

MID SOUTH COAST ZONE
TRACK & FIELD CHAMPIONSHIPS - 02/12/2023 to 03/12/2023
Ron Brown Sporting Complex
Results

Girls U 7 - 50 Metre Sprint

Name	Age	Centre	Final
Zone: Z 9.00 12/12/2015 Lily Bell, Kiama			
Zone: Z 9.00 09/12/2017 Ginger Siasat, Kiama			
Section 1			
1 Evelyn Vickery		Shoalhaven	9.65
2 Aaliyah Hetherington		Albion Park	10.74
3 Charlotte Fragar		Shoalhaven	11.40

Girls U 7 - 70 Metre Sprint

Name	Age	Centre	Final
Zone: Z 11.10 31/01/1982 Belinda Ruiz, Lake Illawarra			
1 Kyla Condello		Albion Park	13.14
2 Arlie Matterson		Kiama	13.21
3 Charlotte Fragar		Shoalhaven	16.95

Girls U 8 - 70 Metre Sprint

Name	Age	Centre	Final
Zone: Z 11.10 31/01/1982 Rachel Dean, Lake Illawarra			
1 Mia De Ruyter		Shoalhaven	12.26
2 Macey Dixon		Shoalhaven	12.85
3 Avenue-Sage Filiposki		Lake Illawarra	12.97
4 Stevie Hedges		Albion Park	13.79
5 Grace Braddick		Milton-Ulladulla	13.97
6 Zaeli Talbot		Lake Illawarra	13.99
7 Hayley Astin-Briggs		Shoalhaven	16.03
8 Imogen Bertholini		Shoalhaven	19.18

Girls U 9 - 70 Metre Sprint

Name	Age	Centre	Final
Zone: Z 10.80 14/12/2014 Delta Amidzovski, Albion Park			
1 Kaylee Condello		Albion Park	11.78
2 Callie Dent		Albion Park	12.45
3 Tanisha Murray		Albion Park	13.70
4 Mollie Bremner		Lake Illawarra	15.41

Girls U 10 - 70 Metre Sprint

Name	Age	Centre	Final
Zone: Z 10.20 29/01/2006 Shayna Wilson, Milton Ulladul			
1 Aleaha Talbot		Lake Illawarra	11.09
2 Elsey Chapman		Kiama	11.67
3 Zarli Grebert		Albion Park	13.61

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Girls U 7 - 100 Metre Sprint

Zone: Z 16.10 30/01/1982 Belinda Ruiz, Lake Illawarra			
Name	Age	Centre	Final
1 Zariah Hennen		Albion Park	18.21
2 Evelyn Vickery		Shoalhaven	19.03
3 Chelsea James		Shoalhaven	19.36
4 Aaliyah Hetherington		Albion Park	22.62

Girls U 8 - 100 Metre Sprint

Zone: Z 16.00 26/01/1980 K Taylor, Lake Illawarra			
Name	Age	Centre	Prelims
Heat 1 Heats			
1 McKenzie Harding		Kiama	17.12Q
2 Arianne Lang		Milton-Ulladulla	17.14Q
3 Penny Boyle		Shoalhaven	17.69Q
4 Lucy Kann		Milton-Ulladulla	19.99q
5 Hannah Auld		Lake Illawarra	22.52
6 Imogen Bertholini		Shoalhaven	28.46
Heat 2 Heats			
1 Mia De Ruyter		Shoalhaven	17.39Q
2 Marla Flore-Quirk		Milton-Ulladulla	19.92Q
3 Zaeli Talbot		Lake Illawarra	20.74Q
4 Emery Pienaar		Shoalhaven	21.81q
-- Marley Walker		St Georges Basin	DNS

Girls U 8 - 100 Metre Sprint

Zone: Z 16.00 26/01/1980 K Taylor, Lake Illawarra			
Name	Age	Centre	Final
Section 1 Final			
1 Mia De Ruyter		Shoalhaven	17.21
2 McKenzie Harding		Kiama	17.39
3 Arianne Lang		Milton-Ulladulla	17.81
4 Penny Boyle		Shoalhaven	17.91
5 Lucy Kann		Milton-Ulladulla	19.86
6 Marla Flore-Quirk		Milton-Ulladulla	20.36
7 Zaeli Talbot		Lake Illawarra	20.51
8 Emery Pienaar		Shoalhaven	21.78

Girls U 9 - 100 Metre Sprint

Zone: Z 15.10 28/01/1984 Belinda Ruiz, Lake Illawarra			
Name	Age	Centre	Final
Section 1			
1 Rachael Clarke		Shoalhaven	15.28
2 Tilly O'Connor		St Georges Basin	16.39
3 Mila Graham		Milton-Ulladulla	16.49
-- Addison Galloway		Shoalhaven	DNS

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Girls U 10 - 100 Metre Sprint

Name	Age	Centre	Prelims
	Zone: Z 14.10	25/01/1986	S Gown, Kiama
	Zone: Z 14.10	28/01/2006	Shayna Wilson, Milton Ulladul

Heat 1 Heats

1	Aleaha Talbot	Lake Illawarra	15.49Q
2	Zoe Gregory	Lake Illawarra	15.92Q
3	Matilda Hellyer	Shoalhaven	16.01Q
4	Ivy Horwood	Shoalhaven	17.02
5	Annabelle Seymour-Munn	Shoalhaven	17.13
6	Elivia Kirk	Albion Park	17.37
7	Maeve Rimmer	Albion Park	17.61

Heat 2 Heats

1	Eelsey Chapman	Kiama	15.75Q
2	Kalani Warren	Lake Illawarra	15.85Q
3	Ashleigh Astin-Briggs	Shoalhaven	16.57Q
4	Olivia Brown	Lake Illawarra	16.89q
5	Darcy Kite	Lake Illawarra	16.91q
6	Ruby Chapman	St Georges Basin	17.95
--	Mia Musson	Shoalhaven	DNS

Girls U 10 - 100 Metre Sprint

Name	Age	Centre	Final
	Zone: Z 14.10	25/01/1986	S Gown, Kiama
	Zone: Z 14.10	28/01/2006	Shayna Wilson, Milton Ulladul

Section 1 Final

1	Aleaha Talbot	Lake Illawarra	15.37
2	Eelsey Chapman	Kiama	15.71
3	Kalani Warren	Lake Illawarra	15.98
4	Zoe Gregory	Lake Illawarra	16.02
5	Darcy Kite	Lake Illawarra	16.61
6	Ashleigh Astin-Briggs	Shoalhaven	16.96
7	Olivia Brown	Lake Illawarra	17.68
--	Matilda Hellyer	Shoalhaven	DNS

Girls U 11 - 100 Metre Sprint

Name	Age	Centre	Final
	Zone: Z 13.10	26/01/1980	Kerry Reko, Shoalhaven

Section 1

1	Evalyn Norris	Shoalhaven	14.86
2	Nevaeh Williams	St Georges Basin	15.91
3	Tilly Berg	Albion Park	15.98
4	Lily Rose Boyle	Milton-Ulladulla	16.22
5	Isla Sargent	Shoalhaven	16.27
--	Amelia Elphick	Albion Park	DNS
--	Layla McGinn	St Georges Basin	DNS
--	Katherine Arendse	St Georges Basin	DNS

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Girls U 12 - 100 Metre Sprint

=====			
Zone: Z 13.10 27/01/1979 Kim Wilson, Lake Illawarra			
Zone: Z 13.10 28/01/2006 Abbie Taddeo, Kiama			
Name	Age	Centre	Prelims
=====			
Heat 1 Heats			
1 Hollie Braddick		Milton-Ulladulla	13.88Q
2 Chleo Luis		Lake Illawarra	14.34Q
3 Layla Bishop		St Georges Basin	17.19Q
-- Ava Porteous		St Georges Basin	DNS
-- Mia Ferguson		Milton-Ulladulla	DNS
Heat 2 Heats			
1 Sophie Bull		Shoalhaven	14.56Q
2 Lena Flore-Quirk		Milton-Ulladulla	14.95Q
3 Kaylie Murray		Albion Park	15.34Q
4 Jaylah Russell		St Georges Basin	15.49q

Girls U 12 - 100 Metre Sprint

=====			
Zone: Z 13.10 27/01/1979 Kim Wilson, Lake Illawarra			
Zone: Z 13.10 28/01/2006 Abbie Taddeo, Kiama			
Name	Age	Centre	Final
=====			
Section 1 Final			
1 Hollie Braddick		Milton-Ulladulla	13.88
2 Chleo Luis		Lake Illawarra	14.34
3 Sophie Bull		Shoalhaven	14.56
4 Lena Flore-Quirk		Milton-Ulladulla	14.95
5 Kaylie Murray		Albion Park	15.34
6 Jaylah Russell		St Georges Basin	15.49
7 Layla Bishop		St Georges Basin	17.19

Girls U 13 - 100 Metre Sprint

=====			
Zone: Z 12.90 12/12/2015 Zoe Chater, Shoalhaven			
Name	Age	Centre	Final
=====			
Section 1			
1 Brooklyn Horwood		Shoalhaven	14.61
2 Ane Pretorius		Albion Park	14.81

Girls U 14 - 100 Metre Sprint

=====			
Zone: Z 12.90 10/12/2016 Zoe Chater, Shoalhaven			
Name	Age	Centre	Final
=====			
1 Ruby Kerr		Albion Park	13.58
2 Ella Power		Albion Park	13.62
3 Suvi Flore-Quirk		Milton-Ulladulla	13.65
-- Ellie King		Lake Illawarra	DNS

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Girls U 15 - 100 Metre Sprint

=====			
Zone: Z 12.50 28/01/1995 Skye Richardson, Lake Illawar			
Zone: Z 12.50 29/01/2000 Lianna Braithwaite, Lake Illa			
Name	Age	Centre	Final
=====			
1 Darcie Dwyer		Albion Park	14.31
2 Haylee Connelly		Shoalhaven	15.37

Girls U 17 - 100 Metre Sprint

=====			
Zone: Z 12.00 12/12/2009 Talissa Scott, Kiama			
Name	Age	Centre	Final
=====			
1 Charlotte Kerr		Albion Park	13.43
2 Ava Power		Albion Park	13.57
3 Natarsha Mandavy		St Georges Basin	13.66
4 Jasmine Wheeler		St Georges Basin	13.95
5 Grace Gibson		Shoalhaven	14.41

Girls U 7 - 200 Metre Sprint

=====			
Zone: Z 34.10 30/01/1982 Belinda Ruiz, Lake Illawarra			
Name	Age	Centre	Final
=====			
1 Zariah Hennen		Albion Park	38.31
2 Kyla Condello		Albion Park	40.64
3 Chelsea James		Shoalhaven	42.70
4 Arlie Matterson		Kiama	43.02
5 Rosie Lester		Lake Illawarra	44.43

Girls U 8 - 200 Metre Sprint

=====			
Zone: Z 33.10 29/01/1984 S Gown, Kiama			
Name	Age	Centre	Final
=====			
1 Mia De Ruyter		Shoalhaven	37.80
2 Madison Sandstrom		Shoalhaven	39.76
3 Avenue-Sage Filiposki		Lake Illawarra	40.51
4 Stevie Hedges		Albion Park	43.87
5 Marla Flore-Quirk		Milton-Ulladulla	46.65

Girls U 9 - 200 Metre Sprint

=====			
Zone: Z 31.80 27/01/2002 Paige Fenech, Albion Park			
Name	Age	Centre	Final
=====			
1 Rachael Clarke		Shoalhaven	33.87
2 Kaylee Condello		Albion Park	35.25
3 Mila Bozikov		St Georges Basin	35.56

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Girls U 10 - 200 Metre Sprint

Zone: Z 29.10 26/01/1986 S Gown, Kiama			
Name	Age	Centre	Final
1 Aleaha Talbot		Lake Illawarra	32.97
2 Elsey Chapman		Kiama	33.18
3 Ashleigh Astin-Briggs		Shoalhaven	36.55
4 Elivia Kirk		Albion Park	37.94
5 Maeve Rimmer		Albion Park	38.07
6 Zarli Grebert		Albion Park	42.27

Girls U 11 - 200 Metre Sprint

Zone: Z 29.10 27/01/1991 Skye Richardson, Lake Illawarra			
Name	Age	Centre	Final
1 Evalyn Norris		Shoalhaven	31.39
2 Tilly Berg		Albion Park	33.67
3 Lily Rose Boyle		Milton-Ulladulla	34.32
4 Nevaeh Williams		St Georges Basin	34.56
5 Ivy Grebert		Albion Park	40.07
-- Layla McGinn		St Georges Basin	DNS
-- Katherine Arendse		St Georges Basin	DNS

Girls U 12 - 200 Metre Sprint

Zone: Z 26.10 28/01/1979 Kim Wilson, Lake Illawarra			
Name	Age	Centre	Prelims
Heat 1 Heats			
1 Hollie Braddick		Milton-Ulladulla	30.08Q
2 Sophie Bull		Shoalhaven	31.34Q
3 Lena Flore-Quirk		Milton-Ulladulla	32.09Q
4 Kara Condello		Albion Park	37.01q
-- Ava Porteous		St Georges Basin	DNS
Heat 2 Heats			
1 Layla Bishop		St Georges Basin	37.05Q
-- Mia Ferguson		Milton-Ulladulla	DNS
-- Chleo Luis		Lake Illawarra	DNS
-- Jaylah Russell		St Georges Basin	DNS

