

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 09-Dec-17 to 10-Dec-17
Myimbarr Community Park
Results

Girls U 7 - 50 Metre Sprint

Zone: Z 9.00 12-Dec-15 Lily Bell, Kiama			
Name	Age	Centre	Final
Section 1			
1 Ginger Siasat		Kiama	8.97Z
2 Ella-Rae McGregor		Albion Park	10.64

Girls U 7 - 70 Metre Sprint

Zone: Z 11.10 31-Jan-82 Belinda Ruiz, Lake Illawarra			
Name	Age	Centre	Final
1 Ginger Siasat		Kiama	12.44
2 Hallie Knowles		Shoalhaven	14.30
3 Brooke Frost		Lake Illawarra	14.59
4 Calai Dach		Lake Illawarra	14.62

Girls U 8 - 70 Metre Sprint

Zone: Z 11.10 31-Jan-82 Rachel Dean, Lake Illawarra			
Name	Age	Centre	Final
1 Ruby Kerr		Albion Park	12.17
2 Ella Power		Albion Park	12.55
3 Olivia Burns		Lake Illawarra	13.06
4 Lily Cassar		Lake Illawarra	13.47
5 Elizabeth Davis		Shoalhaven	13.56
6 Mia Gentles		Albion Park	13.57
7 Aroura Bray		Albion Park	13.64

Girls U 9 - 70 Metre Sprint

Zone: Z 10.80 14-Dec-14 Delta Amidzovski, Albion Park			
Name	Age	Centre	Final
1 Jasmine Wheeler		Shoalhaven	11.43
2 Lily Bell		Kiama	11.67
3 Olivia Knowles		Shoalhaven	12.07

Girls U 10 - 70 Metre Sprint

Zone: Z 10.20 29-Jan-06 Shayna Wilson, Milton Ulladul			
Name	Age	Centre	Final
1 Aliyah Healey		Milton-Ulladulla	11.14
2 Charlotte Kerr		Albion Park	11.30
3 Jasmine Snow		Kiama	11.46
4 Isabelle Hodgson		Kiama	11.82
5 Aurora Boatswain		Shoalhaven	12.75

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Girls U 7 - 100 Metre Sprint

Zone: Z 16.10 30-Jan-82 Belinda Ruiz, Lake Illawarra			
Name	Age	Centre	Final
1 Ginger Siasat		Kiama	18.02
2 Brooke Frost		Lake Illawarra	18.38
3 Tauris Ivanovski		Lake Illawarra	20.94
4 Ella-Rae McGregor		Albion Park	21.10

Girls U 8 - 100 Metre Sprint

Zone: Z 16.00 26-Jan-80 K Taylor, Lake Illawarra			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Ruby Kerr		Albion Park	16.93Q
2 Amarli Robinson		Shoalhaven	17.10Q
3 Ella Power		Albion Park	18.30Q
4 Mia Gentles		Albion Park	19.81q
5 Arlie Dudgeon		Shoalhaven	23.07
Heat 2 Heats			
1 Chloe Musson		Shoalhaven	18.77Q
2 Breanna Webster		Kiama	19.06Q
3 Mercaydes Bray		Albion Park	19.49Q
4 Aroura Bray		Albion Park	19.86q

Girls U 8 - 100 Metre Sprint

Zone: Z 16.00 26-Jan-80 K Taylor, Lake Illawarra			
Name	Age	Centre	Final
Section 1 Final			
1 Ruby Kerr		Albion Park	16.69
2 Amarli Robinson		Shoalhaven	16.97
3 Ella Power		Albion Park	17.83
4 Chloe Musson		Shoalhaven	18.39
5 Breanna Webster		Kiama	19.06
6 Mercaydes Bray		Albion Park	19.11
7 Aroura Bray		Albion Park	19.67
8 Mia Gentles		Albion Park	20.07

Girls U 9 - 100 Metre Sprint

Zone: Z 15.10 28-Jan-84 Belinda Ruiz, Lake Illawarra			
Name	Age	Centre	Final
Section 1			
1 Mia Davis		St Georges Basin	15.51
2 Jasmine Wheeler		Shoalhaven	16.14
3 Lily Bell		Kiama	16.57
4 Layla Dudgeon		Shoalhaven	16.67
5 Neve Woodstone		Kiama	17.52
6 Lily Heckenberg		St Georges Basin	17.54
7 Lily O'Neill		Lake Illawarra	23.24

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Girls U 10 - 100 Metre Sprint

Name	Age	Centre	Final
Zone: Z 14.10 25-Jan-86 S Gown, Kiama			
Zone: Z 14.10 28-Jan-06 Shayna Wilson, Milton Ulladul			
Name	Age	Centre	Final
1 Aliyah Healey		Milton-Ulladulla	15.73
2 Saige Williams		Milton-Ulladulla	15.84
3 Charlotte Kerr		Albion Park	15.87
4 Olivia O'Neill		Lake Illawarra	16.46
5 Jamie-Lea Anderson		Lake Illawarra	16.89
6 Malia Cummins		Kiama	17.63
7 Kelly McDonald		St Georges Basin	18.36

Girls U 11 - 100 Metre Sprint

Name	Age	Centre	Final
Zone: Z 13.10 26-Jan-80 Kerry Reko, Shoalhaven			
Name	Age	Centre	Final
1 Jaleesa Smith		Milton-Ulladulla	14.91
2 Alisha Mustapic		Shoalhaven	15.65
3 Amelia Weatherlake		Kiama	15.88
4 Talea Miller		Shoalhaven	16.92

Girls U 12 - 100 Metre Sprint

Name	Age	Centre	Final
Zone: Z 13.10 27-Jan-79 Kim Wilson, Lake Illawarra			
Zone: Z 13.10 28-Jan-06 Abbie Taddeo, Kiama			
Name	Age	Centre	Final
1 Imogen Harrison		Albion Park	13.95
2 Kaliah Tindall		Albion Park	16.12

Girls U 13 - 100 Metre Sprint

Name	Age	Centre	Final
Zone: Z 12.90 12-Dec-15 Zoe Chater, Shoalhaven			
Name	Age	Centre	Final
1 Hannah Brian		Shoalhaven	14.19
2 Jada Schillert		Lake Illawarra	14.60
3 Eliza Schweitzer		Kiama	14.90
4 Akala Miller		Shoalhaven	15.05
5 Sienna Bell		Kiama	15.34
6 Hannah Hosking		Lake Illawarra	15.88

Girls U 14 - 100 Metre Sprint

Name	Age	Centre	Final
Zone: Z 12.90 24-Jan-98 Lauren Wiedl, Albion Park			
Zone: Z 12.90 13-Dec-14 Jenna Bentley, Shoalhaven			
Zone: Z 12.90 10-Dec-16 Zoe Chater, Shoalhaven			
Name	Age	Centre	Final
1 Lauren Percival		Milton-Ulladulla	13.26
2 Lara Check		Shoalhaven	13.56
3 Ashleigh Goncalves		Albion Park	13.90
4 Jayda Amidzovski		Albion Park	14.30

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....Girls U 14 - 100 Metre Sprint

5 Abby Cox	Albion Park	14.54
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Girls U 15 - 100 Metre Sprint

Name	Age	Centre	Final
=====			
Zone: Z 12.50	28-Jan-95	Skye Richardson, Lake Illawar	
Zone: Z 12.50	29-Jan-00	Lianna Braithwaite, Lake Illa	
=====			
1 Lily Wheeler		Shoalhaven	13.70
2 Baylee Holland		Shoalhaven	14.59
3 Felicity Hector		St Georges Basin	17.24

Girls U 17 - 100 Metre Sprint

Name	Age	Centre	Final
=====			
Zone: Z 12.00	12-Dec-09	Talissa Scott, Kiama	
=====			
1 Teagan Berry		Albion Park	12.96
2 Olivia Berry		Albion Park	13.33
3 Mikayla Check		Shoalhaven	13.47
4 Alicia Burazin		Kiama	13.67
5 Maggie Tomlinson		Kiama	14.11
6 Emma Hutchison		Lake Illawarra	15.88

Girls U 7 - 200 Metre Sprint

Name	Age	Centre	Final
=====			
Zone: Z 34.10	30-Jan-82	Belinda Ruiz, Lake Illawarra	
=====			
1 Ella-Rae McGregor		Albion Park	43.66
2 Brooke Frost		Lake Illawarra	46.01
3 Hallie Knowles		Shoalhaven	46.11
4 Calai Dach		Lake Illawarra	46.25

Girls U 8 - 200 Metre Sprint

Name	Age	Centre	Heats
=====			
Zone: Z 33.10	29-Jan-84	S Gown, Kiama	
=====			
Heat 1 Heats			
1 Myra Betts		Shoalhaven	38.94Q
2 Ella Power		Albion Park	39.61Q
3 Mercaydes Bray		Albion Park	40.76Q
4 Olivia Burns		Lake Illawarra	41.29q
5 Elizabeth Davis		Shoalhaven	42.66q
Heat 2 Heats			
1 Ruby Kerr		Albion Park	37.67Q
2 Chelsea Nicol		Albion Park	38.51Q
3 Breanna Webster		Kiama	40.38Q
4 Arlie Dudgeon		Shoalhaven	43.99

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Girls U 8 - 200 Metre Sprint

Zone: Z 33.10 29-Jan-84 S Gown, Kiama			
Name	Age	Centre	Final
Section 1 Final			
1 Ruby Kerr		Albion Park	36.96
2 Myra Betts		Shoalhaven	38.36
3 Chelsea Nicol		Albion Park	38.68
4 Ella Power		Albion Park	40.35
5 Olivia Burns		Lake Illawarra	41.00
6 Breanna Webster		Kiama	41.29
7 Mercaydes Bray		Albion Park	41.91
8 Elizabeth Davis		Shoalhaven	44.25

Girls U 9 - 200 Metre Sprint

Zone: Z 31.80 27-Jan-02 Paige Fenech, Albion Park			
Name	Age	Centre	Final
Section 1			
1 Maiya Hewitt		Albion Park	34.20
2 Lily Bell		Kiama	37.05
3 Haylee Connelly		St Georges Basin	38.95
4 Olivia Knowles		Shoalhaven	40.04
5 Lily O'Neill		Lake Illawarra	43.27

Girls U 10 - 200 Metre Sprint

Zone: Z 29.10 26-Jan-86 S Gown, Kiama			
Name	Age	Centre	Final
1 Aliyah Healey		Milton-Ulladulla	32.91
2 Saige Williams		Milton-Ulladulla	33.17
3 Lara Thompson		Albion Park	33.51
4 Charlotte Kerr		Albion Park	33.87
5 Olivia O'Neill		Lake Illawarra	35.30
6 Isabelle Hodgson		Kiama	36.16
7 Georgia Ryan		Lake Illawarra	38.74

Girls U 11 - 200 Metre Sprint

Zone: Z 29.10 27-Jan-91 Skye Richardson, Lake Illawarra			
Name	Age	Centre	Final
1 Ella Colusso		Milton-Ulladulla	31.65
2 Ella Hewitt		Albion Park	32.01
3 Jaleesa Smith		Milton-Ulladulla	33.33

Girls U 12 - 200 Metre Sprint

Zone: Z 26.10 28-Jan-79 Kim Wilson, Lake Illawarra			
Name	Age	Centre	Final
1 Imogen Harrison		Albion Park	29.55
2 Laylah Connelly		St Georges Basin	30.53

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....Girls U 12 - 200 Metre Sprint

3 Emma Whitehouse	Shoalhaven	34.25
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Girls U 13 - 200 Metre Sprint

=====			
Zone: Z 27.30 31-Jan-93 Skye Richardson, Lake Illawar			
Name	Age	Centre	Final
=====			
1 Eliza Schweitzer		Kiama	29.85
2 Jada Schillert		Lake Illawarra	31.42
3 Akala Miller		Shoalhaven	32.03
4 Hannah Brian		Shoalhaven	51.17

Girls U 14 - 200 Metre Sprint

=====			
Zone: Z 26.40 14-Dec-14 Jenna Bentley, Shoalhaven			
Name	Age	Centre	Final
=====			
1 Lauren Percival		Milton-Ulladulla	27.01
2 Lara Check		Shoalhaven	27.78
3 Ashleigh Goncalves		Albion Park	28.20
4 Victoria Summerill		Albion Park	29.27
5 Jayda Amidzovski		Albion Park	29.71
6 Georgia Richards		Kiama	29.72
7 Abby Cox		Albion Park	30.42
8 Arian Lopreiato		Albion Park	31.05

Girls U 15 - 200 Metre Sprint

=====			
Zone: Z 26.30 13-Dec-09 Skye Ryan, Albion Park			
Name	Age	Centre	Final
=====			
1 Lily Wheeler		Shoalhaven	28.05
2 Isabella Halls		St Georges Basin	32.11
3 Emma Twomey		St Georges Basin	33.13

Girls U 17 - 200 Metre Sprint

=====			
Zone: Z 25.30 13-Dec-09 Talissa Scott, Kiama			
Zone: Z 25.30 13-Dec-15 Kiara White, Albion Park			
Name	Age	Centre	Final
=====			
1 Teagan Berry		Albion Park	26.27
2 Olivia Berry		Albion Park	27.40
3 Mikayla Check		Shoalhaven	27.75
4 Alicia Burazin		Kiama	28.76
5 Nikita Freeburn		Lake Illawarra	30.95

