50
3-38.70

1 Jessica Manning
2 Kellie Ross
3 Caitlin Burns
4 Alix Waddell
5 Victoria Coppini
6 Courtney Lazich

Nepean
Werrington
Jamison
Penrith
Nepean
Nepean

700M Walk

1 Nathan Fazldad
2 Todd Howard

Nepean
Nepean

4-26.70
5-02.90

1 Courtney Lazich
2 Lauren McDonald
3 Nicole Thompson

Nepean
Nepean
Colyton St Clair

60M Hurdles

1 Joshua Jay
2 Jayden Tavae
3 Kean Maruta
4 Jonathan Bouquet
5 Braden Strachan
6 Timothy Hay
7 Adrian Boelhouver
8 Scott Viney

Penrith
Penrith
Colyton St Clair
Colyton St Clair
Jamison
Werrington
Nepean
Jamison

10.5
11.2
11.5
11.8
12.1
12.3
12.4
12.8

1 Tarra-jane Forno
2 Caitlin Burns
3 Taylor Moynihan
4 Leah Ledbrook
5 Lauren McDonald
6 Taneka McGivern
7 Lauren Maddock

Colyton St Clair
Jamison
Nepean
Nepean
Nepean
Nepean
Cranebrook

Long Jump

1 Jarrod Hall
2 Jarod Pollett
3 Jayden Tavae
4 Mitchell Morris
5 Kean Maruta
6 Timothy Hay
7 Braden Strachan
8 Jonathan Bouquet
9 Adrian Boelhouver
10 Edward Stewart
11 Alexander Burgess
12 Christopher Baker
13 Alex Giuntini

Werrington
Werrington
Penrith
Werrington
Colyton St Clair
Werrington
Jamison
Colyton St Clair
Nepean
Penrith
Nepean
Jamison
Nepean

3.44
3.4
3.39
3.35
3.19
3.19
3.14
3.12
2.85
2.68
2.58
2.45
2.1

1 Caitlin Heaps
2 Lanna Carter
3 Caitlin Burns
4 Shaleigh Lapin-Craig
5 Taylor Moynihan
6 Casey Lowe
7 Paige Schafer
8 Stephanie Eggins
9 Taneka McGivern
10 Leah Ledbrook
11 Alix Waddell
12 Crystle Crothers
13 Simone Franolich

Jamison
Werrington
Jamison
Penrith
Nepean
Colyton St Clair
Jamison
Werrington
Nepean
Nepean
Penrith
Werrington
Werrington

14 Kurtley Pratt	Nepean	2.06
High Jump		
1 Jayden Tavae	Penrith	1.04
2 Kean Maruta	Colyton St Clair	1.04
3 Pierce Jackson	Penrith	1.02
4 Jarod Pollett	Werrington	1
5 Alexander Burgess	Nepean	1
6 Dean Collins	Cranebrook	0.95
6 Keith Wallace	Jamison	0.95
6 Todd Howard	Nepean	0.95
9 Edward Stewart	Penrith	0.9
10 Samuel Rogan	Werrington	0.85
10 Alex Giuntini	Nepean	0.85

14 Victoria Coppini	Nepean
1 Courtney Cooper	Nepean
2 Emily Cowell	Penrith
3 Courtney Lazich	Nepean
4 Crystle Crothers	Werrington

Shot Put		
1 Hayden Lumsden	Nepean	6.31
2 Jarrod Hall	Werrington	5.51
3 Scott Viney	Jamison	5.28
4 Brendan Ross	Nepean	5.22
5 Dean Collins	Cranebrook	4.82
6 Timothy Hay	Werrington	4.74
7 Robert Owens	Penrith	4.72
8 Kurtley Pratt	Nepean	4.35
9 Justin Potts	Penrith	4
10 Daniel Crowe	Penrith	3.87
11 Scott Price	Penrith	2.96

1 Demi Fassolis	Nepean
2 Lauren Maddock	Cranebrook
3 Gabriella Galea	Nepean
4 Leah Ledbrook	Nepean
5 Crystle Crothers	Werrington
6 Jayde Matthews	Colyton St Clair
7 Simone Franolich	Werrington
8 Tara Lewin	Jamison
9 Emily Cowell	Penrith
10 Nicole Thompson	Colyton St Clair

Discus		
1 Samuel Rogan	Werrington	21.71
2 Tom Whiteside	Colyton St Clair	20.93
3 Hayden Lumsden	Nepean	19.81
4 Kean Maruta	Colyton St Clair	19.3
5 Braden Strachan	Jamison	18.19
6 Dean Collins	Cranebrook	18
7 Jordan Flanagan	Colyton St Clair	17.62
8 Jarod Pollett	Werrington	16.75
9 Robert Owens	Penrith	14.32
10 Justin Potts	Penrith	12.53
11 Christopher Baker	Jamison	11.36
12 Cameron Marcozzi	Nepean	10.16
13 Pierce Jackson	Penrith	9.04
14 Scott Price	Penrith	6.33

1 Demi Fassolis	Nepean
2 Taylor Moynihan	Nepean
3 Lauren Maddock	Cranebrook
4 Alix Waddell	Penrith
5 Emma Felsch	Nepean
6 Jayde Matthews	Colyton St Clair
7 Gabriella Galea	Nepean
8 Tara Lewin	Jamison
9 Nicole Thompson	Colyton St Clair

U/10 Boys

70M Run		
1 Nathan Walker	Colyton St Clair	10.3
2 Bilal Yavas	Colyton St Clair	10.7
3 Matthew Beamer	Cranebrook	11.1
4 Cameron Moore	Penrith	11.3
5 Scott Garland	Nepean	11.8
6 Jack O'Reilly	Nepean	11.8
7 Jake Price	Penrith	12
8 Travis Leslie	Colyton St Clair	12.2

U/10 Girls

1 Allyssa Greenhill	Nepean
2 Krista Hackenberg	Colyton St Clair
3 Georgia Marshall	Penrith

100M Run		
1 Nathan Walker	Colyton St Clair	14.5
2 Blake Scheithe	Werrington	14.7
3 Bilal Yavas	Colyton St Clair	14.7
4 Ryan Faulkner	Colyton St Clair	15.5
5 Brendan Attwood	Jamison	16.2
6 Jayden Horo	Colyton St Clair	16.5
7 Jeremy Lovett	Penrith	17.2

1 Rachel Roberts	Jamison
2 Brodie Craig	Cranebrook
3 Krista Hackenberg	Colyton St Clair
4 Allyssa Greenhill	Nepean
5 Georgia Marshall	Penrith
6 Kirsty Burcher	Werrington
7 Sabina Dzihic	Colyton St Clair