Girls U 12 - 200 Metre Sprint

Zone: Z 26.10 28/01/1979 Kim Wilson, Lake Illawarra			
Name	Age	Centre	Final
Section 1 Final			
1 Hollie Braddick		Milton-Ulladulla	30.08
2 Sophie Bull		Shoalhaven	31.34
3 Lena Flore-Quirk		Milton-Ulladulla	32.09
4 Kara Condello		Albion Park	37.01
5 Layla Bishop		St Georges Basin	37.05

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Girls U 13 - 200 Metre Sprint

Zone: Z 26.30 02/12/2018 Chelsea Ezeoke, Albion Park			
Name	Age	Centre	Final
Section 1			
1 Brooklyn Horwood		Shoalhaven	32.43
2 Mae Bremner		Lake Illawarra	36.50

Girls U 14 - 200 Metre Sprint

Zone: Z 26.40 14/12/2014 Jenna Bentley, Shoalhaven			
Name	Age	Centre	Final
1 Ella Power		Albion Park	27.70
2 Ruby Kerr		Albion Park	28.01
3 Suvi Flore-Quirk		Milton-Ulladulla	28.31
4 Ellie King		Lake Illawarra	31.64
5 Elizabeth Davis		Shoalhaven	33.19

Girls U 15 - 200 Metre Sprint

Zone: Z 26.30 13/12/2009 Skye Ryan, Albion Park			
Name	Age	Centre	Final
1 Maiya Hewitt		Kiama	26.26Z
2 Darcie Dwyer		Albion Park	29.93
3 Haylee Connelly		Shoalhaven	30.72

Girls U 17 - 200 Metre Sprint

Zone: Z 25.30 13/12/2009 Talissa Scott, Kiama			
Zone: Z 25.30 13/12/2015 Kiara White, Albion Park			
Name	Age	Centre	Final
1 Ella Hewitt		Kiama	27.46
2 Ava Power		Albion Park	28.78
3 Grace Gibson		Shoalhaven	30.17
4 Charlotte Kerr		Albion Park	30.41
-- Jasmine Wheeler		St Georges Basin	DNS

Girls U 9 - 400 Metre Sprint

Zone: Z 1:12.10 29/01/1983 Lisa Baldwin, Lake Illawarr			
Name	Age	Centre	Final
1 Rachael Clarke		Shoalhaven	1:13.81
2 Mila Graham		Milton-Ulladulla	1:23.09

Girls U 10 - 400 Metre Sprint

Zone: Z 1:09.90 14/12/2019 Ruby Kerr, Albion Park			
Name	Age	Centre	Final
1 Matilda Hellyer		Shoalhaven	1:28.36
2 Elivia Kirk		Albion Park	1:32.01

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....Girls U 10 - 400 Metre Sprint

3 Darcy Kite	Lake Illawarra	1:34.90
4 Ruby Chapman	St Georges Basin	1:35.01
-- Mia Musson	Shoalhaven	DNS

Section 2

1 Kalani Warren	Lake Illawarra	1:22.43
2 Ivy Horwood	Shoalhaven	1:26.90
3 Maeve Rimmer	Albion Park	1:27.00
4 Lara Gordon	Shoalhaven	1:32.52

Girls U 11 - 400 Metre Sprint

Zone: Z 1:04.10 31/01/2004 Paige Fenech, Albion Park

Name	Age Centre	Final
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Section 1

1 Evalyn Norris	Shoalhaven	1:08.45
2 Ada Houldsworth	Albion Park	1:15.28

Girls U 12 - 400 Metre Sprint

Zone: Z 1:03.20 03/12/2022 Maddison McWilliams, Albion

Name	Age Centre	Final
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1 Emerson Boatswain	Shoalhaven	1:16.97
2 Aliyah Holland-Kamara	Albion Park	1:18.16
3 Eleanor Parnell	Shoalhaven	1:18.69
4 Hayley Bennett	Albion Park	1:29.16
5 Layla Bishop	St Georges Basin	1:30.75

Section 2

1 Lena Flore-Quirk	Milton-Ulladulla	1:15.33
2 Charli Dwyer	Albion Park	1:23.00
3 Amelia Percival	Shoalhaven	1:27.36
4 Layla Dixon	Shoalhaven	1:45.33
-- Mia Ferguson	Milton-Ulladulla	DNS

Girls U 13 - 400 Metre Sprint

Zone: Z 1:01.30 01/12/2018 Chelsea Ezeoke, Albion Park

Name	Age Centre	Final
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Section 1

1 Airlie Stevens	Shoalhaven	1:08.27
2 Brooklyn Horwood	Shoalhaven	1:12.64
3 Keira Forster	Shoalhaven	1:40.51

Girls U 14 - 400 Metre Sprint

Zone: Z 59.60 14/12/2019 Chelsea Ezeoke, Albion Park

Name	Age Centre	Final
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1 Ella Power	Albion Park	1:02.00
2 Chelsea Nicol	Albion Park	1:02.79
3 Ruby Kerr	Albion Park	1:03.23
4 Suvi Flore-Quirk	Milton-Ulladulla	1:03.38

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....Girls U 14 - 400 Metre Sprint

5 Elizabeth Davis	Shoalhaven	1:19.92
-- Ellie King	Lake Illawarra	DNS

Girls U 15 - 400 Metre Sprint

Zone: Z 59.90 08/12/2012 Susie Seitaridis, Lake Illawa

Name	Age Centre	Final
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1 Darcie Dwyer	Albion Park	1:11.94
2 Haylee Connelly	Shoalhaven	1:15.14

Girls U 17 - 400 Metre Sprint

Zone: Z 1:00.30 12/12/2015 Kiara White, Albion Park

Name	Age Centre	Final
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1 Ella Hewitt	Kiama	1:03.45
2 Ava Power	Albion Park	1:06.21
3 Emily McLaren	Shoalhaven	1:08.48
4 Grace Gibson	Shoalhaven	1:13.80

Girls U 8 - 400 Metre Run Pack Start

Zone: Z 1:17.40 27/01/2001 Paige Fenech, Albion Park

Name	Age Centre	Final
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1 Arianne Lang	Milton-Ulladulla	1:25.24
2 Penny Boyle	Shoalhaven	1:26.05
3 Mia De Ruyter	Shoalhaven	1:26.57
4 McKenzie Harding	Kiama	1:34.05
5 Lucy Kann	Milton-Ulladulla	1:43.06
6 Grace Braddick	Milton-Ulladulla	1:45.78
7 Marla Flore-Quirk	Milton-Ulladulla	1:48.11
8 Holly Smyth	Lake Illawarra	1:49.20
-- Marley Walker	St Georges Basin	DNS
-- Makayla Musson	Shoalhaven	DNS

Girls U 7 - 500 Metre Run Pack Start

Zone: Z 1:49.10 30/01/2000 Paige Fenech, Albion Park

Name	Age Centre	Final
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1 Zariah Hennen	Albion Park	2:04.14
2 Rosie Lester	Lake Illawarra	2:17.97
3 Felicity Houldsworth	Albion Park	2:28.80
4 Aaliyah Hetherington	Albion Park	3:06.48

Girls U 8 - 700 Metre Run Pack Start

Zone: Z 2:31.10 26/01/2003 Caitlin Foord, Lake Illawarra

Name	Age Centre	Final
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1 Penny Boyle	Shoalhaven	2:47.36
2 Madison Sandstrom	Shoalhaven	3:01.97

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....Girls U 8 - 700 Metre Run Pack Start

3 Avenue-Sage Filiposki	Lake Illawarra	3:02.32
4 Lucy Kann	Milton-Ulladulla	3:16.85
5 Holly Smyth	Lake Illawarra	3:26.17
-- Makayla Musson	Shoalhaven	DNS

Girls U 9 - 800 Metre Run

=====		
Zone: Z 2:43.00 30/01/1983 Lisa Baldwin, Lake Illawarr		
Name	Age Centre	Final
=====		
1 Rachael Clarke	Shoalhaven	2:52.39
2 Kaylee Condello	Albion Park	3:07.82

Girls U 10 - 800 Metre Run

=====		
Zone: Z 2:41.30 04/12/2022 Brooklyn McWilliams, Albion		
Name	Age Centre	Final
=====		
1 Cailin Burbage	Shoalhaven	3:08.76
2 Kalani Warren	Lake Illawarra	3:13.55
3 Ivy Horwood	Shoalhaven	3:16.14
4 Maeve Rimmer	Albion Park	3:17.13
5 Sienna Fryar	Shoalhaven	3:31.20
6 Elivia Kirk	Albion Park	3:34.32
7 Zarli Grebert	Albion Park	4:12.09
-- Mia Musson	Shoalhaven	DNS

Girls U 11 - 800 Metre Run

=====		
Zone: Z 2:29.10 31/01/1982 K Tiech, Kiama		
Name	Age Centre	Final
=====		
1 Brooklyn McWilliams	Albion Park	2:41.27
2 Annie Dziubinski	Shoalhaven	2:42.63
3 Ada Houldsworth	Albion Park	2:52.13
4 Lily Rose Boyle	Milton-Ulladulla	3:26.05
5 Ivy Grebert	Albion Park	3:32.84
-- Amelia Elphick	Albion Park	DNS

Girls U 12 - 800 Metre Run

=====		
Zone: Z 2:29.10 30/01/1983 K Tieck, Kiama		
Name	Age Centre	Final
=====		
1 Lena Flore-Quirk	Milton-Ulladulla	2:56.09
2 Emerson Boatswain	Shoalhaven	3:01.30
3 Aliyah Holland-Kamara	Albion Park	3:07.31
4 Hayley Bennett	Albion Park	3:35.40
5 Kara Condello	Albion Park	3:50.99
6 Layla Dixon	Shoalhaven	3:55.86
7 Amelia Percival	Shoalhaven	4:10.08

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Girls U 13 - 800 Metre Run

Zone: Z 2:24.40 30/01/2000 Cian Maciejewski, Milton Ul			
Name	Age	Centre	Final
1 Airlie Stevens		Shoalhaven	2:30.38
2 Madeline Oke		Shoalhaven	2:44.19
3 Brooklyn Horwood		Shoalhaven	2:49.81
4 Mae Bremner		Lake Illawarra	3:21.76
5 Keira Forster		Shoalhaven	3:39.33

Girls U 14 - 800 Metre Run

Zone: Z 2:21.50 15/12/2019 Tayissa Buchanan, Albion Pa			
Name	Age	Centre	Final
1 Chelsea Nicol		Albion Park	2:33.83
2 Elizabeth Davis		Shoalhaven	3:12.45

Girls U 15 - 800 Metre Run

Zone: Z 2:19.50 09/12/2012 Susie Seitaridis, Lake Illa			
Name	Age	Centre	Final
1 Olivia Oke		Shoalhaven	3:23.33
-- Haylee Connelly		Shoalhaven	DNS

Girls U 17 - 800 Metre Run

Zone: Z 2:15.30 09/12/2012 Jessica Hull, Albion Park			
Name	Age	Centre	Final
1 Emily McLaren		Shoalhaven	2:47.98
2 Ava Power		Albion Park	3:52.91

Girls U 11 - 1500 Metre Run

Zone: Z 4:54.00 29/01/2000 Cian Maciejewski, Milton Ul			
Name	Age	Centre	Final
1 Annie Dziubinski		Shoalhaven	5:22.68
2 Brooklyn McWilliams		Albion Park	5:38.67
3 India Binks		Albion Park	6:02.56
4 Sienna Stoddart		St Georges Basin	6:51.29

Girls U 12 - 1500 Metre Run

Zone: Z 5:01.10 29/01/1983 K Tieck, Kiama			
Name	Age	Centre	Final
1 Emerson Boatswain		Shoalhaven	6:12.25
2 Lena Flore-Quirk		Milton-Ulladulla	6:28.27
3 Eleanor Parnell		Shoalhaven	6:36.25
4 Hayley Bennett		Albion Park	6:48.72

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Girls U 13 - 1500 Metre Run

Zone: Z 5:06.10 29/01/1994 T Moxham, Lake Illawarra			
Name	Age	Centre	Final
1 Madeline Oke		Shoalhaven	5:43.16
2 Airlie Stevens		Shoalhaven	6:06.79
3 Keira Forster		Shoalhaven	7:50.26

Girls U 15 - 1500 Metre Run

Zone: Z 4:50.70 10/12/2011 Jessica Hull, Albion Park			
Name	Age	Centre	Final
-- Olivia Oke		Shoalhaven	DNS

Girls U 17 - 1500 Metre Run

Zone: Z 4:37.40 14/12/2013 Jessica Hull, Albion Park			
Name	Age	Centre	Final
1 Emily McLaren		Shoalhaven	5:23.32

Girls U 13 - 3000 Metre Run

Zone: Z 10:58.30 12/12/2009 Jessica Hull, Albion Park			
Name	Age	Centre	Final
1 Madeline Oke		Shoalhaven	12:19.79

Girls U 15 - 3000 Metre Run

Zone: Z 10:31.00 10/12/2011 Jessica Hull, Albion Park			
Name	Age	Centre	Final
1 Olivia Oke		Shoalhaven	15:29.05