Girls U 8 - 400 Metre Sprint

=====			
Zone: Z 1:17.40 27-Jan-01 Paige Fenech, Albion Park			
Name	Age	Centre	Final
=====			
1 Myra Betts		Shoalhaven	1:31.74
2 Mercaydes Bray		Albion Park	1:37.19

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....Girls U 8 - 400 Metre Sprint

3 Breanna Webster	Kiama	1:37.39
4 Amelia Hopson	Lake Illawarra	1:53.11

Girls U 9 - 400 Metre Sprint

Name	Age	Centre	Final
Zone: Z 1:12.10 29-Jan-83 Lisa Baldwin, Lake Illawarr			
1 Maiya Hewitt		Albion Park	1:22.48
2 Lily Heckenberg		St Georges Basin	1:33.80
3 Haylee Connelly		St Georges Basin	1:35.01
4 Neve Woodstone		Kiama	1:35.05

Girls U 10 - 400 Metre Sprint

Name	Age	Centre	Final
Zone: Z 1:10.30 25-Jan-03 Paige Fenech, Albion Park			
1 Kara Heckenberg		St Georges Basin	1:13.16
2 Lara Thompson		Albion Park	1:13.47
3 Aliyah Healey		Milton-Ulladulla	1:19.03
4 Abby Quick		Lake Illawarra	1:21.68
5 Saige Williams		Milton-Ulladulla	1:25.28
6 Zoe Meyers		Albion Park	1:29.64

Girls U 11 - 400 Metre Sprint

Name	Age	Centre	Final
Zone: Z 1:04.10 31-Jan-04 Paige Fenech, Albion Park			
1 Ella Colusso		Milton-Ulladulla	1:14.73
2 Ella Hewitt		Albion Park	1:15.76
3 Geena Viney		Shoalhaven	1:17.74
4 Alisha Mustapic		Shoalhaven	1:20.34

Girls U 12 - 400 Metre Sprint

Name	Age	Centre	Final
Zone: Z 1:04.80 30-Jan-93 Kelly Hannett, Shoalhaven			
Zone: Z 1:04.80 29-Jan-05 Paige Fenech, Albion Park			
1 Laylah Connelly		St Georges Basin	1:08.98
2 Olivia Greenhalgh		Milton-Ulladulla	1:11.23
3 Tyla Hurst		Albion Park	1:16.06
4 Dakota Farn		Shoalhaven	1:20.08

Girls U 13 - 400 Metre Sprint

Name	Age	Centre	Final
Zone: Z 1:02.10 24-Jan-87 S Carr, Lake Illawarra			
1 Emily Strecker		Lake Illawarra	1:19.26

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Girls U 14 - 400 Metre Sprint

Zone: Z 1:01.40 10-Dec-11 Susie Seitaridis, Lake Illa			
Name	Age	Centre	Final
1 Georgia Richards		Kiama	1:06.57
2 Ashleigh Goncalves		Albion Park	1:07.29
3 Victoria Summerill		Albion Park	1:13.43

Girls U 15 - 400 Metre Sprint

Zone: Z 59.90 08-Dec-12 Susie Seitaridis, Lake Illawa			
Name	Age	Centre	Final
1 Baylee Holland		Shoalhaven	1:05.72
2 Keira-Lee Meyers		Albion Park	1:12.27
3 Emma Twomey		St Georges Basin	1:14.96

Girls U 17 - 400 Metre Sprint

Zone: Z 1:00.30 12-Dec-15 Kiara White, Albion Park			
Name	Age	Centre	Final
1 Taliah Moxham		Albion Park	1:08.48
2 Nikita Freeburn		Lake Illawarra	1:14.34

Girls U 7 - 500 Metre Run Pack Start

Zone: Z 1:49.10 30-Jan-00 Paige Fenech, Albion Park			
Name	Age	Centre	Final
1 Ella-Rae McGregor		Albion Park	2:12.50
2 Tauris Ivanovski		Lake Illawarra	2:14.96

Girls U 8 - 700 Metre Run Pack Start

Zone: Z 2:31.10 26-Jan-03 Caitlin Foord, Lake Illawar			
Name	Age	Centre	Final
1 Myra Betts		Shoalhaven	3:12.53
2 Chelsea Nicol		Albion Park	3:14.04

Girls U 10 - 800 Metre Run

Zone: Z 2:42.10 26-Jan-86 Kylie Watkins, Lake Illawar			
Name	Age	Centre	Final
1 Lara Thompson		Albion Park	2:56.43
2 Abby Quick		Lake Illawarra	2:57.78
3 Zoe Meyers		Albion Park	3:05.18
4 Saige Williams		Milton-Ulladulla	3:10.54
5 Emily McLaren		Shoalhaven	3:14.08
6 Jasmine Snow		Kiama	3:24.84

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Girls U 11 - 800 Metre Run

Zone: Z 2:29.10 31-Jan-82 K Tiech, Kiama			
Name	Age	Centre	Final
1 Ella Colusso		Milton-Ulladulla	2:58.70
2 Geena Viney		Shoalhaven	3:02.24
3 Sienna Strecker		Lake Illawarra	3:03.46
4 Alisha Mustapic		Shoalhaven	3:11.43

Girls U 12 - 800 Metre Run

Zone: Z 2:29.10 30-Jan-83 K Tieck, Kiama			
Name	Age	Centre	Final
1 Olivia Greenhalgh		Milton-Ulladulla	2:48.52
2 Tyla Hurst		Albion Park	2:55.66
3 Calany Meyers		Albion Park	2:59.29
4 Dakota Farn		Shoalhaven	3:07.61
5 Charli Ryan		Lake Illawarra	3:24.22

Girls U 13 - 800 Metre Run

Zone: Z 2:24.40 30-Jan-00 Cian Maciejewski, Milton Ul			
Name	Age	Centre	Final
1 Emily Strecker		Lake Illawarra	2:55.09

Girls U 14 - 800 Metre Run

Zone: Z 2:21.80 14-Dec-14 Shenay Edwards, Albion Park			
Name	Age	Centre	Final
1 Georgia Richards		Kiama	2:37.31
2 Victoria Summerill		Albion Park	2:56.41
3 Arian Lopreiato		Albion Park	3:02.40

Girls U 15 - 800 Metre Run

Zone: Z 2:19.50 09-Dec-12 Susie Seitaridis, Lake Illa			
Name	Age	Centre	Final
1 Baylee Holland		Shoalhaven	2:33.78
2 Keira-Lee Meyers		Albion Park	2:44.44
3 Emma Twomey		St Georges Basin	3:03.46
4 Tegan McKay		St Georges Basin	3:16.13
5 Eleace Davidson		St Georges Basin	3:24.47

Girls U 17 - 800 Metre Run

Zone: Z 2:15.30 09-Dec-12 Jessica Hull, Albion Park			
Name	Age	Centre	Final
1 Emma McDonald		St Georges Basin	2:39.81
2 Taliah Moxham		Albion Park	2:47.19
3 Mikayla Dejong		Albion Park	2:50.86

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....Girls U 17 - 800 Metre Run

4 Nikita Freeburn Lake Illawarra 3:12.18

Girls U 10 - 1500 Metre Run

Zone: Z 5:33.10 24-Jan-81 K Tiech, Kiama

Name	Age Centre	Final
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1 Kara Heckenberg	St Georges Basin	5:51.33
2 Abby Quick	Lake Illawarra	5:54.02
3 Lara Thompson	Albion Park	6:06.66
4 Bethany Dobson	Shoalhaven	6:13.56
5 Emily McLaren	Shoalhaven	6:25.63
6 Zoe Meyers	Albion Park	6:36.00
7 Aurora Boatswain	Shoalhaven	7:18.04

Girls U 11 - 1500 Metre Run

Zone: Z 4:54.00 29-Jan-00 Cian Maciejewski, Milton Ul

Name	Age Centre	Final
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1 Ella Colusso	Milton-Ulladulla	6:02.59
2 Annabelle Healey	Milton-Ulladulla	6:03.98
3 Romany Janssens	Kiama	6:06.07
4 Sienna Strecker	Lake Illawarra	6:09.00

Girls U 12 - 1500 Metre Run

Zone: Z 5:01.10 29-Jan-83 K Tieck, Kiama

Name	Age Centre	Final
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1 Olivia Greenhalgh	Milton-Ulladulla	5:42.25
2 Tyla Hurst	Albion Park	5:58.30
3 Calany Meyers	Albion Park	6:01.61
4 Dakota Farn	Shoalhaven	6:14.48
5 Nakita Boatswain	Shoalhaven	7:22.77
6 Ruby Marriott	Lake Illawarra	7:28.68

Girls U 13 - 1500 Metre Run

Zone: Z 5:06.10 29-Jan-94 T Moxham, Lake Illawarra

Name	Age Centre	Final
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1 Emily Strecker	Lake Illawarra	6:18.29
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Girls U 14 - 1500 Metre Run

Zone: Z 5:06.50 29-Jan-11 Jessica Hull, Albion Park

Name	Age Centre	Final
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1 Georgia Richards	Kiama	5:18.99
2 Charli Hurst	Albion Park	5:20.01
3 Ruby McPhillips	Albion Park	5:54.21
4 Arian Lopreiato	Albion Park	6:28.76

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Girls U 15 - 1500 Metre Run

Zone: Z 4:50.70 10-Dec-11 Jessica Hull, Albion Park			
Name	Age	Centre	Final
1 Baylee Holland		Shoalhaven	5:31.90
2 Keira-Lee Meyers		Albion Park	5:34.66
3 Emma Twomey		St Georges Basin	5:36.96
4 Tegan McKay		St Georges Basin	6:33.38
5 Eleace Davidson		St Georges Basin	7:06.83

Girls U 17 - 1500 Metre Run

Zone: Z 4:37.40 14-Dec-13 Jessica Hull, Albion Park			
Name	Age	Centre	Final
1 Karlie Gentles		Albion Park	5:36.96
2 Emma McDonald		St Georges Basin	5:40.51
3 Mikayla Dejong		Albion Park	5:48.67
4 Gabrielle Marriott		Lake Illawarra	6:54.43

Girls U 14 - 3000 Metre Run

Zone: Z 11:02.20 28-Jan-95 T Moxham, Lake Illawarra			
Name	Age	Centre	Final
1 Charli Hurst		Albion Park	11:56.84
2 Ruby McPhillips		Albion Park	13:54.10

Girls U 15 - 3000 Metre Run

Zone: Z 10:31.00 10-Dec-11 Jessica Hull, Albion Park			
Name	Age	Centre	Final
1 Keira-Lee Meyers		Albion Park	12:24.36
2 Ruby Keen		Lake Illawarra	13:29.78
3 Emma Twomey		St Georges Basin	14:09.88

Girls U 17 - 3000 Metre Run

Zone: Z 10:01.50 14-Dec-13 Jessica Hull, Albion Park			
Name	Age	Centre	Final
1 Grace Mahon		Kiama	11:59.94
2 Mikayla Dejong		Albion Park	12:29.64
3 Emma McDonald		St Georges Basin	12:32.48
4 Karlie Gentles		Albion Park	12:55.64

Girls U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.70 13-Dec-08 Shenay Edwards, Albion Park			
Name	Age	Centre	Heats

Heat 1 Heats

1 Chloe Musson		Shoalhaven	13.58Q
2 Mia Gentles		Albion Park	13.91Q

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

3 Kadance Naylor	St Georges Basin	13.99Q
4 Chloe Richards	Lake Illawarra	14.40q
5 Bella-Rose Robson	Lake Illawarra	18.12

Heat 2 Heats

1 Amarli Robinson	Shoalhaven	12.35Q
2 Ella Power	Albion Park	14.00Q
3 Arlie Dudgeon	Shoalhaven	14.50Q
4 Amelia Hopson	Lake Illawarra	14.88q
5 Taryn Smith-Benham	Lake Illawarra	15.19

Girls U 8 - 60 Metre Hurdles (45cm)

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 Zone: Z 11.70 13-Dec-08 Shenay Edwards, Albion Park
 Name Age Centre Final
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Section 1 Final

1 Amarli Robinson	Shoalhaven	12.48
2 Chloe Musson	Shoalhaven	13.48
3 Mia Gentles	Albion Park	13.51
4 Ella Power	Albion Park	13.52
5 Kadance Naylor	St Georges Basin	14.08
6 Chloe Richards	Lake Illawarra	15.11
7 Amelia Hopson	Lake Illawarra	16.39

Girls U 9 - 60 Metre Hurdles (45cm)

=====
 Zone: Z 10.30 13-Dec-14 Delta Amidzovski, Albion Park
 Name Age Centre Final
 =====

Section 1

1 Jasmine Wheeler	Shoalhaven	11.48
2 Lily Bell	Kiama	12.24
3 Neve Woodstone	Kiama	12.47
4 Layla Dudgeon	Shoalhaven	12.62
5 Haylee Connelly	St Georges Basin	13.22
6 Lily O'Neill	Lake Illawarra	14.11
7 Lily Heckenberg	St Georges Basin	14.30

Girls U 10 - 60 Metre Hurdles (60cm)

=====
 Zone: Z 10.60 12-Dec-15 Delta Amidzovski, Albion Park
 Name Age Centre Heats
 =====

Heat 1 Heats

1 Olivia O'Neill	Lake Illawarra	12.24Q
2 Elysha Davis	Shoalhaven	12.66Q
3 Malia Cummins	Kiama	12.83Q
4 Emily McLaren	Shoalhaven	13.00q
5 Mikaela Markovski	Albion Park	13.11q