200M Run		
1 Bilal Yavas	Colyton St Clair	31.2
2 Blake Scheithe	Werrington	31.6
3 Ryan Faulkner	Colyton St Clair	32.9
4 Cameron Moore	Penrith	34.6
5 Matthew Beamer	Cranebrook	35.7

1 Brodie Craig	Cranebrook
2 Carmen Boulton	Nepean
3 Erin Mannix	Nepean
4 Krista Hackenberg	Colyton St Clair
5 Kirsty Burcher	Werrington

6 Scott Garland	Nepean	35.9	6 Jasmine Peters	Nepean
7 Jeremy Lovett	Penrith	36.3	7 Sabina Dzihic	Colyton St Clair

400M Run

1 Corey Lowe	Nepean	1-15.10	1 Emily Mantle	Penrith
2 Ryan Faulkner	Colyton St Clair	1-20.20	2 Samantha Kirk	Jamison
3 Iszak Taalili	Nepean	1-20.80	3 Brodie Craig	Cranebrook
4 Cheyne Egelton	Nepean	1-22.80	4 Carmen Boulton	Nepean
5 Jeremy Lovett	Penrith	1-29.50	5 Kirsty Burcher	Werrington
			6 Tahleya Eggers	Cranebrook
			7 Danielle Hayman	Nepean
			8 Kymberly Flatters	Nepean

800M Run

1 Corey Lowe	Nepean	2-49.60	1 Gemma McGee	Nepean
2 Iszak Taalili	Nepean	2-54.80	2 Emily Mantle	Penrith
3 Jayden Horo	Colyton St Clair	2-56.20	3 Samantha Kirk	Jamison
4 Cheyne Egelton	Nepean	3-00.50	4 Alix Roberts	Jamison
5 Matthew Beamer	Cranebrook	3-22.10	5 Monique Sarasola	Jamison
6 Jake Price	Penrith	3-26.50	6 Tahleya Eggers	Cranebrook
7 Josh Forrester	Colyton St Clair	3-30.50	7 Danielle Hayman	Nepean
8 Andrew Fletcher	Penrith	3-30.60	8 Caitlin Crouch	Nepean
			9 Kymberly Flatters	Nepean

1500M Run

1 Corey Lowe	Nepean	5-40.00	1 Emily Mantle	Penrith
2 Jayden Horo	Colyton St Clair	5-46.70	2 Gemma McGee	Nepean
3 Cheyne Egelton	Nepean	5-50.60	3 Samantha Kirk	Jamison
4 Karl Heinrich	Penrith	5-51.20	4 Alix Roberts	Jamison
5 Iszak Taalili	Nepean	6-20.50	5 Monique Sarasola	Jamison
6 Andrew Fletcher	Penrith	6-33.30	6 Kymberly Flatters	Nepean
7 Josh Forrester	Colyton St Clair	7-17.50		

1100M Walk

1 Karl Heinrich	Penrith	5-43.10	1 Kini Chapple	Nepean
2 Cheyne Egelton	Nepean	6-13.00	2 Jasmine Peters	Nepean
			3 Caitlin Crouch	Nepean

60M Hurdles

1 Karl Heinrich	Penrith	11	1 Georgia Marshall	Penrith
2 Nathan Walker	Colyton St Clair	11	2 Krista Hackenberg	Colyton St Clair
3 Jayden Horo	Colyton St Clair	11.4	3 Alix Roberts	Jamison
4 Ryan Faulkner	Colyton St Clair	11.4	4 Erin Mannix	Nepean
5 Jordan Gerada	Nepean	11.7	5 Michelle Bowd	Penrith
6 Brendan Attwood	Jamison	11.9	6 Allyssa Greenhill	Nepean
7 Matthew Beamer	Cranebrook	12.7	7 Caitlyn Morley	Nepean
8 Jake Price	Penrith	12.9	8 Ieshaa Harvey	Nepean

Long Jump

1 Joshua Venzlauskas	Nepean	4.22	1 Allyssa Greenhill	Nepean
2 Bilal Yavas	Colyton St Clair	4.02	2 Georgia Marshall	Penrith
3 Nathan Walker	Colyton St Clair	3.83	3 Rachel Roberts	Jamison
4 Blake Scheithe	Werrington	3.81	4 Carmen Boulton	Nepean
5 Osman Hassan	Nepean	3.58	5 Samantha Kirk	Jamison
6 Jake Collins	Nepean	3.45	6 Sabina Dzihic	Colyton St Clair
7 Joel Davis	Penrith	3.15	7 Melissa Go	Jamison
8 Travis Leslie	Colyton St Clair	3.15	8 Danielle Hayman	Nepean
9 Christopher Catlin	Penrith	2.9	9 Caitlin Crouch	Nepean
10 Josh Forrester	Colyton St Clair	2.81		

High Jump

1 Karl Heinrich	Penrith	1.28	1 Erin Mannix	Nepean
2 Cameron Moore	Penrith	1.24	2 Caitlyn Morley	Nepean
3 Joshua Venzlauskas	Nepean	1.22	3 Alix Roberts	Jamison
4 Blake Scheithe	Werrington	1.18	4 Monique Sarasola	Jamison
5 Jack O'Reilly	Nepean	1	5 Emily Mantle	Penrith

Shot Put

1 Joshua Venzlauskas	Nepean	7.98	1 Kini Chapple	Nepean
2 Brendan Attwood	Jamison	7.28	2 Jasmine Peters	Nepean
3 Joel Davis	Penrith	5.6	3 Alicia Evans	Colyton St Clair
4 Adam Wolstencroft	Nepean	4.87	4 Michelle Bowd	Penrith

5 Caitlyn Morley	Nepean
6 Trista Middlebrook	Nepean
7 Monique Sarasola	Jamison

Discus

1 Brendan Attwood	Jamison	27.27
2 Cameron Moore	Penrith	21.67
3 Jack O'Reilly	Nepean	20.87
4 Jake Collins	Nepean	20.37
5 Christopher Catlin	Penrith	15.01
6 Adam Wolstencroft	Nepean	13.9

1 Jasmine Peters	Nepean
2 Kini Chapple	Nepean
3 Alicia Evans	Colyton St Clair
4 Sabina Dzihic	Colyton St Clair
5 Caitlin Crouch	Nepean
6 Michelle Bowd	Penrith
7 Kirsty Burcher	Werrington
8 Erin Mannix	Nepean