Girls U 17 - 3000 Metre Run

Zone: Z 10:01.50 14/12/2013 Jessica Hull, Albion Park			
Name	Age	Centre	Final
1 Emily McLaren		Shoalhaven	13:13.21

Girls U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.70 13/12/2008 Shenay Edwards, Albion Park			
Name	Age	Centre	Prelims

Heat 1 Heats

1 Madison Sandstrom	Shoalhaven	13.47Q
2 Macey Dixon	Shoalhaven	14.09Q
3 Hannah Auld	Lake Illawarra	17.24Q
4 Grace Braddick	Milton-Ulladulla	17.26q
5 Imogen Bertholini	Shoalhaven	27.38

Heat 2 Heats

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....Girls U 8 - 60 Metre Hurdles (45cm)

1	Arianne Lang	Milton-Ulladulla	13.65Q
2	Emery Pienaar	Shoalhaven	14.90Q
3	Zaeli Talbot	Lake Illawarra	15.59Q
4	Hayley Astin-Briggs	Shoalhaven	15.70q
--	Marley Walker	St Georges Basin	DNS

Girls U 8 - 60 Metre Hurdles (45cm)

=====			
	Zone: Z 11.70	13/12/2008	Shenay Edwards, Albion Park
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Arianne Lang	Milton-Ulladulla	13.43
2	Madison Sandstrom	Shoalhaven	13.60
3	Macey Dixon	Shoalhaven	14.12
4	Emery Pienaar	Shoalhaven	15.27
5	Zaeli Talbot	Lake Illawarra	15.90
6	Hayley Astin-Briggs	Shoalhaven	16.09
7	Grace Braddick	Milton-Ulladulla	16.40
8	Hannah Auld	Lake Illawarra	17.65

Girls U 9 - 60 Metre Hurdles (45cm)

=====			
	Zone: Z 10.30	13/12/2014	Delta Amidzovski, Albion Park
Name	Age	Centre	Final
=====			
Section 1			
1	Claire Sargent	Shoalhaven	12.21
2	Mila Graham	Milton-Ulladulla	12.47
3	Tilly O'Connor	St Georges Basin	12.49
4	Tanisha Murray	Albion Park	13.59
--	Addison Galloway	Shoalhaven	DNS

Girls U 10 - 60 Metre Hurdles (60cm)

=====			
	Zone: Z 10.60	12/12/2015	Delta Amidzovski, Albion Park
Name	Age	Centre	Final
=====			
1	Aleaha Talbot	Lake Illawarra	11.75
2	Zoe Gregory	Lake Illawarra	12.75
3	Ashleigh Astin-Briggs	Shoalhaven	12.93
4	Matilda Hellyer	Shoalhaven	13.11
5	Olivia Brown	Lake Illawarra	13.13
6	Ruby Chapman	St Georges Basin	13.40
7	Darcy Kite	Lake Illawarra	13.55

Girls U 11 - 80 Metre Hurdles (60cm)

=====			
	Zone: Z 16.00	15/12/2019	Claire Vogelaar, Kiama
Name	Age	Centre	Final
=====			
1	Archie Turano-Lyall	Kiama	14.40Z
2	Layla Burbage	Shoalhaven	14.41Z
3	Ivy Grebert	Albion Park	20.37

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....Girls U 11 - 80 Metre Hurdles (60cm)

-- Layla McGinn	St Georges Basin	DNS
-- Amelia Elphick	Albion Park	DNS

Girls U 12 - 80 Metre Hurdles (68cm)

Zone: Z 14.90 19/12/2021 Myra Betts, Shoalhaven		
Name	Age Centre	Final
1 Sophie Bull	Shoalhaven	16.76
2 Kaylie Murray	Albion Park	18.72
3 Layla Dixon	Shoalhaven	18.84
4 Layla Bishop	St Georges Basin	18.99
-- Jaylah Russell	St Georges Basin	DNS
-- Mia Ferguson	Milton-Ulladulla	DNS
-- Chleo Luis	Lake Illawarra	DNS
-- Ava Porteous	St Georges Basin	DNS

Girls U 13 - 80 Metre Hurdles (76cm)

Zone: Z 12.60 30/01/2011 Susie Seitaridis, Lake Illawa		
Name	Age Centre	Final
1 Ane Pretorius	Albion Park	16.96
2 Olivia Seymour-Munn	Shoalhaven	19.36
3 Calai Dach	Lake Illawarra	19.94
4 Keira Forster	Shoalhaven	22.30

Girls U 14 - 80 Metre Hurdles (76cm)

Zone: Z 12.50 11/12/2011 Susie Seitaridis, Lake Illawa		
Name	Age Centre	Final
1 Chelsea Nicol	Albion Park	15.03
-- Ruby Kerr	Albion Park	DNS

Girls U 15 - 90 Metre Hurdles (76cm)

Zone: Z 13.60 09/12/2012 Susie Seitaridis, Lake Illawa		
Name	Age Centre	Final
1 Kadance Naylor	St Georges Basin	19.22
2 Darcie Dwyer	Albion Park	19.54

Girls U 17 - 100 Metre Hurdles (76cm)

Zone: Z 14.40 13/12/2009 Talissa Scott, Kiama		
Name	Age Centre	Final
1 Jasmine Wheeler	St Georges Basin	18.96

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Girls U 13 - 200 Metre Hurdles (68cm)

Zone: Z 29.70 12/12/2015 Zoe Chater, Shoalhaven		
Name	Age Centre	Final
1 Calai Dach	Lake Illawarra	42.33

Girls U 14 - 200 Metre Hurdles (76cm)

Zone: Z 28.50 28/01/2006 Janaya Zivkovic, Kiama		
Name	Age Centre	Final
1 Chelsea Nicol	Albion Park	34.29
2 Elizabeth Davis	Shoalhaven	37.80
-- Isabella Clowes	Lake Illawarra	DNS
-- Ella Power	Albion Park	DNS
-- Ruby Kerr	Albion Park	DNS

Girls U 15 - 300 Metre Hurdles (76cm)

Zone: Z 51.20 10/12/2016 Teagan Berry, Albion Park		
Name	Age Centre	Final
1 Maiya Hewitt	Kiama	45.76Z

Girls U 17 - 300 Metre Hurdles (76cm)

Zone: Z 50.70 01/12/2018 Georgia Richards, Kiama		
Name	Age Centre	Final
-- Jasmine Wheeler	St Georges Basin	DNS

Girls U 9-12 4x100 Metre Relay (Jnr)

Zone: Z 57.90 13/12/2009 Lake Illawarra, Lake Illawarra		
Centre		Final
1 Shoalhaven		1:04.37
1) Rachael Clarke 9	2) Cailin Burbage 10	
3) Sophie Bull 12	4) Layla Burbage 11	
2 St Georges Basin		1:07.08
1) Mila Bozikov 9	2) Tilly O'Connor 9	
3) Nevaeh Williams 11	4) Layla Bishop 12	
3 Albion Park		1:07.86
1) Kaylee Condello 9	2) Brooklyn McWilliams 11	
3) Maeve Rimmer 10	4) Kaylie Murray 12	
-- Milton-Ulladulla		DNS
-- Kiama		DNS
-- Lake Illawarra		DNS

Girls U 12-17 4x100 Metre Relay (Snr)

Zone: Z 52.10 14/12/2008 Albion Park, Albion Park		
Centre		Final
1 Albion Park		55.90

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....Girls U 12-17 4x100 Metre Relay (Snr)

1) Ella Power 14	2) Charlotte Kerr 17	
3) Ane Pretorius 13	4) Ruby Kerr 14	
2 Shoalhaven		1:02.83
1) Brooklyn Horwood 13	2) Elizabeth Davis 14	
3) Olivia Oke 15	4) Emily McLaren 17	
3 Lake Illawarra		1:03.25
1) Isabella Clowes 14	2) Ellie King 14	
3) Calai Dach 13	4) Mae Bremner 13	
-- Kiama		DNS
-- St Georges Basin		DNS
-- Milton-Ulladulla		DNS

Girls U 9 - High Jump (S/H 0.80m)

=====			
Zone:	Z 1.14m	30/01/1982	Raylene Mullaney, Lake Illawa
Zone:	Z 1.14m	01/12/2018	Chelsea Nicol, Albion Park
Name		Age Centre	Final
=====			
Flight	1		
1	Mila Bozikov	St Georges Basin	0.98m
2	Claire Sargent	Shoalhaven	0.98m
3	Callie Dent	Albion Park	0.95m

Girls U 10 - High Jump (S/H 0.90m)

=====			
Zone:	Z 1.32m	02/12/2018	Mia Davis, St Georges Basin
Name		Age Centre	Final
=====			
1	Annabelle Seymour-Munn	Shoalhaven	0.98m
2	Zoe Gregory	Lake Illawarra	0.98m
3	Elsey Chapman	Kiama	0.96m
4	Sienna Fryar	Shoalhaven	0.90m
--	Ashleigh Astin-Briggs	Shoalhaven	NH
--	Zarli Grebert	Albion Park	NH
--	Lara Gordon	Shoalhaven	NH

Girls U 11 - High Jump (S/H 1.00m)

=====			
Zone:	Z 1.42m	29/01/2005	Tayla King, Albion Park
Name		Age Centre	Final
=====			
1	Archie Turano-Lyall	Kiama	1.27m
2	Sienna Stoddart	St Georges Basin	1.10m
3	Ada Houldsworth	Albion Park	1.00m
--	Amelia Elphick	Albion Park	DNS

Girls U 12 - High Jump (S/H 1.10m)

=====			
Zone:	Z 1.57m	10/12/2017	Delta Amidzovski, Albion Park
Name		Age Centre	Final
=====			
1	Sophie Bull	Shoalhaven	1.25m
2	Hollie Braddick	Milton-Ulladulla	1.20m
3	Kaylie Murray	Albion Park	1.12m

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....Girls U 12 - High Jump (S/H 1.10m)

4	Paige King	Lake Illawarra	1.10m
5	Aliyah Holland-Kamara	Albion Park	1.10m
--	Hayley Bennett	Albion Park	NH
--	Abbey Pell	St Georges Basin	DNS
--	Jaylah Russell	St Georges Basin	DNS
--	Mia Ferguson	Milton-Ulladulla	DNS
--	Ava Porteous	St Georges Basin	DNS

Girls U 13 - High Jump (S/H 1.15m)

Zone: Z 1.56m 27/01/2007 Tayla King, Albion Park

Name	Age Centre	Final	
1	Ane Pretorius	Albion Park	1.40m
2	Keira Forster	Shoalhaven	1.25m
--	Olivia Seymour-Munn	Shoalhaven	DNS

Girls U 14 - High Jump (S/H 1.20m)

Zone: Z 1.61m 27/01/2008 Tayla King, Albion Park

Name	Age Centre	Final	
1	Isabella Clowes	Lake Illawarra	1.22m
2	Ella Power	Albion Park	1.20m
--	Heidi McLaren	Shoalhaven	NH

Girls U 17 - High Jump (S/H 1.25m)

Zone: Z 1.56m 14/12/2014 Celeste Sulerzyski, Albion Pa

Name	Age Centre	Final	
1	Natarsha Mandavy	St Georges Basin	1.30m
2	Ava Power	Albion Park	1.25m
--	Grace Gibson	Shoalhaven	DNS

Girls U 7 - Long Jump

Zone: Z 3.33m 26/01/2001 Tayla King, Albion Park

Name	Age Centre	Final	
1	Zariah Hennen	Albion Park	2.83m
2	Evelyn Vickery	Shoalhaven	2.61m
3	Rosie Lester	Lake Illawarra	2.45m
3	Chelsea James	Shoalhaven	2.45m
5	Kyla Condello	Albion Park	2.27m
6	Felicity Houldsworth	Albion Park	2.26m
7	Charlotte Fragar	Shoalhaven	1.83m

Girls U 8 - Long Jump

Zone: Z 3.80m 26/01/1985 Karen Dean, Lake Illawarra

Name	Age Centre	Final	
1	McKenzie Harding	Kiama	3.09m

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....Girls U 8 - Long Jump

2	Madison Sandstrom	Shoalhaven	2.88m
3	Macey Dixon	Shoalhaven	2.64m
4	Grace Braddick	Milton-Ulladulla	2.45m
5	Marla Flore-Quirk	Milton-Ulladulla	2.37m
6	Lucy Kann	Milton-Ulladulla	2.14m
7	Emery Pienaar	Shoalhaven	2.12m
8	Hayley Astin-Briggs	Shoalhaven	1.81m
9	Zaeli Talbot	Lake Illawarra	1.78m
10	Holly Smyth	Lake Illawarra	1.73m
--	Marley Walker	St Georges Basin	DNS
--	Hannah Auld	Lake Illawarra	DNS

Girls U 9 - Long Jump

Zone: Z 4.22m 27/01/1985 S Gown, Kiama

Name	Age Centre	Final	
1	Mila Bozиков	St Georges Basin	3.51m
2	Kaylee Condello	Albion Park	3.17m
3	Tilly O'Connor	St Georges Basin	3.08m
4	Mollie Bremner	Lake Illawarra	2.50m
--	Mila Graham	Milton-Ulladulla	DNS