Heat 2 Heats

1 Jamie-Lea Anderson	Lake Illawarra	12.34Q
2 Jasmine Snow	Kiama	12.93Q
3 Aurora Boatswain	Shoalhaven	13.24Q
4 Kelly McDonald	St Georges Basin	13.86

ZONE TRACK & FIELD CHAMPIONSHIPS
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....Girls U 10 - 60 Metre Hurdles (60cm)

5 Aleisha McGarry	Lake Illawarra	14.15
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Girls U 10 - 60 Metre Hurdles (60cm)

=====
 Zone: Z 10.60 12-Dec-15 Delta Amidzovski, Albion Park
 Name Age Centre Final
 =====

Section 1 Final

1 Jasmine Snow	Kiama	13.22
2 Mikaela Markovski	Albion Park	13.36
3 Jamie-Lea Anderson	Lake Illawarra	13.38
4 Emily McLaren	Shoalhaven	13.75
5 Malia Cummins	Kiama	14.02
6 Elysha Davis	Shoalhaven	14.16
6 Aurora Boatswain	Shoalhaven	14.16
8 Olivia O'Neill	Lake Illawarra	14.28

Girls U 11 - 60 Metre Hurdles (60cm)

=====
 Zone: Z 9.90 10-Dec-16 Delta Amidzovski, Albion Park
 Name Age Centre Final
 =====

Section 1

1 Annabelle Healey	Milton-Ulladulla	11.70
2 Amelia Weatherlake	Kiama	12.09
3 Olivia Davis	Shoalhaven	12.27
4 Jaleesa Smith	Milton-Ulladulla	13.13
5 Sienna Strecker	Lake Illawarra	13.22

Girls U 12 - 60 Metre Hurdles (68cm)

=====
 Zone: Z 9.90 12-Dec-09 Susie Seitaridis, Lake Illawa
 Name Age Centre Final
 =====

1 Delta Amidzovski	Albion Park	9.96
2 Laylah Connelly	St Georges Basin	12.12
3 Kaliah Tindall	Albion Park	12.18

Girls U 13 - 80 Metre Hurdles (76cm)

=====
 Zone: Z 12.60 30-Jan-11 Susie Seitaridis, Lake Illawa
 Name Age Centre Final
 =====

1 Eliza Schweitzer	Kiama	15.07
2 Hannah Brian	Shoalhaven	16.50
3 Jada Schillert	Lake Illawarra	16.54

Girls U 14 - 80 Metre Hurdles (76cm)

=====
 Zone: Z 12.50 11-Dec-11 Susie Seitaridis, Lake Illawa
 Name Age Centre Final
 =====

1 Abby Cox	Albion Park	14.44
2 Jayda Amidzovski	Albion Park	14.55

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 09-Dec-17 to 10-Dec-17
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Girls U 15 - 90 Metre Hurdles (76cm)

Zone: Z 13.60 09-Dec-12 Susie Seitaridis, Lake Illawa			
Name	Age	Centre	Final
1 Ella Cleal-Cook		Kiama	16.48
2 Isabella Halls		St Georges Basin	20.05
3 Felicity Hector		St Georges Basin	22.81

Girls U 17 - 100 Metre Hurdles (76cm)

Zone: Z 14.40 13-Dec-09 Talissa Scott, Kiama			
Name	Age	Centre	Final
1 Mikayla Check		Shoalhaven	18.26
2 Maggie Tomlinson		Kiama	19.19
3 Emma Hutchison		Lake Illawarra	20.46
4 Gabrielle Marriott		Lake Illawarra	20.50

Girls U 13 - 200 Metre Hurdles (68cm)

Zone: Z 29.70 12-Dec-15 Zoe Chater, Shoalhaven			
Name	Age	Centre	Final
1 Eliza Schweitzer		Kiama	34.49
2 Jada Schillert		Lake Illawarra	36.04
3 Taylah Hurst		Lake Illawarra	36.78

Girls U 14 - 200 Metre Hurdles (76cm)

Zone: Z 28.50 28-Jan-06 Janaya Zivkovic, Kiama			
Name	Age	Centre	Final
1 Lara Check		Shoalhaven	32.13
2 Jayda Amidzovski		Albion Park	33.80
3 Victoria Summerill		Albion Park	33.82
4 Abby Cox		Albion Park	34.19

Girls U 15 - 300 Metre Hurdles (76cm)

Zone: Z 51.20 10-Dec-16 Teagan Berry, Albion Park			
Name	Age	Centre	Final
1 Isabella Halls		St Georges Basin	55.43
2 Ella Cleal-Cook		Kiama	57.16
3 Ruby Keen		Lake Illawarra	1:00.43
4 Felicity Hector		St Georges Basin	1:16.75

Girls U 17 - 300 Metre Hurdles (76cm)

Zone: Z 51.90 10-Dec-16 Kiara White, Albion Park			
Name	Age	Centre	Final
1 Mikayla Check		Shoalhaven	54.21
2 Emma Hutchison		Lake Illawarra	59.21

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

Zone: Z 57.90 13-Dec-09 Lake Illawarra, Lake Illawarra Centre Final			
1	Albion Park		1:03.63
	1) Maiya Hewitt 9	2) Charlotte Kerr 10	
	3) Ella Hewitt 11	4) Delta Amidzovski 12	
2	Shoalhaven		1:07.27
	1) Jasmine Wheeler 9	2) Alisha Mustapic 11	
	3) Emily McLaren 10	4) Emma Whitehouse 12	
3	Lake Illawarra		1:09.74
	1) Lily O'Neill 9	2) Olivia O'Neill 10	
	3) Sienna Strecker 11	4) Charli Ryan 12	
4	Kiama		1:09.75
	1) Lily Bell 9	2) Jasmine Snow 10	
	3) Isabelle Hodgson 10	4) Malia Cummins 10	

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

Zone: Z 52.10 14-Dec-08 Albion Park, Albion Park Centre Final			
1	Shoalhaven		55.01
	1) Hannah Brian 13	2) Lara Check 14	
	3) Lily Wheeler 15	4) Mikayla Check 17	
2	Kiama		57.09
	1) Eliza Schweitzer 13	2) Georgia Richards 14	
	3) Ella Cleal-Cook 15	4) Alicia Burazin 17	
3	Albion Park		57.35
	1) Imogen Harrison 12	2) Ashleigh Goncalves 14	
	3) Keira-Lee Meyers 15	4) Taliah Moxham 17	
4	Lake Illawarra		1:00.96
	1) Jada Schillert 13	2) Taylah Hurst 13	
	3) Ruby Keen 15	4) Nikita Freeburn 17	

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

Zone: Z 1.14m 30-Jan-82 Raylene Mullaney, Lake Illawarra			
Name	Age	Centre	Final
Flight 1			
1	Maiya Hewitt	Albion Park	1.07m
2	Layla Dudgeon	Shoalhaven	1.00m
3	Natarsha Mandavy	St Georges Basin	1.00m
4	Neve Woodstone	Kiama	0.92m
5	Lily Heckenberg	St Georges Basin	0.90m

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

Zone: Z 1.25m 27-Jan-08 Lucy Marron, Shoalhaven			
Zone: Z 1.25m 14-Dec-14 Ella Hendrick, Lake Illawarra			
Name	Age	Centre	Final
1	Olivia O'Neill	Lake Illawarra	1.10m
2	Abby Quick	Lake Illawarra	1.03m

ZONE TRACK & FIELD CHAMPIONSHIPS
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Girls U 11 - High Jump (S/H 1.00m)

Zone: Z 1.42m 29-Jan-05 Tayla King, Albion Park			
Name	Age	Centre	Final
1 Annabelle Healey		Milton-Ulladulla	1.30m
2 Olivia Davis		Shoalhaven	1.12m
3 Amelia Weatherlake		Kiama	1.10m
4 Romany Janssens		Kiama	1.00m
-- Grace Milner		Shoalhaven	NH
-- Brodie McClusky		Milton-Ulladulla	NH

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

Zone: Z 1.48m 30-Jan-05 Talissa Scott, Kiama			
Name	Age	Centre	Final
1 Delta Amidzovski		Albion Park	1.57mZ

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

Zone: Z 1.56m 27-Jan-07 Tayla King, Albion Park			
Name	Age	Centre	Final
1 Taylah Hurst		Lake Illawarra	1.37m
2 Sienna Bell		Kiama	1.27m
3 Hannah Hosking		Lake Illawarra	1.25m

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

Zone: Z 1.61m 27-Jan-08 Tayla King, Albion Park			
Name	Age	Centre	Final
1 Lara Check		Shoalhaven	1.58m

Girls U 15 - High Jump (S/H 1.20m)

Zone: Z 1.65m 13-Dec-08 Tayla King, Albion Park			
Zone: Z 1.65m 14-Dec-13 Celeste Sulerzyski, Albion Pa			
Name	Age	Centre	Final
1 Lily Wheeler		Shoalhaven	1.52m
2 Ruby Keen		Lake Illawarra	1.35m

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

Zone: Z 1.56m 14-Dec-14 Celeste Sulerzyski, Albion Pa			
Name	Age	Centre	Final
1 Alicia Burazin		Kiama	1.43m
2 Mikayla Dejong		Albion Park	1.30m

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 09-Dec-17 to 10-Dec-17
Myimbarr Community Park
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Girls U 7 - Long Jump

Zone: Z 3.33m 26-Jan-01 Tayla King, Albion Park			
Name	Age	Centre	Final
1 Ginger Siasat		Kiama	2.92m
2 Brooke Frost		Lake Illawarra	2.87m
3 Calai Dach		Lake Illawarra	2.41m
4 Hallie Knowles		Shoalhaven	2.23m

Girls U 8 - Long Jump

Zone: Z 3.80m 26-Jan-85 Karen Dean, Lake Illawarra			
Name	Age	Centre	Final
1 Amarli Robinson		Shoalhaven	3.34m
2 Chloe Richards		Lake Illawarra	2.68m
3 Kadance Naylor		St Georges Basin	2.64m
4 Breanna Webster		Kiama	2.51m
5 Lily Cassar		Lake Illawarra	2.42m
6 Mia Gentles		Albion Park	2.21m
7 Amelia Hopson		Lake Illawarra	2.08m
-- Eden Richmond		Kiama	ND
-- Audrey Sakora		Milton-Ulladulla	ND
-- Arlie Dudgeon		Shoalhaven	ND
-- Aliyah Libbis		Shoalhaven	ND
-- Kate Lonard		Lake Illawarra	ND
-- Elizabeth Davis		Shoalhaven	ND

Girls U 9 - Long Jump

Zone: Z 4.22m 27-Jan-85 S Gown, Kiama			
Name	Age	Centre	Final
1 Jasmine Wheeler		Shoalhaven	3.83m
2 Maiya Hewitt		Albion Park	3.54m
3 Layla Dudgeon		Shoalhaven	3.26m
4 Olivia Knowles		Shoalhaven	2.92m
5 Haylee Connelly		St Georges Basin	2.91m

Girls U 10 - Long Jump

Zone: Z 4.31m 12-Dec-15 Delta Amidzovski, Albion Park			
Name	Age	Centre	Final
1 Jasmine Snow		Kiama	3.84m
2 Mikaela Markovski		Albion Park	3.42m
3 Malia Cummins		Kiama	3.30m
4 Jamie-Lea Anderson		Lake Illawarra	3.21m
5 Elysha Davis		Shoalhaven	2.72m
6 Kelly McDonald		St Georges Basin	2.62m
-- Bethany Dobson		Shoalhaven	ND
-- Eden Sakora		Milton-Ulladulla	ND

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Girls U 11 - Long Jump

Zone: Z 4.78m 26-Jan-02 Teresa Garcia, Lake Illawarra			
Name	Age	Centre	Final
1 Jaleesa Smith		Milton-Ulladulla	4.12m
2 Ella Hewitt		Albion Park	4.09m
3 Annabelle Healey		Milton-Ulladulla	3.93m
4 Amelia Weatherlake		Kiama	3.59m

Girls U 12 - Long Jump

Zone: Z 4.93m 12-Dec-09 Chloe Docker, Albion Park			
Name	Age	Centre	Final
1 Delta Amidzovski		Albion Park	4.70m
2 Imogen Harrison		Albion Park	4.32m
3 Laylah Connelly		St Georges Basin	3.75m
4 Kaliah Tindall		Albion Park	3.65m
5 Jade Watson		Lake Illawarra	3.10m
6 Keira Watt		St Georges Basin	3.03m
7 Ruby Marriott		Lake Illawarra	2.11m

Girls U 13 - Long Jump

Zone: Z 5.15m 14-Dec-08 Rowenn Turvey, Albion Park			
Name	Age	Centre	Final
1 Hannah Brian		Shoalhaven	4.34m
2 Eliza Schweitzer		Kiama	4.14m
3 Jada Schillert		Lake Illawarra	3.67m
4 Taylah Hurst		Lake Illawarra	3.60m
5 Akala Miller		Shoalhaven	3.09m

Girls U 14 - Long Jump

Zone: Z 5.39m 26-Jan-08 Tayla King, Albion Park			
Name	Age	Centre	Final
1 Lara Check		Shoalhaven	5.05m
2 Lauren Percival		Milton-Ulladulla	4.79m
3 Georgia Richards		Kiama	4.71m
4 Jayda Amidzovski		Albion Park	4.45m
5 Victoria Summerill		Albion Park	4.16m
6 Arian Lopreiato		Albion Park	3.86m
7 Charli Hurst		Albion Park	3.85m
-- Poppy Johnson		St Georges Basin	ND