U/11 Boys

1 Clay Robinson	Penrith	14.5
2 Michael Ross	Nepean	14.8
3 Tristin Climo	Jamison	14.9
4 Chris Schneider	Colyton St Clair	15.2
5 Christopher Maltese	Jamison	15.2
6 Glenn Skiffington	Colyton St Clair	15.6
7 Patrick Jackson	Penrith	16
8 Keiran Fyfe	Cranebrook	16.4

100M Run

1 Bree Giardina	Nepean
2 Samantha Tabone	Nepean
3 Hayley Gale	Werrington
4 Nicole Fuller	Nepean
5 Bethanie Franolich	Werrington
6 Casey Swift	Werrington
7 Natalie Gale	Werrington

200M Run

1 Clay Robinson	Penrith	31.1
2 Tyron Cooper	Penrith	32
3 Tristin Climo	Jamison	32.5
4 Jeffrey Crothers	Werrington	32.8
5 Dominique Montaine	Penrith	33.6
6 Christopher Maltese	Jamison	33.6
7 Ben Withers	Penrith	33.9
8 Michael Ross	Nepean	34.8

1 Bree Giardina	Nepean
2 Suzie Sims	Nepean
3 Kelsie Harnett	Jamison
4 Samantha Bold	Colyton St Clair
5 Bianca Trovato	Nepean
6 Amanda Denny	Penrith

400M Run

1 Clay Robinson	Penrith	1-11.60
2 Tyron Cooper	Penrith	1-15.50
3 Jake Zielinski	Werrington	1-16.50
4 Lachlan Pincham	Colyton St Clair	1-17.00
5 Ryan Fitzgerald	Nepean	1-17.10
6 Christopher Marcozzi	Nepean	1-26.00
7 Cameron Sarasola	Jamison	1-31.30
8 Keiran Fyfe	Cranebrook	1-46.10

1 Tamara Russell	Nepean
2 Suzie Sims	Nepean
3 Laura Flanagan	Colyton St Clair
4 Alison Kingsford	Nepean
5 Bianca Trovato	Nepean
6 Lauren Seach	Cranebrook
7 Hayley Gale	Werrington
8 Lucy Mattingley	Penrith

800M Run

1 John Marshall	Nepean	2-40.70
2 Ryan Fitzgerald	Nepean	2-48.90
3 Tyron Cooper	Penrith	2-53.30
4 Lachlan Pincham	Colyton St Clair	2-54.20
5 Christopher Marcozzi	Nepean	3-08.70
6 Daniel Salesa	Jamison	3-14.30
7 Cameron Sarasola	Jamison	3-30.70

1 Shannon Jennings	Nepean
2 Tamara Russell	Nepean
3 Suzie Sims	Nepean
4 Alison Kingsford	Nepean
5 Bianca Peacock	Cranebrook
6 Erin Burns	Jamison
7 Courtney McGrath	Cranebrook
8 Krystal Wallace	Jamison

1500M Run

1 John Marshall	Nepean	5-26.10
2 Ryan Fitzgerald	Nepean	5-31.10
3 Clay Robinson	Penrith	5-41.00
4 Lachlan Pincham	Colyton St Clair	5-44.00
5 Tyron Cooper	Penrith	5-53.70
6 Christopher Maltese	Jamison	5-55.00
7 Christopher Marcozzi	Nepean	6-21.00

1 Shannon Jennings	Nepean
2 Suzie Sims	Nepean
3 Tamara Russell	Nepean
4 Alison Kingsford	Nepean
5 Laura Flanagan	Colyton St Clair
6 Bianca Peacock	Cranebrook

1100M Walk

1 John Marshall	Nepean	5-47.90
2 Justin Miller	Nepean	6-30.60

1 Shannon Jennings	Nepean
2 Alison Kingsford	Nepean
3 Kalynda Davis	Penrith
4 Bianca Peacock	Cranebrook
5 Lucy Mattingley	Penrith
6 Tamara Henry	Penrith

60M Hurdles

1 Daniel Salesa	Jamison	11.8	1 Nicole Fuller	Nepean
2 Ben Withers	Penrith	11.9	2 Tegan Risk	Werrington
3 Jordan Horo	Colyton St Clair	12	3 Melanie Anderson	Nepean
4 Jake Zielinski	Werrington	12.4	4 Natalie Gale	Werrington
5 Harrison Sarasola	Jamison	12.9	5 Sharnie Francis	Penrith
6 Glenn Skiffington	Colyton St Clair	13.1	6 Casey Swift	Werrington
7 Dominique Montaine	Penrith	13.9	7 Samantha Tabone	Nepean
8 Cameron Sarasola	Jamison	14.8	8 Hayley Gale	Werrington

Long Jump

1 Michael Ross	Nepean	3.85	1 Melanie Anderson	Nepean
2 Brendan German	Nepean	3.81	2 Tegan Risk	Werrington
3 Jake Zielinski	Werrington	3.81	3 Jayde Lewin	Jamison
4 Ben Withers	Penrith	3.66	4 Samantha Tabone	Nepean
5 Chris Schneider	Colyton St Clair	3.63	5 Casey Swift	Werrington
6 Jordan Boland	Penrith	3.58	6 Bree Giardina	Nepean
7 Daniel Salesa	Jamison	3.49	7 Nicole Fuller	Nepean
8 Glenn Skiffington	Colyton St Clair	3.36	8 Erin Burns	Jamison
9 Matthew Fanning	Colyton St Clair	3.33	9 Kelsie Harnett	Jamison
10 Tristin Climo	Jamison	3.25	10 Courtney McGrath	Cranebrook
11 Keiran Fyfe	Cranebrook	2.97	11 Lauren Seach	Cranebrook
			12 Bethanie Franolich	Werrington
			13 Belinda Murie	Colyton St Clair

High Jump

1 Jeffrey Crothers	Werrington	1.29	1 Melanie Anderson	Nepean
2 Jarod Anderson	Cranebrook	1.27	2 Hayley Gale	Werrington
3 Patrick Jackson	Penrith	1.25	3 Kalynda Davis	Penrith
3 Michael Ross	Nepean	1.25	4 Tegan Risk	Werrington
5 Jordan Boland	Penrith	1.23	5 Samantha Tabone	Nepean
			6 Sharnie Francis	Penrith
			7 Laura Smyth	Penrith
			8 Tamara Russell	Nepean
			9 Natalie Gale	Werrington

