

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 14/12/2013 to 15/12/2013
John O'Dwyer Oval
Results

Girls U 7 - 50 Metre Sprint

Zone: Z 9.20 13/12/2008 Leticia Valentine, Lake Illaw			
Name	Age	Centre	Final
Section 1			
1 Indie Bostock		Albion Park	9.7
2 Audrey Terry		Kiama	10.6

Girls U 7 - 70 Metre Sprint

Zone: Z 11.10 31/01/1982 Belinda Ruiz, Lake Illawarra			
Name	Age	Centre	Final
1 Indie Bostock		Albion Park	13.4
2 Annabella Seccombe		Shoalhaven	13.6
3 Bodhi Simon		Lake Illawarra	13.9
4 Clare Smith		Kiama	14.1
5 Sienna Wright		Albion Park	14.2
6 Amelia Weatherlake		Kiama	14.3
7 Bella Sacco		Albion Park	15.0
8 Audrey Terry		Kiama	15.9

Girls U 8 - 70 Metre Sprint

Zone: Z 11.10 31/01/1982 Rachel Dean, Lake Illawarra			
Name	Age	Centre	Final
1 Delta Amidzovski		Albion Park	11.9
2 Jayla Beresford		Shoalhaven	12.4
3 Kelly Blair		Lake Illawarra	12.9
4 Makayla Murphy		Albion Park	12.9
5 Riley Nash		Albion Park	13.2
6 Alana McGarry		Lake Illawarra	16.3

Girls U 9 - 70 Metre Sprint

Zone: Z 10.90 29/01/2006 Keeleigh McCauley, Kiama			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Abbey Crapp		Shoalhaven	11.6Q
2 Samantha Scarr		Albion Park	11.8Q
3 Neeve Lucas		Milton-Ulladulla	12.4Q
4 Hayley Baker		St Georges Basin	13.1q
5 Chelsey Reith-Smith		St Georges Basin	13.5
Heat 2 Heats			
1 Ashlyn Adams		Albion Park	11.7Q
2 Hannah Brian		Shoalhaven	12.1Q
3 Lexie Jamieson		Lake Illawarra	12.4Q
4 Matilda Smith		Kiama	13.3q

Girls U 9 - 70 Metre Sprint

Zone: Z 10.90 29/01/2006 Keeleigh McCauley, Kiama			
Name	Age	Centre	Final
Section 1 Final			
1 Samantha Scarr		Albion Park	11.4
2 Abbey Crapp		Shoalhaven	11.5

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....Girls U 9 - 70 Metre Sprint

3	Ashlyn Adams	Albion Park	11.5
4	Neeve Lucas	Milton-Ulladulla	11.8
5	Hannah Brian	Shoalhaven	12.2
6	Lexie Jamieson	Lake Illawarra	12.4
7	Hayley Baker	St Georges Basin	12.6
8	Matilda Smith	Kiama	13.2

Girls U 10 - 70 Metre Sprint

=====			
	Zone: Z 10.20	29/01/2006	Shayna Wilson, Milton Ulladul
Name	Age	Centre	Heats
=====			

Heat 1 Heats

1	Ashleigh Goncalves	Lake Illawarra	11.3Q
2	Jayde Herdegen	Albion Park	12.2Q
2	Madigan Perry	Kiama	12.2Q
4	Lily Rogan	Milton-Ulladulla	12.6q
5	Zoe Baker	St Georges Basin	12.9

Heat 2 Heats

1	Tanaya Necovski	Lake Illawarra	11.6Q
2	Ashleigh Hoptman	Kiama	12.0Q
3	Chelsea Ahio	Albion Park	12.0Q
4	Amy Baker	St Georges Basin	12.6q
5	Jayda Amidzovski	Albion Park	12.7

Girls U 10 - 70 Metre Sprint

=====			
	Zone: Z 10.20	29/01/2006	Shayna Wilson, Milton Ulladul
Name	Age	Centre	Final
=====			

Section 1 Final

1	Ashleigh Goncalves	Lake Illawarra	10.8
2	Tanaya Necovski	Lake Illawarra	11.1
3	Ashleigh Hoptman	Kiama	11.6
4	Jayde Herdegen	Albion Park	11.9
5	Chelsea Ahio	Albion Park	12.1
6	Madigan Perry	Kiama	12.4
7	Amy Baker	St Georges Basin	12.5
8	Lily Rogan	Milton-Ulladulla	12.8

Girls U 7 - 100 Metre Sprint

=====			
	Zone: Z 16.10	30/01/1982	Belinda Ruiz, Lake Illawarra
Name	Age	Centre	Final
=====			

Section 1

1	Indie Bostock	Albion Park	18.7
2	Annabella Seccombe	Shoalhaven	19.3
3	Ella McInally	St Georges Basin	19.6
4	Bodhi Simon	Lake Illawarra	20.0
5	Bella Sacco	Albion Park	21.1

Girls U 8 - 100 Metre Sprint

=====			
	Zone: Z 16.00	26/01/1980	K Taylor, Lake Illawarra
Name	Age	Centre	Final
=====			

1	Jayla Beresford	Shoalhaven	17.6
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....Girls U 8 - 100 Metre Sprint

2 Riley Nash	Albion Park	18.5
3 Kaliah Tindall	Albion Park	18.9
4 Makayla Murphy	Albion Park	19.3
5 Amelia Wall	Kiama	20.5

Girls U 9 - 100 Metre Sprint

Name	Age	Centre	Heats
Zone: Z 15.10 28/01/1984 Belinda Ruiz, Lake Illawarra			

Heat 1 Heats

1 Abbey Crapp	Shoalhaven	16.0Q
2 Samantha Scarr	Albion Park	16.4Q
3 Eliza Schweitzer	Kiama	16.6Q
4 Neeve Lucas	Milton-Ulladulla	16.6q
5 Amber Necovski	Lake Illawarra	16.8q
6 Isabella Waters	St Georges Basin	18.7

Heat 2 Heats

1 Lexie Jamieson	Lake Illawarra	16.6Q
2 Kailee Haines	Lake Illawarra	17.0Q
3 Hannah Brian	Shoalhaven	17.4Q
4 Grace Pomery	Albion Park	18.5
5 Abby Koglin	Shoalhaven	20.4

Girls U 9 - 100 Metre Sprint

Name	Age	Centre	Final
Zone: Z 15.10 28/01/1984 Belinda Ruiz, Lake Illawarra			

Section 1 Final

1 Abbey Crapp	Shoalhaven	16.0
2 Samantha Scarr	Albion Park	16.0
3 Eliza Schweitzer	Kiama	16.2
4 Kailee Haines	Lake Illawarra	16.8
5 Neeve Lucas	Milton-Ulladulla	16.8
6 Lexie Jamieson	Lake Illawarra	16.9
7 Amber Necovski	Lake Illawarra	17.2
8 Hannah Brian	Shoalhaven	17.3

Girls U 10 - 100 Metre Sprint

Name	Age	Centre	Heats
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 Tayleah Handcock	Albion Park	15.5Q
2 Tanaya Necovski	Lake Illawarra	15.8Q
3 Eva Lilly	St Georges Basin	16.2Q
4 Lily Rogan	Milton-Ulladulla	17.5q
5 Amy Baker	St Georges Basin	17.8

Heat 2 Heats

1 Ashleigh Goncalves	Lake Illawarra	15.5Q
2 Victoria Summerill	Lake Illawarra	16.4Q
3 Ashleigh Hoptman	Kiama	16.4Q
4 Jayde Herdegen	Albion Park	16.8q
5 Jayda Amidzovski	Albion Park	18.0

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Girls U 10 - 100 Metre Sprint

=====			
Zone: Z 14.10 25/01/1986 S Gown, Kiama			
Zone: Z 14.10 28/01/2006 Shayna Wilson, Milton Ulladul			
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Ashleigh	Goncalves	Lake Illawarra 15.2
2	Tayleah	Handcock	Albion Park 15.7
3	Tanaya	Necovski	Lake Illawarra 15.8
4	Eva	Lilly	St Georges Basin 16.3
5	Victoria	Summerill	Lake Illawarra 16.4
6	Ashleigh	Hoptman	Kiama 16.4
7	Jayde	Herdegen	Albion Park 17.2
8	Lily	Rogan	Milton-Ulladulla 17.5

Girls U 11 - 100 Metre Sprint

=====			
Zone: Z 13.10 26/01/1980 Kerry Reko, Shoalhaven			
Name	Age	Centre	Heats
=====			
Heat 1 Heats			
1	Mackenzie	Ford	Kiama 15.2Q
1	Grace	Adams	Albion Park 15.2Q
3	Victoria	Guest	Shoalhaven 15.9Q
4	Paris	Rodriguez	St Georges Basin 16.2q
5	Lily	Eggleton	Lake Illawarra 17.5
Heat 2 Heats			
1	Emily	Quinn	Albion Park 14.3Q
2	Lily	Wheeler	St Georges Basin 14.4Q
3	Emelia	Matthews	Shoalhaven 14.9Q
4	Ella	Cleal-Cook	Kiama 15.9q