Girls U 10 - Long Jump

Zone: Z 4.31m 12/12/2015 Delta Amidzovski, Albion Park

Name	Age Centre	Final	
1	Zoe Gregory	Lake Illawarra	3.55m
2	Cailin Burbage	Shoalhaven	3.40m
3	Kalani Warren	Lake Illawarra	3.28m
4	Ruby Chapman	St Georges Basin	3.25m
5	Olivia Brown	Lake Illawarra	3.23m
6	Annabelle Seymour-Munn	Shoalhaven	3.12m
7	Ivy Horwood	Shoalhaven	3.05m
8	Matilda Hellyer	Shoalhaven	2.99m
9	Sienna Fryar	Shoalhaven	2.96m
--	Mia Musson	Shoalhaven	DNS

Girls U 11 - Long Jump

Zone: Z 4.78m 26/01/2002 Teresa Garcia, Lake Illawarra

Name	Age Centre	Final	
1	Archie Turano-Lyall	Kiama	4.00m
2	Brooklyn McWilliams	Albion Park	3.77m
3	Ada Houldsworth	Albion Park	3.58m
4	Mackenzie Massey	Kiama	3.18m
5	Lily Rose Boyle	Milton-Ulladulla	2.98m
6	Hannah Lidbetter	Lake Illawarra	2.67m
--	Katherine Arendse	St Georges Basin	DNS
--	Evalyn Norris	Shoalhaven	DNS

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Girls U 12 - Long Jump

Zone: Z 4.93m 12/12/2009 Chloe Docker, Albion Park

Name	Age Centre	Final
1 Hollie Braddick	Milton-Ulladulla	4.08m
2 Sophie Bull	Shoalhaven	3.95m
3 Kaylie Murray	Albion Park	3.72m
4 Aliyah Holland-Kamara	Albion Park	3.67m
5 Lena Flore-Quirk	Milton-Ulladulla	3.56m
6 Eleanor Parnell	Shoalhaven	3.43m
6 Charlotte Lester	Lake Illawarra	3.43m
8 Paige King	Lake Illawarra	3.30m
9 Layla Bishop	St Georges Basin	3.11m
10 Hayley Bennett	Albion Park	2.91m
11 Kara Condello	Albion Park	2.70m
-- Jaylah Russell	St Georges Basin	DNS
-- Ava Porteous	St Georges Basin	DNS
-- Mia Ferguson	Milton-Ulladulla	DNS
-- Abbey Pell	St Georges Basin	DNS

Girls U 13 - Long Jump

Zone: Z 5.20m 18/12/2021 Maiya Hewitt, Kiama

Name	Age Centre	Final
1 Ane Pretorius	Albion Park	4.24m
2 Brooklyn Horwood	Shoalhaven	4.16m
3 Madeline Oke	Shoalhaven	4.11m
4 Keira Forster	Shoalhaven	3.94m
5 Olivia Seymour-Munn	Shoalhaven	3.88m

Girls U 14 - Long Jump

Zone: Z 5.39m 26/01/2008 Tayla King, Albion Park

Name	Age Centre	Final
1 Isabella Clowes	Lake Illawarra	4.76m
2 Chelsea Nicol	Albion Park	4.70m
3 Ruby Kerr	Albion Park	4.60m
4 Ella Power	Albion Park	4.59m
5 Elizabeth Davis	Shoalhaven	3.76m
6 Tauris Ivanovski	Lake Illawarra	3.20m
-- Suvi Flore-Quirk	Milton-Ulladulla	DNS

Girls U 15 - Long Jump

Zone: Z 5.72m 13/12/2008 Tayla King, Albion Park

Name	Age Centre	Final
1 Maiya Hewitt	Kiama	5.64m
2 Darcie Dwyer	Albion Park	4.67m
3 Haylee Connelly	Shoalhaven	4.46m
4 Kadance Naylor	St Georges Basin	4.35m
5 Olivia Oke	Shoalhaven	3.19m

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Girls U 17 - Long Jump

Zone: Z 5.75m 13/12/2008 Talissa Scott, Kiama

Name	Age Centre	Final
1 Ella Hewitt	Kiama	5.22m
2 Charlotte Kerr	Albion Park	4.85m
3 Jasmine Wheeler	St Georges Basin	4.75m
4 Natarsha Mandavy	St Georges Basin	4.38m
5 Ava Power	Albion Park	4.13m
-- Grace Gibson	Shoalhaven	DNS

Girls U 11 - Triple Jump

Zone: Z 8.99m 27/01/1996 Katie Wagner, Lake Illawarra

Name	Age Centre	Final
1 Layla Burbage	Shoalhaven	9.03mZ
2 Nevaeh Williams	St Georges Basin	7.74m
3 Isla Sargent	Shoalhaven	7.05m
4 Mackenzie Massey	Kiama	6.90m

Girls U 12 - Triple Jump

Zone: Z 10.52m 13/12/2009 Chloe Docker, Albion Park

Name	Age Centre	Final
1 Aliyah Holland-Kamara	Albion Park	7.74m
2 Jaylah Russell	St Georges Basin	7.71m
3 Paige King	Lake Illawarra	7.33m
4 Amelia Percival	Shoalhaven	6.90m
-- Ava Porteous	St Georges Basin	DNS
-- Abbey Pell	St Georges Basin	DNS

Girls U 13 - Triple Jump

Zone: Z 10.56m 02/12/2018 Chelsea Ezeoke, Albion Park

Name	Age Centre	Final
1 Ane Pretorius	Albion Park	9.17m
2 Madeline Oke	Shoalhaven	8.78m
3 Brooklyn Horwood	Shoalhaven	8.54m
4 Olivia Seymour-Munn	Shoalhaven	8.17m
5 Airlie Stevens	Shoalhaven	8.07m
6 Mae Bremner	Lake Illawarra	6.69m

Girls U 14 - Triple Jump

Zone: Z 11.20m 27/01/2008 Tayla King, Albion Park

Name	Age Centre	Final
1 Isabella Clowes	Lake Illawarra	10.57m
2 Chelsea Nicol	Albion Park	9.57m

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Girls U 15 - Triple Jump

Zone: Z 11.23m 14/12/2008 Tayla King, Albion Park			
Name	Age	Centre	Final
1 Maiya Hewitt		Kiama	11.73mZ
2 Haylee Connelly		Shoalhaven	9.58m
3 Kadance Naylor		St Georges Basin	9.09m
-- Olivia Oke		Shoalhaven	DNS

Girls U 17 - Triple Jump

Zone: Z 11.39m 14/12/2008 Talissa Scott, Kiama			
Name	Age	Centre	Final
1 Ella Hewitt		Kiama	10.95m
2 Natarsha Mandavy		St Georges Basin	10.10m
3 Jasmine Wheeler		St Georges Basin	10.02m

Girls U 7 - Shot Put (1.0 Kg)

Zone: Z 6.97m 27/01/1991 Belinda Jackson, Lake Illawar			
Name	Age	Centre	Final
1 Chelsea James		Shoalhaven	4.05m
2 Aaliyah Hetherington		Albion Park	3.68m
3 Felicity Houldsworth		Albion Park	3.22m
4 Charlotte Fragar		Shoalhaven	2.79m

Girls U 8 - Shot Put (1.5 Kg)

Zone: Z 6.39m 30/01/2000 Kendall Vaughan, Lake Illawar			
Name	Age	Centre	Final
1 Stevie Hedges		Albion Park	4.54m
2 Avenue-Sage Filiposki		Lake Illawarra	3.57m
3 Holly Smyth		Lake Illawarra	3.00m
4 Imogen Bertholini		Shoalhaven	2.02m
-- Makayla Musson		Shoalhaven	DNS

Girls U 9 - Shot Put (2.0 Kg)

Zone: Z 7.18m 27/01/2001 Kendall Vaughan, Lake Illawar			
Name	Age	Centre	Final
1 Claire Sargent		Shoalhaven	5.72m
2 Callie Dent		Albion Park	4.96m
3 Tanisha Murray		Albion Park	4.93m

Girls U 10 - Shot Put (2.0 Kg)

Zone: Z 8.90m 13/12/2015 Chelsea Ezeoke, Albion Park			
Name	Age	Centre	Final
1 Annabelle Seymour-Munn		Shoalhaven	5.69m
2 Lara Gordon		Shoalhaven	5.58m

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....Girls U 10 - Shot Put (2.0 Kg)

3 Cailin Burbage	Shoalhaven	5.07m
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Girls U 11 - Shot Put (2.0 Kg)

Zone: Z 11.47m 10/12/2016 Chelsea Ezeoke, Albion Park

Name	Age Centre	Final
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1 Tilly Berg	Albion Park	7.33m
2 Abby Beck	Shoalhaven	6.69m
3 Isla Sargent	Shoalhaven	6.24m
4 Mackenzie Massey	Kiama	6.16m
5 Ivy Turano-Lyall	Kiama	5.70m
6 Nevaeh Williams	St Georges Basin	5.66m
7 Hannah Lidbetter	Lake Illawarra	4.66m
-- Katherine Arendse	St Georges Basin	DNS

Girls U 12 - Shot Put (2.0 Kg)

Zone: Z 12.48m 28/01/2007 Rachelle Grozde, Albion Park

Name	Age Centre	Final
------	------------	-------

1 Amelia Percival	Shoalhaven	7.24m
2 Paige King	Lake Illawarra	7.18m
3 Eleanor Parnell	Shoalhaven	6.34m
4 Hayley Bennett	Albion Park	4.94m
-- Charlotte Lester	Lake Illawarra	DNS
-- Abbey Pell	St Georges Basin	DNS

Girls U 13 - Shot Put (3.0 Kg)

Zone: Z 11.84m 01/12/2018 Chelsea Ezeoke, Albion Park

Name	Age Centre	Final
------	------------	-------

1 Layla Beck	Shoalhaven	9.61m
2 Calai Dach	Lake Illawarra	8.90m
3 Lilly Moore	Shoalhaven	7.06m

Girls U 14 - Shot Put (3.0 Kg)

Zone: Z 12.77m 13/12/2008 Rachelle Grozde, Albion Park

Name	Age Centre	Final
------	------------	-------

1 Ellie King	Lake Illawarra	8.09m
2 Mackenzie Hutchinson	Albion Park	7.62m
3 Tauris Ivanovski	Lake Illawarra	4.74m

Girls U 15 - Shot Put (3.0 Kg)

Zone: Z 13.02m 13/12/2009 Rachelle Grozde, Albion Park

Name	Age Centre	Final
------	------------	-------

1 Kadance Naylor	St Georges Basin	9.17m
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Girls U 17 - Shot Put (3.0 Kg)

Zone: Z 13.12m 11/12/2011 Rachelle Grozde, Albion Park			
Name	Age	Centre	Final
1 Natarsha Mandavy		St Georges Basin	8.82m
2 Aleisha McGarry		Lake Illawarra	8.64m

Girls U 7 - Discus (350 Gram)

Zone: Z 14.83m 29/01/2000 Talissa Scott, Lake Illawarr			
Name	Age	Centre	Final
1 Evelyn Vickery		Shoalhaven	8.22m
2 Felicity Houldsworth		Albion Park	6.68m
3 Kyla Condello		Albion Park	5.90m
4 Rosie Lester		Lake Illawarra	5.43m

Girls U 8 - Discus (500 Gram)

Zone: Z 20.00m 27/01/2001 Talissa Scott, Lake Illawarr			
Name	Age	Centre	Final
1 Stevie Hedges		Albion Park	12.65m
2 McKenzie Harding		Kiama	10.20m
3 Macey Dixon		Shoalhaven	9.76m
4 Hayley Astin-Briggs		Shoalhaven	8.23m
5 Hannah Auld		Lake Illawarra	6.43m
6 Emery Pienaar		Shoalhaven	5.57m

Girls U 9 - Discus (500 Gram)

Zone: Z 24.07m 27/01/2002 Talissa Scott, Lake Illawarr			
Name	Age	Centre	Final
1 Claire Sargent		Shoalhaven	15.56m
2 Tanisha Murray		Albion Park	11.12m
3 Mollie Bremner		Lake Illawarra	10.82m
4 Callie Dent		Albion Park	10.48m

Girls U 10 - Discus (500 Gram)

Zone: Z 26.05m 29/01/2000 Emma Cooke, Shoalhaven			
Name	Age	Centre	Final
1 Lara Gordon		Shoalhaven	17.72m
2 Cailin Burbage		Shoalhaven	15.37m
3 Olivia Brown		Lake Illawarra	13.29m
4 Darcy Kite		Lake Illawarra	13.23m
5 Sienna Fryar		Shoalhaven	10.93m

MID SOUTH COAST ZONE
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Girls U 11 - Discus (500 Gram)

Zone: Z 21.98m 04/12/2022 Lucy Schofiled, Albion Park			
Name	Age	Centre	Final
1 Abby Beck		Shoalhaven	23.15mZ
2 Layla Burbage		Shoalhaven	20.29m
3 Brooklyn McWilliams		Albion Park	17.51m
4 Hannah Lidbetter		Lake Illawarra	15.70m
5 Sienna Stoddart		St Georges Basin	15.16m
6 Mackenzie Massey		Kiama	14.98m
7 Tilly Berg		Albion Park	13.60m
8 Isla Sargent		Shoalhaven	12.68m
9 Ivy Grebert		Albion Park	8.44m
10 Ivy Turano-Lyall		Kiama	7.44m