Triple Jump

1 Jeffrey Crothers	Werrington	8.1	1 Melanie Anderson	Nepean
2 Jordan Boland	Penrith	7.93	2 Jayde Lewin	Jamison
3 Chris Schneider	Colyton St Clair	7.68	3 Tegan Risk	Werrington
4 Brendan German	Nepean	7.62	4 Natalie Gale	Werrington
5 Patrick Jackson	Penrith	7.52	5 Bree Giardina	Nepean
6 Christopher Maltese	Jamison	7.48	6 Kalynda Davis	Penrith
7 Dominique Montaine	Penrith	7.2	7 Casey Swift	Werrington
8 Matthew Fanning	Colyton St Clair	7.12	8 Naomi Lister	Penrith
9 Glenn Skiffington	Colyton St Clair	7	9 Sharnie Francis	Penrith
10 Christopher Marcozzi	Nepean	6.05	10 Samantha Bold	Colyton St Clair
			11 Erin Burns	Jamison
			12 Kelsie Harnett	Jamison

Shot Put

1 Jarod Anderson	Cranebrook	9.51	1 Naomi Lister	Penrith
2 Matthew Fanning	Colyton St Clair	9.4	2 Tori Middlebrook	Nepean
3 Brendan German	Nepean	8.18	3 Laura Flanagan	Colyton St Clair
4 Justin Miller	Nepean	8.17	4 Bethanie Franolich	Werrington
5 Jeffrey Crothers	Werrington	8.13	5 Amanda Denny	Penrith
6 Kaine Matthews	Colyton St Clair	7.85	6 Clare Decena	Nepean
7 Daniel Salesa	Jamison	7.24	7 Lauren Seach	Cranebrook
8 Ben Withers	Penrith	6.58	8 Belinda Murie	Colyton St Clair
9 Tristin Climo	Jamison	4.45		

Discus

1 Jarod Anderson	Cranebrook	26.56	1 Tori Middlebrook	Nepean
2 Justin Miller	Nepean	22.36	2 Laura Flanagan	Colyton St Clair
3 Brendan German	Nepean	22.11	3 Shannon Jennings	Nepean
4 Ryan Fitzgerald	Nepean	19.96	4 Bethanie Franolich	Werrington
5 Jake Zielinski	Werrington	19.92	5 Courtney McGrath	Cranebrook
6 Patrick Jackson	Penrith	19.72	6 Laura Smyth	Penrith
7 Matthew Fanning	Colyton St Clair	18.69	7 Naomi Lister	Penrith

8 Jordan Boland	Penrith	17.41
9 Kaine Matthews	Colyton St Clair	13.56

U/12 Boys

1 Joshua Leslie	Colyton St Clair	13.1
2 Corey Edgerton	Nepean	13.7
3 Nicholas Thomson	Werrington	13.8
4 Matthew Hay	Werrington	14.3
5 Jayden Flanagan	Penrith	14.7
6 Nicholas Murie	Colyton St Clair	14.8
7 Aden Wilkes	Jamison	14.9
8 David Mostek	Cranebrook	15.1

100M Run

1 Joshua Leslie	Colyton St Clair	27.9
2 Corey Edgerton	Nepean	28.9
3 James Vidigal	Nepean	29.4
4 Aaron Hall	Werrington	29.5
5 Nicholas Thomson	Werrington	30
6 Aden Wilkes	Jamison	30.6
7 Joshua Craig	Werrington	31.9

200M Run

1 Jordan Prisuda	Nepean	1-05.60
2 James Vidigal	Nepean	1-08.40
3 David Mostek	Cranebrook	1-16.20
4 Owen Nicholls	Werrington	1-19.00
5 Michael Bowd	Penrith	1-20.90
6 Brendan Pratt	Nepean	1-24.20
7 Joshua Craig	Werrington	1-24.40
8 Steven Brown	Penrith	1-28.40

400M Run

1 James Vidigal	Nepean	2-47.60
2 Jordan Prisuda	Nepean	2-54.80
3 Jayden Flanagan	Penrith	2-57.40
4 Michael Bowd	Penrith	2-58.10
5 Joshua Craig	Werrington	3-00.80
6 Owen Nicholls	Werrington	3-05.10
7 Haydn Kerr	Cranebrook	3-19.40
8 Steven Brown	Penrith	3-30.90
9 Russell Buttsworth	Cranebrook	3-50.70

800M Run

1 Matthew Hay	Werrington	5-38.50
2 Michael Bowd	Penrith	5-52.80
3 Haydn Kerr	Cranebrook	6-02.80
4 Kai Maruta	Colyton St Clair	6-06.80
5 Adam Toms	Penrith	6-17.70
6 Daniel Owens	Penrith	6-20.30
7 Mitchell Woolley	Colyton St Clair	6-23.10
8 Owen Nicholls	Werrington	6-28.50
9 Joshua Craig	Werrington	6-32.70
10 Daniel Lee	Werrington	6-53.80

1500M Run

1 Kai Maruta	Colyton St Clair	8-29.40
2 Adam Toms	Penrith	9-40.70
3 Jacob Crowe	Penrith	11-39.10

1500M Walk

1 James Vidigal	Nepean	10.3
2 Kyle Walker	Colyton St Clair	10.5
3 Jayden Flanagan	Penrith	11
4 Ben Martin	Werrington	11.4
5 Nicholas Murie	Colyton St Clair	11.5
6 Corey Crothers	Werrington	12.9
7 Samuel Cameron	Penrith	13

60M Hurdles

8 Lucy Mattingley	Penrith
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U/12 Girls

1 Jenna Kingsley	Werrington
2 Catherine Rogan	Werrington
3 Alison Kirk	Jamison
4 Sherie Kilroy	Nepean
5 Kara McGivern	Nepean
6 Ashleigh Hazer	Penrith
7 Sarah Said	Colyton St Clair

1 Catherine Rogan	Werrington
2 Sherie Kilroy	Nepean
3 Alison Kirk	Jamison
4 Kara McGivern	Nepean
5 Stefanie Trovato	Nepean
6 Sarah Said	Colyton St Clair

1 Charlotte Wilson	Nepean
2 Sherie Kilroy	Nepean
3 Rebekah Wallis	Colyton St Clair
4 Sarah Said	Colyton St Clair
5 Katherine Whiteside	Colyton St Clair
6 Annie Collins	Cranebrook
7 Jasmine Bugg	Colyton St Clair

1 Charlotte Wilson	Nepean
2 Liz Beugelsdyk	Penrith
3 Rebekah Wallis	Colyton St Clair
4 Katherine Whiteside	Colyton St Clair
5 Sarah Said	Colyton St Clair
6 Laura Cina	Jamison
7 Brooke McGee	Nepean
8 Alexandra Cameron	Penrith
9 Kiani Bloxsome	Penrith
10 Tara-Lee Kelly	Cranebrook