Girls U 15 - Long Jump

Zone: Z 5.72m 13-Dec-08 Tayla King, Albion Park			
Name	Age	Centre	Final
1 Lily Wheeler		Shoalhaven	5.07m
2 Isabella Halls		St Georges Basin	4.50m
3 Baylee Holland		Shoalhaven	4.44m

ZONE TRACK & FIELD CHAMPIONSHIPS
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....Girls U 15 - Long Jump

4 Ella Cleal-Cook	Kiama	4.42m
5 Eleace Davidson	St Georges Basin	3.59m

Girls U 17 - Long Jump

Zone: Z 5.75m 13-Dec-08 Talissa Scott, Kiama

Name	Age Centre	Final
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1 Alicia Burazin	Kiama	4.77m
2 Teagan Berry	Albion Park	4.72m
3 Olivia Berry	Albion Park	4.60m
4 Nikita Freeburn	Lake Illawarra	4.52m
5 Emma McDonald	St Georges Basin	4.42m
6 Mikayla Dejong	Albion Park	3.89m

Girls U 11 - Triple Jump

Zone: Z 8.99m 27-Jan-96 Katie Wagner, Lake Illawarra

Name	Age Centre	Final
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1 Ella Hewitt	Albion Park	7.92m
-- Tahlia Thomson	Shoalhaven	ND

Girls U 12 - Triple Jump

Zone: Z 10.52m 13-Dec-09 Chloe Docker, Albion Park

Name	Age Centre	Final
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1 Delta Amidzovski	Albion Park	9.87m
2 Imogen Harrison	Albion Park	8.33m
3 Emma Whitehouse	Shoalhaven	8.11m
4 Charli Ryan	Lake Illawarra	7.06m
5 Kaliah Tindall	Albion Park	7.05m
6 Dakota Farn	Shoalhaven	6.96m

Girls U 13 - Triple Jump

Zone: Z 10.41m 29-Jan-05 Janaya Zivkovic, Lake Illawa

Name	Age Centre	Final
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1 Eliza Schweitzer	Kiama	9.53m
2 Jada Schillert	Lake Illawarra	8.48m

Girls U 14 - Triple Jump

Zone: Z 11.20m 27-Jan-08 Tayla King, Albion Park

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

1 Jayda Amidzovski	Albion Park	9.61m
2 Lara Check	Shoalhaven	9.50m

ZONE TRACK & FIELD CHAMPIONSHIPS
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Girls U 15 - Triple Jump

Zone: Z 11.23m 14-Dec-08 Tayla King, Albion Park			
Name	Age	Centre	Final
1 Lily Wheeler		Shoalhaven	10.43m
2 Isabella Halls		St Georges Basin	8.90m
3 Baylee Holland		Shoalhaven	8.78m
4 Tegan McKay		St Georges Basin	8.08m
5 Felicity Hector		St Georges Basin	6.54m

Girls U 17 - Triple Jump

Zone: Z 11.39m 14-Dec-08 Talissa Scott, Kiama			
Name	Age	Centre	Final
1 Emma McDonald		St Georges Basin	10.10m
2 Alicia Burazin		Kiama	10.02m
3 Nikita Freeburn		Lake Illawarra	9.68m
4 Gabrielle Marriott		Lake Illawarra	8.77m
5 Emma Hutchison		Lake Illawarra	8.48m

Girls U 7 - Shot Put (1.0 Kg)

Zone: Z 6.97m 27-Jan-91 Belinda Jackson, Lake Illawar			
Name	Age	Centre	Final
1 Tauris Ivanovski		Lake Illawarra	4.38m
2 Hallie Knowles		Shoalhaven	3.12m
3 Calai Dach		Lake Illawarra	2.32m

Girls U 8 - Shot Put (1.5 Kg)

Zone: Z 6.39m 30-Jan-00 Kendall Vaughan, Lake Illawar			
Name	Age	Centre	Final
1 Ruby Kerr		Albion Park	4.38m
2 Elizabeth Davis		Shoalhaven	4.09m
3 Chelsea Nicol		Albion Park	4.08m
4 Lily Cassar		Lake Illawarra	3.91m
5 Kadance Naylor		St Georges Basin	3.71m
6 Chloe Musson		Shoalhaven	3.64m
7 Aroura Bray		Albion Park	3.26m
8 Olivia Burns		Lake Illawarra	2.80m

Girls U 9 - Shot Put (2.0 Kg)

Zone: Z 7.18m 27-Jan-01 Kendall Vaughan, Lake Illawar			
Name	Age	Centre	Final
1 Natarsha Mandavy		St Georges Basin	4.11m
2 Lily O'Neill		Lake Illawarra	3.90m

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Girls U 10 - Shot Put (2.0 Kg)

Zone: Z 8.90m 13-Dec-15 Chelsea Ezeoke, Albion Park			
Name	Age	Centre	Final
1 Mikaela Markovski		Albion Park	6.93m
2 Aleisha McGarry		Lake Illawarra	5.05m
3 Elysha Davis		Shoalhaven	5.01m
4 Isabelle Hodgson		Kiama	4.87m
5 Georgia Ryan		Lake Illawarra	3.97m

Girls U 11 - Shot Put (2.0 Kg)

Zone: Z 11.47m 10-Dec-16 Chelsea Ezeoke, Albion Park			
Name	Age	Centre	Final
1 Talea Miller		Shoalhaven	7.41m
2 Chloe Daniel		Shoalhaven	5.75m
3 Taylor Briggs		Lake Illawarra	4.61m

Girls U 12 - Shot Put (2.0 Kg)

Zone: Z 12.48m 28-Jan-07 Rachelle Grozde, Albion Park			
Name	Age	Centre	Final
1 Alana McGarry		Lake Illawarra	8.73m
2 Jayla Beresford		Shoalhaven	7.47m
3 Keira Watt		St Georges Basin	6.94m
4 Jade Watson		Lake Illawarra	6.71m
5 Nakita Boatswain		Shoalhaven	5.73m
6 Charli Ryan		Lake Illawarra	5.48m

Girls U 13 - Shot Put (3.0 Kg)

Zone: Z 11.60m 27-Jan-08 Rachelle Grozde, Albion Park			
Name	Age	Centre	Final
1 Taylah Hurst		Lake Illawarra	6.29m
2 Hannah Hosking		Lake Illawarra	5.53m

Girls U 14 - Shot Put (3.0 Kg)

Zone: Z 12.77m 13-Dec-08 Rachelle Grozde, Albion Park			
Name	Age	Centre	Final
1 Kristi Babic		Lake Illawarra	7.56m
2 Madison Watt		St Georges Basin	6.72m

Girls U 15 - Shot Put (3.0 Kg)

Zone: Z 13.02m 13-Dec-09 Rachelle Grozde, Albion Park			
Name	Age	Centre	Final
1 Ruby Keen		Lake Illawarra	8.02m
2 Ella Gunning		Kiama	7.54m
3 Ella Cleal-Cook		Kiama	6.97m

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....Girls U 15 - Shot Put (3.0 Kg)

4 Felicity Hector	St Georges Basin	6.46m
5 Eleace Davidson	St Georges Basin	6.38m

Girls U 17 - Shot Put (3.0 Kg)

Zone: Z 13.12m 11-Dec-11 Rachelle Grozde, Albion Park			
Name	Age	Centre	Final
1 Ebony Johnson		Shoalhaven	9.37m
2 Hayley Waine		Lake Illawarra	8.09m
3 Emma Hutchison		Lake Illawarra	7.37m
4 Gabrielle Marriott		Lake Illawarra	7.37m

Girls U 7 - Discus (350 Gram)

Zone: Z 14.83m 29-Jan-00 Talissa Scott, Lake Illawarr			
Name	Age	Centre	Final
1 Tauris Ivanovski		Lake Illawarra	9.50m

Girls U 8 - Discus (500 Gram)

Zone: Z 20.00m 27-Jan-01 Talissa Scott, Lake Illawarr			
Name	Age	Centre	Final
1 Myra Betts		Shoalhaven	11.50m
2 Chelsea Nicol		Albion Park	10.43m
3 Kadance Naylor		St Georges Basin	10.35m
4 Lily Cassar		Lake Illawarra	9.71m
5 Chloe Richards		Lake Illawarra	9.54m
6 Taryn Smith-Benham		Lake Illawarra	9.11m
7 Chloe Musson		Shoalhaven	8.48m
8 Mercaydes Bray		Albion Park	7.96m
9 Amelia Hopson		Lake Illawarra	5.35m
10 Aroura Bray		Albion Park	5.22m
11 Bella-Rose Robson		Lake Illawarra	4.28m
-- Eden Richmond		Kiama	ND
-- Kate Lonard		Lake Illawarra	ND

Girls U 9 - Discus (500 Gram)

Zone: Z 24.07m 27-Jan-02 Talissa Scott, Lake Illawarr			
Name	Age	Centre	Final
1 Natarsha Mandavy		St Georges Basin	11.93m
2 Olivia Knowles		Shoalhaven	7.65m

Girls U 10 - Discus (500 Gram)

Zone: Z 26.05m 29-Jan-00 Emma Cooke, Shoalhaven			
Name	Age	Centre	Final
1 Mikaela Markovski		Albion Park	18.92m
2 Aleisha McGarry		Lake Illawarra	15.85m

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....Girls U 10 - Discus (500 Gram)

3	Emily McLaren	Shoalhaven	12.96m
4	Elysha Davis	Shoalhaven	12.17m
5	Zoe Meyers	Albion Park	11.45m
6	Kelly McDonald	St Georges Basin	9.66m
7	Malia Cummins	Kiama	9.15m
--	Eden Sakora	Milton-Ulladulla	ND

Girls U 11 - Discus (750 Gram)

Zone: Z 28.71m 13-Dec-09 Samantha Peace, Shoalhaven			
Name	Age	Centre	Final
1	Talea Miller	Shoalhaven	17.80m
2	Olivia Davis	Shoalhaven	15.56m
3	Chloe Daniel	Shoalhaven	12.85m
4	Alisha Mustapic	Shoalhaven	12.10m

Girls U 12 - Discus (750 Gram)

Zone: Z 33.96m 29-Jan-11 Samantha Peace, Shoalhaven			
Name	Age	Centre	Final
1	Alana McGarry	Lake Illawarra	22.27m
2	Calany Meyers	Albion Park	19.77m
3	Jayla Beresford	Shoalhaven	18.09m
4	Jade Watson	Lake Illawarra	17.07m
5	Tyla Hurst	Albion Park	16.50m
6	Keira Watt	St Georges Basin	15.50m
7	Nakita Boatswain	Shoalhaven	14.80m

Girls U 13 - Discus (750 Gram)

Zone: Z 39.06m 26-Jan-08 Rachelle Grozde, Albion Park			
Name	Age	Centre	Final
1	Hannah Hosking	Lake Illawarra	18.54m
2	Sienna Bell	Kiama	14.05m
3	Taylah Hurst	Lake Illawarra	12.79m

Girls U 14 - Discus (1.0 Kg)

Zone: Z 42.03m 09-Dec-12 Samantha Peace, Shoalhaven			
Name	Age	Centre	Final
1	Kristi Babic	Lake Illawarra	18.94m
2	Victoria Summerill	Albion Park	15.82m
3	Arian Lopreiato	Albion Park	14.34m

Girls U 15 - Discus (1.0 Kg)

Zone: Z 39.07m 14-Dec-13 Samantha Peace, Shoalhaven			
Name	Age	Centre	Final
1	Ruby Keen	Lake Illawarra	25.71m

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 09-Dec-17 to 10-Dec-17
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Results

....Girls U 15 - Discus (1.0 Kg)

2	Ella Cleal-Cook	Kiama	19.82m
3	Eleace Davidson	St Georges Basin	18.46m
4	Isabella Halls	St Georges Basin	17.73m
5	Tegan McKay	St Georges Basin	17.50m
6	Felicity Hector	St Georges Basin	16.31m

Girls U 17 - Discus (1.0 Kg)

=====			
Zone: Z 48.42m 12-Dec-15 Samantha Peace, Shoalhaven			
Name	Age	Centre	Final
=====			
1	Ebony Johnson	Shoalhaven	27.23m
2	Teagan Berry	Albion Park	19.14m
3	Hayley Waine	Lake Illawarra	16.86m
4	Olivia Berry	Albion Park	13.77m

Girls U 11 - Javelin (400 Gram)

=====			
Zone: Z 12.50m 10-Dec-16 Dakota Farn, Shoalhaven			
Name	Age	Centre	Final
=====			
1	Olivia Davis	Shoalhaven	16.87mZ
2	Chloe Daniel	Shoalhaven	8.46m
--	Taylor Briggs	Lake Illawarra	ND

Girls U 12 - Javelin (400 Gram)

=====			
Zone: Z 27.93m 10-Dec-11 Shaye-Lee Frier, Lake Illawa			
Name	Age	Centre	Final
=====			
1	Jayla Beresford	Shoalhaven	17.70m
2	Calany Meyers	Albion Park	16.19m
3	Alana McGarry	Lake Illawarra	14.09m
4	Jade Watson	Lake Illawarra	12.88m
5	Ruby Marriott	Lake Illawarra	8.38m