Girls U 11 - 100 Metre Sprint

=====			
Zone: Z 13.10 26/01/1980 Kerry Reko, Shoalhaven			
Name	Age	Centre	Final
=====			
Section 1 Final			
1	Emily	Quinn	Albion Park 14.7
2	Lily	Wheeler	St Georges Basin 14.9
3	Emelia	Matthews	Shoalhaven 15.1
4	Grace	Adams	Albion Park 15.2
5	Mackenzie	Ford	Kiama 15.2
6	Victoria	Guest	Shoalhaven 16.2
7	Ella	Cleal-Cook	Kiama 16.2
8	Paris	Rodriguez	St Georges Basin 16.4

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	Heats
=====			
Heat 1 Heats			
1	Karissa	High	Albion Park 14.3Q
2	Brianna	Cairns	Kiama 14.9Q
3	Lauren	Johnson	Albion Park 14.9Q
4	Stephanie	Gollan	Milton-Ulladulla 16.5q
5	Emma	Vasconcelos	Lake Illawarra 17.5

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Heat 2 Heats

1	Kiara Drake	Albion Park	15.3Q
2	Hollie Miles	St Georges Basin	15.6Q
3	Ella Munro	Shoalhaven	16.1Q
4	Summer Simon	Lake Illawarra	16.3q

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
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Section 1 Final

1	Karissa High	Albion Park	13.9
2	Lauren Johnson	Albion Park	14.2
3	Brianna Cairns	Kiama	14.7
4	Kiara Drake	Albion Park	15.0
5	Hollie Miles	St Georges Basin	15.6
6	Ella Munro	Shoalhaven	15.9
7	Summer Simon	Lake Illawarra	16.6

Girls U 13 - 100 Metre Sprint

Zone: Z 13.10 27/01/1990 Christine Thomas, Albion Park

Zone: Z 13.10 29/01/2005 Janaya Zivkovic, Lake Illawarra

Name	Age	Centre	Final
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Section 1

1	Jenna Bentley	Albion Park	14.2
2	Ebony Johnson	Shoalhaven	14.3
3	Ellie Bostock	Albion Park	14.4
4	Emily Bradstock	Shoalhaven	15.0
5	Tayla Evans	Shoalhaven	15.1
6	Sharlie Hind-Langwade	St Georges Basin	15.3
7	Nikita Freeburn	Lake Illawarra	15.6
8	Tyla Haines	Lake Illawarra	15.8

Girls U 14 - 100 Metre Sprint

Zone: Z 12.90 24/01/1998 Lauren Wiedl, Albion Park

Name	Age	Centre	Final
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1	Georgia McEwan	Lake Illawarra	13.3
2	Jessi Babic	Lake Illawarra	13.8
2	Emma Babic	Lake Illawarra	13.8
4	Briony Munro	Shoalhaven	14.3
5	Teah McInally	St Georges Basin	14.6

Girls U 15 - 100 Metre Sprint

Zone: Z 12.50 28/01/1995 Skye Richardson, Lake Illawarra

Zone: Z 12.50 29/01/2000 Lianna Braithwaite, Lake Illawarra

Name	Age	Centre	Heats
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Heat 1 Heats

1	Casey-Lee Bedford	Albion Park	13.2Q
2	Rebecca Miles	St Georges Basin	13.9Q
3	Celeste Sulerzyski	Albion Park	14.2Q

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....Girls U 15 - 100 Metre Sprint

4 Jade Cowgill	Kiama	14.5q
5 Sonja Rodda	Shoalhaven	15.8q
Heat 2 Heats		
1 Shana Bourne	Lake Illawarra	13.7Q
2 Erin Dalley	Albion Park	13.8Q
3 Emily Power	St Georges Basin	14.0Q
4 Naomi Robinson	Kiama	24.9

Girls U 15 - 100 Metre Sprint

=====			
Zone: Z 12.50	28/01/1995	Skye Richardson, Lake Illawarra	
Zone: Z 12.50	29/01/2000	Lianna Braithwaite, Lake Illa	
Name	Age Centre	Final	
=====			
Section 1 Final			
1 Casey-Lee Bedford	Albion Park	13.0	
2 Erin Dalley	Albion Park	13.4	
3 Shana Bourne	Lake Illawarra	13.7	
4 Rebecca Miles	St Georges Basin	13.9	
5 Emily Power	St Georges Basin	14.3	
6 Celeste Sulerzyski	Albion Park	14.6	
7 Sonja Rodda	Shoalhaven	15.6	

Girls U 17 - 100 Metre Sprint

=====			
Zone: Z 12.00	12/12/2009	Talissa Scott, Kiama	
Name	Age Centre	Final	
=====			
Section 1			
1 Sarah Gomes	Lake Illawarra	13.2	
2 Olivia-Rose McEwan	Lake Illawarra	13.4	
3 Emily Fraser	Lake Illawarra	14.0	
4 Codee Holman	St Georges Basin	14.6	

Girls U 7 - 200 Metre Sprint

=====			
Zone: Z 34.10	30/01/1982	Belinda Ruiz, Lake Illawarra	
Name	Age Centre	Final	
=====			
1 Indie Bostock	Albion Park	40.5	
2 Ella McNally	St Georges Basin	42.4	
3 Annabella Seccombe	Shoalhaven	43.1	
4 Clare Smith	Kiama	43.9	
5 Bodhi Simon	Lake Illawarra	44.4	
6 Amelia Weatherlake	Kiama	45.4	
7 Darcy Arnold	Kiama	46.2	
8 Bella Sacco	Albion Park	46.7	

Girls U 8 - 200 Metre Sprint

=====			
Zone: Z 33.10	29/01/1984	S Gown, Kiama	
Name	Age Centre	Final	
=====			
1 Delta Amidzovski	Albion Park	36.6	
2 Jayla Beresford	Shoalhaven	38.7	
3 Makayla Murphy	Albion Park	41.6	
4 Kaliah Tindall	Albion Park	42.8	
5 Keeley Rogan	Milton-Ulladulla	48.4	

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Girls U 9 - 200 Metre Sprint

Zone: Z 31.80 27/01/2002 Paige Fenech, Albion Park			
Name	Age	Centre	Final
1 Abbey Crapp		Shoalhaven	33.7
2 Samantha Scarr		Albion Park	35.0
3 Lexie Jamieson		Lake Illawarra	37.3
4 Grace Pomery		Albion Park	40.0
5 Abby Koglin		Shoalhaven	46.9

Girls U 10 - 200 Metre Sprint

Zone: Z 29.10 26/01/1986 S Gown, Kiama			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Chelsea Pascoe		St Georges Basin	35.3Q
2 Madigan Perry		Kiama	37.3Q
3 Amy Baker		St Georges Basin	37.5Q
4 Sophie Fletcher		Shoalhaven	37.9q
4 Lily Rogan		Milton-Ulladulla	37.9q
Heat 2 Heats			
1 Tanaya Necovski		Lake Illawarra	33.3Q
2 Ashleigh Goncalves		Lake Illawarra	33.9Q
3 Georgia Richards		Kiama	34.4Q
4 Libby Horgan		Shoalhaven	36.4q
5 Arian Lopreiato		Albion Park	38.6

Girls U 10 - 200 Metre Sprint

Zone: Z 29.10 26/01/1986 S Gown, Kiama			
Name	Age	Centre	Final
Section 1 Final			
1 Tanaya Necovski		Lake Illawarra	32.9
2 Ashleigh Goncalves		Lake Illawarra	33.0
3 Georgia Richards		Kiama	33.6
4 Libby Horgan		Shoalhaven	35.6
5 Chelsea Pascoe		St Georges Basin	36.3
6 Madigan Perry		Kiama	36.8
7 Lily Rogan		Milton-Ulladulla	38.4
8 Amy Baker		St Georges Basin	38.8

Girls U 11 - 200 Metre Sprint

Zone: Z 29.10 27/01/1991 Skye Richardson, Lake Illawarra			
Name	Age	Centre	Final
Section 1			
1 Emily Quinn		Albion Park	31.3
2 Emelia Matthews		Shoalhaven	31.7
3 Hannah Stone		Shoalhaven	31.8
4 Mackenzie Ford		Kiama	32.3
5 Victoria Guest		Shoalhaven	34.9
6 Ryleigh Johnson		Albion Park	36.1
7 Lily Eggleton		Lake Illawarra	37.1

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Girls U 12 - 200 Metre Sprint

Zone: Z 26.10 28/01/1979 Kim Wilson, Lake Illawarra			
Name	Age	Centre	Final
1 Karissa High		Albion Park	29.8
2 Jackie Milani		St Georges Basin	31.5
3 Kiara Drake		Albion Park	31.9
4 Tara McInally		St Georges Basin	32.1
5 Ella Munro		Shoalhaven	32.5