1 Charlotte Wilson	Nepean
2 Rebekah Wallis	Colyton St Clair
3 Katherine Whiteside	Colyton St Clair
4 Brooke McGee	Nepean
5 Laura Cina	Jamison
6 Alexandra Cameron	Penrith

1 Brooke McGee	Nepean
2 Kiani Bloxsome	Penrith
3 Jessica Etccl	Nepean
4 Annie Collins	Cranebrook

1 Alison Kirk	Jamison
2 Catherine Rogan	Werrington
3 Natasha Salesa	Jamison
4 Ashleigh Hazer	Penrith
5 Kiani Bloxsome	Penrith
6 Stefanie Trovato	Nepean
7 Kara McGivern	Nepean

8 Daniel Owens Penrith 13.2

Long Jump

1 Joshua Leslie Colyton St Clair 4.8
2 Ben Martin Werrington 4.5
3 Corey Edgerton Nepean 4.08
4 Kevin Bouquet Colyton St Clair 3.91
5 Jayden Flanagan Penrith 3.83
6 Brendan Pratt Nepean 3.74
7 Corey Crothers Werrington 3.61
8 Hayden Maddock Cranebrook 3.33

1 Jenna Kingsley Werrington
2 Daniella Waddell Nepean
3 Laura Cina Jamison
4 Rebekah Wallis Colyton St Clair
5 Alison Kirk Jamison
6 Alexandra Cameron Penrith
7 Kara McGivern Nepean
8 Jasmine Bugg Colyton St Clair
9 Emma Phillips Penrith
10 Stephanie Haaring Penrith
11 Ashleigh Hazer Penrith

High Jump

1 Ben Martin Werrington 1.37
2 David Mostek Cranebrook 1.35
3 Adam Toms Penrith 1.35
4 Aden Wilkes Jamison 1.3
5 Matthew Hay Werrington 1.3
6 Jacob Crowe Penrith 1.25
6 Jordan Prisuda Nepean 1.25
8 Kevin Bouquet Colyton St Clair 1.25
9 Haydn Kerr Cranebrook 1.2
10 Christopher Webb Jamison 1.15

1 Jessica Simmonds Penrith
2 Natasha Salesa Jamison
2 Sherie Kilroy Nepean

Triple Jump

1 Joshua Leslie Colyton St Clair 9.75
2 Matthew Hay Werrington 9.6
3 Ben Martin Werrington 9.1
4 Corey Edgerton Nepean 8.98
5 Jordan Prisuda Nepean 8.96
6 Brendan Pratt Nepean 8.34
7 Adam Toms Penrith 8.22
8 Aden Wilkes Jamison 7.99
9 Daniel Owens Penrith 7.81
10 Owen Nicholls Werrington 7.6
11 Hayden Maddock Cranebrook 7.35
12 Mitchell Woolley Colyton St Clair 7.06

1 Jenna Kingsley Werrington
2 Daniella Waddell Nepean
3 Charlotte Wilson Nepean
4 Laura Cina Jamison
5 Natasha Salesa Jamison
6 Alexandra Cameron Penrith
7 Jessica Etccl Nepean
8 Emma Phillips Penrith
9 Jessica Simmonds Penrith

Shot Put

1 Nicholas Thomson Werrington 10.15
2 Hayden Maddock Cranebrook 8.9
3 Aaron Hall Werrington 7.27
4 Michael Bowd Penrith 6.28
5 Mitchell Woolley Colyton St Clair 5.68
6 Steven Brown Penrith 5.2

1 Ashleigh Lumsden Nepean
2 Jessica Etccl Nepean
3 Jessica Camilleri Colyton St Clair
4 Daniella Waddell Nepean
5 Annie Collins Cranebrook
6 Jasmine Bugg Colyton St Clair
7 Liz Beugelsdyk Penrith
8 Kiani Bloxsome Penrith
9 Marcella Tesoriero Cranebrook
10 Emma Phillips Penrith

Discus

1 Kyle Walker Colyton St Clair 29.15
2 Nicholas Thomson Werrington 28.84
3 Hayden Maddock Cranebrook 28.11
4 Aaron Hall Werrington 25.22
5 Kai Maruta Colyton St Clair 22.71
6 Corey Crothers Werrington 21.69
7 Mitchell Woolley Colyton St Clair 19.66
8 Christopher Webb Jamison 14.64
9 Steven Brown Penrith 12.54

1 Ashleigh Lumsden Nepean
2 Jessica Etccl Nepean
3 Katherine Whiteside Colyton St Clair
4 Catherine Rogan Werrington
5 Annie Collins Cranebrook
6 Liz Beugelsdyk Penrith
7 Marcella Tesoriero Cranebrook
8 Stephanie Haaring Penrith

U/13 Boys

100M Run

1 William Drury Werrington 12.7
2 Brenton Salmon Colyton St Clair 13.9
3 Fabian Haggett Cranebrook 14.3
4 Darren Hartney Nepean 14.5

U/13 Girls

1 Danielle Muscat Cranebrook
2 Sepi Pepa Penrith
3 Amy Meekings Cranebrook
4 Emily Spillane Nepean

5 Luke Omerod	Werrington	14.9	5 Ashleigh Sarasola	Jamison
6 Daniel Manning	Werrington	15.4	6 Elizabeth Burke	Penrith
7 Scott Giuntini	Nepean	16.2	7 Katarin Flatters	Nepean

200M Run

1 William Drury	Werrington	26.2	1 Sepi Pepa	Penrith
2 Jared Risk	Werrington	27.3	2 Danielle Muscat	Cranebrook
3 Brenton Salmon	Colyton St Clair	29.7	3 Amy Meekings	Cranebrook
4 Darren Hartney	Nepean	30.2	4 Bianca Crowe	Colyton St Clair
5 Kyle McDonagh	Nepean	30.4	5 Emily Spillane	Nepean
6 Luke Omerod	Werrington	30.8	6 Katrina Legg	Colyton St Clair
7 Daniel Manning	Werrington	32.2	7 Jessica Anestoudis	Nepean
8 Scott Giuntini	Nepean	33.4	8 Melissa Mannix	Nepean