Girls U 12 - Discus (750 Gram)

Zone: Z 33.96m 29/01/2011 Samantha Peace, Shoalhaven			
Name	Age	Centre	Final
1 Emerson Boatswain		Shoalhaven	18.28m
2 Paige King		Lake Illawarra	17.72m
3 Kaylie Murray		Albion Park	14.24m
4 Sophie Bull		Shoalhaven	12.96m
5 Amelia Percival		Shoalhaven	11.66m
6 Layla Dixon		Shoalhaven	10.84m
7 Charlotte Lester		Lake Illawarra	9.17m
8 Layla Bishop		St Georges Basin	8.98m
9 Kara Condello		Albion Park	7.55m
-- Abbey Pell		St Georges Basin	DNS

Girls U 13 - Discus (750 Gram)

Zone: Z 39.35m 02/12/2018 Chelsea Ezeoke, Albion Park			
Name	Age	Centre	Final
1 Layla Beck		Shoalhaven	26.08m
2 Lilly Moore		Shoalhaven	23.06m
3 Calai Dach		Lake Illawarra	20.13m
4 Olivia Seymour-Munn		Shoalhaven	19.29m
5 Mae Bremner		Lake Illawarra	11.23m

Girls U 14 - Discus (1.0 Kg)

Zone: Z 42.03m 09/12/2012 Samantha Peace, Shoalhaven			
Name	Age	Centre	Final
1 Ellie King		Lake Illawarra	20.73m
2 Isabella Clowes		Lake Illawarra	20.02m
3 Mackenzie Hutchinson		Albion Park	19.84m
4 Heidi McLaren		Shoalhaven	13.48m

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Girls U 15 - Discus (1.0 Kg)

Zone: Z 39.07m 14/12/2013 Samantha Peace, Shoalhaven			
Name	Age	Centre	Final
1 Kadance Naylor		St Georges Basin	24.66m
2 Darcie Dwyer		Albion Park	16.44m
3 Olivia Oke		Shoalhaven	14.17m

Girls U 17 - Discus (1.0 Kg)

Zone: Z 48.42m 12/12/2015 Samantha Peace, Shoalhaven			
Name	Age	Centre	Final
1 Emily McLaren		Shoalhaven	25.62m
2 Aleisha McGarry		Lake Illawarra	25.09m
3 Natarsha Mandavy		St Georges Basin	24.23m
4 Charlotte Kerr		Albion Park	21.52m

Girls U 11 - Javelin (400 Gram)

Zone: Z 16.87m 09/12/2017 Olivia Davis, Shoalhaven			
Name	Age	Centre	Final
1 Layla Burbage		Shoalhaven	18.47mZ
2 Archie Turano-Lyall		Kiama	16.22m
3 Abby Beck		Shoalhaven	15.00m
4 Hannah Lidbetter		Lake Illawarra	9.99m
5 Ivy Turano-Lyall		Kiama	7.70m

Girls U 12 - Javelin (400 Gram)

Zone: Z 27.93m 10/12/2011 Shaye-Lee Frier, Lake Illawa			
Name	Age	Centre	Final
1 Emerson Boatswain		Shoalhaven	19.94m
2 Amelia Percival		Shoalhaven	16.81m
3 Paige King		Lake Illawarra	14.14m
4 Kaylie Murray		Albion Park	13.88m
5 Charlotte Lester		Lake Illawarra	8.61m
6 Kara Condello		Albion Park	6.87m
-- Chleo Luis		Lake Illawarra	DNS

Girls U 13 - Javelin (400 Gram)

Zone: Z 31.62m 09/12/2012 Shaye-Lee Frier, Lake Illawa			
Name	Age	Centre	Final
1 Layla Beck		Shoalhaven	25.02m
2 Lilly Moore		Shoalhaven	19.92m
3 Olivia Seymour-Munn		Shoalhaven	17.41m
4 Ane Pretorius		Albion Park	16.72m
5 Calai Dach		Lake Illawarra	15.82m

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Girls U 14 - Javelin (400 Gram)

Zone: Z 36.38m 10/12/2011 Susie Seitaridis, Lake Illaw			
Name	Age	Centre	Final
1 Isabella Clowes		Lake Illawarra	24.16m
2 Ellie King		Lake Illawarra	18.73m
3 Heidi McLaren		Shoalhaven	13.71m
4 Tauris Ivanovski		Lake Illawarra	13.15m
5 Mackenzie Hutchinson		Albion Park	12.96m

Girls U 15 - Javelin (500 Gram)

Zone: Z 33.03m 09/12/2012 Susie Seitaridis, Lake Illaw			
Name	Age	Centre	Final
1 Kadance Naylor		St Georges Basin	33.43mZ

Girls U 17 - Javelin (500 Gram)

Zone: Z 34.11m 10/12/2011 Rachelle Grozde, Albion Park			
Name	Age	Centre	Final
1 Emily McLaren		Shoalhaven	28.63m
2 Aleisha McGarry		Lake Illawarra	21.14m
3 Grace Gibson		Shoalhaven	15.65m

Girls U 9 - 700 Metre Walk

Zone: Z 4:23.30 25/01/1998 Jacinta Kelly, Lake Illawar			
Name	Age	Centre	Final
Section 1			
1 Mila Bozikov		St Georges Basin	5:06.32
2 Tilly O'Connor		St Georges Basin	5:19.87
-- Mollie Bremner		Lake Illawarra	DQ

Girls U 11 - 1100 Metre Walk

Zone: Z 6:12.40 25/01/1998 Chantelle Corish, St George			
Name	Age	Centre	Final
1 Sienna Stoddart		St Georges Basin	9:34.74

Girls U 12 - 1500 Metre Walk

Zone: Z 8:09.10 26/01/1986 Leanne Wilford, Kiama			
Name	Age	Centre	Final
1 Emerson Boatwain		Shoalhaven	12:17.88
-- Layla Dixon		Shoalhaven	DQ
-- Abbey Pell		St Georges Basin	DNS

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Girls U 13 - 1500 Metre Walk

Zone: Z 8:22.10 25/01/1987 Leanne Wilford, Kiama			
Name	Age	Centre	Final
1 Mae Bremner		Lake Illawarra	10:51.89
2 Calai Dach		Lake Illawarra	13:48.68

Girls U 17 - 1500 Metre Walk

Zone: Z 8:21.70 11/12/2011 Emily Warden, Shoalhaven			
Name	Age	Centre	Final
1 Aleisha McGarry		Lake Illawarra	12:10.30

Boys U 7 - 50 Metre Sprint

Zone: Z 8.60 12/12/2015 Asher Chapman, St Georges Bas			
Name	Age	Centre	Final
1 Luke Dennett		St Georges Basin	10.06

Boys U 7 - 70 Metre Sprint

Zone: Z 11.10 30/01/1983 L O'Connor, Wollondilly			
Name	Age	Centre	Final
1 Jesse Tebb		Lake Illawarra	14.91
2 Archie Bremner		Lake Illawarra	14.92
-- Luke Dennett		St Georges Basin	DNS
-- Jake Ferguson		Milton-Ulladulla	DNS

Boys U 8 - 70 Metre Sprint

Zone: Z 10.10 30/01/1983 P Giobbi, Wollongong City			
Name	Age	Centre	Final
1 Kayden Gillett		Albion Park	13.04
2 Jasper McConville		Shoalhaven	13.29
3 Levi Winchester		Kiama	13.77
-- Jackson Porteous		St Georges Basin	DNS

Boys U 9 - 70 Metre Sprint

Zone: Z 10.40 13/12/2015 Riley Moran, Albion Park			
Zone: Z 10.40 13/12/2009 Connor Ruse-Kent, Albion Park			
Name	Age	Centre	Final
1 Billy Winchester		Kiama	11.21
2 Harry Stubbs		Shoalhaven	11.37
3 Koa Matterson		Kiama	11.50
-- Oliver Sandona		Albion Park	DNS

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Boys U 10 - 70 Metre Sprint

Zone: Z 9.40 13/12/2009 Tristan Brazulaitis, Albion P			
Name	Age	Centre	Final
1 Edward Parnell		Shoalhaven	11.98
2 Teddy Braddick		Milton-Ulladulla	12.01
3 Jaison Fuller		St Georges Basin	12.05
4 Braxton Carlaw		Lake Illawarra	12.19
-- Ziggy Evans		Albion Park	DNS
-- Soul Evans		Albion Park	DNS
-- Tasman Oldfield		Kiama	DNS

Boys U 8 - 100 Metre Sprint

Zone: Z 15.10 30/01/1982 Matthew Dalby, Lake Illawarra			
Name	Age	Centre	Final
1 Harrison Withyman		Shoalhaven	17.38
2 Oscar Goode		Albion Park	17.69
3 Kayden Gillett		Albion Park	18.46
4 Liam France		Shoalhaven	18.69
5 Jasper McConville		Shoalhaven	18.85
6 Toby Fogarty		Lake Illawarra	18.91
7 Logan Hill		Lake Illawarra	24.95
-- Tallan Carley		Shoalhaven	DNS

Boys U 9 - 100 Metre Sprint

Zone: Z 14.10 30/01/1982 David Gillis, Lake Illawarra			
Zone: Z 14.10 25/01/1986 Steven Russo, Lake Illawarra			
Name	Age	Centre	Final
1 Harry Stubbs		Shoalhaven	15.58
2 Billy Winchester		Kiama	15.90
3 Oliver Tebb		Lake Illawarra	16.59
4 Oliver Sandona		Albion Park	16.67

Boys U 10 - 100 Metre Sprint

Zone: Z 13.10 26/01/1980 David Carter, Lake Illawarra			
Name	Age	Centre	Final
1 Ziggy Evans		Albion Park	14.87
2 Soul Evans		Albion Park	16.03
3 Fynn Gillet		Albion Park	16.32
4 Edward Parnell		Shoalhaven	16.93
5 Jaison Fuller		St Georges Basin	17.11
6 Elijah Cook		Shoalhaven	17.55

Boys U 11 - 100 Metre Sprint

Zone: Z 13.00 29/01/2000 Kane Linnett, Lake Illawarra			
Name	Age	Centre	Final
1 Riley Sandstrom		Shoalhaven	14.93

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....Boys U 11 - 100 Metre Sprint

2 Tyler Dixon	Shoalhaven	15.07
3 Jackson Hutchinson	Albion Park	15.59
4 Ky Jesus	Albion Park	15.70
5 Isaac Fragar	Shoalhaven	21.48

Boys U 12 - 100 Metre Sprint

=====			
Zone: Z 12.70 28/01/2006 Caine Trindall, St Georges Ba			
Name	Age	Centre	Final
=====			
1 Henry Keane		Kiama	14.25
2 Gianni Oiteirinho		Albion Park	14.33
3 Rudy Keane		Kiama	14.40
4 Tristan Harding		Kiama	14.52
5 Landon Russell		St Georges Basin	15.26
6 Jackson Turner		Shoalhaven	17.47
7 Tye Bishop		St Georges Basin	17.55
8 Joshua Astin-Briggs		Shoalhaven	17.74

Boys U 13 - 100 Metre Sprint

=====			
Zone: Z 12.50 28/01/1995 Henderson McCue, Albion Park			
Zone: Z 12.50 10/12/2011 Zachary Havadjia, Shoalhaven			
Name	Age	Centre	Final
=====			
1 Thomas Gowans		Lake Illawarra	14.41
2 Sinclair Davis		Kiama	14.53
3 Beau Lidbetter		Lake Illawarra	15.36
-- Morgan Vagg		Lake Illawarra	DNS

Boys U 14 - 100 Metre Sprint

=====			
Zone: Z 11.80 29/01/2011 Jye Brooker, Albion Park			
Name	Age	Centre	Final
=====			
1 Zach Gillett		Albion Park	12.93
2 Nate Talbot		Lake Illawarra	15.91
-- Lucius Te Ahuru Itama		Albion Park	DNS

Boys U 17 - 100 Metre Sprint

=====			
Zone: Z 11.10 12/12/2015 Emerson Brian, Shoalhaven			
Zone: Z 11.10 29/01/2011 Brodie Leeson, Albion Park			
Name	Age	Centre	Final
=====			
1 Caleb Saunders		St Georges Basin	11.71
2 Waldo Pretorius		Albion Park	12.19

Boys U 7 - 200 Metre Sprint

=====			
Zone: Z 33.10 13/12/2015 Gabriel Lombardi, Kiama			
Name	Age	Centre	Final
=====			
1 Archie Bremner		Lake Illawarra	52.52

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Boys U 8 - 200 Metre Sprint

Zone: Z 32.10 31/01/1982 Matthew Dalby, Lake Illawarra			
Name	Age	Centre	Final
1 Kayden Gillett		Albion Park	40.30
2 Jude Bish		Lake Illawarra	40.37
3 Liam Davison		St Georges Basin	55.53
-- Jackson Porteous		St Georges Basin	DNS