Girls U 13 - 200 Metre Sprint

Zone: Z 27.30 31/01/1993 Skye Richardson, Lake Illawarra			
Name	Age	Centre	Final
1 Jenna Bentley		Albion Park	29.8
2 Ebony Johnson		Shoalhaven	30.0
3 Ellie Bostock		Albion Park	30.2
4 Sharlie Hind-Langwade		St Georges Basin	31.2
5 Tayla Evans		Shoalhaven	31.5
6 Tyla Haines		Lake Illawarra	31.8
7 Emma McDonald		St Georges Basin	33.6
8 Melissa Holt		Milton-Ulladulla	34.8

Girls U 14 - 200 Metre Sprint

Zone: Z 26.70 30/01/1994 Skye Richardson, Lake Illawarra			
Zone: Z 26.70 29/01/2006 Janaya Zivkovic, Kiama			
Name	Age	Centre	Final
1 Georgia McEwan		Lake Illawarra	28.0
2 Kiara White		Albion Park	28.3
3 Briony Munro		Shoalhaven	30.3
4 Teah McInally		St Georges Basin	33.1
5 Kimberly Atkins		Shoalhaven	34.0

Girls U 15 - 200 Metre Sprint

Zone: Z 26.30 13/12/2009 Skye Ryan, Albion Park			
Name	Age	Centre	Final
1 Casey-Lee Bedford		Albion Park	27.3
2 Shana Bourne		Lake Illawarra	28.9
3 Erin Dalley		Albion Park	29.5
4 Rebecca Miles		St Georges Basin	30.3
5 Naomi Robinson		Kiama	59.6

Girls U 17 - 200 Metre Sprint

Zone: Z 25.30 13/12/2009 Talissa Scott, Kiama			
Name	Age	Centre	Final
1 Sarah Gomes		Lake Illawarra	27.7
2 Rideika Wright		Albion Park	28.5
3 Emily Fraser		Lake Illawarra	28.9
4 Ebonie Lynch		Shoalhaven	31.4

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Girls U 8 - 400 Metre Sprint

Zone: Z 1:17.40 27/01/2001 Paige Fenech, Albion Park			
Name	Age	Centre	Final
1 Delta Amidzovski		Albion Park	1:25.5
2 Kelly Blair		Lake Illawarra	1:28.1
3 Jayla Beresford		Shoalhaven	1:29.7
4 Tyla Hurst		Lake Illawarra	1:34.2
5 Nakita Boatswain		Kiama	1:46.4
6 Keeley Rogan		Milton-Ulladulla	1:54.1

Girls U 9 - 400 Metre Sprint

Zone: Z 1:12.10 29/01/1983 Lisa Baldwin, Lake Illawarr			
Name	Age	Centre	Final
1 Amber Necovski		Lake Illawarra	1:21.5
2 Eliza Schweitzer		Kiama	1:25.5
3 Ashlyn Adams		Albion Park	1:28.6
4 Grace Pomery		Albion Park	1:29.0
5 Abbey Friend		Albion Park	1:39.1

Girls U 10 - 400 Metre Sprint

Zone: Z 1:10.30 25/01/2003 Paige Fenech, Albion Park			
Name	Age	Centre	Final
1 Tayleah Handcock		Albion Park	1:13.4
2 Victoria Summerill		Lake Illawarra	1:16.1
3 Ashleigh Goncalves		Lake Illawarra	1:17.4
4 Ruby McPhillips		Albion Park	1:18.2
5 India Seccombe		Shoalhaven	1:19.4
6 Chelsea Pascoe		St Georges Basin	1:22.3

Girls U 11 - 400 Metre Sprint

Zone: Z 1:04.10 31/01/2004 Paige Fenech, Albion Park			
Name	Age	Centre	Final
1 Emily Quinn		Albion Park	1:12.0
2 Hannah Stone		Shoalhaven	1:16.3
3 Emelia Matthews		Shoalhaven	1:18.3
4 Mackenzie Ford		Kiama	1:18.9

Girls U 12 - 400 Metre Sprint

Zone: Z 1:04.80 30/01/1993 Kelly Hannett, Shoalhaven			
Zone: Z 1:04.80 29/01/2005 Paige Fenech, Albion Park			
Name	Age	Centre	Final
1 Charlotte Bett		Albion Park	1:05.4
2 Taylah Vella		Albion Park	1:08.1
3 Megan Hamaty		Shoalhaven	1:14.7
4 Leah Dobson		Shoalhaven	1:15.3
5 Jazmyn Shimwell		Albion Park	1:20.0
6 Ella Munro		Shoalhaven	1:21.3
7 Hannah Koglin		Shoalhaven	1:33.3
8 Stephanie Gollan		Milton-Ulladulla	1:42.8

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Girls U 13 - 400 Metre Sprint

Zone: Z 1:02.10 24/01/1987 S Carr, Lake Illawarra			
Name	Age	Centre	Final
1 Jade Mustapic		Shoalhaven	1:03.6
2 Shenay Edwards		Albion Park	1:05.0
3 Ebony Johnson		Shoalhaven	1:11.5
4 Sharlie Hind-Langwade		St Georges Basin	1:14.9
5 Emily Bradstock		Shoalhaven	1:15.9
6 Tyla Haines		Lake Illawarra	1:17.6
7 Emma Hutchison		Lake Illawarra	1:18.7

Girls U 14 - 400 Metre Sprint

Zone: Z 1:01.40 10/12/2011 Susie Seitaridis, Lake Illa			
Name	Age	Centre	Final
1 Kiara White		Albion Park	1:05.1
2 Georgia McEwan		Lake Illawarra	1:05.5
3 Sinead Austwick		Albion Park	1:06.9

Girls U 15 - 400 Metre Sprint

Zone: Z 59.90 8/12/2012 Susie Seitaridis, Lake Illawa			
Name	Age	Centre	Final
1 Shana Bourne		Lake Illawarra	1:05.9
2 Erin Dalley		Albion Park	1:08.5
3 Clare Dobson		Shoalhaven	1:10.5
4 Rebecca Miles		St Georges Basin	1:13.2
5 Sonja Rodda		Shoalhaven	1:27.7
6 Naomi Robinson		Kiama	2:41.8

Girls U 17 - 400 Metre Sprint

Zone: Z 1:03.30 12/12/2009 Emily Debrot, Albion Park			
Name	Age	Centre	Final
1 Sarah Gomes		Lake Illawarra	1:05.9
2 Emily Fraser		Lake Illawarra	1:11.7
3 Kaitlyn Bennett		Shoalhaven	1:14.7

Girls U 9 - 800 Metre Run

Zone: Z 2:43.00 30/01/1983 Lisa Baldwin, Lake Illawarr			
Name	Age	Centre	Final
1 Amber Necovski		Lake Illawarra	3:06.5
2 Grace Pomery		Albion Park	3:13.1
3 Abbey Friend		Albion Park	3:28.2
4 Emma-Jane Johnson		Albion Park	3:39.8

Girls U 10 - 800 Metre Run

Zone: Z 2:42.10 26/01/1986 Kylie Watkins, Lake Illawar			
Name	Age	Centre	Final
1 Ruby McPhillips		Albion Park	2:46.2
2 Charli Hurst		Lake Illawarra	2:48.9

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....Girls U 10 - 800 Metre Run

3 Georgia Richards	Kiama	2:51.1
4 India Seccombe	Shoalhaven	2:58.6
5 Chelsea Pascoe	St Georges Basin	3:02.8
6 Sophie Fletcher	Shoalhaven	3:33.0

Girls U 11 - 800 Metre Run

Zone: Z 2:29.10 31/01/1982 K Tiech, Kiama

Name	Age Centre	Final
1 Madi Singleton	Lake Illawarra	2:58.3
2 Nikki Murray	Shoalhaven	3:03.6
3 Daisy Pring	Kiama	3:05.8
4 Ruby Keen	Lake Illawarra	3:13.1
5 Tegan McKay	St Georges Basin	3:51.6

Girls U 12 - 800 Metre Run

Zone: Z 2:29.10 30/01/1983 K Tieck, Kiama

Name	Age Centre	Final
1 Charlotte Bett	Albion Park	2:30.9
2 Taylah Vella	Albion Park	2:34.6
3 Taliah Moxham	Albion Park	2:44.7
4 Jackie Milani	St Georges Basin	2:51.3
5 Summer Simon	Lake Illawarra	2:56.6
6 Leah Dobson	Shoalhaven	2:57.8
7 Megan Hamaty	Shoalhaven	3:00.5
8 Jazmyn Shimwell	Albion Park	3:05.9
9 Gabrielle Marriott	Lake Illawarra	3:11.1
10 Kaylah Reith-Smith	St Georges Basin	3:12.6

Girls U 13 - 800 Metre Run

Zone: Z 2:24.40 30/01/2000 Cian Maciejewski, Milton Ul

Name	Age Centre	Final
1 Jade Mustapic	Shoalhaven	2:32.1
2 Shenay Edwards	Albion Park	2:33.1
3 Victoria Kennedy	Shoalhaven	2:58.0
4 Sharlie Hind-Langwade	St Georges Basin	3:07.0
5 Emma McDonald	St Georges Basin	3:12.5
6 Melissa Holt	Milton-Ulladulla	3:13.0