400M Run

1 Jared Risk	Werrington	1-08.50	1 Amy Meekings	Cranebrook
2 Darren Hartney	Nepean	1-17.40	2 Sheena Sims	Nepean
3 Ronnie Mills	Nepean	1-18.80	3 Amanda Cooksley	Jamison
4 Christopher Gatt	Penrith	1-19.20	4 Bianca Crowe	Colyton St Clair
			5 Katarin Flatters	Nepean
			6 Melissa Mannix	Nepean

800M Run

1 Clint McGee	Nepean	2-37.70	1 Sheena Sims	Nepean
2 Nathan Jones	Colyton St Clair	2-41.70	2 Hayley Jones	Cranebrook
3 Fabian Haggett	Cranebrook	2-43.00	3 Amanda Cooksley	Jamison
4 Scott Burgess	Nepean	2-45.30	4 Bianca Crowe	Colyton St Clair
5 Ronnie Mills	Nepean	2-46.30	5 Erin Stewart	Nepean
6 Kyle McDonagh	Nepean	3-04.70	6 Jacquelyne Broome	Penrith
7 Zane Timmins	Nepean	3-05.60		
8 Christopher Gatt	Penrith	3-12.50		

1500M Run

1 Ryan Hopkins	Cranebrook	5-11.90	1 Sheena Sims	Nepean
2 Clint McGee	Nepean	5-17.20	2 Amanda Cooksley	Jamison
3 Nathan Jones	Colyton St Clair	5-30.20	3 Hayley Jones	Cranebrook
4 Kyle Malone	Nepean	5-40.70	4 Erin Stewart	Nepean
5 Scott Burgess	Nepean	5-52.80	5 Rachael Rindfleish	Colyton St Clair
6 Ronnie Mills	Nepean	6-01.50	6 Amanda Borland	Werrington
7 Zane Timmins	Nepean	6-19.90	7 Jacquelyne Broome	Penrith
8 Christopher Gatt	Penrith	6-20.60		

3000M Run

1 Clint McGee	Nepean	11-17.80	1 Hayley Jones	Cranebrook
2 Nathan Jones	Colyton St Clair	11-43.60	2 Amanda Cooksley	Jamison
3 Kyle Malone	Nepean	11-47.70	3 Rachael Rindfleish	Colyton St Clair
4 Ronnie Mills	Nepean	12-42.80	4 Tara Boland	Penrith
5 Zane Timmins	Nepean	13-56.80		
6 Christopher Gatt	Penrith	14-00.20		

1500M Walk

1 Kyle Malone	Nepean	7-41.60	1 Jamie Miller	Nepean
2 Nathan Jones	Colyton St Clair	9-09.00	2 Rachael Rindfleish	Colyton St Clair
3 Zane Timmins	Nepean	11-14.40	3 Kimberley German	Nepean

80M Hurdles

1 William Drury	Werrington	13.1	1 Emily Spillane	Nepean
2 Fabian Haggett	Cranebrook	15.6	2 Tahlia Tarrant	Colyton St Clair
3 Aaron Anger	Nepean	17.3	3 Ashleigh Sarasola	Jamison
			4 Elizabeth Burke	Penrith

200M Hurdles

1 Daniel Manning	Werrington	36.9	1 Tahlia Tarrant	Colyton St Clair
			2 Katrina Legg	Colyton St Clair
			3 Janelle Viney	Jamison

Long Jump

1 William Drury	Werrington	4.89	1 Sepi Pepa	Penrith
2 Jared Risk	Werrington	4.22	2 Tahlia Tarrant	Colyton St Clair
3 Kyle McDonagh	Nepean	4.17	3 Erin Stewart	Nepean
4 Brenden Riley	Colyton St Clair	4.05	4 Katrina Legg	Colyton St Clair
5 Brenton Salmon	Colyton St Clair	4.03	5 Ashleigh Sarasola	Jamison
6 Fabian Haggett	Cranebrook	3.85	6 Kimberley German	Nepean

7 Darren Hartney
8 Scott Giuntini

Nepean
Nepean

3.78
3.16

7 Nikki Eggins
8 Chantelle Gapps
9 Elizabeth Burke

Werrington
Werrington
Penrith

High Jump

1 Brenden Riley
2 Kyle McDonagh
3 Aaron Anger
4 Brock Jordan

Colyton St Clair
Nepean
Nepean
Nepean

1.35
1.3
1.24
1.24

1 Jessica Anestoudis
2 Erin Stewart
3 Janelle Viney

Nepean
Nepean
Jamison

Triple Jump

1 Jared Risk
2 Brenton Salmon
3 Brenden Riley
4 Aaron Anger

Werrington
Colyton St Clair
Colyton St Clair
Nepean

9.8
8.91
8.83
7.52

1 Sepi Pepa
2 Tahlia Tarrant
3 Bianca Crowe
4 Kimberley German
5 Janelle Viney

Penrith
Colyton St Clair
Colyton St Clair
Nepean
Jamison

Shot Put

1 Ben Great
2 Brock Jordan

Nepean
Nepean

9.54
7.09

1 Jessica Anestoudis
2 Kaitlin Sutton
3 Jamie Miller
4 Chantelle Gapps

Nepean
Cranebrook
Nepean
Werrington

Discus

1 Ben Great

Nepean

22.11

1 Jessica Anestoudis
2 Jamie Miller
3 Kaitlin Sutton
4 Nikki Eggins
5 Rachael Rindfleisch
6 Melissa Mannix
7 Sheree Omerod