Girls U 13 - Javelin (400 Gram)

=====			
Zone: Z 31.62m 09-Dec-12 Shaye-Lee Frier, Lake Illawa			
Name	Age	Centre	Final
=====			
1	Hannah Hosking	Lake Illawarra	11.13m
2	Sienna Bell	Kiama	10.36m

Girls U 14 - Javelin (400 Gram)

=====			
Zone: Z 36.38m 10-Dec-11 Susie Seitaridis, Lake Illaw			
Name	Age	Centre	Final
=====			
1	Kristi Babic	Lake Illawarra	15.58m

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 09-Dec-17 to 10-Dec-17
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Girls U 15 - Javelin (500 Gram)

Zone: Z 33.03m 09-Dec-12 Susie Seitaridis, Lake Illaw			
Name	Age	Centre	Final
1 Emelia Matthews		Shoalhaven	29.82m
2 Ella Cleal-Cook		Kiama	20.22m
3 Eleace Davidson		St Georges Basin	18.20m
4 Tegan McKay		St Georges Basin	14.70m
5 Keira-Lee Meyers		Albion Park	14.39m
6 Ella Gunning		Kiama	14.19m

Girls U 17 - Javelin (500 Gram)

Zone: Z 34.11m 10-Dec-11 Rachelle Grozde, Albion Park			
Name	Age	Centre	Final
1 Ebony Johnson		Shoalhaven	28.52m
2 Emma McDonald		St Georges Basin	26.81m
3 Nikita Freeburn		Lake Illawarra	23.13m
4 Mikayla Dejong		Albion Park	18.56m
5 Hayley Waine		Lake Illawarra	16.46m
6 Gabrielle Marriott		Lake Illawarra	16.02m

Girls U 9 - 700 Metre Walk

Zone: Z 4:23.30 25-Jan-98 Jacinta Kelly, Lake Illawar			
Name	Age	Centre	Final
Section 1			
1 Natarsha Mandavy		St Georges Basin	5:39.21

Girls U 10 - 1100 Metre Walk

Zone: Z 6:43.20 15-Dec-13 Madison Callaway, Lake Illa			
Name	Age	Centre	Final
1 Georgia Ryan		Lake Illawarra	8:10.09
2 Aleisha McGarry		Lake Illawarra	8:46.54
3 Aurora Boatswain		Shoalhaven	9:49.31

Girls U 12 - 1500 Metre Walk

Zone: Z 8:09.10 26-Jan-86 Leanne Wilford, Kiama			
Name	Age	Centre	Final
1 Charli Ryan		Lake Illawarra	10:22.69
2 Nakita Boatswain		Shoalhaven	10:43.92
3 Keira Watt		St Georges Basin	10:51.56
4 Ruby Marriott		Lake Illawarra	11:49.84

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 09-Dec-17 to 10-Dec-17
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Girls U 13 - 1500 Metre Walk

Zone: Z 8:22.10 25-Jan-87 Leanne Wilford, Kiama			
Name	Age	Centre	Final
1 Taylah Hurst		Lake Illawarra	12:35.79

Girls U 14 - 1500 Metre Walk

Zone: Z 7:37.50 29-Jan-06 Tanya Poppett, Kiama			
Name	Age	Centre	Final
1 Madison Watt		St Georges Basin	11:37.64

Girls U 15 - 1500 Metre Walk

Zone: Z 7:25.70 28-Jan-07 Tanya Poppett, Kiama			
Name	Age	Centre	Final
1 Ruby Keen		Lake Illawarra	9:25.59
2 Tegan McKay		St Georges Basin	10:24.73
3 Emma Twomey		St Georges Basin	11:03.54

Girls U 17 - 1500 Metre Walk

Zone: Z 8:21.70 11-Dec-11 Emily Warden, Shoalhaven			
Name	Age	Centre	Final
1 Gabrielle Marriott		Lake Illawarra	9:16.48
2 Emma Hutchison		Lake Illawarra	9:55.77

Boys U 7 - 50 Metre Sprint

Zone: Z 8.60 12-Dec-15 Asher Chapman, St Georges Bas			
Name	Age	Centre	Final
1 Zak Schillert		Lake Illawarra	9.31
2 Ben Maher		Shoalhaven	9.38
3 Beau Lidbetter		Lake Illawarra	9.62
4 Ezekiel Diver		Milton-Ulladulla	10.68
5 Sebastian Woodstone		Kiama	10.72
6 Tyler Anderson		Lake Illawarra	11.67

Boys U 7 - 70 Metre Sprint

Zone: Z 11.10 30-Jan-83 L O'Connor, Wollondilly			
Name	Age	Centre	Final
1 Ben Maher		Shoalhaven	12.60
2 Zak Schillert		Lake Illawarra	12.73
3 Liam Green		Albion Park	12.74
4 Kyle Smith		Milton-Ulladulla	12.92
5 Beau Lidbetter		Lake Illawarra	13.03

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 09-Dec-17 to 10-Dec-17
Myimbarr Community Park
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Boys U 8 - 70 Metre Sprint

Zone: Z 10.10 30-Jan-83 P Giobbi, Wollongong City			
Name	Age	Centre	Final
1 Connor Deegan		Kiama	12.20
2 Quinn Rippon		Albion Park	13.13
3 Zachariah Diver		Milton-Ulladulla	13.41

Boys U 9 - 70 Metre Sprint

Zone: Z 10.40 13-Dec-15 Riley Moran, Albion Park			
Zone: Z 10.40 13-Dec-09 Connor Ruse-Kent, Albion Park			
Name	Age	Centre	Final
1 Germaine Wright		Albion Park	10.46
2 Miller Siasat		Kiama	10.83
3 Cameron Paull		Milton-Ulladulla	11.40
4 Max Van Der Merwe		Albion Park	12.64
5 Brodie Strangeway		Lake Illawarra	12.72

Boys U 10 - 70 Metre Sprint

Zone: Z 9.40 13-Dec-09 Tristan Brazulaitis, Albion P			
Name	Age	Centre	Final
1 Sebastian Diver		Milton-Ulladulla	10.51
2 Tasman Rippon		Albion Park	10.72

Boys U 7 - 100 Metre Sprint

Zone: Z 15.60 12-Dec-15 Germaine Wright, Albion Park			
Name	Age	Centre	Final
1 Zak Schillert		Lake Illawarra	17.68
2 Preston Apps		Albion Park	17.93
3 Thomas Tudor-Jones		Milton-Ulladulla	19.18
4 Sebastian Woodstone		Kiama	21.46
5 Tyler Anderson		Lake Illawarra	22.74

Boys U 8 - 100 Metre Sprint

Zone: Z 15.10 30-Jan-82 Matthew Dalby, Lake Illawarra			
Name	Age	Centre	Final
1 Zach Gillett		Albion Park	16.94
2 Aidan Williams		Lake Illawarra	16.98
3 Dean Austin		Shoalhaven	17.04
4 Connor Deegan		Kiama	17.13
5 Tyler Davis		St Georges Basin	17.78
6 Jundamurra Smith		Milton-Ulladulla	18.82
7 Quinn Rippon		Albion Park	19.43
8 Elijah Duncan		Shoalhaven	20.74

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 09-Dec-17 to 10-Dec-17
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Boys U 9 - 100 Metre Sprint

Name	Age	Centre	Final
Zone: Z 14.10 30-Jan-82 David Gillis, Lake Illawarra			
Zone: Z 14.10 25-Jan-86 Steven Russo, Lake Illawarra			
Name	Age	Centre	Final
1 Germaine Wright		Albion Park	14.72
2 Asher Chapman		St Georges Basin	15.15
3 Miller Siasat		Kiama	15.27
4 Riley Gillett		Albion Park	16.83
5 Ryland Coelho		Lake Illawarra	17.38
6 Nicholas Sargeant		Shoalhaven	18.05

Boys U 10 - 100 Metre Sprint

Name	Age	Centre	Final
Zone: Z 13.10 26-Jan-80 David Carter, Lake Illawarra			
Name	Age	Centre	Final
1 Tasman Rippon		Albion Park	15.03
2 Perry Herbert		Lake Illawarra	16.01

Boys U 11 - 100 Metre Sprint

Name	Age	Centre	Final
Zone: Z 13.00 29-Jan-00 Kane Linnett, Lake Illawarra			
Name	Age	Centre	Final
1 Lucas Campbell		Albion Park	14.57
2 Joshua Hosking		Lake Illawarra	14.74
3 Toby Dyball		Shoalhaven	15.33
4 Bailey Gossage		Shoalhaven	15.68
5 Harvey Webster		Kiama	16.07
6 Ashton Dudgeon		Shoalhaven	16.14

Boys U 12 - 100 Metre Sprint

Name	Age	Centre	Final
Zone: Z 12.70 28-Jan-06 Caine Trindall, St Georges Ba			
Name	Age	Centre	Final
1 Malokai Tomo		Lake Illawarra	13.94
2 Kalani Vella		Albion Park	14.15
3 Ben Hale		St Georges Basin	14.72
4 Beau Sillato		St Georges Basin	15.70
5 Zac Maher		Shoalhaven	15.91
6 Vaughn Gilligan		Milton-Ulladulla	16.04

Boys U 13 - 100 Metre Sprint

Name	Age	Centre	Final
Zone: Z 12.50 28-Jan-95 Henderson McCue, Albion Park			
Zone: Z 12.50 10-Dec-11 Zachary Havadjia, Shoalhaven			
Name	Age	Centre	Final
1 Tsar Mandavy		St Georges Basin	13.56
2 Tyrell Taione		Kiama	14.13
3 Lachlan Poole		Kiama	14.37
4 Hayden Musson		Shoalhaven	14.52
5 Louis Losurdo		St Georges Basin	14.90

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 09-Dec-17 to 10-Dec-17
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....Boys U 13 - 100 Metre Sprint

6 Cohen Deegan	Kiama	15.17
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Boys U 14 - 100 Metre Sprint

Zone: Z 11.80 29-Jan-11 Jye Brooker, Albion Park

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

1 Dylan Clarke	Albion Park	14.92
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Boys U 15 - 100 Metre Sprint

Zone: Z 11.50 12-Dec-09 Brodie Leeson, Albion Park

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

1 Jake Trower	Albion Park	12.52
2 Ben Ebzery	St Georges Basin	12.93
3 Rowan Karanja	Albion Park	13.11
4 Joshua Gamble	Lake Illawarra	14.42

Boys U 17 - 100 Metre Sprint

Zone: Z 11.10 12-Dec-15 Emerson Brian, Shoalhaven

Zone: Z 11.10 29-Jan-11 Brodie Leeson, Albion Park

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

1 Isaiah Ryder	Albion Park	11.95
2 Thomas Power	St Georges Basin	12.12
3 Lachlan Crawford	Kiama	14.00
4 Will Maher	Shoalhaven	17.05

Boys U 7 - 200 Metre Sprint

Zone: Z 33.10 13-Dec-15 Gabriel Lombardi, Kiama

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

1 Preston Apps	Albion Park	38.16
2 Liam Green	Albion Park	38.30
3 Kyle Smith	Milton-Ulladulla	38.49
4 Zak Schillert	Lake Illawarra	40.46

Boys U 8 - 200 Metre Sprint

Zone: Z 32.10 31-Jan-82 Matthew Dalby, Lake Illawarra

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

1 Jundamurra Smith	Milton-Ulladulla	37.18
2 Quinn Rippon	Albion Park	39.13

Boys U 9 - 200 Metre Sprint

Zone: Z 30.10 26-Jan-86 Steven Russo, Lake Illawarra

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

1 Germaine Wright	Albion Park	30.54
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ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 09-Dec-17 to 10-Dec-17
Myimbarr Community Park
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....Boys U 9 - 200 Metre Sprint

2 Asher Chapman	St Georges Basin	31.00
3 Bailey Egan	Kiama	32.79
4 Cameron Paull	Milton-Ulladulla	33.10

Boys U 10 - 200 Metre Sprint

=====			
Zone: Z 28.20 28-Jan-07 Luke Watts, Albion Park			
Name	Age	Centre	Final
=====			
1 Tasman Rippon		Albion Park	31.85

Boys U 11 - 200 Metre Sprint

=====			
Zone: Z 28.00 30-Jan-00 Kane Linnett, Lake Illawarra			
Name	Age	Centre	Final
=====			
1 Lucas Campbell		Albion Park	29.61
2 Reilly Caswell		Shoalhaven	29.67
3 Lachlan Martin		Kiama	30.14
4 Jack Baker		St Georges Basin	30.24
5 Ashton Dudgeon		Shoalhaven	32.67
6 Lachlan Burchell		Shoalhaven	32.80
7 Lexin O'Dea		Albion Park	33.30
8 Harvey Webster		Kiama	33.34

Boys U 12 - 200 Metre Sprint

=====			
Zone: Z 26.60 29-Jan-06 Caine Trindall, St Georges Ba			
Name	Age	Centre	Final
=====			
1 Kalani Vella		Albion Park	28.44
2 Malokai Tomo		Lake Illawarra	31.00
3 Ben Hale		St Georges Basin	31.32
4 Jake Wilkins		Lake Illawarra	31.97
5 Beau Sillato		St Georges Basin	33.36

Boys U 13 - 200 Metre Sprint

=====			
Zone: Z 25.40 28-Jan-07 Caine Trindall, St Georges ba			
Name	Age	Centre	Final
=====			
1 Hayden Musson		Shoalhaven	29.74
2 Cohen Deegan		Kiama	30.61
3 Louis Losurdo		St Georges Basin	30.78
4 Tyrell Taione		Kiama	32.12
5 Ashton O'Dea		Albion Park	33.51