Girls U 14 - 800 Metre Run

Zone: Z 2:23.30 11/12/2011 Susie Seitaridis, Lake Illa

Name	Age Centre	Final
1 Sinead Austwick	Albion Park	2:40.7
2 Terri Milani	St Georges Basin	3:08.0

Girls U 15 - 800 Metre Run

Zone: Z 2:19.50 9/12/2012 Susie Seitaridis, Lake Illa

Name	Age Centre	Final
1 Clare Dobson	Shoalhaven	2:33.8

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....Girls U 15 - 800 Metre Run

2 Erin Dalley	Albion Park	2:45.8
3 Rebecca Miles	St Georges Basin	2:54.0
4 Millie Mansfield	Kiama	3:02.3

Girls U 17 - 800 Metre Run

Name	Age Centre	Final
Zone: Z 2:15.30 9/12/2012 Jessica Hull, Albion Park		
1 Jessica Hull	Albion Park	2:15.3Z
2 Sarah Gomes	Lake Illawarra	2:53.2
3 Kaitlyn Hush	Shoalhaven	3:20.0

Girls U 10 - 1500 Metre Run

Name	Age Centre	Final
Zone: Z 5:33.10 24/01/1981 K Tiech, Kiama		
1 Ruby McPhillips	Albion Park	5:38.0
2 Charli Hurst	Lake Illawarra	5:40.0
3 Georgia Richards	Kiama	5:58.1
4 India Seccombe	Shoalhaven	6:13.7
5 Arian Lopreiato	Albion Park	6:55.0
6 Sophie Fletcher	Shoalhaven	7:15.5

Girls U 11 - 1500 Metre Run

Name	Age Centre	Final
Zone: Z 4:54.00 29/01/2000 Cian Maciejewski, Milton Ul		
1 Madi Singleton	Lake Illawarra	6:06.5
2 Nikki Murray	Shoalhaven	6:11.7
3 Ruby Keen	Lake Illawarra	6:25.5
4 Ryleigh Johnson	Albion Park	6:26.4
5 Tegan McKay	St Georges Basin	7:52.4

Girls U 12 - 1500 Metre Run

Name	Age Centre	Final
Zone: Z 5:01.10 29/01/1983 K Tieck, Kiama		
1 Taliah Moxham	Albion Park	5:38.8
2 Leah Dobson	Shoalhaven	5:53.4
3 Jazmyn Shimwell	Albion Park	5:54.5
4 Summer Simon	Lake Illawarra	5:55.7
5 Tara McInally	St Georges Basin	5:59.6
6 Ruby Sawtell	Albion Park	6:01.5
7 Grace Mahon	Kiama	6:05.1
8 Gabrielle Marriott	Lake Illawarra	6:32.5
9 Jessica Holland	Lake Illawarra	6:58.3

Girls U 13 - 1500 Metre Run

Name	Age Centre	Final
Zone: Z 5:06.10 29/01/1994 T Moxham, Lake Illawarra		
1 Victoria Kennedy	Shoalhaven	6:08.5
2 Tyla Haines	Lake Illawarra	6:18.2

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....Girls U 13 - 1500 Metre Run

3	Nikita Freeburn	Lake Illawarra	6:24.9
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Girls U 14 - 1500 Metre Run

=====			
Zone: Z 5:06.50 29/01/2011 Jessica Hull, Albion Park			
Name	Age	Centre	Final
=====			
1	Shayla Szakacs	Albion Park	5:33.6

Girls U 15 - 1500 Metre Run

=====			
Zone: Z 4:50.70 10/12/2011 Jessica Hull, Albion Park			
Name	Age	Centre	Final
=====			
1	Clare Dobson	Shoalhaven	5:35.8
2	Millie Mansfield	Kiama	6:30.6
3	April Rodda	Shoalhaven	6:34.8

Girls U 17 - 1500 Metre Run

=====			
Zone: Z 4:46.80 8/12/2012 Jessica Hull, Albion Park			
Name	Age	Centre	Final
=====			
1	Jessica Hull	Albion Park	4:37.4Z

Girls U 13 - 3000 Metre Run

=====			
Zone: Z 10:58.30 12/12/2009 Jessica Hull, Albion Park			
Name	Age	Centre	Final
=====			
1	Victoria Kennedy	Shoalhaven	13:23.0
2	Nikita Freeburn	Lake Illawarra	13:45.9
3	Tyla Haines	Lake Illawarra	14:24.9

Girls U 14 - 3000 Metre Run

=====			
Zone: Z 11:02.20 28/01/1995 T Moxham, Lake Illawarra			
Name	Age	Centre	Final
=====			
1	Shayla Szakacs	Albion Park	11:36.0

Girls U 15 - 3000 Metre Run

=====			
Zone: Z 10:31.00 10/12/2011 Jessica Hull, Albion Park			
Name	Age	Centre	Final
=====			
1	Clare Dobson	Shoalhaven	12:22.4
2	April Rodda	Shoalhaven	15:43.6

Girls U 17 - 3000 Metre Run

=====			
Zone: Z 10:15.30 8/12/2012 Jessica Hull, Albion Park			
Name	Age	Centre	Final
=====			
1	Jessica Hull	Albion Park	10:01.5Z

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Girls U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.70 13/12/2008 Shenay Edwards, Albion Park			
Name	Age	Centre	Final
1 Kaliah Tindall		Albion Park	13.5
2 Makayla Murphy		Albion Park	13.8
3 Amelia Wall		Kiama	14.6

Girls U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.70 26/01/2002 Rebecca Mounsey, Lake Illawar			
Name	Age	Centre	Final
1 Ashlyn Adams		Albion Park	11.2
2 Eliza Schweitzer		Kiama	11.2
3 Kailee Haines		Lake Illawarra	11.4
4 Lexie Jamieson		Lake Illawarra	12.4
5 Neeve Lucas		Milton-Ulladulla	12.5
6 Emma-Jane Johnson		Albion Park	13.3
7 Isabella Waters		St Georges Basin	13.7

Girls U 10 - 60 Metre Hurdles (60cm)

Zone: Z 10.80 28/01/1995 Katie Wagner, Lake Illawarra			
Zone: Z 10.80 31/01/2004 Karra-Lee Nolan, Lake Illawar			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Tayleah Handcock		Albion Park	12.3Q
2 Chelsea Pascoe		St Georges Basin	12.6Q
3 Victoria Summerill		Lake Illawarra	12.7Q
4 Molly Wellington		Shoalhaven	14.3
5 Caitlyn Bloomfield		Albion Park	15.4
6 Zoe Baker		St Georges Basin	15.9
Heat 2 Heats			
1 Jayde Herdegen		Albion Park	12.5Q
2 Ashleigh Hoptman		Kiama	12.9Q
3 Libby Horgan		Shoalhaven	13.2Q
4 Sophie Fletcher		Shoalhaven	13.7q
5 Eva Lilly		St Georges Basin	14.0q

Girls U 10 - 60 Metre Hurdles (60cm)

Zone: Z 10.80 28/01/1995 Katie Wagner, Lake Illawarra			
Zone: Z 10.80 31/01/2004 Karra-Lee Nolan, Lake Illawar			
Name	Age	Centre	Final
Section 1 Final			
1 Tayleah Handcock		Albion Park	12.1
2 Chelsea Pascoe		St Georges Basin	12.3
3 Victoria Summerill		Lake Illawarra	12.4
4 Ashleigh Hoptman		Kiama	12.7
5 Jayde Herdegen		Albion Park	12.8
6 Libby Horgan		Shoalhaven	13.5
7 Eva Lilly		St Georges Basin	13.8
8 Sophie Fletcher		Shoalhaven	13.9

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Girls U 11 - 60 Metre Hurdles (60cm)

Zone: Z 10.00 31/01/2004 Rebecca Mounsey, Albion Park			
Name	Age	Centre	Final
Section 1			
1 Grace Adams		Albion Park	10.4
2 Hannah Stone		Shoalhaven	11.3
3 Ella Cleal-Cook		Kiama	12.3
4 Paris Rodriguez		St Georges Basin	13.0
5 Lily Eggleton		Lake Illawarra	13.0

Girls U 12 - 60 Metre Hurdles (68cm)

Zone: Z 9.90 12/12/2009 Susie Seitaridis, Lake Illawa			
Name	Age	Centre	Final
1 Taylah Vella		Albion Park	10.6
2 Brianna Cairns		Kiama	11.0
3 Stephanie Gollan		Milton-Ulladulla	13.3
4 Annie Schweitzer		Kiama	13.7
5 Emma Vasconcelos		Lake Illawarra	14.0

Girls U 13 - 80 Metre Hurdles (76cm)

Zone: Z 12.60 30/01/2011 Susie Seitaridis, Lake Illawa			
Name	Age	Centre	Final
1 Jenna Bentley		Albion Park	15.2
2 Shenay Edwards		Albion Park	16.6
3 Ellie Bostock		Albion Park	17.4
4 Sharlie Hind-Langwade		St Georges Basin	17.8
5 Tayla Evans		Shoalhaven	18.3
6 Emma McDonald		St Georges Basin	20.0

Girls U 14 - 80 Metre Hurdles (76cm)