Nepean
Nepean
Cranebrook
Werrington
Colyton St Clair
Nepean
Werrington

Javelin

1 Brenden Riley

Colyton St Clair

22.61

1 Amy Meekings
2 Jamie Miller
3 Sheree Omerod

Cranebrook
Nepean
Werrington

U/14 Boys

1 Simon Gairns
2 Grant Leslie
3 Craig Wright
4 Joshua Shephard
5 Christopher Everingham
6 Graham Bowd
7 Brandon Mogg

Colyton St Clair
Werrington
Cranebrook
Werrington
Werrington
Penrith
Nepean

12.3
12.5
13
13.2
13.7
14.1
14.6

100M Run

1 Grant Leslie
2 Craig Wright
3 Simon Gairns
4 Luke Burcher

Werrington
Cranebrook
Colyton St Clair
Werrington

25.5
25.8
26.2
27.4

200M Run

1 Brandon Mogg
2 Luke Maddock

Nepean
Cranebrook

1-14.10
1-19.70

400M Run

1 Andrew Pollard
2 Timothy Broome

Colyton St Clair
Penrith

2-32.60
2-47.40

800M Run

1 Andrew Pollard
2 Joshua Shephard
3 Timothy Broome
4 Justin Fitzgerald
5 Christopher Everingham

Colyton St Clair
Werrington
Penrith
Nepean
Werrington

5-18.60
5-43.20
5-44.00
6-16.40
6-51.40

1500M Run

1 Justin Fitzgerald

Nepean

13-27.40

1 Lauren Clark
2 Emma Wassilenko
3 Melanie Tesoriero
4 Emily Vella
5 Hannah Porrelli
6 Samantha Walter

Nepean
Nepean
Cranebrook
Penrith
Jamison
Werrington

U/14 Girls

1 Lauren Clark
2 Melanie Tesoriero
3 Melissa Ellis
4 Michelle Carter

Nepean
Cranebrook
Colyton St Clair
Penrith

1 Meg Ebelt
2 Melissa Ellis

Jamison
Colyton St Clair

1 Meg Ebelt
2 Rhiannon Hopkins
3 Elizabeth Boxwell
4 Natasha Agius
5 Jessica Wood

Jamison
Cranebrook
Colyton St Clair
Nepean
Cranebrook

1 Rhiannon Hopkins
2 Elizabeth Boxwell
3 Natasha Agius

Cranebrook
Colyton St Clair
Nepean

1 Rhiannon Hopkins
2 Elizabeth Boxwell
3 Natasha Agius

Cranebrook
Colyton St Clair
Nepean

3000M Run

1500M Walk

1 Justin Fitzgerald	Nepean	8-40.30	1 Natasha Agius	Nepean
2 Graham Bowd	Penrith	11-25.20		

90M Hurdles

1 Danny Schneider	Colyton St Clair	14.3	1 Hannah Porrelli	Jamison
2 Christopher Everingham	Werrington	15.5	2 Melanie Tesoriero	Cranebrook
3 Luke Burcher	Werrington	16.5		

200M Hurdles

1 Grant Leslie	Werrington	29.3	1 Michelle Carter	Penrith
2 Danny Schneider	Colyton St Clair	29.5	2 Melissa Ellis	Colyton St Clair
3 Luke Burcher	Werrington	31.6	3 Hannah Porrelli	Jamison
			4 Melanie Tesoriero	Cranebrook
			5 Lauren Sesperez	Penrith

Long Jump

1 Craig Wright	Cranebrook	5.37	1 Lauren Clark	Nepean
2 Aaron Kingsley	Werrington	5.01	2 Hannah Porrelli	Jamison
3 Danny Schneider	Colyton St Clair	4.93	3 Belinda Plunkett	Nepean
4 Joshua Shephard	Werrington	4.59	4 Rachel Maloney	Nepean
5 Christopher Everingham	Werrington	4.46		
6 Daniel Faulkner	Colyton St Clair	3.85		

High Jump

1 James Pearson	Penrith	1.65	1 Michelle Carter	Penrith
2 Brandon Mogg	Nepean	1.25	2 Lauren Sesperez	Penrith
			3 Emma Wassilenko	Nepean

Triple Jump

1 Craig Wright	Cranebrook	10.98	1 Lauren Clark	Nepean
2 Danny Schneider	Colyton St Clair	10.27	2 Melissa Ellis	Colyton St Clair
3 Joshua Shephard	Werrington	9.66	3 Michelle Carter	Penrith
4 Daniel Faulkner	Colyton St Clair	8.57	4 Samantha Walter	Werrington
			5 Narelle Forth	Nepean

Shot Put

1 Nathan Leslie	Werrington	9.71	1 Narelle Forth	Nepean
2 Peter Zeibots	Colyton St Clair	9.01	2 Belinda Plunkett	Nepean
3 Blake Anderson	Cranebrook	8.32	3 Rachel Maloney	Nepean
4 Graham Bowd	Penrith	8.22		
5 Luke Maddock	Cranebrook	8.17		

Discus

1 Nathan Leslie	Werrington	35.83	1 Narelle Forth	Nepean
2 Luke Burcher	Werrington	31.54	2 Belinda Plunkett	Nepean
3 Matthew Salmon	Colyton St Clair	29.39	3 Meg Ebelt	Jamison
4 Peter Zeibots	Colyton St Clair	25.17	4 Lauren Sesperez	Penrith
5 Graham Bowd	Penrith	23.4	5 Samantha Walter	Werrington
6 Blake Anderson	Cranebrook	23.19	6 Rachel Maloney	Nepean
7 Luke Maddock	Cranebrook	21.18	7 Jessica Wood	Cranebrook

Javelin

1 Andrew Walker	Colyton St Clair	27.62	1 Narelle Forth	Nepean
2 Simon Gairns	Colyton St Clair	23.15	2 Meg Ebelt	Jamison
3 Matthew Salmon	Colyton St Clair	21.5	3 Samantha Walter	Werrington
4 Peter Zeibots	Colyton St Clair	18.53	4 Rachel Maloney	Nepean

U/15 Boys

1 Ben Atkinson	Werrington	12.4
2 Bilal Hassan	Nepean	12.8

100M Run

1 Ben Atkinson	Werrington	25.5
2 Hayden Hackshall	Jamison	25.8
3 Nat Harnett	Jamison	26.7

200M Run

1 Hayden Hackshall	Jamison	59.5
2 Nat Harnett	Jamison	1-03.30

400M Run

U/15 Girls

1 Charmaine Hill	Penrith
2 Claire Bird	Werrington
3 Lauren Borwick	Werrington

1 Crystal Gapps	Jamison
2 Alana Banks	Nepean
3 Charmaine Hill	Penrith
4 Claire Bird	Werrington
5 Lauren Borwick	Werrington

1 Phoebe Timmins	Nepean
2 Claire Bird	Werrington

3 Lauren Borwick Werrington

800M Run

1 Joshua Landers	Cranebrook	2-16.60
2 Ashley Pincham	Colyton St Clair	2-23.10
3 Blake Egelton	Nepean	2-40.90
4 Matthew Lee	Werrington	3-04.20

1 Phoebe Timmins	Nepean
2 Jessica German	Nepean

1500M Run

1 Joshua Landers	Cranebrook	4-55.00
2 Ashley Pincham	Colyton St Clair	4-55.60
3 Blake Egelton	Nepean	5-26.20
4 Matthew Lee	Werrington	6-12.20