Boys U 9 - 200 Metre Sprint

Zone: Z 30.10 26/01/1986 Steven Russo, Lake Illawarra			
Name	Age	Centre	Final
1 Billy Winchester		Kiama	33.71
2 Sam Dennett		St Georges Basin	34.37
3 Harry Stubbs		Shoalhaven	34.83
4 Silas Kiehl		Kiama	36.85
5 Oliver Tebb		Lake Illawarra	37.21

Boys U 10 - 200 Metre Sprint

Zone: Z 28.20 28/01/2007 Luke Watts, Albion Park			
Name	Age	Centre	Final
1 Finn Goddard		Shoalhaven	32.29
2 Callan Davison		St Georges Basin	35.62
3 Edward Parnell		Shoalhaven	36.18
4 Braxton Carlaw		Lake Illawarra	37.73
-- Ziggy Evans		Albion Park	DNS

Boys U 12 - 200 Metre Sprint

Zone: Z 26.60 29/01/2006 Caine Trindall, St Georges Ba			
Name	Age	Centre	Final
1 Henry Keane		Kiama	30.19
2 Gianni Oiteirinho		Albion Park	30.27
3 Rudy Keane		Kiama	31.54
4 Xavier Wilson		Albion Park	33.59
5 Macarthur Davis		Shoalhaven	35.07
6 Tye Bishop		St Georges Basin	40.90
7 Jackson Turner		Shoalhaven	41.77
-- Landon Russell		St Georges Basin	DNS

Boys U 13 - 200 Metre Sprint

Zone: Z 25.40 28/01/2007 Caine Trindall, St Georges ba			
Name	Age	Centre	Final
1 Jed Fowler		Albion Park	29.82
2 Sinclair Davis		Kiama	31.34

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Boys U 14 - 200 Metre Sprint

Zone: Z 24.20 30/01/2000 Johnny Finkernagel, St George			
Name	Age	Centre	Final
1 Zach Gillett		Albion Park	26.80
2 Deakin Cook		Albion Park	30.99
3 Lucius Te Ahuru Itama		Albion Park	32.01

Boys U 17 - 200 Metre Sprint

Zone: Z 22.60 11/12/2011 Brodie Leeson, Albion Park			
Name	Age	Centre	Final
1 Caleb Saunders		St Georges Basin	25.29
-- Joshua Lakeman		Albion Park	DNS

Boys U 9 - 400 Metre Sprint

Zone: Z 1:12.00 24/01/1984 Brett Stumbles, Dapto			
Name	Age	Centre	Final
1 Aiden Elphick		Albion Park	1:20.79
2 Silas Kiehl		Kiama	1:22.31
3 Oliver Sandona		Albion Park	1:27.40

Boys U 10 - 400 Metre Sprint

Zone: Z 1:06.10 24/01/1987 Steven Pusso, Lake Illawarr			
Name	Age	Centre	Final
1 Owen Harlor		Shoalhaven	1:15.18
2 Fynn Gillet		Albion Park	1:18.51
3 Oliver Bennett		Albion Park	1:23.09
4 Callan Davison		St Georges Basin	1:25.30
-- Saxon Rogers		Lake Illawarra	DNS
-- Tristan Carley		Shoalhaven	DNS
Section 2			
1 Finn Goddard		Shoalhaven	1:11.08
2 Ziggy Evans		Albion Park	1:16.20
3 Bryson McWilliams		Albion Park	1:17.91
4 Soul Evans		Albion Park	1:19.52
5 Elijah Cook		Shoalhaven	1:46.49

Boys U 11 - 400 Metre Sprint

Zone: Z 1:04.10 24/01/1981 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
Section 1			
1 Lucas Gill-Gomes		Albion Park	1:10.21
2 Isaac Winchester		Kiama	1:17.48
3 Riley Bertholini		Shoalhaven	1:50.81

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Boys U 12 - 400 Metre Sprint

Zone: Z 1:03.10 30/01/1982 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
1 Xavier Wilson		Albion Park	1:10.46
2 Henry Keane		Kiama	1:10.83
3 Gianni Oiteirinho		Albion Park	1:13.36
4 Macarthur Davis		Shoalhaven	1:14.00

Boys U 13 - 400 Metre Sprint

Zone: Z 59.80 10/12/2011 Zachary Havadjia, Shoalhaven			
Name	Age	Centre	Final
1 Jed Fowler		Albion Park	1:09.33
2 Sinclair Davis		Kiama	1:12.05
3 Jacob Stoneham		Albion Park	1:19.79

Boys U 14 - 400 Metre Sprint

Zone: Z 55.50 08/12/2012 Zachary Havadjia, Shoalhaven			
Name	Age	Centre	Final
1 Ryder Haines		Albion Park	1:00.37
2 Deakin Cook		Albion Park	1:10.25

Boys U 15 - 400 Metre Sprint

Zone: Z 55.10 14/12/2013 Zachary Havadjia, Shoalhaven			
Name	Age	Centre	Final
1 William Stoneham		Albion Park	1:05.78

Boys U 17 - 400 Metre Sprint

Zone: Z 52.70 08/12/2012 Billy Wallington, Shoalhaven			
Name	Age	Centre	Final
1 Moses Fowler		Albion Park	58.66
2 Hamish McLaren		Shoalhaven	1:06.76
3 Joshua Lakeman		Albion Park	1:27.12

Boys U 8 - 400 Metre Run Pack Start

Zone: Z 1:16.10 13/12/2008 Mitchell Potts, Albion Park			
Name	Age	Centre	Final
1 Liam France		Shoalhaven	1:31.74
1 Oscar Goode		Albion Park	1:31.74
3 Jude Bish		Lake Illawarra	1:37.49
4 Liam Davison		St Georges Basin	1:57.92
-- Toby Pell		St Georges Basin	DNS
-- Levi Winchester		Kiama	DNS
-- Tallan Carley		Shoalhaven	DNS

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Boys U 7 - 500 Metre Run Pack Start

Zone: Z 1:46.70 27/01/2008 Mitchell Potts, Albion Park			
Name	Age	Centre	Final
1 Jai Burbage		Shoalhaven	2:00.33
2 Blake Fryar		Shoalhaven	2:03.15
3 Luke Dennett		St Georges Basin	2:26.40
4 Jesse Tebb		Lake Illawarra	2:28.44

Boys U 8 - 700 Metre Run Pack Start

Zone: Z 2:23.80 14/12/2008 Mitchell Potts, Albion Park			
Name	Age	Centre	Final
1 Levi Winchester		Kiama	3:21.84

Boys U 9 - 800 Metre Run

Zone: Z 2:42.10 25/01/1998 Guy Cuttil, Lake Illawarra			
Name	Age	Centre	Final
1 Sam Dennett		St Georges Basin	2:49.84
2 Aiden Elphick		Albion Park	2:58.37
3 Thomas Dziubinski		Shoalhaven	3:04.65
4 Oliver Tebb		Lake Illawarra	3:15.64

Boys U 10 - 800 Metre Run

Zone: Z 2:32.10 27/01/1980 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
1 Finn Goddard		Shoalhaven	2:42.23
2 Owen Harlor		Shoalhaven	2:51.88
3 Fynn Gillet		Albion Park	2:56.42
4 Bryson McWilliams		Albion Park	3:00.38
5 Oliver Bennett		Albion Park	3:02.82
6 Declan Bennett		St Georges Basin	3:04.83
7 Braxton Carlaw		Lake Illawarra	3:13.56
8 Stirling Mercer		Shoalhaven	3:44.16

Boys U 11 - 800 Metre Run

Zone: Z 2:29.00 25/01/1981 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
1 Jonah Kann		Milton-Ulladulla	2:57.62
2 Isaac Winchester		Kiama	2:59.59

Boys U 12 - 800 Metre Run

Zone: Z 2:23.00 31/01/1982 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
1 Xavier Wilson		Albion Park	2:40.24
2 Macarthur Davis		Shoalhaven	2:41.84

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3 Rudy Keane	Kiama	2:46.77
4 Elijah Mercer	Shoalhaven	2:53.32
5 Henry Keane	Kiama	2:55.13
6 Parker Bruce	Albion Park	2:56.81
-- Tristan Harding	Kiama	DNS
-- Joshua Astin-Briggs	Shoalhaven	DNS

Boys U 13 - 800 Metre Run

=====			
Zone: Z 2:16.50 09/12/2012 Troy Whittington, Albion Pa			
Name	Age Centre		Final
=====			
1 Jed Fowler	Albion Park		2:29.29
2 Thomas Gowans	Lake Illawarra		3:08.66
3 Jacob Stoneham	Albion Park		3:19.93

Boys U 14 - 800 Metre Run

=====			
Zone: Z 2:16.80 09/12/2012 Kade Szakacs, Albion Park			
Name	Age Centre		Final
=====			
1 Ryder Haines	Albion Park		2:33.06
2 Deakin Cook	Albion Park		2:52.27

Boys U 15 - 800 Metre Run

=====			
Zone: Z 2:10.10 27/01/1991 Chris Russell, Lake Illawarra			
Zone: Z 2:10.10 15/12/2013 Kade Szakacs, Albion Park			
Name	Age Centre		Final
=====			
1 William Stoneham	Albion Park		2:39.24

Boys U 17 - 800 Metre Run

=====			
Zone: Z 2:01.70 13/12/2015 Kade Szakacs, Albion Park			
Name	Age Centre		Final
=====			
1 Moses Fowler	Albion Park		2:12.58
2 Hamish McLaren	Shoalhaven		2:27.27

Boys U 11 - 1500 Metre Run

=====			
Zone: Z 4:56.10 24/01/1981 Simon Hull, Lake Illawarra			
Name	Age Centre		Final
=====			
1 Jonah Kann	Milton-Ulladulla		5:55.41
2 Ky Jesus	Albion Park		6:25.48

Boys U 12 - 1500 Metre Run

=====			
Zone: Z 4:46.10 30/01/1982 Simon Hull, Lake Illawarra			
Name	Age Centre		Final
=====			
1 Xavier Wilson	Albion Park		5:14.37

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....Boys U 12 - 1500 Metre Run

2	Macarthur Davis	Shoalhaven	5:26.09
3	Elijah Mercer	Shoalhaven	5:31.35
4	Parker Bruce	Albion Park	5:40.90

Boys U 13 - 1500 Metre Run

=====			
	Zone: Z 4:39.10	29/01/1983	Simon Hull, Lake Illawarra
Name	Age	Centre	Final
=====			
1	Jed Fowler	Albion Park	5:21.58
2	Jacob Stoneham	Albion Park	5:55.46

Boys U 14 - 1500 Metre Run

=====			
	Zone: Z 4:46.80	28/01/2006	Jason Invernon, Lake Illawa
Name	Age	Centre	Final
=====			
1	Deakin Cook	Albion Park	6:12.77

Boys U 15 - 1500 Metre Run

=====			
	Zone: Z 4:36.60	29/01/2000	Jared Poppett, Kiama
Name	Age	Centre	Final
=====			
1	William Stoneham	Albion Park	5:20.57

Boys U 17 - 1500 Metre Run

=====			
	Zone: Z 4:17.80	03/12/2022	Moses Fowler, Albion Park
Name	Age	Centre	Final
=====			
1	Moses Fowler	Albion Park	4:30.12
2	Hamish McLaren	Shoalhaven	4:54.27
3	Parker Ivanovski	Lake Illawarra	6:40.23

Boys U 13 - 3000 Metre Run

=====			
	Zone: Z 10:28.20	08/12/2012	Troy Whittington, Albion P
Name	Age	Centre	Final
=====			
1	Jed Fowler	Albion Park	11:45.55

Boys U 14 - 3000 Metre Run

=====			
	Zone: Z 10:00.80	31/01/2004	Ryan Gregson, Albion Park
Name	Age	Centre	Final
=====			
1	Deakin Cook	Albion Park	18:53.60

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Boys U 17 - 3000 Metre Run

Zone: Z 9:33.50 12/12/2015 James Seal, Albion Park			
Name	Age	Centre	Final
1 Moses Fowler		Albion Park	10:03.68
2 Hamish McLaren		Shoalhaven	11:23.28

Boys U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.10 28/01/2006 Hayden Moon, Kiama			
Zone: Z 11.10 13/12/2008 Jarrod Coomby, Albion Park			
Name	Age	Centre	Prelims

Heat 1 Heats

1 Harrison Withyman		Shoalhaven	12.51Q
2 Oscar Goode		Albion Park	13.12Q
3 Liam France		Shoalhaven	13.77Q
4 Liam Davison		St Georges Basin	19.09q
-- Tallan Carley		Shoalhaven	DNS

Heat 2 Heats

1 Jasper McConville		Shoalhaven	13.25Q
2 Logan Hill		Lake Illawarra	16.31Q
-- Jackson Porteous		St Georges Basin	DNS
-- Isaiah Ayoub		Albion Park	DNS
-- Levi Winchester		Kiama	DNS

Boys U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.10 28/01/2006 Hayden Moon, Kiama			
Zone: Z 11.10 13/12/2008 Jarrod Coomby, Albion Park			
Name	Age	Centre	Final

Section 1 Final

1 Harrison Withyman		Shoalhaven	12.51
2 Oscar Goode		Albion Park	13.12
3 Jasper McConville		Shoalhaven	13.25
4 Liam France		Shoalhaven	13.77
5 Logan Hill		Lake Illawarra	16.31
6 Liam Davison		St Georges Basin	19.09