Boys U 15 - 200 Metre Sprint

=====			
Zone: Z 23.30 13-Dec-09 Brodie Leeson, Albion Park			
Name	Age	Centre	Final
=====			
1 Jake Trower		Albion Park	25.44
2 Ben Ebzery		St Georges Basin	26.42

ZONE TRACK & FIELD CHAMPIONSHIPS
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....Boys U 15 - 200 Metre Sprint

3	Rowan Karanja	Albion Park	27.40
4	Jayden Wright	Albion Park	29.20

Boys U 17 - 200 Metre Sprint

Zone: Z 22.60 11-Dec-11 Brodie Leeson, Albion Park			
Name	Age	Centre	Final
1	Isaiah Ryder	Albion Park	23.63
2	Thomas Power	St Georges Basin	24.18
3	Lachlan Crawford	Kiama	26.69
4	Will Maher	Shoalhaven	37.08

Boys U 8 - 400 Metre Sprint

Zone: Z 1:16.10 13-Dec-08 Mitchell Potts, Albion Park			
Name	Age	Centre	Final
1	Zach Gillett	Albion Park	1:26.71
2	Tynan Caswell	Shoalhaven	1:27.18
3	Jundamurra Smith	Milton-Ulladulla	1:33.47
4	Aidan Williams	Lake Illawarra	1:38.24

Boys U 9 - 400 Metre Sprint

Zone: Z 1:12.00 24-Jan-84 Brett Stumbles, Dapto			
Name	Age	Centre	Final
1	Bailey Egan	Kiama	1:15.71
2	Asher Chapman	St Georges Basin	1:16.06
3	Riley Gillett	Albion Park	1:27.62
4	Dylan Hinchcliffe	Kiama	1:31.39
5	Ryland Coelho	Lake Illawarra	1:36.55
6	Parker Ivanovski	Lake Illawarra	1:37.37

Boys U 10 - 400 Metre Sprint

Zone: Z 1:06.10 24-Jan-87 Steven Pusso, Lake Illawarr			
Name	Age	Centre	Final
1	Aiden Dhu	Shoalhaven	1:27.14
2	Zac Richter	Shoalhaven	1:39.36

Boys U 11 - 400 Metre Sprint

Zone: Z 1:04.10 24-Jan-81 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
1	Reilly Caswell	Shoalhaven	1:09.10
2	Jack Baker	St Georges Basin	1:10.91
3	Lachlan Martin	Kiama	1:14.63
4	Elias Oldfield	Kiama	1:15.06
5	Toby Dyball	Shoalhaven	1:19.12
6	Ashton Dudgeon	Shoalhaven	1:22.09

ZONE TRACK & FIELD CHAMPIONSHIPS
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....Boys U 11 - 400 Metre Sprint

7 Hamish McLaren	Shoalhaven	1:23.81
8 Rhys O'Dea	Albion Park	1:27.65

Boys U 12 - 400 Metre Sprint

Zone: Z 1:03.10 30-Jan-82 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
1 Kalani Vella		Albion Park	1:07.37
2 Lachlan Musson		Shoalhaven	1:15.53
3 Zac Maher		Shoalhaven	1:19.56
4 Kade Dhu		Shoalhaven	1:21.99
5 Logan Easton		Shoalhaven	1:30.56

Boys U 13 - 400 Metre Sprint

Zone: Z 59.80 10-Dec-11 Zachary Havadjia, Shoalhaven			
Name	Age	Centre	Final
1 William Dyball		Shoalhaven	1:09.35
2 Louis Losurdo		St Georges Basin	1:12.56
3 Hayden Musson		Shoalhaven	1:15.37
4 Ashton O'Dea		Albion Park	1:16.82

Boys U 14 - 400 Metre Sprint

Zone: Z 55.50 08-Dec-12 Zachary Havadjia, Shoalhaven			
Name	Age	Centre	Final
1 Isaac Shaw		Albion Park	1:06.01
2 Jai Holland		Shoalhaven	1:07.62
3 Sam Maher		Shoalhaven	1:09.09

Boys U 15 - 400 Metre Sprint

Zone: Z 55.10 14-Dec-13 Zachary Havadjia, Shoalhaven			
Name	Age	Centre	Final
1 Jayden Wright		Albion Park	59.26
2 Ben Ebzery		St Georges Basin	1:02.06
3 Jake Trower		Albion Park	1:03.81
4 Joshua Gamble		Lake Illawarra	1:12.74

Boys U 7 - 500 Metre Run Pack Start

Zone: Z 1:46.70 27-Jan-08 Mitchell Potts, Albion Park			
Name	Age	Centre	Final
1 Preston Apps		Albion Park	1:54.51
2 Liam Green		Albion Park	2:02.70
3 Ben Maher		Shoalhaven	2:06.13
4 Sebastian Woodstone		Kiama	2:12.05

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Boys U 8 - 700 Metre Run Pack Start

Zone: Z 2:23.80 14-Dec-08 Mitchell Potts, Albion Park			
Name	Age	Centre	Final
1 Zach Gillett		Albion Park	2:36.67
2 Tynan Caswell		Shoalhaven	2:44.91
3 Jundamurra Smith		Milton-Ulladulla	2:54.48
4 Zachariah Diver		Milton-Ulladulla	3:01.94

Boys U 9 - 800 Metre Run

Zone: Z 2:42.10 25-Jan-98 Guy Cuttil, Lake Illawarra			
Name	Age	Centre	Final
1 Cameron Paull		Milton-Ulladulla	3:02.98
2 Nicholas Sargeant		Shoalhaven	3:20.21
3 Brodie Strangeway		Lake Illawarra	3:28.83
4 Isaac Oldfield		Kiama	3:31.70

Boys U 10 - 800 Metre Run

Zone: Z 2:32.10 27-Jan-80 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
1 Aiden Dhu		Shoalhaven	2:50.46
2 Sebastian Diver		Milton-Ulladulla	2:50.48
3 Perry Herbert		Lake Illawarra	3:17.91
4 Lane Williams		Milton-Ulladulla	3:29.92
5 Brody Watt		St Georges Basin	3:32.05

Boys U 11 - 800 Metre Run

Zone: Z 2:29.00 25-Jan-81 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
1 Jack Baker		St Georges Basin	2:41.26
2 Reilly Caswell		Shoalhaven	2:45.88
3 Toby Dyball		Shoalhaven	2:54.89
4 Lachlan Martin		Kiama	3:04.84
5 Izak Van Der Merwe		Albion Park	3:08.72
6 Daray Davis		Shoalhaven	3:15.55
7 Lexin O'Dea		Albion Park	3:19.54

Boys U 12 - 800 Metre Run

Zone: Z 2:23.00 31-Jan-82 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
1 Noah Parker		Kiama	2:43.59
2 Lachlan Musson		Shoalhaven	2:49.36
3 Kade Dhu		Shoalhaven	2:52.46
4 Callum Richards		Kiama	3:10.81

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Boys U 13 - 800 Metre Run

Zone: Z 2:16.50 09-Dec-12 Troy Whittington, Albion Pa			
Name	Age	Centre	Final
1 Oliver Halls		St Georges Basin	2:37.76
2 Ryan Smith		Shoalhaven	2:39.54
3 William Dyball		Shoalhaven	2:46.47
4 Cohen Deegan		Kiama	3:10.59
5 Ashton O'Dea		Albion Park	3:20.60

Boys U 14 - 800 Metre Run

Zone: Z 2:16.80 09-Dec-12 Kade Szakacs, Albion Park			
Name	Age	Centre	Final
1 Isaac Shaw		Albion Park	2:25.13
2 Jai Holland		Shoalhaven	2:27.24
3 Ben Shephard		Milton-Ulladulla	2:31.23
4 Sam Maher		Shoalhaven	2:39.34

Boys U 15 - 800 Metre Run

Zone: Z 2:10.10 27-Jan-91 Chris Russell, Lake Illawar			
Zone: Z 2:10.10 15-Dec-13 Kade Szakacs, Albion Park			
Name	Age	Centre	Final
1 Max Buckham		Shoalhaven	2:19.61
2 Ben Ebzery		St Georges Basin	2:23.02
3 Rowan Karanja		Albion Park	2:39.55

Boys U 17 - 800 Metre Run

Zone: Z 2:01.70 13-Dec-15 Kade Szakacs, Albion Park			
Name	Age	Centre	Final
1 Jordan Heywood		Albion Park	2:13.07
2 Nathan Scollary		Kiama	2:14.69
3 Jesse Buckham		Shoalhaven	2:16.91
4 Liam Pass		Albion Park	2:19.78

Boys U 10 - 1500 Metre Run

Zone: Z 5:05.10 26-Jan-91 David Buchanan, Albion Park			
Name	Age	Centre	Final
1 Aiden Dhu		Shoalhaven	5:48.30
2 Zac Richter		Shoalhaven	6:47.34

Boys U 11 - 1500 Metre Run

Zone: Z 4:56.10 24-Jan-81 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
1 Jack Baker		St Georges Basin	5:21.82
2 Toby Dyball		Shoalhaven	5:44.65

ZONE TRACK & FIELD CHAMPIONSHIPS
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....Boys U 11 - 1500 Metre Run

3 Lexin O'Dea	Albion Park	5:57.29
4 Daray Davis	Shoalhaven	6:10.33
5 Hamish McLaren	Shoalhaven	6:19.21
6 Izak Van Der Merwe	Albion Park	6:26.71

Boys U 12 - 1500 Metre Run

=====			
Zone: Z	4:46.10	30-Jan-82	Simon Hull, Lake Illawarra
Name	Age	Centre	Final
=====			
1 Kade Dhu		Shoalhaven	5:45.72
2 Logan Easton		Shoalhaven	7:02.28

Boys U 13 - 1500 Metre Run

=====			
Zone: Z	4:39.10	29-Jan-83	Simon Hull, Lake Illawarra
Name	Age	Centre	Final
=====			
1 Ryan Smith		Shoalhaven	5:14.19
2 William Dyball		Shoalhaven	5:39.98

Boys U 14 - 1500 Metre Run

=====			
Zone: Z	4:46.80	28-Jan-06	Jason Invernon, Lake Illawa
Name	Age	Centre	Final
=====			
1 Isaac Shaw		Albion Park	4:49.74
2 Jai Holland		Shoalhaven	5:02.11
3 Ben Shephard		Milton-Ulladulla	5:05.77
4 Sam Maher		Shoalhaven	5:26.84

Boys U 15 - 1500 Metre Run

=====			
Zone: Z	4:36.60	29-Jan-00	Jared Poppett, Kiama
Name	Age	Centre	Final
=====			
1 Max Buckham		Shoalhaven	4:43.40
2 Liam Hinchcliffe		Kiama	4:52.91
3 Corey Jarvis		St Georges Basin	6:09.53

Boys U 17 - 1500 Metre Run

=====			
Zone: Z	4:21.10	12-Dec-15	Kade Szakacs, Albion Park
Name	Age	Centre	Final
=====			
1 Nathan Scollary		Kiama	4:25.51
2 Jordan Heywood		Albion Park	4:25.72
3 Jesse Buckham		Shoalhaven	4:36.94
4 Liam Pass		Albion Park	4:43.16

ZONE TRACK & FIELD CHAMPIONSHIPS
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Boys U 13 - 3000 Metre Run

Zone: Z 10:28.20 08-Dec-12 Troy Whittington, Albion P			
Name	Age	Centre	Final
1 Alec Dobson		Shoalhaven	12:22.41
2 Ryan Smith		Shoalhaven	13:14.10
3 Oliver Halls		St Georges Basin	15:02.28
4 Ruben Janssens		Kiama	15:41.97

Boys U 14 - 3000 Metre Run

Zone: Z 10:00.80 31-Jan-04 Ryan Gregson, Albion Park			
Name	Age	Centre	Final
1 Isaac Shaw		Albion Park	12:05.83
2 Ben Shephard		Milton-Ulladulla	12:42.49
3 Jai Holland		Shoalhaven	12:43.95

Boys U 15 - 3000 Metre Run

Zone: Z 9:57.00 29-Jan-05 Ryan Gregson, Albion Park			
Name	Age	Centre	Final
1 Liam Hinchcliffe		Kiama	12:06.80
2 Corey Jarvis		St Georges Basin	15:33.93

Boys U 17 - 3000 Metre Run

Zone: Z 9:33.50 12-Dec-15 James Seal, Albion Park			
Name	Age	Centre	Final
1 Hugh Dobson		Shoalhaven	11:31.54
2 Jordan Heywood		Albion Park	11:56.10
3 Liam Pass		Albion Park	12:03.30

Boys U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.10 28-Jan-06 Hayden Moon, Kiama			
Zone: Z 11.10 13-Dec-08 Jarrod Coomby, Albion Park			
Name	Age	Centre	Final
1 Zach Gillett		Albion Park	12.42
2 Elijah Duncan		Shoalhaven	14.56
3 Quinn Rippon		Albion Park	15.57

Boys U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.00 24-Jan-98 Kane Linnett, Lake Illawarra			
Name	Age	Centre	Final
1 Asher Chapman		St Georges Basin	10.93
2 Riley Gillett		Albion Park	12.11
3 Isaac Oldfield		Kiama	12.18
4 Ryland Coelho		Lake Illawarra	12.20
5 Max Van Der Merwe		Albion Park	14.11