1 Jessica German	Nepean
2 Phoebe Timmins	Nepean

3000M Run

1 Ashley Pincham	Colyton St Clair	10-28.50
2 Joshua Landers	Cranebrook	10-39.90
3 Blake Egelton	Nepean	11-43.30

1 Jessica German	Nepean
1 Phoebe Timmins	Nepean

1500M Walk

1 Blake Egelton	Nepean	7-26.20
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nil competitors

100M Hurdles

1 Ben Atkinson	Werrington	15.6
2 Matthew Lee	Werrington	20.1

1 Ashley McBurney	Penrith
2 Crystal Gapps	Jamison
3 Alana Banks	Nepean

200M Hurdles

1 Christopher Legg	Colyton St Clair	27.2
2 Ben Atkinson	Werrington	27.6
3 Hayden Hackshall	Jamison	29.4
4 Matthew Marshall	Penrith	31.7

1 Amy Allen	Nepean
2 Crystal Gapps	Jamison

Long Jump

1 Christopher Legg	Colyton St Clair	5.64
2 Bilal Hassan	Nepean	5.24
3 Paul Hewitt	Penrith	4.2
4 Ryan Vidal	Jamison	4.07
5 Greame Viney	Jamison	3.44

1 Ashley McBurney	Penrith
2 Amy Allen	Nepean
3 Lauren Borwick	Werrington

High Jump

1 Christopher Legg	Colyton St Clair	1.8
2 Bilal Hassan	Nepean	1.75
3 Nat Harnett	Jamison	1.65
4 Hayden Hackshall	Jamison	1.6
5 Matthew Marshall	Penrith	1.55
6 Paul Hewitt	Penrith	1.35

1 Ashley McBurney	Penrith
2 Amy Allen	Nepean
3 Alana Banks	Nepean
4 Crystal Gapps	Jamison

Triple Jump

1 Christopher Legg	Colyton St Clair	11.91
2 Bilal Hassan	Nepean	11.63
3 Paul Hewitt	Penrith	9.68

1 Ashley McBurney	Penrith
2 Alana Banks	Nepean

Shot Put

1 Todd Fabian	Cranebrook	9.68
2 Ryan Vidal	Jamison	9.65
3 Greame Viney	Jamison	7.89

1 Jennie Roelofs	Werrington
2 Samantha Miller	Nepean
3 Claire Bird	Werrington

Discus

1 Nat Harnett	Jamison	36.59
2 Ryan Vidal	Jamison	25.16
3 Greame Viney	Jamison	22.88

1 Jennie Roelofs	Werrington
2 Amy Allen	Nepean
3 Samantha Miller	Nepean

Javelin

1 Ryan Vidal	Jamison	41.59
2 Todd Fabian	Cranebrook	31.1
3 Joshua Landers	Cranebrook	22.13
4 Matthew Lee	Werrington	19.68
5 Greame Viney	Jamison	6.21

1 Samantha Miller	Nepean
2 Lauren Dunn	Cranebrook

Junior Boys

1 . Nepean	Nepean	1-00.40
2 . Penrith	Penrith	1-01.60
3 . Werrington	Werrington	1-02.90
4 . Colyton/St Clair	Colyton St Clair	1-06.20

Junior Girls

1 . Jamison	Jamison
2 . Werrington	Werrington
3 . Colyton/St Clair	Colyton St Clair
4 . Nepean	Nepean

4 x 100 Relay

- 5 . Jamison
- 6 . Cranebrook

Senior Boys

- 1 . Werrington
- 2 . Colyton/St Clair
- 3 . Cranebrook
- 4 . Nepean

- Jamison
- Cranebrook

- 1-08.30
- 1-09.40

4 x 100 Relay

- Werrington
- Colyton St Clair
- Cranebrook
- Nepean

- 51.3
- 51.8
- 55.8
- 59.5

- 5 . Penrith
- 6 . Cranebrook

Senior Girls

- 1 . Nepean
- 2 . Penrith
- 3 . Jamison
- 4 . Cranebrook
- 5 . Werrington

- Penrith
- Cranebrook

- Nepean
- Penrith
- Jamison
- Cranebrook
- Werrington

1	Phoebe Timmins	Nepean	2-47.20
2	Jessica German	Nepean	2-52.00
1	Jessica German	Nepean	6-11.60
2	Phoebe Timmins	Nepean	6-36.00
1	Jessica German	Nepean	14-52.50
1	Phoebe Timmins	Nepean	14-52.50
1	Ashley McBurney	Penrith	14.9
2	Crystal Gapps	Jamison	17
3	Alana Banks	Nepean	19.9
1	Amy Allen	Nepean	32.1
2	Crystal Gapps	Jamison	32.9

1 Ashley McBurney	Penrith	4.92
2 Amy Allen	Nepean	4.46
3 Lauren Borwick	Werrington	3

1 Ashley McBurney	Penrith	1.55
2 Amy Allen	Nepean	1.4
3 Alana Banks	Nepean	1.4
4 Crystal Gapps	Jamison	1.3

1 Ashley McBurney	Penrith	10.77
2 Alana Banks	Nepean	8.69

1 Jennie Roelofs	Werrington	10.34
2 Samantha Miller	Nepean	10.19
3 Claire Bird	Werrington	6.61

1 Jennie Roelofs	Werrington	30.4
2 Amy Allen	Nepean	27.29
3 Samantha Miller	Nepean	24.64

1 Samantha Miller	Nepean	27.75
2 Lauren Dunn	Cranebrook	22.07

1 . Jamison	Jamison	1-02.00
2 . Werrington	Werrington	1-04.30
3 . Colyton/St Clair	Colyton St Clair	1-05.50
4 . Nepean	Nepean	1-05.80
5 . Penrith	Penrith	1-06.30
6 . Cranebrook	Cranebrook	1-09.80

1 . Nepean	Nepean	56.4
2 . Penrith	Penrith	56.8
3 . Jamison	Jamison	58.8
4 . Cranebrook	Cranebrook	1-01.00
5 . Werrington	Werrington	1-02.30

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41.7
42.3
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46.6
46.9

2.83
2.48
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2.34
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2.19
2.07
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1.87
1.83
1.81
1.78
1.65
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4.34
4.08
3.56
3.31
3.09
2.64
2.6
2.38

12.18
7.71
6.55
6.55
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6.23
6.13
5.86
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1-54.50
2-03.50
2-06.50
2-10.70
2-18.50
2-44.70
3-12.70
3-13.60

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2-52.10

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3-07.70

3-07.90

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3-44.80

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2-58.90
3-07.50

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5-53.70
5-54.20

12-10.80
12-45.30
12-46.70

8-14.50

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7.61

28.71
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1-21.70

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2-52.00

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1-05.50

1-05.80

1-06.30

1-09.80

56.4

56.8

58.8

1-01.00

1-02.30