Boys U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.00 24/01/1998 Kane Linnett, Lake Illawarra			
Name	Age	Centre	Final

Section 1

1 Lincoln Gorrie		Albion Park	11.43
2 Billy Winchester		Kiama	11.56
3 Thomas Dziubinski		Shoalhaven	12.47
4 Aiden Elphick		Albion Park	13.05
5 Silas Kiehl		Kiama	13.15

MID SOUTH COAST ZONE
TRACK & FIELD CHAMPIONSHIPS - 02/12/2023 to 03/12/2023
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Boys U 10 - 60 Metre Hurdles (60cm)

Zone: Z 10.40 12/12/2009 Tristan Brazilaitis, Albion P			
Name	Age	Centre	Final
1 Teddy Braddick		Milton-Ulladulla	12.63
2 Elijah Cook		Shoalhaven	13.12
-- Tristan Carley		Shoalhaven	DNS

Boys U 11 - 80 Metre Hurdles (60cm)

Zone: Z 15.10 15/12/2019 Asher Chapman, Shoalhaven			
Name	Age	Centre	Final
1 Lucas Gill-Gomes		Albion Park	14.09Z
2 Tyler Dixon		Shoalhaven	16.04
3 Isaac Winchester		Kiama	16.38
4 Justin Lakeman		Albion Park	16.55
5 Riley Bertholini		Shoalhaven	22.83

Boys U 12 - 80 Metre Hurdles (68cm)

Zone: Z 14.10 04/12/2022 Temana Searle, Kiama			
Name	Age	Centre	Final
1 Jacob Lakeman		Albion Park	17.72
2 Parker Bruce		Albion Park	19.06
3 Tye Bishop		St Georges Basin	19.46
4 Joshua Astin-Briggs		Shoalhaven	20.78
5 Jackson Turner		Shoalhaven	21.85
-- Landon Russell		St Georges Basin	DNS

Boys U 13 - 80 Metre Hurdles (76cm)

Zone: Z 12.90 29/01/2006 Jack Doyle, Lake Illawarra			
Zone: Z 12.90 13/12/2009 Jye Brooker, Albion Park			
Name	Age	Centre	Final
1 Sinclair Davis		Kiama	17.16
2 Thomas Gowans		Lake Illawarra	17.20
-- Morgan Vagg		Lake Illawarra	DNS

Boys U 14 - 90 Metre Hurdles (76cm)

Zone: Z 12.60 30/01/2011 Jye Brooker, Albion Park			
Name	Age	Centre	Final
1 Zach Gillett		Albion Park	17.34

Boys U 14 - 200 Metre Hurdles (76cm)

Zone: Z 27.10 29/01/2011 Jye Brooker, Albion Park			
Name	Age	Centre	Final
1 Lucius Te Ahuru Itama		Albion Park	34.74

MID SOUTH COAST ZONE
TRACK & FIELD CHAMPIONSHIPS - 02/12/2023 to 03/12/2023
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Boys U 17 - 300 Metre Hurdles (76cm)

Zone: Z 43.10 10/12/2016 Luke Hunter, Albion Park			
Name	Age	Centre	Final
1 Joshua Lakeman		Albion Park	1:00.77

Boys U 15-17 100 Metre Multi Class Run

Name	Age	Centre	Final
1 Kynan Miller (T/F20)		Shoalhaven	20.29 52.538%

Boys U 9-12 4x100 Metre Relay (Jnr)

Zone: Z 57.20 14/12/2008 Albion Park, Albion Park			
Centre	Age	Centre	Final
1 Shoalhaven			1:04.32
1) Harry Stubbs 9		2) Finn Goddard 10	
3) Riley Sandstrom 11		4) Elijah Mercer 12	
2 Albion Park			1:05.05
1) Bryson McWilliams 10		2) Lucas Gill-Gomes 11	
3) Lincoln Gorrie 9		4) Xavier Wilson 12	
3 Kiama			1:05.56
1) Koa Matterson 9		2) Billy Winchester 9	
3) Isaac Winchester 11		4) Rudy Keane 12	
4 St Georges Basin			1:10.93
1) Sam Dennett 9		2) Jaison Fuller 10	
3) Tye Bishop 12		4) Braxton Naylor 9	
-- Milton-Ulladulla			DNS
-- Lake Illawarra			DNS

Boys U 12-17 4x100 Metre Relay (Snr)

Zone: Z 48.50 14/12/2008 Albion Park, Albion Park			
Centre	Age	Centre	Final
1 Albion Park			52.48
1) William Stoneham 15		2) Waldo Pretorius 17	
3) Jed Fowler 13		4) Zach Gillett 14	
-- Shoalhaven			DNS
-- Milton-Ulladulla			DNS
-- St Georges Basin			DNS
-- Kiama			DNS
-- Lake Illawarra			DNS

Boys U 9 - High Jump (S/H 0.85m)

Zone: Z 1.25m 29/01/1983 Matthew Dalby, Lake Illawarra			
Name	Age	Centre	Final
Flight 1			
1 Sam Dennett		St Georges Basin	0.95m
2 Braxton Naylor		St Georges Basin	0.90m
3 Harry Stubbs		Shoalhaven	0.90m

MID SOUTH COAST ZONE
TRACK & FIELD CHAMPIONSHIPS - 02/12/2023 to 03/12/2023
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....Boys U 9 - High Jump (S/H 0.85m)

-- Aiden Elphick Albion Park NH

Boys U 10 - High Jump (S/H 0.95m)

Zone: Z 1.42m 31/01/1982 Glen Morante, Lake Illawarra

Name	Age Centre	Final
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1 Owen Harlor	Shoalhaven	1.10m
2 Oliver Bennett	Albion Park	0.98m
3 Callan Davison	St Georges Basin	0.95m
-- Saxon Rogers	Lake Illawarra	DNS
-- Teddy Braddick	Milton-Ulladulla	DNS

Boys U 11 - High Jump (S/H 1.05m)

Zone: Z 1.50m 24/01/1981 Mineo Bonetig, Lake Illawarra

Name	Age Centre	Final
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1 Ky Jesus	Albion Park	1.10m
2 Justin Lakeman	Albion Park	1.10m

Boys U 12 - High Jump (S/H 1.15m)

Zone: Z 1.67m 31/01/1982 Mineo Bonetig, Lake Illawarra

Name	Age Centre	Final
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1 Gianni Oiteirinho	Albion Park	1.22m
2 Henry Keane	Kiama	1.20m
3 Rudy Keane	Kiama	1.20m
4 Elijah Mercer	Shoalhaven	1.20m
-- Joshua Astin-Briggs	Shoalhaven	NH
-- Tye Bishop	St Georges Basin	NH
-- Landon Russell	St Georges Basin	DNS

Boys U 13 - High Jump (S/H 1.20m)

Zone: Z 1.66m 11/12/2011 Jake Rallings, Albion Park

Name	Age Centre	Final
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1 Thomas Gowans	Lake Illawarra	1.20m
-- Morgan Vagg	Lake Illawarra	DNS

Boys U 14 - High Jump (S/H 1.25m)

Zone: Z 1.75m 30/01/2000 Steven Cluff, Shoalhaven

Name	Age Centre	Final
------	------------	-------

1 Stephen Alfano	Kiama	1.35m
2 Lucius Te Ahuru Itama	Albion Park	1.30m
3 Max Kiehl	Kiama	1.25m
-- Nate Talbot	Lake Illawarra	NH

MID SOUTH COAST ZONE
TRACK & FIELD CHAMPIONSHIPS - 02/12/2023 to 03/12/2023
Ron Brown Sporting Complex
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Boys U 15 - High Jump (S/H 1.25m)

Zone: Z 1.77m 15/12/2019 Tsar Mandavy, St Georges Basi			
Name	Age	Centre	Final
1 William Stoneham		Albion Park	1.25m

Boys U 17 - High Jump (S/H 1.30m)

Zone: Z 1.90m 10/12/2016 Jye Shumack, Albion Park			
Name	Age	Centre	Final
1 Mackay Jones		Albion Park	1.70m
-- Caleb Saunders		St Georges Basin	DNS

Boys U 15-17 Jumps Relay

Name	Age	Centre	Final
1 Kynan Miller (T/F20)		Shoalhaven	9.16m 16.115%

Boys U 7 - Long Jump

Zone: Z 3.50m 13/12/2015 Germaine Wright, Albion Park			
Name	Age	Centre	Final
1 Jai Burbage		Shoalhaven	2.74m
2 Jesse Tebb		Lake Illawarra	2.43m
3 Blake Fryar		Shoalhaven	2.31m
-- Archie Bremner		Lake Illawarra	DNS
-- Jake Ferguson		Milton-Ulladulla	DNS

Boys U 8 - Long Jump

Zone: Z 4.19m 26/01/1985 Steven Russo, Lake Illawarra			
Name	Age	Centre	Final
1 Harrison Withyman		Shoalhaven	3.18m
2 Oscar Goode		Albion Park	2.95m
3 Jasper McConville		Shoalhaven	2.83m
4 Toby Fogarty		Lake Illawarra	2.76m
5 Liam France		Shoalhaven	2.75m
6 Kayden Gillett		Albion Park	2.58m
7 Logan Hill		Lake Illawarra	2.22m
-- Toby Pell		St Georges Basin	DNS
-- Jackson Porteous		St Georges Basin	DNS
-- Isaiah Ayoub		Albion Park	DNS

Boys U 9 - Long Jump

Zone: Z 4.33m 14/12/2008 Aron Cox, Kiama			
Name	Age	Centre	Final
1 Lincoln Gorrie		Albion Park	3.62m
2 Oliver Tebb		Lake Illawarra	3.22m
3 Braxton Naylor		St Georges Basin	3.20m

MID SOUTH COAST ZONE
TRACK & FIELD CHAMPIONSHIPS - 02/12/2023 to 03/12/2023
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....Boys U 9 - Long Jump

4 Oliver Sandona	Albion Park	3.08m
4 Silas Kiehl	Kiama	3.08m

Boys U 10 - Long Jump

Zone: Z 4.75m 26/01/1980 David Carter, Lake Illawarra

Name	Age Centre	Final
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1 Bryson McWilliams	Albion Park	3.65m
2 Braxton Carlaw	Lake Illawarra	3.55m
3 Fynn Gillet	Albion Park	3.38m
4 Teddy Braddick	Milton-Ulladulla	3.32m
5 Jaison Fuller	St Georges Basin	3.27m
6 Callan Davison	St Georges Basin	3.06m
7 Declan Bennett	St Georges Basin	2.65m
-- Soul Evans	Albion Park	DNS

Boys U 11 - Long Jump

Zone: Z 4.89m 25/01/2003 Kevin Orgaz, St Georges Basin

Name	Age Centre	Final
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1 Riley Sandstrom	Shoalhaven	4.20m
2 Ky Jesus	Albion Park	4.01m
3 Tyler Dixon	Shoalhaven	4.00m
4 Jonah Kann	Milton-Ulladulla	3.58m

Boys U 12 - Long Jump

Zone: Z 5.31m 30/01/1982 David Carter, Lake Illawarra

Name	Age Centre	Final
------	------------	-------

1 Rudy Keane	Kiama	4.66m
2 Tristan Harding	Kiama	4.33m
3 Xavier Wilson	Albion Park	4.08m
4 Henry Keane	Kiama	4.04m
5 Landon Russell	St Georges Basin	3.79m
6 Parker Bruce	Albion Park	3.37m
7 Tye Bishop	St Georges Basin	2.79m
-- Jayden Clarke	Shoalhaven	DNS

Boys U 13 - Long Jump

Zone: Z 5.41m 29/01/1989 Che Wicks, St Georges Basin

Name	Age Centre	Final
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1 Thomas Gowans	Lake Illawarra	4.33m
2 Sinclair Davis	Kiama	3.86m

MID SOUTH COAST ZONE
TRACK & FIELD CHAMPIONSHIPS - 02/12/2023 to 03/12/2023
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Boys U 14 - Long Jump

Zone: Z 5.83m 30/01/2011 Jye Brooker, Albion Park			
Name	Age	Centre	Final
1 Zach Gillett		Albion Park	5.60m
2 Stephen Alfano		Kiama	4.38m
3 Nate Talbot		Lake Illawarra	4.24m
4 Lucius Te Ahuru Itama		Albion Park	3.93m
5 Max Kiehl		Kiama	3.56m

Boys U 17 - Long Jump

Zone: Z 6.32m 18/12/2021 Lucas Campbell, Albion Park			
Name	Age	Centre	Final
1 Caleb Saunders		St Georges Basin	5.77m
2 Joshua Lakeman		Albion Park	4.01m

Boys U 11 - Triple Jump

Zone: Z 9.96m 26/01/2003 Kevin Orgaz, St Georges basin			
Zone: Z 9.96m 28/01/2006 Joshua Bingham, Lake Illawarr			
Name	Age	Centre	Final
1 Isaac Winchester		Kiama	7.21m

Boys U 12 - Triple Jump

Zone: Z 10.68m 30/01/2011 Jake Rallings, Albion Park			
Name	Age	Centre	Final
1 Rudy Keane		Kiama	8.83m
2 Jacob Lakeman		Albion Park	7.64m
3 Parker Bruce		Albion Park	6.19m