Zone: Z 12.50 11/12/2011 Susie Seitaridis, Lake Illawa			
Name	Age	Centre	Final
1 Kiara White		Albion Park	14.8
2 Teah McInally		St Georges Basin	18.9

Girls U 15 - 90 Metre Hurdles (76cm)

Zone: Z 13.60 9/12/2012 Susie Seitaridis, Lake Illawa			
Name	Age	Centre	Final
1 Millie Mansfield		Kiama	18.9

Girls U 17 - 100 Metre Hurdles (76cm)

Zone: Z 14.40 13/12/2009 Talissa Scott, Kiama			
Name	Age	Centre	Final
1 Olivia-Rose McEwan		Lake Illawarra	15.8
2 Ebonie Lynch		Shoalhaven	18.0
3 Codee Holman		St Georges Basin	18.7
4 Kaitlyn Bennett		Shoalhaven	20.2

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Girls U 13 - 200 Metre Hurdles (68cm)

Zone: Z 30.90 28/01/2006 Paige Fenech, Albion Park			
Name	Age	Centre	Final
1 Shenay Edwards		Albion Park	34.5
2 Sharlie Hind-Langwade		St Georges Basin	35.9
3 Emma Hutchison		Lake Illawarra	36.6

Girls U 14 - 200 Metre Hurdles (76cm)

Zone: Z 28.50 28/01/2006 Janaya Zivkovic, Kiama			
Name	Age	Centre	Final
1 Georgia McEwan		Lake Illawarra	31.5
2 Kiara White		Albion Park	32.2
3 Jessi Babic		Lake Illawarra	33.5
4 Kimberly Atkins		Shoalhaven	38.8

Girls U 15 - 200 Metre Hurdles (76cm)

Zone: Z 29.40 8/12/2012 Susie Seitaridis, Lake Illawa			
Name	Age	Centre	Final
1 Casey-Lee Bedford		Albion Park	31.5
2 Celeste Sulerzyski		Albion Park	32.9
3 Erin Dalley		Albion Park	34.1
4 Millie Mansfield		Kiama	35.2

Girls U 17 - 200 Metre Hurdles (76cm)

Zone: Z 27.50 12/12/2009 Talissa Scott, Kiama			
Name	Age	Centre	Final
1 Rideika Wright		Albion Park	31.9
2 Emily Fraser		Lake Illawarra	32.0
3 Ebonie Lynch		Shoalhaven	33.8
4 Kaitlyn Bennett		Shoalhaven	35.8

Girls U 7 - 500 Metre Pack Start

Zone: Z 1:49.10 30/01/2000 Paige Fenech, Albion Park			
Name	Age	Centre	Final
1 Ella McInally		St Georges Basin	2:04.9
2 Annabella Seccombe		Shoalhaven	2:11.3
3 Darcy Arnold		Kiama	2:14.0
4 Bodhi Simon		Lake Illawarra	2:16.2
5 Alisha Mustapic		Shoalhaven	2:24.2

Girls U 8 - 700 Metre Pack Start

Zone: Z 2:31.10 26/01/2003 Caitlin Foord, Lake Illawar			
Name	Age	Centre	Final
1 Kelly Blair		Lake Illawarra	2:46.5
2 Tyla Hurst		Lake Illawarra	2:52.6
3 Amesbury Perry		Kiama	3:04.3
4 Nakita Boatswain		Kiama	3:07.9
5 Keeley Rogan		Milton-Ulladulla	3:27.7

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

Zone: Z 57.90 13/12/2009 Lake Illawarra, Lake Illawarra		Final
Centre		
1 Albion Park		1:00.5
1) Samantha Scarr 9	2) Tayleah Handcock 10	
3) Emily Quinn 11	4) Karissa High 12	
2 Kiama		1:03.4
1) Eliza Schweitzer 9	2) Georgia Richards 10	
3) Mackenzie Ford 11	4) Grace Mahon 12	
3 Shoalhaven		1:05.7
1) Hannah Brian 9	2) Libby Horgan 10	
3) Emelia Matthews 11	4) Ella Munro 12	
-- St Georges Basin		DQ
1) Chelsey Reith-Smith 9	2) Chelsea Pascoe 10	
3) Lily Wheeler 11	4) Hollie Miles 12	

Girls U 13-17 4x100 Metre Relay (Snr)

Zone: Z 52.10 14/12/2008 Albion Park, Albion Park		Final
Centre		
1 Albion Park		54.5
1) Jenna Bentley 13	2) Kiara White 14	
3) Casey-Lee Bedford 15	4) Jessica Hull 17	
2 Lake Illawarra		55.9
1) Nikita Freeburn 13	2) Georgia McEwan 14	
3) Shana Bourne 15	4) Sarah Gomes 17	
3 Shoalhaven		56.8
1) Jade Mustapic 13	2) Briony Munro 14	
3) April Rodda 15	4) Ebonie Lynch 17	
4 St Georges Basin		57.5
1) Sharlie Hind-Langwade 13	2) Teah McInally 14	
3) Rebecca Miles 15	4) Codee Holman 17	

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

Zone: Z 1.14m 30/01/1982 Raylene Mullaney, Lake Illawa		Final
Name	Age Centre	
Flight 1		
1 Amber Necovski	Lake Illawarra	0.95m
1 Abbey Crapp	Shoalhaven	0.95m
3 Ashlyn Adams	Albion Park	0.90m
4 Abbey Friend	Albion Park	0.85m
5 Emma-Jane Johnson	Albion Park	0.85m

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

Zone: Z 1.25m 27/01/2008 Lucy Marron, Shoalhaven		Final
Name	Age Centre	
1 Ruby McPhillips	Albion Park	1.15m
2 Charli Hurst	Lake Illawarra	1.05m
2 Chelsea Ahio	Albion Park	1.05m
4 Caitlyn Bloomfield	Albion Park	1.05m
5 Madigan Perry	Kiama	0.95m
6 Arian Lopreiato	Albion Park	0.95m
7 Ella Field	St Georges Basin	0.90m

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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 Grace Shaw		Albion Park	1.25m
2 Hannah Stone		Shoalhaven	1.15m
3 Ruby Keen		Lake Illawarra	1.10m
4 Paris Rodriguez		St Georges Basin	1.00m
-- Holly Blair		Lake Illawarra	NH

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

Zone: Z 1.48m 30/01/2005 Talissa Scott, Kiama			
Name	Age	Centre	Final
1 Grace Mahon		Kiama	1.30m
2 Lauren Johnson		Albion Park	1.28m
3 Charlotte Bett		Albion Park	1.20m
4 Leah Dobson		Shoalhaven	1.10m
-- Kaylah Reith-Smith		St Georges Basin	NH

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 Ellie Bostock		Albion Park	1.30m
2 Emily Bradstock		Shoalhaven	1.15m

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 Shaye-Lee Frier		Lake Illawarra	1.35m

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

Zone: Z 1.65m 13/12/2008 Tayla King, Albion Park			
Name	Age	Centre	Final
1 Celeste Sulerzyski		Albion Park	1.65mZ
2 Jade Cowgill		Kiama	1.48m
3 Chloe Stuckey		Shoalhaven	1.28m
4 April Rodda		Shoalhaven	1.20m

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

Zone: Z 1.40m 13/12/2008 Emily Reichler, St Georges Ba			
Name	Age	Centre	Final
1 Larni Cowgill		Kiama	1.55mZ
2 Rideika Wright		Albion Park	1.31m
3 Codee Holman		St Georges Basin	1.27m

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Girls U 7 - Long Jump

Zone: Z 3.33m 26/01/2001 Tayla King, Albion Park			
Name	Age	Centre	Final
1 Ella McInally		St Georges Basin	2.57m
2 Amelia Weatherlake		Kiama	2.41m
3 Sienna Wright		Albion Park	2.28m
4 Darcy Arnold		Kiama	2.19m
5 Alisha Mustapic		Shoalhaven	2.19m

Girls U 8 - Long Jump

Zone: Z 3.80m 26/01/1985 Karen Dean, Lake Illawarra			
Name	Age	Centre	Final
1 Delta Amidzovski		Albion Park	3.32m
2 Kelly Blair		Lake Illawarra	2.90m
3 Tyla Hurst		Lake Illawarra	2.69m
4 Riley Nash		Albion Park	2.66m
5 Amelia Wall		Kiama	2.37m
6 Alana McGarry		Lake Illawarra	2.24m

Girls U 9 - Long Jump

Zone: Z 4.22m 27/01/1985 S Gown, Kiama			
Name	Age	Centre	Final
1 Samantha Scarr		Albion Park	3.35m
2 Eliza Schweitzer		Kiama	3.31m
3 Hannah Brian		Shoalhaven	3.29m
4 Neeve Lucas		Milton-Ulladulla	3.09m
5 Chelsey Reith-Smith		St Georges Basin	3.04m
6 Emma-Jane Johnson		Albion Park	3.01m
7 Hayley Baker		St Georges Basin	2.90m
8 Abbey Friend		Albion Park	2.82m
9 Abby Koglin		Shoalhaven	2.64m
10 Matilda Smith		Kiama	2.45m
11 Makiya Shaw		Albion Park	1.95m