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 09-Dec-17 to 10-Dec-17
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....Boys U 9 - 60 Metre Hurdles (45cm)

6 Jye Douglas	Lake Illawarra	15.45
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Boys U 10 - 60 Metre Hurdles (60cm)

=====			
Name	Age	Centre	Final
=====			
Zone: Z 10.40 12-Dec-09 Tristan Brazilaitis, Albion P			
1 Sebastian Diver		Milton-Ulladulla	11.87
2 Tasman Rippon		Albion Park	12.06
3 Aiden Dhu		Shoalhaven	12.53

Boys U 11 - 60 Metre Hurdles (60cm)

=====			
Name	Age	Centre	Final
=====			
Zone: Z 9.60 28-Jan-06 Joshua Bingham, Lake Illawarr			
1 Lachlan Burchell		Shoalhaven	11.35
2 Bailey Gossage		Shoalhaven	12.11
3 Brooklyn Mandavy		St Georges Basin	12.31

Boys U 12 - 60 Metre Hurdles (68cm)

=====			
Name	Age	Centre	Final
=====			
Zone: Z 9.60 12-Dec-15 Cody Gimenez-King, Albion Par			
1 Ryan Keen		Lake Illawarra	11.10
2 Ben Hale		St Georges Basin	12.00
3 Lachlan Musson		Shoalhaven	12.49
3 Beau Sillato		St Georges Basin	12.49
5 Logan Easton		Shoalhaven	14.22

Boys U 13 - 80 Metre Hurdles (76cm)

=====			
Name	Age	Centre	Final
=====			
Zone: Z 12.90 29-Jan-06 Jack Doyle, Lake Illawarra			
Zone: Z 12.90 13-Dec-09 Jye Brooker, Albion Park			
1 Lachlan Poole		Kiama	14.18
2 Oliver Halls		St Georges Basin	14.30
3 Tsar Mandavy		St Georges Basin	14.73
4 Hayden Musson		Shoalhaven	16.79
5 Ashton O'Dea		Albion Park	17.86

Boys U 15 - 100 Metre Hurdles (76cm)

=====			
Name	Age	Centre	Final
=====			
Zone: Z 14.00 25-Jan-97 Henderson McCue, Albion Park			
1 Jayden Wright		Albion Park	17.82
2 Rowan Karanja		Albion Park	18.34

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Boys U 17 - 110 Metre Hurdles (76cm)

Zone: Z 14.50 30-Jan-11 Dean Invernon, Lake Illawarra			
Name	Age	Centre	Final
1 Lachlan Crawford		Kiama	18.27

Boys U 13 - 200 Metre Hurdles (68cm)

Zone: Z 28.50 12-Dec-09 Jye Brooker, Albion Park			
Name	Age	Centre	Final
1 Oliver Halls		St Georges Basin	30.33
2 Lachlan Poole		Kiama	32.88
3 Hayden Musson		Shoalhaven	33.61

Boys U 15 - 300 Metre Hurdles (76cm)

Zone: Z 48.30 10-Dec-16 Thomas Power, St Georges Basi			
Name	Age	Centre	Final
1 Joshua Gamble		Lake Illawarra	53.72

Boys U 17 - 300 Metre Hurdles (76cm)

Zone: Z 43.10 10-Dec-16 Luke Hunter, Albion Park			
Name	Age	Centre	Final
1 Thomas Power		St Georges Basin	43.58
2 Lachlan Crawford		Kiama	46.64

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

Zone: Z 57.20 14-Dec-08 Albion Park, Albion Park			
Centre	Age	Centre	Final
1 Albion Park			59.77
1) Germaine Wright 9		2) Tasman Rippon 10	
3) Lucas Campbell 11		4) Kalani Vella 12	
2 Lake Illawarra			1:03.08
1) Brodie Strangeway 9		2) Perry Herbert 10	
3) Joshua Hosking 11		4) Malokai Tomo 12	
3 Kiama			1:04.46
1) Isaac Oldfield 9		2) Bailey Egan 9	
3) Lachlan Martin 11		4) Elias Oldfield 11	
4 Shoalhaven			1:06.70
1) Nicholas Sargeant 9		2) Aiden Dhu 10	
3) Reilly Caswell 11		4) Lachlan Musson 12	
5 Milton-Ulladulla			1:09.04
1) Phoenix Williams 9		2) Cameron Paull 9	
3) Lane Williams 10		4) Sebastian Diver 10	

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

Zone: Z 48.50 14-Dec-08 Albion Park, Albion Park			
Centre			Final
1 Shoalhaven			54.97
1) Hayden Musson 13		2) Jai Holland 14	
3) Mason Beresford 15		4) Jesse Buckham 17	
2 Kiama			55.17
1) Tyrell Taione 13		2) Lachlan Poole 13	
3) Matt Cordell 15		4) Lachlan Crawford 17	
3 Albion Park			57.73
1) Ashton O'Dea 13		2) Isaac Shaw 14	
3) Zac Heywood 15		4) Isaiah Ryder 17	

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

Zone: Z 1.25m 29-Jan-83 Matthew Dalby, Lake Illawarra			
Name	Age	Centre	Final
Flight 1			
1 Bailey Egan		Kiama	1.01m
2 Ryland Coelho		Lake Illawarra	0.95m
3 Max Van Der Merwe		Albion Park	0.95m
4 Phoenix Williams		Milton-Ulladulla	0.90m
4 Isaac Oldfield		Kiama	0.90m

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

Zone: Z 1.50m 24-Jan-81 Mineo Bonetig, Lake Illawarra			
Name	Age	Centre	Final
1 Joshua Hosking		Lake Illawarra	1.30m
2 Lachlan Burchell		Shoalhaven	1.25m
3 Lucas Campbell		Albion Park	1.18m
4 Jordan Poole		Kiama	1.15m
5 Izak Van Der Merwe		Albion Park	1.15m
6 Brooklyn Mandavy		St Georges Basin	1.05m
-- Rhys O'Dea		Albion Park	NH

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

Zone: Z 1.67m 31-Jan-82 Mineo Bonetig, Lake Illawarra			
Name	Age	Centre	Final
1 Drew Langdon		Lake Illawarra	1.25m
2 Beau Sillato		St Georges Basin	1.20m
3 Ben Hale		St Georges Basin	1.15m

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

Zone: Z 1.66m 11-Dec-11 Jake Rallings, Albion Park			
Name	Age	Centre	Final
1 Tyrell Taione		Kiama	1.45m
2 Tsar Mandavy		St Georges Basin	1.34m

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 09-Dec-17 to 10-Dec-17
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....Boys U 13 - High Jump (S/H 1.20m)

3	Jack Cordell	Kiama	1.34m
4	Louis Losurdo	St Georges Basin	1.30m
5	Cohen Deegan	Kiama	1.25m

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

Zone: Z 1.75m 30-Jan-00 Steven Cluff, Shoalhaven			
Name	Age	Centre	Final
1	Mathew Hutchison	Lake Illawarra	1.25m

Boys U 15 - High Jump (S/H 1.25m)

Zone: Z 1.76m 13-Dec-15 Jye Shumack, Albion Park			
Name	Age	Centre	Final
1	Jayden Wright	Albion Park	1.70m
2	Matt Cordell	Kiama	1.67m
3	Joshua Gamble	Lake Illawarra	1.41m
4	Rowan Karanja	Albion Park	1.35m
5	Corey Jarvis	St Georges Basin	1.25m

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

Zone: Z 1.90m 10-Dec-16 Jye Shumack, Albion Park			
Name	Age	Centre	Final
1	Jye Shumack	Albion Park	1.75m

Boys U 7 - Long Jump

Zone: Z 3.50m 13-Dec-15 Germaine Wright, Albion Park			
Name	Age	Centre	Final
1	Kyle Smith	Milton-Ulladulla	3.08m
2	Thomas Tudor-Jones	Milton-Ulladulla	2.92m
3	Liam Green	Albion Park	2.91m
4	Ezekiel Diver	Milton-Ulladulla	2.40m

Boys U 8 - Long Jump

Zone: Z 4.19m 26-Jan-85 Steven Russo, Lake Illawarra			
Name	Age	Centre	Final
1	Aidan Williams	Lake Illawarra	3.55m
2	Dean Austin	Shoalhaven	3.40m
3	Elijah Duncan	Shoalhaven	2.81m
4	Tynan Caswell	Shoalhaven	2.76m
--	Dallas Collins	Lake Illawarra	ND

ZONE TRACK & FIELD CHAMPIONSHIPS
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Boys U 9 - Long Jump

Zone: Z 4.33m 14-Dec-08 Aron Cox, Kiama			
Name	Age	Centre	Final
1 Germaine Wright		Albion Park	4.07m
2 Bailey Egan		Kiama	3.71m
3 Cameron Paull		Milton-Ulladulla	3.65m
4 Phoenix Williams		Milton-Ulladulla	3.48m
5 Nicholas Sargeant		Shoalhaven	2.93m

Boys U 10 - Long Jump

Zone: Z 4.75m 26-Jan-80 David Carter, Lake Illawarra			
Name	Age	Centre	Final
1 Perry Herbert		Lake Illawarra	3.90m
2 Sebastian Diver		Milton-Ulladulla	3.69m
3 Lane Williams		Milton-Ulladulla	3.26m
4 Zac Richter		Shoalhaven	3.20m

Boys U 11 - Long Jump

Zone: Z 4.89m 25-Jan-03 Kevin Orgaz, St Georges Basin			
Name	Age	Centre	Final
1 Lucas Campbell		Albion Park	4.54m
2 Reilly Caswell		Shoalhaven	4.32m
3 Cooper Deegan		Kiama	4.05m
4 Lincon Betts		Shoalhaven	2.98m

Boys U 12 - Long Jump

Zone: Z 5.31m 30-Jan-82 David Carter, Lake Illawarra			
Name	Age	Centre	Final
1 Drew Langdon		Lake Illawarra	4.65m
2 Kalani Vella		Albion Park	4.45m
3 Malokai Tomo		Lake Illawarra	4.00m

Boys U 13 - Long Jump

Zone: Z 5.41m 29-Jan-89 Che Wicks, St Georges Basin			
Name	Age	Centre	Final
1 Lachlan Poole		Kiama	4.76m
2 Oliver Halls		St Georges Basin	4.61m
3 Tyrell Taione		Kiama	4.55m
4 Louis Losurdo		St Georges Basin	4.25m

Boys U 14 - Long Jump

Zone: Z 5.83m 30-Jan-11 Jye Brooker, Albion Park			
Name	Age	Centre	Final
1 Jai Holland		Shoalhaven	5.24m

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 09-Dec-17 to 10-Dec-17
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....Boys U 14 - Long Jump

2 Isaac Shaw	Albion Park	4.62m
3 Mathew Hutchison	Lake Illawarra	3.80m

Boys U 15 - Long Jump

Zone: Z 6.11m 27-Jan-07 Kevin Orgaz, St Georges Basin			
Name	Age	Centre	Final
1 Jake Trower		Albion Park	4.84m
2 Mason Beresford		Shoalhaven	4.68m
3 Joshua Gamble		Lake Illawarra	4.06m
4 Liam Hinchcliffe		Kiama	3.75m
5 Corey Jarvis		St Georges Basin	3.66m

Boys U 17 - Long Jump

Zone: Z 6.18m 08-Dec-12 Billy Wallington, Shoalhaven			
Name	Age	Centre	Final
1 Isaiah Ryder		Albion Park	5.57m
2 Thomas Power		St Georges Basin	5.49m
-- Jackson Trost		Shoalhaven	ND

Boys U 11 - Triple Jump

Zone: Z 9.96m 26-Jan-03 Kevin Orgaz, St Georges basin			
Zone: Z 9.96m 28-Jan-06 Joshua Bingham, Lake Illawarr			
Name	Age	Centre	Final
1 Joshua Hosking		Lake Illawarra	9.00m
2 Elias Oldfield		Kiama	8.45m
3 Cooper Deegan		Kiama	8.11m
4 Lincon Betts		Shoalhaven	6.92m
-- Ashton Dudgeon		Shoalhaven	ND

Boys U 12 - Triple Jump

Zone: Z 10.68m 30-Jan-11 Jake Rallings, Albion Park			
Name	Age	Centre	Final
1 Lachlan Musson		Shoalhaven	7.28m

Boys U 13 - Triple Jump

Zone: Z 11.07m 25-Jan-97 C Costello, Albion Park			
Name	Age	Centre	Final
1 Tyrell Taione		Kiama	9.60m
2 Lachlan Poole		Kiama	9.24m
3 Jack Cordell		Kiama	8.56m
4 Ethan Ryan		Milton-Ulladulla	7.95m
-- Hayden Musson		Shoalhaven	ND

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Boys U 14 - Triple Jump

Zone: Z 12.80m 28-Jan-06 Kevin Orgaz, St Georges Basi			
Name	Age	Centre	Final
1 Jai Holland		Shoalhaven	10.08m
2 Isaac Shaw		Albion Park	9.61m
3 Mathew Hutchison		Lake Illawarra	8.34m

Boys U 15 - Triple Jump

Zone: Z 12.54m 28-Jan-07 Kevin Orgaz, St Georges Basi			
Name	Age	Centre	Final
1 Matt Cordell		Kiama	10.70m
2 Mason Beresford		Shoalhaven	9.77m
3 Corey Jarvis		St Georges Basin	8.29m