Boys U 13 - Triple Jump

Zone: Z 11.07m 25/01/1997 C Costello, Albion Park			
Name	Age	Centre	Final
1 Thomas Gowans		Lake Illawarra	8.89m
-- Morgan Vagg		Lake Illawarra	DNS

Boys U 14 - Triple Jump

Zone: Z 12.80m 28/01/2006 Kevin Orgaz, St Georges Basi			
Name	Age	Centre	Final
1 Zach Gillett		Albion Park	10.73m
2 Stephen Alfano		Kiama	9.61m
3 Max Kiehl		Kiama	8.04m

MID SOUTH COAST ZONE
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Ron Brown Sporting Complex
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Boys U 17 - Triple Jump

Zone: Z 12.47m 19/12/2021 Tsar Mandavy, St Georges Bas			
Name	Age	Centre	Final
1 Waldo Pretorius		Albion Park	10.86m
-- Caleb Saunders		St Georges Basin	DNS

Boys U 7 - Shot Put (1.0 Kg)

Zone: Z 7.52m 13/12/2014 Noah Jackson, Lake Illawarra			
Name	Age	Centre	Final
1 Jai Burbage		Shoalhaven	4.30m
2 Blake Fryar		Shoalhaven	3.96m
3 Archie Bremner		Lake Illawarra	3.69m
-- Jake Ferguson		Milton-Ulladulla	DNS

Boys U 8 - Shot Put (1.5 Kg)

Zone: Z 8.98m 27/01/2001 Joel Fitness, Albion Park			
Name	Age	Centre	Final
1 Harrison Withyman		Shoalhaven	5.17m
2 Jude Bish		Lake Illawarra	4.60m
3 Toby Fogarty		Lake Illawarra	4.51m
4 Logan Hill		Lake Illawarra	3.09m
-- Tallan Carley		Shoalhaven	DNS
-- Toby Pell		St Georges Basin	DNS
-- Isaiah Ayoub		Albion Park	DNS

Boys U 9 - Shot Put (2.0 Kg)

Zone: Z 8.79m 26/01/1991 Bradley Jackson, Lake Illawarra			
Name	Age	Centre	Final
1 Lincoln Gorrie		Albion Park	6.44m
2 Braxton Naylor		St Georges Basin	5.61m
3 Koa Matterson		Kiama	5.53m
4 Thomas Dziubinski		Shoalhaven	5.33m
5 Mason Beck		Shoalhaven	5.10m

Boys U 10 - Shot Put (2.0 Kg)

Zone: Z 10.44m 27/01/1991 Bradley Jackson, Lake Illawarra			
Name	Age	Centre	Final
1 Stirling Mercer		Shoalhaven	6.29m
2 Oliver Bennett		Albion Park	6.25m
3 Tasman Oldfield		Kiama	6.22m
4 Elijah Cook		Shoalhaven	6.18m
5 Edward Parnell		Shoalhaven	5.79m
-- Saxon Rogers		Lake Illawarra	DNS
-- Tristan Carley		Shoalhaven	DNS

MID SOUTH COAST ZONE
TRACK & FIELD CHAMPIONSHIPS - 02/12/2023 to 03/12/2023
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Boys U 11 - Shot Put (2.0 Kg)

Zone: Z 12.08m 27/01/1996 Alex Cabanas, Lake Illawarra			
Name	Age	Centre	Final
1 Riley Sandstrom		Shoalhaven	8.78m
2 Justin Lakeman		Albion Park	8.29m
3 Jackson Hutchinson		Albion Park	6.84m
4 Tyler Dixon		Shoalhaven	5.79m
5 Isaac Fragar		Shoalhaven	5.26m

Boys U 12 - Shot Put (2.0 Kg)

Zone: Z 11.70m 04/12/2022 Beau Lidbetter, Lake Illawarra			
Name	Age	Centre	Final
1 Jacob Lakeman		Albion Park	9.87m
2 Tristan Harding		Kiama	8.56m
3 Jackson Turner		Shoalhaven	8.27m
4 Aidan McLaren		Shoalhaven	6.62m
-- Gianni Oiteirinho		Albion Park	DNS

Boys U 13 - Shot Put (3.0 Kg)

Zone: Z 14.29m 30/01/1983 Paul Kaiserfield, Lake Illawarra			
Name	Age	Centre	Final
1 Beau Lidbetter		Lake Illawarra	10.35m

Boys U 14 - Shot Put (3.0 Kg)

Zone: Z 14.07m 02/12/2018 Ryan Keen, Lake Illawarra			
Name	Age	Centre	Final
1 Nate Talbot		Lake Illawarra	6.61m

Boys U 15 - Shot Put (4.0 Kg)

Zone: Z 13.75m 24/01/1998 Luke Singleton, Albion Park			
Name	Age	Centre	Final
1 Riley Moore		Shoalhaven	12.07m

Boys U 17 - Shot Put (5.0 Kg)

Zone: Z 13.18m 08/12/2012 Joshua Fernandes, Lake Illawarra			
Name	Age	Centre	Final
1 Waldo Pretorius		Albion Park	8.15m
2 Joshua Lakeman		Albion Park	8.00m
3 Parker Ivanovski		Lake Illawarra	6.94m

MID SOUTH COAST ZONE
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Boys U 7 - Discus (350 Gram)

Zone: Z 22.41m 30/01/2000 Joel Fitness, Albion Park			
Name	Age	Centre	Final
1 Jai Burbage		Shoalhaven	14.81m
2 Blake Fryar		Shoalhaven	11.85m
3 Luke Dennett		St Georges Basin	9.97m
4 Jesse Tebb		Lake Illawarra	7.36m
-- Jake Ferguson		Milton-Ulladulla	DNS

Boys U 8 - Discus (500 Gram)

Zone: Z 25.34m 30/01/2000 S Harris, Albion Park			
Name	Age	Centre	Final
1 Jude Bish		Lake Illawarra	12.66m
2 Toby Fogarty		Lake Illawarra	9.47m
3 Liam Davison		St Georges Basin	2.51m
-- Toby Pell		St Georges Basin	DNS
-- Isaiah Ayoub		Albion Park	DNS

Boys U 9 - Discus (500 Gram)

Zone: Z 29.67m 14/12/2014 Ryan Keen, Lake Illawarra			
Name	Age	Centre	Final
1 Lincoln Gorrie		Albion Park	24.72m
2 Sam Dennett		St Georges Basin	20.82m
3 Mason Beck		Shoalhaven	19.56m
4 Thomas Dziubinski		Shoalhaven	16.82m
5 Braxton Naylor		St Georges Basin	16.13m

Boys U 10 - Discus (500 Gram)

Zone: Z 34.09m 12/12/2015 Ryan Keen, Lake Illawarra			
Name	Age	Centre	Final
1 Bryson McWilliams		Albion Park	21.45m
2 Tasman Oldfield		Kiama	16.82m
3 Declan Bennett		St Georges Basin	16.48m
4 Stirling Mercer		Shoalhaven	15.30m
5 Owen Harlor		Shoalhaven	14.89m
6 Jaison Fuller		St Georges Basin	13.11m

Boys U 11 - Discus 500 Gram)

Zone: Z 36.24m 18/12/2021 Beau Lidbetter, Lake Illawarra			
Name	Age	Centre	Final
1 Riley Sandstrom		Shoalhaven	36.66mZ
2 Lucas Gill-Gomes		Albion Park	32.81m
3 Justin Lakeman		Albion Park	23.60m
4 Jackson Hutchinson		Albion Park	21.64m
5 Isaac Fragar		Shoalhaven	14.30m
6 Riley Bertholini		Shoalhaven	10.53m

MID SOUTH COAST ZONE
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Boys U 12 - Discus (750 Gram)

Zone: Z 40.39m 13/12/2014 Trey Barlow, Albion Park			
Name	Age	Centre	Final
1 Jacob Lakeman		Albion Park	24.30m
2 Jackson Turner		Shoalhaven	20.50m
3 Landon Russell		St Georges Basin	17.84m
4 Tristan Harding		Kiama	17.52m
5 Aidan McLaren		Shoalhaven	16.76m
6 Xavier Wilson		Albion Park	15.45m
7 Macarthur Davis		Shoalhaven	15.02m
8 Joshua Astin-Briggs		Shoalhaven	11.77m

Boys U 13 - Discus (750 Gram)

Zone: Z 34.35m 01/12/2018 Isaac Walchli, Lake Illawarr			
Name	Age	Centre	Final
1 Beau Lidbetter		Lake Illawarra	30.37m
-- Sinclair Davis		Kiama	DNS

Boys U 14 - Discus (1.0 Kg)

Zone: Z 45.23m 08/12/2012 Connar Grozde, Albion Park			
Name	Age	Centre	Final
1 Zach Gillett		Albion Park	27.86m

Boys U 15 - Discus (1.0 Kg)

Zone: Z 56.56m 15/12/2019 Ryan Keen, Lake Illawarra			
Name	Age	Centre	Final
1 Riley Moore		Shoalhaven	30.84m

Boys U 17 - Discus (1.5 Kg)

Zone: Z 41.00m 19/12/2021 Ryan Keen, Lake Illawarra			
Name	Age	Centre	Final
1 Hamish McLaren		Shoalhaven	32.75m
2 Parker Ivanovski		Lake Illawarra	16.00m

Boys U 15-17 Multi Class Discus

Name	Age	Centre	Final
1 Kynan Miller (T/F20)		Shoalhaven	15.51m 33.828%

Boys U 11 - Javelin (400 Gram)

Zone: Z 26.40m 11/12/2016 Drew Langdon, Lake Illawarra			
Name	Age	Centre	Final
1 Lucas Gill-Gomes		Albion Park	26.75mZ

MID SOUTH COAST ZONE
TRACK & FIELD CHAMPIONSHIPS - 02/12/2023 to 03/12/2023
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....Boys U 11 - Javelin (400 Gram)

2 Isaac Fragar	Shoalhaven	15.37m
3 Jackson Hutchinson	Albion Park	12.63m

Boys U 12 - Javelin (400 Gram)

Zone: Z 33.10m 10/12/2017 Ryan Keen, Lake Illawarra

Name	Age Centre	Final
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1 Gianni Oiteirinho	Albion Park	21.23m
2 Aidan McLaren	Shoalhaven	15.72m
3 Macarthur Davis	Shoalhaven	15.09m
4 Jackson Turner	Shoalhaven	14.61m
5 Tye Bishop	St Georges Basin	10.95m

Boys U 13 - Javelin (600 Gram)

Zone: Z 40.44m 28/01/2006 Justin Webb, Shoalhaven

Name	Age Centre	Final
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1 Beau Lidbetter	Lake Illawarra	19.44m
-- Morgan Vagg	Lake Illawarra	DNS

Boys U 14 - Javelin (600 Gram)

Zone: Z 41.08m 29/01/2005 Michael Baillie, Shoalhaven

Name	Age Centre	Final
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1 Lucius Te Ahuru Itama	Albion Park	13.40m
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Boys U 15 - Javelin (700 Gram)

Zone: Z 42.03m 14/12/2013 Connar Grozde, Albion Park

Name	Age Centre	Final
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1 Riley Moore	Shoalhaven	29.97m
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Boys U 17 - Javelin (700 Gram)

Zone: Z 47.57m 13/12/2008 Chris Joines, St Georges Bas

Name	Age Centre	Final
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1 Hamish McLaren	Shoalhaven	44.30m
2 Waldo Pretorius	Albion Park	30.23m
3 Parker Ivanovski	Lake Illawarra	28.04m
4 Joshua Lakeman	Albion Park	11.66m

Boys U 15-17 Multi Class Long Jump

Name	Age Centre	Final
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1 Kynan Miller (T/F20)	Shoalhaven	1.91m	25.000%
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MID SOUTH COAST ZONE
TRACK & FIELD CHAMPIONSHIPS - 02/12/2023 to 03/12/2023
Ron Brown Sporting Complex
Results

Boys U 15-17 Multi Class Shot Put

Name	Age Centre	Final
1 Kynan Miller (T/F20)	Shoalhaven	4.36m 25.217%

Boys U 10 - 1100 Metre Walk

Zone: Z 6:44.40 15/12/2013 Joshua Jackson, Lake Illawa		
Name	Age Centre	Final
Section 1		
1 Declan Bennett	St Georges Basin	10:32.97

Boys U 11 - 1100 Metre Walk

Zone: Z 6:03.50 01/02/2004 Nathan Mackinnon, Lake Illa		
Name	Age Centre	Final
-- Riley Bertholini	Shoalhaven	DQ

Boys U 12 - 1500 Metre Walk

Zone: Z 8:29.10 30/01/1983 B Hall, Kiama		
Name	Age Centre	Final
-- Parker Bruce	Albion Park	DNS

Boys U 13 - 1500 Metre Walk

Zone: Z 8:16.10 29/01/1984 B Hall, Kiama		
Name	Age Centre	Final
-- Morgan Vagg	Lake Illawarra	DNS

Boys U 17 - 1500 Metre Walk

Zone: Z 7:23.30 14/12/2014 James Clay, Lake Illawarra		
Name	Age Centre	Final
1 Parker Ivanovski	Lake Illawarra	11:03.15