Girls U 10 - Long Jump

Zone: Z 4.24m 28/01/1995 Tova Deku, Milton Ulladulla			
Name	Age	Centre	Final
1 Tayleah Handcock		Albion Park	3.47m
2 Georgia Richards		Kiama	3.22m
3 Eva Lilly		St Georges Basin	3.17m
4 Madigan Perry		Kiama	3.16m
5 Ashleigh Hoptman		Kiama	3.00m
6 Madison Callaway		Lake Illawarra	2.84m
7 Ella Field		St Georges Basin	2.59m
8 Zoe Baker		St Georges Basin	2.28m

Girls U 11 - Long Jump

Zone: Z 4.78m 26/01/2002 Teresa Garcia, Lake Illawarra			
Name	Age	Centre	Final
1 Lily Wheeler		St Georges Basin	4.01m

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....Girls U 11 - Long Jump

2	Emelia Matthews	Shoalhaven	3.96m
3	Emily Quinn	Albion Park	3.86m
4	Daisy Pring	Kiama	3.77m
5	Mackenzie Ford	Kiama	3.73m
6	Madi Singleton	Lake Illawarra	3.71m
7	Ella Cleal-Cook	Kiama	3.57m
8	Grace Shaw	Albion Park	3.56m
9	Victoria Guest	Shoalhaven	3.56m
10	Ryleigh Johnson	Albion Park	3.19m
11	Lily Eggleton	Lake Illawarra	3.12m
12	Isabella Whetstone	Kiama	3.09m
13	Wynter Lucas	Milton-Ulladulla	2.88m

Girls U 12 - Long Jump

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

Name	Age	Centre	Final
1	Karissa High	Albion Park	4.43m
2	Lauren Johnson	Albion Park	4.12m
3	Charlotte Bett	Albion Park	4.11m
4	Hollie Miles	St Georges Basin	4.02m
5	Grace Mahon	Kiama	3.97m
6	Megan Hamaty	Shoalhaven	3.43m
7	Hannah Koglin	Shoalhaven	3.31m
8	Summer Simon	Lake Illawarra	3.31m
9	Stephanie Gollan	Milton-Ulladulla	3.15m
10	Jessica Holland	Lake Illawarra	2.49m

Girls U 13 - Long Jump

=====
 Zone: Z 5.15m 14/12/2008 Rowenn Turvey, Albion Park

Name	Age	Centre	Final
1	Nikita Freeburn	Lake Illawarra	3.98m
2	Tayla Evans	Shoalhaven	3.72m
3	Caitlin Austwick	Albion Park	3.68m

Girls U 14 - Long Jump

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

Name	Age	Centre	Final
1	Briony Munro	Shoalhaven	4.34m
2	Teah McInally	St Georges Basin	4.01m
3	Jessi Babic	Lake Illawarra	3.89m
4	Shaye-Lee Frier	Lake Illawarra	3.75m
5	Kimberly Atkins	Shoalhaven	3.58m
6	Lauren Field	St Georges Basin	3.30m

Girls U 15 - Long Jump

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

Name	Age	Centre	Final
1	Jade Cowgill	Kiama	4.39m
2	Shana Bourne	Lake Illawarra	4.38m
3	Emily Power	St Georges Basin	4.31m

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....Girls U 15 - Long Jump

4	Casey-Lee Bedford	Albion Park	4.20m
5	Rebecca Miles	St Georges Basin	4.15m
6	April Rodda	Shoalhaven	4.03m
--	Naomi Robinson	Kiama	FOUL

Girls U 17 - Long Jump

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

Name	Age Centre	Final	
1	Larni Cowgill	Kiama	4.63m
2	Olivia-Rose McEwan	Lake Illawarra	4.46m
3	Emily Fraser	Lake Illawarra	4.46m
4	Rideika Wright	Albion Park	4.34m
5	Kaitlyn Bennett	Shoalhaven	3.64m

Girls U 11 - Triple Jump

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

Name	Age Centre	Final	
1	Lily Wheeler	St Georges Basin	8.09m
2	Grace Adams	Albion Park	8.04m
3	Grace Shaw	Albion Park	7.91m
4	Ella Cleal-Cook	Kiama	7.44m
5	Holly Blair	Lake Illawarra	6.53m
6	Paris Rodriguez	St Georges Basin	5.81m

Girls U 12 - Triple Jump

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

Name	Age Centre	Final	
1	Karissa High	Albion Park	8.95m
2	Grace Mahon	Kiama	8.91m
3	Lauren Johnson	Albion Park	8.91m
4	Hollie Miles	St Georges Basin	8.49m
5	Tara McInally	St Georges Basin	8.35m
6	Megan Hamaty	Shoalhaven	7.56m
7	Olivia Fletcher	Shoalhaven	7.53m
8	Annie Schweitzer	Kiama	6.85m
9	Hannah Koglin	Shoalhaven	6.73m
--	Kaylah Reith-Smith	St Georges Basin	FOUL

Girls U 13 - Triple Jump

Zone: Z 10.41m 29/01/2005 Janaya Zivkovic, Lake Illawa

Name	Age Centre	Final	
1	Ellie Bostock	Albion Park	8.70m
2	Nikita Freeburn	Lake Illawarra	8.37m
3	Emma McDonald	St Georges Basin	8.26m
4	Tyla Haines	Lake Illawarra	7.65m
5	Emma Hutchison	Lake Illawarra	7.40m
6	Tayla Evans	Shoalhaven	7.31m
7	Melissa Holt	Milton-Ulladulla	7.17m

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Girls U 14 - Triple Jump

Zone: Z 11.20m 27/01/2008 Tayla King, Albion Park			
Name	Age	Centre	Final
1 Emma Babic		Lake Illawarra	8.81m
2 Jessi Babic		Lake Illawarra	8.72m
3 Shaye-Lee Frier		Lake Illawarra	8.39m
4 Teah McInally		St Georges Basin	8.37m
5 Terri Milani		St Georges Basin	8.07m
6 Kimberly Atkins		Shoalhaven	7.28m
7 Lauren Field		St Georges Basin	7.24m

Girls U 15 - Triple Jump

Zone: Z 11.23m 14/12/2008 Tayla King, Albion Park			
Name	Age	Centre	Final
1 Celeste Sulerzyski		Albion Park	10.06m
2 Jade Cowgill		Kiama	9.42m
3 Emily Power		St Georges Basin	9.09m
4 Erin Dalley		Albion Park	8.99m
5 April Rodda		Shoalhaven	8.80m
6 Rebecca Miles		St Georges Basin	8.79m
7 Belinda Carrasco		Lake Illawarra	7.80m

Girls U 17 - Triple Jump

Zone: Z 11.39m 14/12/2008 Talissa Scott, Kiama			
Name	Age	Centre	Final
1 Larni Cowgill		Kiama	10.04m
2 Emily Fraser		Lake Illawarra	9.58m
3 Kaitlyn Bennett		Shoalhaven	7.17m

Girls U 7 - Shot Put (1.0 Kg)

Zone: Z 6.97m 27/01/1991 Belinda Jackson, Lake Illawar			
Name	Age	Centre	Final
1 Audrey Terry		Kiama	3.60m
2 Sommer Sacco		Albion Park	3.53m
3 Sienna Wright		Albion Park	3.24m

Girls U 8 - Shot Put (1.5 Kg)

Zone: Z 6.39m 30/01/2000 Kendall Vaughan, Lake Illawar			
Name	Age	Centre	Final
1 Alana McGarry		Lake Illawarra	4.75m
2 Nakita Boatswain		Kiama	3.63m
3 Kaliah Tindall		Albion Park	3.38m
4 Chloe Bloomfield		Albion Park	2.94m

Girls U 9 - Shot Put (2.0 Kg)

Zone: Z 7.18m 27/01/2001 Kendall Vaughan, Lake Illawar			
Name	Age	Centre	Final
1 Hannah Brian		Shoalhaven	4.73m

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 14/12/2013 to 15/12/2013

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....Girls U 9 - Shot Put (2.0 Kg)

2	Isabella Waters	St Georges Basin	4.64m
3	Kailee Haines	Lake Illawarra	4.36m
4	Abby Koglin	Shoalhaven	4.17m
5	Makiya Shaw	Albion Park	3.76m

Girls U 10 - Shot Put (2.0 Kg)

Zone: Z 7.86m 25/01/1998 K Cabanas, Lake Illawarra			
Name	Age	Centre	Final
1	Molly Wellington	Shoalhaven	5.78m
2	Caitlyn Bloomfield	Albion Park	5.09m
3	Zoe Baker	St Georges Basin	5.08m
4	Madison Callaway	Lake Illawarra	4.98m
5	Chelsea Ahio	Albion Park	4.82m
6	Libby Horgan	Shoalhaven	4.65m
7	Jayda Amidzovski	Albion Park	4.25m

Girls U 11 - Shot Put (2.0 Kg)