Boys U 7 - Shot Put (1.0 Kg)

Zone: Z 7.52m 13-Dec-14 Noah Jackson, Lake Illawarra			
Name	Age	Centre	Final
1 Beau Lidbetter		Lake Illawarra	4.99m
2 Thomas Tudor-Jones		Milton-Ulladulla	4.51m
3 Ezekiel Diver		Milton-Ulladulla	3.72m
-- Riley Richmond		Kiama	ND
-- Kasey Briggs		Lake Illawarra	ND

Boys U 8 - Shot Put (1.5 Kg)

Zone: Z 8.98m 27-Jan-01 Joel Fitness, Albion Park			
Name	Age	Centre	Final
1 Dean Austin		Shoalhaven	5.55m
2 Connor Deegan		Kiama	5.23m
3 Elijah Duncan		Shoalhaven	4.80m
4 Zachariah Diver		Milton-Ulladulla	4.06m
-- Dallas Collins		Lake Illawarra	ND

Boys U 9 - Shot Put (2.0 Kg)

Zone: Z 8.79m 26-Jan-91 Bradley Jackson, Lake Illawar			
Name	Age	Centre	Final
1 Parker Ivanovski		Lake Illawarra	5.67m
2 Phoenix Williams		Milton-Ulladulla	5.64m
3 Isaac Oldfield		Kiama	4.88m
4 Jye Douglas		Lake Illawarra	4.84m
5 Max Van Der Merwe		Albion Park	4.18m

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Boys U 10 - Shot Put (2.0 Kg)

Zone: Z 10.44m 27-Jan-91 Bradley Jackson, Lake Illawa			
Name	Age	Centre	Final
1 Noah Jackson		Lake Illawarra	9.04m
2 Angus Duncan		Shoalhaven	5.35m
3 Brody Watt		St Georges Basin	5.34m

Boys U 11 - Shot Put (2.0 Kg)

Zone: Z 12.08m 27-Jan-96 Alex Cabanas, Lake Illawarra			
Name	Age	Centre	Final
1 Cooper Deegan		Kiama	8.40m
2 Joshua Hosking		Lake Illawarra	8.07m
3 Jordan Poole		Kiama	7.53m
4 Bailey Gossage		Shoalhaven	6.95m
5 Rhys O'Dea		Albion Park	6.77m
6 Lachlan Burchell		Shoalhaven	6.70m
7 Daray Davis		Shoalhaven	6.11m
8 Izak Van Der Merwe		Albion Park	5.76m
9 Lexin O'Dea		Albion Park	5.76m
10 Cade Chapman		St Georges Basin	5.59m
11 Lincon Betts		Shoalhaven	4.60m

Boys U 12 - Shot Put (3.0 Kg)

Zone: Z 11.53m 25-Jan-97 Alex Cabanas, Lake Illawarra			
Name	Age	Centre	Final
1 Ryan Keen		Lake Illawarra	10.49m
2 Drew Langdon		Lake Illawarra	9.30m
3 Malokai Tomo		Lake Illawarra	8.24m
4 Vaughn Gilligan		Milton-Ulladulla	8.23m
5 Max Beck		Shoalhaven	5.92m

Boys U 13 - Shot Put (3.0 Kg)

Zone: Z 14.29m 30-Jan-83 Paul Kaiserfield, Lake Illaw			
Name	Age	Centre	Final
1 Callum Johnson		Shoalhaven	8.91m
2 Jack Cordell		Kiama	7.51m
3 Tyrell Taione		Kiama	7.47m
4 Lachlan Poole		Kiama	7.32m
5 Ethan Ryan		Milton-Ulladulla	7.10m
6 Ashton O'Dea		Albion Park	6.91m
7 Cohen Deegan		Kiama	6.85m

Boys U 14 - Shot Put (3.0 Kg)

Zone: Z 12.78m 09-Dec-12 Connar Grozde, Albion Park			
Name	Age	Centre	Final
1 Ben Shephard		Milton-Ulladulla	10.05m

ZONE TRACK & FIELD CHAMPIONSHIPS
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....Boys U 14 - Shot Put (3.0 Kg)

2 Mathew Hutchison	Lake Illawarra	9.60m
3 Ben Johnson	Shoalhaven	8.50m

Boys U 15 - Shot Put (4.0 Kg)

Zone: Z 13.75m 24-Jan-98 Luke Singleton, Albion Park		
Name	Age Centre	Final
1 Matt Cordell	Kiama	11.27m
2 Ben Ebzery	St Georges Basin	8.74m
3 Zac Heywood	Albion Park	7.71m
4 Mason Beresford	Shoalhaven	5.51m
-- Lachlah Smith	Shoalhaven	ND

Boys U 17 - Shot Put (5.0 Kg)

Zone: Z 13.18m 08-Dec-12 Joshua Fernandes, Lake Illaw		
Name	Age Centre	Final
1 Will Maher	Shoalhaven	6.22m

Boys U 7 - Discus (350 Gram)

Zone: Z 22.41m 30-Jan-00 Joel Fitness, Albion Park		
Name	Age Centre	Final
1 Preston Apps	Albion Park	11.58m
2 Beau Lidbetter	Lake Illawarra	10.89m
3 Thomas Tudor-Jones	Milton-Ulladulla	10.55m
4 Ezekiel Diver	Milton-Ulladulla	8.11m

Boys U 8 - Discus (500 Gram)

Zone: Z 25.34m 30-Jan-00 S Harris, Albion Park		
Name	Age Centre	Final
1 Dean Austin	Shoalhaven	15.30m
2 Aidan Williams	Lake Illawarra	13.91m
3 Connor Deegan	Kiama	12.15m
4 Tynan Caswell	Shoalhaven	10.76m
5 Zachariah Diver	Milton-Ulladulla	9.45m

Boys U 9 - Discus (500 Gram)

Zone: Z 29.67m 14-Dec-14 Ryan Keen, Lake Illawarra		
Name	Age Centre	Final
1 Phoenix Williams	Milton-Ulladulla	16.49m
2 Parker Ivanovski	Lake Illawarra	16.35m
3 Jye Douglas	Lake Illawarra	15.73m
4 Nicholas Sargeant	Shoalhaven	13.45m
5 Brodie Strangeway	Lake Illawarra	13.35m

ZONE TRACK & FIELD CHAMPIONSHIPS
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Boys U 10 - Discus (500 Gram)

Zone: Z 34.09m 12-Dec-15 Ryan Keen, Lake Illawarra			
Name	Age	Centre	Final
1 Zac Richter		Shoalhaven	17.21m
2 Brody Watt		St Georges Basin	15.95m
3 Lane Williams		Milton-Ulladulla	13.99m
-- Noah Jackson		Lake Illawarra	ND
-- Kynan Miller		Shoalhaven	ND

Boys U 11 - Discus (750 Gram)

Zone: Z 31.34m 29-Jan-95 Chris Bell, St Georges Basin			
Name	Age	Centre	Final
1 Jordan Poole		Kiama	19.98m
2 Cooper Deegan		Kiama	19.30m
3 Hamish McLaren		Shoalhaven	17.93m
4 Elias Oldfield		Kiama	15.91m
5 Rhys O'Dea		Albion Park	14.46m
6 Cade Chapman		St Georges Basin	12.62m
7 Brooklyn Mandavy		St Georges Basin	11.88m

Boys U 12 - Discus (750 Gram)

Zone: Z 40.39m 13-Dec-14 Trey Barlow, Albion Park			
Name	Age	Centre	Final
1 Drew Langdon		Lake Illawarra	35.83m
2 Ryan Keen		Lake Illawarra	33.48m
3 Max Beck		Shoalhaven	20.69m
4 Vaughn Gilligan		Milton-Ulladulla	18.98m

Boys U 13 - Discus (1.0 Kg)

Zone: Z 44.34m 12-Dec-15 Trey Barlow, Albion Park			
Name	Age	Centre	Final
1 Tsar Mandavy		St Georges Basin	25.57m
2 Ryan Smith		Shoalhaven	24.03m
3 Cohen Deegan		Kiama	20.61m
4 Jack Cordell		Kiama	19.29m
5 Callum Johnson		Shoalhaven	19.05m
6 Oliver Halls		St Georges Basin	18.24m
7 Louis Losurdo		St Georges Basin	17.08m
-- William Dyball		Shoalhaven	ND
-- Ethan Ryan		Milton-Ulladulla	ND

Boys U 14 - Discus (1.0 Kg)

Zone: Z 45.23m 08-Dec-12 Connar Grozde, Albion Park			
Name	Age	Centre	Final
1 Ben Johnson		Shoalhaven	29.76m
2 Mathew Hutchison		Lake Illawarra	23.73m

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Boys U 15 - Discus (1.0 Kg)

Zone: Z 42.84m 09-Dec-12 Brock Nichols, St Georges Ba			
Name	Age	Centre	Final
1 Matt Cordell		Kiama	36.41m
2 Zac Heywood		Albion Park	29.58m
3 Mason Beresford		Shoalhaven	24.24m
4 Ben Ebzery		St Georges Basin	21.04m

Boys U 17 - Discus (1.5 Kg)

Zone: Z 38.76m 14-Dec-14 Brock Nichols, St Georges Ba			
Name	Age	Centre	Final
1 Thomas Power		St Georges Basin	29.24m
2 Will Maher		Shoalhaven	13.67m

Boys U 11 - Javelin (400 Gram)

Zone: Z 26.40m 11-Dec-16 Drew Langdon, Lake Illawarra			
Name	Age	Centre	Final
1 Elias Oldfield		Kiama	21.17m
2 Cade Chapman		St Georges Basin	16.16m
3 Jordan Poole		Kiama	15.53m
4 Lincon Betts		Shoalhaven	14.67m
5 Hamish McLaren		Shoalhaven	14.41m

Boys U 12 - Javelin (400 Gram)

Zone: Z 31.62m 14-Dec-14 Lachlan Smith, Milton-Ulladu			
Name	Age	Centre	Final
1 Ryan Keen		Lake Illawarra	33.10mZ
2 Jake Wilkins		Lake Illawarra	16.33m

Boys U 13 - Javelin (600 Gram)

Zone: Z 40.44m 28-Jan-06 Justin Webb, Shoalhaven			
Name	Age	Centre	Final
1 Callum Johnson		Shoalhaven	27.26m
2 Ryan Smith		Shoalhaven	25.56m
3 Jack Cordell		Kiama	24.40m
4 Tsar Mandavy		St Georges Basin	20.41m
5 Ruben Janssens		Kiama	12.76m
-- Ethan Ryan		Milton-Ulladulla	ND

Boys U 14 - Javelin (600 Gram)

Zone: Z 41.08m 29-Jan-05 Michael Baillie, Shoalhaven			
Name	Age	Centre	Final
1 Ben Johnson		Shoalhaven	23.57m
2 Ben Shephard		Milton-Ulladulla	23.05m

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 09-Dec-17 to 10-Dec-17
Myimbarr Community Park
Results

....Boys U 14 - Javelin (600 Gram)

3 Mathew Hutchison	Lake Illawarra	22.84m
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Boys U 15 - Javelin (700 Gram)

Zone: Z 42.03m 14-Dec-13 Connar Grozde, Albion Park

Name	Age Centre	Final
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1 Matt Cordell	Kiama	30.57m
2 Zac Heywood	Albion Park	29.04m
3 Rowan Karanja	Albion Park	23.69m
4 Joshua Gamble	Lake Illawarra	23.51m
5 Mason Beresford	Shoalhaven	19.98m
-- Lachlah Smith	Shoalhaven	ND

Boys U 17 - Javelin (700 Gram)

Zone: Z 47.57m 13-Dec-08 Chris Joines, St Georges Bas

Name	Age Centre	Final
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1 Thomas Power	St Georges Basin	35.13m
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Boys U 9 - 700 Metre Walk

Zone: Z 4:29.40 01-Feb-04 Timothy Adams, Lake Illawar

Name	Age Centre	Final
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Section 1

1 Brodie Strangeway	Lake Illawarra	5:12.87
2 Parker Ivanovski	Lake Illawarra	5:12.88
3 Jye Douglas	Lake Illawarra	5:36.99

Boys U 10 - 1100 Metre Walk

Zone: Z 6:44.40 15-Dec-13 Joshua Jackson, Lake Illawa

Name	Age Centre	Final
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1 Lane Williams	Milton-Ulladulla	8:41.26
2 Brody Watt	St Georges Basin	9:26.17

Boys U 11 - 1100 Metre Walk

Zone: Z 6:03.50 01-Feb-04 Nathan Mackinnon, Lake Illa

Name	Age Centre	Final
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1 Brooklyn Mandavy	St Georges Basin	9:43.03
2 Daray Davis	Shoalhaven	10:12.12
3 Cade Chapman	St Georges Basin	10:20.24

Boys U 12 - 1500 Metre Walk

Zone: Z 8:29.10 30-Jan-83 B Hall, Kiama

Name	Age Centre	Final
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1 Kade Dhu	Shoalhaven	13:49.23
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ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 09-Dec-17 to 10-Dec-17
Myimbarr Community Park
Results

Boys U 13 - 1500 Metre Walk

Zone: Z 8:16.10 29-Jan-84 B Hall, Kiama		
Name	Age Centre	Final
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1 Tsar Mandavy	St Georges Basin	11:31.14
2 Ashton O'Dea	Albion Park	13:21.74