Zone: Z 9.97m 27/01/1990 Gina Hampel, Lake Illawarra			
Name	Age	Centre	Final
1	Isabelle Cramp-Miller	Kiama	5.79m
2	Holly Blair	Lake Illawarra	5.12m
3	Ryleigh Johnson	Albion Park	4.96m
4	Victoria Guest	Shoalhaven	4.41m

Girls U 12 - Shot Put (2.0 Kg)

Zone: Z 12.48m 28/01/2007 Rachelle Grozde, Albion Park			
Name	Age	Centre	Final
1	Hollie Miles	St Georges Basin	7.99m
2	Olivia Fletcher	Shoalhaven	7.64m
3	Maggie Page	Kiama	6.56m
4	Jessica Holland	Lake Illawarra	4.27m

Girls U 13 - Shot Put (3.0 Kg)

Zone: Z 11.60m 27/01/2008 Rachelle Grozde, Albion Park			
Name	Age	Centre	Final
1	Annette Peace	Shoalhaven	9.81m
2	Rosemary Boyland	Lake Illawarra	8.66m
3	Ebony Johnson	Shoalhaven	7.47m
4	Hayley Waine	Lake Illawarra	7.35m
5	Emma Hutchison	Lake Illawarra	5.77m

Girls U 14 - Shot Put (3.0 Kg)

Zone: Z 12.77m 13/12/2008 Rachelle Grozde, Albion Park			
Name	Age	Centre	Final
1	Katelyn Harmer	St Georges Basin	9.11m
2	Shaye-Lee Frier	Lake Illawarra	8.45m
3	Emma Babic	Lake Illawarra	8.11m
4	Lauren Field	St Georges Basin	8.10m

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Girls U 15 - Shot Put (3.0 Kg)

Zone: Z 13.02m 13/12/2009 Rachelle Grozde, Albion Park			
Name	Age	Centre	Final
1 Samantha Peace		Shoalhaven	11.98m
2 Emily Power		St Georges Basin	9.67m
3 Belinda Carrasco		Lake Illawarra	8.84m
4 Sonja Rodda		Shoalhaven	7.18m
5 Naomi Robinson		Kiama	3.94m

Girls U 17 - Shot Put (3.0 Kg)

Zone: Z 13.12m 11/12/2011 Rachelle Grozde, Albion Park			
Name	Age	Centre	Final
1 Codee Holman		St Georges Basin	9.78m
2 Alysia Gardner		Albion Park	9.04m
3 Kaitlyn Hush		Shoalhaven	7.31m
4 Candice Phillips/Hands		Shoalhaven	4.97m

Girls U 7 - Discus (350 Gm)

Zone: Z 14.83m 29/01/2000 Talissa Scott, Lake Illawarr			
Name	Age	Centre	Final
1 Audrey Terry		Kiama	7.49m
2 Sommer Sacco		Albion Park	7.06m
3 Darcy Arnold		Kiama	6.61m
4 Bella Sacco		Albion Park	6.11m
5 Alisha Mustapic		Shoalhaven	4.49m

Girls U 8 - Discus (500 Gm)

Zone: Z 20.00m 27/01/2001 Talissa Scott, Lake Illawarr			
Name	Age	Centre	Final
1 Alana McGarry		Lake Illawarra	11.71m
2 Tyla Hurst		Lake Illawarra	8.91m
3 Nakita Boatswain		Kiama	7.77m
4 Amelia Wall		Kiama	6.84m
5 Chloe Bloomfield		Albion Park	5.05m
6 Riley Nash		Albion Park	4.61m
7 Keeley Rogan		Milton-Ulladulla	4.27m

Girls U 9 - Discus (500 Gm)

Zone: Z 24.07m 27/01/2002 Talissa Scott, Lake Illawarr			
Name	Age	Centre	Final
1 Kailee Haines		Lake Illawarra	15.03m
2 Hayley Baker		St Georges Basin	11.13m
3 Makiya Shaw		Albion Park	11.09m
4 Chelsey Reith-Smith		St Georges Basin	10.52m

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Girls U 10 - Discus (500 Gm)

Zone: Z 26.05m 29/01/2000 Emma Cooke, Shoalhaven			
Name	Age	Centre	Final
1 Molly Wellington		Shoalhaven	19.23m
2 Madison Callaway		Lake Illawarra	15.13m
3 Caitlyn Bloomfield		Albion Park	15.06m
4 Arian Lopreiato		Albion Park	13.69m
5 Victoria Summerill		Lake Illawarra	13.52m
6 Jayde Herdegen		Albion Park	12.73m
7 Jayda Amidzovski		Albion Park	12.64m
8 Eva Lilly		St Georges Basin	11.76m
9 Charli Hurst		Lake Illawarra	11.68m
10 Amy Baker		St Georges Basin	10.68m
-- Ella Field		St Georges Basin	FOUL

Girls U 11 - Discus (750 Gm)

Zone: Z 28.71m 13/12/2009 Samantha Peace, Shoalhaven			
Name	Age	Centre	Final
1 Charlotte Preston		Albion Park	14.27m
2 Holly Blair		Lake Illawarra	13.72m
3 Tegan McKay		St Georges Basin	7.75m

Girls U 12 - Discus (750 Gm)

Zone: Z 33.96m 29/01/2011 Samantha Peace, Shoalhaven			
Name	Age	Centre	Final
1 Olivia Fletcher		Shoalhaven	17.45m
2 Maggie Page		Kiama	17.06m
3 Emma Vasconcelos		Lake Illawarra	14.63m
4 Gabrielle Marriott		Lake Illawarra	12.44m
5 Hannah Koglin		Shoalhaven	11.73m

Girls U 13 - Discus (750 Gm)

Zone: Z 39.06m 26/01/2008 Rachelle Grozde, Albion Park			
Name	Age	Centre	Final
1 Annette Peace		Shoalhaven	34.12m
2 Ebony Johnson		Shoalhaven	25.54m
3 Hayley Waine		Lake Illawarra	18.08m
4 Emma McDonald		St Georges Basin	17.19m
5 Emma Hutchison		Lake Illawarra	14.52m

Girls U 14 - Discus (1.0 Kg)

Zone: Z 42.03m 9/12/2012 Samantha Peace, Shoalhaven			
Name	Age	Centre	Final
1 Shaye-Lee Frier		Lake Illawarra	26.12m
2 Katelyn Harmer		St Georges Basin	21.87m
3 Lauren Field		St Georges Basin	20.97m
4 Emma Babic		Lake Illawarra	16.97m

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Girls U 15 - Discus (1.0 Kg)

Zone: Z 38.28m 12/12/2009 Rachelle Grozde, Albion Park			
Name	Age	Centre	Final
1 Samantha Peace		Shoalhaven	39.07mZ
2 Emily Power		St Georges Basin	23.90m
3 Belinda Carrasco		Lake Illawarra	22.24m
4 Sonja Rodda		Shoalhaven	19.56m
5 Celeste Sulerzyski		Albion Park	18.97m
6 Naomi Robinson		Kiama	7.22m

Girls U 17 - Discus (1.0 Kg)

Zone: Z 39.28m 10/12/2011 Rachelle Grozde, Albion Park			
Name	Age	Centre	Final
1 Alysia Gardner		Albion Park	30.93m
2 Olivia-Rose McEwan		Lake Illawarra	29.44m
3 Codee Holman		St Georges Basin	20.68m
4 Candice Phillips/Hands		Shoalhaven	11.02m

Girls U 12 - Javelin (400 Gm)

Zone: Z 27.93m 10/12/2011 Shaye-Lee Frier, Lake Illawa			
Name	Age	Centre	Final
1 Maggie Page		Kiama	16.47m
2 Olivia Fletcher		Shoalhaven	15.69m
3 Annie Schweitzer		Kiama	8.12m

Girls U 13 - Javelin (400 Gm)

Zone: Z 31.62m 9/12/2012 Shaye-Lee Frier, Lake Illawa			
Name	Age	Centre	Final
1 Ebony Johnson		Shoalhaven	24.39m
2 Jade Mustapic		Shoalhaven	19.20m
3 Annette Peace		Shoalhaven	15.10m
4 Melissa Holt		Milton-Ulladulla	14.10m
5 Emma McDonald		St Georges Basin	13.80m
6 Hayley Waine		Lake Illawarra	11.56m
7 Victoria Kennedy		Shoalhaven	6.79m

Girls U 14 - Javelin (400 Gm)

Zone: Z 36.38m 10/12/2011 Susie Seitaridis, Lake Illaw			
Name	Age	Centre	Final
1 Shaye-Lee Frier		Lake Illawarra	32.24m
2 Lauren Field		St Georges Basin	22.13m
3 Emma Babic		Lake Illawarra	21.17m
4 Katelyn Harmer		St Georges Basin	19.23m
5 Kimberly Atkins		Shoalhaven	16.79m

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Girls U 15 - Javelin (500 Gm)

Zone: Z 33.03m 9/12/2012 Susie Seitaridis, Lake Illaw			
Name	Age	Centre	Final
1 Belinda Carrasco		Lake Illawarra	25.47m
2 Samantha Peace		Shoalhaven	24.05m
3 Emily Power		St Georges Basin	23.34m
4 Clare Dobson		Shoalhaven	18.68m
5 Sonja Rodda		Shoalhaven	6.46m

Girls U 17 - Javelin (500 Gm)

Zone: Z 34.11m 10/12/2011 Rachelle Grozde, Albion Park			
Name	Age	Centre	Final
1 Olivia-Rose McEwan		Lake Illawarra	26.98m
2 Alysia Gardner		Albion Park	19.12m
3 Codee Holman		St Georges Basin	16.00m
4 Kaitlyn Bennett		Shoalhaven	14.77m
5 Ebonie Lynch		Shoalhaven	12.60m
6 Candice Phillips/Hands		Shoalhaven	7.35m

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 Chelsey Reith-Smith		St Georges Basin	6:21.4
2 Hayley Baker		St Georges Basin	6:24.7

Girls U 10 - 1100 Metre Walk

Zone: Z 6:49.80 28/01/2001 Laura Mogensen, Albion Park			
Name	Age	Centre	Final
1 Madison Callaway		Lake Illawarra	6:43.2Z
2 Molly Wellington		Shoalhaven	8:59.1

Girls U 11 - 1100 Metre Walk

Zone: Z 6:12.40 25/01/1998 Chantelle Corish, St George			
Name	Age	Centre	Final
1 Ruby Keen		Lake Illawarra	7:25.3
2 Tegan McKay		St Georges Basin	7:35.8
3 Grace Adams		Albion Park	7:43.2
4 Lily Wheeler		St Georges Basin	7:53.7

Girls U 12 - 1500 Metre Walk

Zone: Z 8:09.10 26/01/1986 Leanne Wilford, Kiama			
Name	Age	Centre	Final
1 Tara McInally		St Georges Basin	9:03.0
2 Maggie Page		Kiama	9:23.3
3 Gabrielle Marriott		Lake Illawarra	10:21.6
-- Kaylah Reith-Smith		St Georges Basin	DQ

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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 Melissa Holt		Milton-Ulladulla	9:37.5
2 Emma Hutchison		Lake Illawarra	10:18.4
3 Hayley Waine		Lake Illawarra	12:27.0

Girls U 14 - 1500 Metre Walk

Zone: Z 7:37.50 29/01/2006 Tanya Poppett, Kiama			
Name	Age	Centre	Final
1 Teah McInally		St Georges Basin	9:21.4
2 Terri Milani		St Georges Basin	9:48.9
3 Emma Babic		Lake Illawarra	10:54.0
-- Kimberly Atkins		Shoalhaven	DQ

Girls U 15 - 1500 Metre Walk

Zone: Z 7:25.70 28/01/2007 Tanya Poppett, Kiama			
Name	Age	Centre	Final
1 April Rodda		Shoalhaven	10:38.5
2 Belinda Carrasco		Lake Illawarra	11:01.4
3 Millie Mansfield		Kiama	11:01.5
4 Sonja Rodda		Shoalhaven	13:53.9

Girls U 17 - 1500 Metre Walk

Zone: Z 8:21.70 11/12/2011 Emily Warden, Shoalhaven			
Name	Age	Centre	Final
1 Kaitlyn Hush		Shoalhaven	10:55.5

Boys U 7 - 50 Metre Sprint

Zone: Z 8.80 29/01/2005 Hayden Moon, Kiama			
Name	Age	Centre	Final
1 Riley Moran		Lake Illawarra	9.0
2 Lexin O'Dea		Albion Park	9.7
2 Rhys O'Dea		Albion Park	9.7
4 Harrison Fairs		Milton-Ulladulla	9.9
4 Koby Thompson		St Georges Basin	9.9
6 Brooklyn Mandavy		St Georges Basin	10.3
7 Beau Randle		Kiama	11.0

Boys U 7 - 70 Metre Sprint

Zone: Z 11.10 30/01/1983 L O'Connor, Wollondilly			
Name	Age	Centre	Final
1 Riley Moran		Lake Illawarra	12.1
2 Jack Baker		St Georges Basin	12.3
3 Bailey Gossage		Shoalhaven	12.6
4 Lexin O'Dea		Albion Park	12.8
5 Rhys O'Dea		Albion Park	13.1
6 Koby Thompson		St Georges Basin	13.3

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Boys U 8 - 70 Metre Sprint

Zone: Z 10.10 30/01/1983 P Giobbi, Wollongong City			
Name	Age	Centre	Final
1	Kalvin Bown	St Georges Basin	11.1
2	Thomas Kirk	Lake Illawarra	11.5
3	Zac Herdegen	Albion Park	11.8
4	Lee Anderson	Kiama	12.1
5	Liam Lambert	Albion Park	12.4
6	Zac Maher	Shoalhaven	12.6
7	Curtis Whalan	Lake Illawarra	12.9

Boys U 9 - 70 Metre Sprint

Zone: Z 10.40 14/12/2008 Aron Cox, Kiama			
Zone: Z 10.40 13/12/2009 Connor Ruse-Kent, Albion Park			
Name	Age	Centre	Final
1	Matthew Murphy	Albion Park	10.8
2	Tsar Mandavy	St Georges Basin	11.0
3	Darnell Wright	Albion Park	11.5
4	Ollie McCarthy	Kiama	11.5
5	Rylan North	Milton-Ulladulla	12.5
6	Jordan High	Albion Park	12.5

Boys U 10 - 70 Metre Sprint

Zone: Z 9.40 13/12/2009 Tristan Brazulaitis, Albion P			
Name	Age	Centre	Final
1	Jack Murphy	Albion Park	10.7
2	Joel Whalan	Lake Illawarra	10.9
3	Harrison High	Albion Park	11.2
4	Archie Henry	Milton-Ulladulla	11.2
4	Hunter Lynch	Shoalhaven	11.2
6	Ryan Dragarski	Lake Illawarra	11.3
7	Beauden Anderson	Kiama	11.4
8	Jonah Nieborak	Kiama	11.5

Boys U 7 - 100 Metre Sprint

Zone: Z 16.10 29/01/1983 R Hazel, Kiama			
Name	Age	Centre	Final
1	Riley Moran	Lake Illawarra	18.0
2	Lexin O'Dea	Albion Park	18.8
2	Rhys O'Dea	Albion Park	18.8
4	Harrison Fairs	Milton-Ulladulla	18.9
5	Brooklyn Mandavy	St Georges Basin	20.2
6	Beau Randle	Kiama	20.8
7	Koby Thompson	St Georges Basin	21.3

Boys U 8 - 100 Metre Sprint

Zone: Z 15.10 30/01/1982 Matthew Dalby, Lake Illawarra			
Name	Age	Centre	Final
1	Kalvin Bown	St Georges Basin	15.7
2	Thomas Kirk	Lake Illawarra	16.4

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....Boys U 8 - 100 Metre Sprint

3 Finn Egan	Kiama	16.4
4 Lee Anderson	Kiama	17.5
5 Zac Maher	Shoalhaven	17.6
6 Jacob Fakhoury	Shoalhaven	17.8
7 Liam Lambert	Albion Park	18.1
8 Curtis Whalan	Lake Illawarra	18.2

Boys U 9 - 100 Metre Sprint

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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 Heats
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Heat 1 Heats

1 Matthew Murphy	Albion Park	15.8Q
2 Joshua Corby	Lake Illawarra	16.5Q
3 Tyrell Taione	Kiama	16.9Q
4 Ollie McCarthy	Kiama	17.0q
5 Ashton O'Dea	Albion Park	17.4
6 Hayden Batson	Shoalhaven	18.0

Heat 2 Heats

1 Taj Ford	Kiama	15.8Q
2 Jordan High	Albion Park	17.1Q
3 Bailee Keft	Albion Park	17.1Q
4 Sonny Randle	Kiama	17.3q
5 Ryan Smith	Milton-Ulladulla	18.9

Boys U 9 - 100 Metre Sprint

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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
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Section 1 Final

1 Taj Ford	Kiama	15.7
2 Matthew Murphy	Albion Park	15.9
3 Joshua Corby	Lake Illawarra	16.6
4 Ollie McCarthy	Kiama	16.9
5 Sonny Randle	Kiama	16.9
6 Tyrell Taione	Kiama	17.2
7 Bailee Keft	Albion Park	17.4
8 Jordan High	Albion Park	17.5

Boys U 10 - 100 Metre Sprint

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Zone: Z 13.10 26/01/1980 David Carter, Lake Illawarra
Name Age Centre Final
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Section 1

1 Jack Murphy	Albion Park	15.3
2 Joel Whalan	Lake Illawarra	15.6
3 Ben Shepherd	Milton-Ulladulla	15.7
4 Beauden Anderson	Kiama	16.0
5 Ryan Dragarski	Lake Illawarra	16.3
6 Darcy Wooden	Milton-Ulladulla	16.7
7 Levi Warrington	Lake Illawarra	16.8

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Boys U 11 - 100 Metre Sprint

Zone: Z 13.00 29/01/2000 Kane Linnett, Lake Illawarra			
Name	Age	Centre	Final
1 Alden Johnston		Shoalhaven	15.1
2 Jack Bostock		Albion Park	16.5
3 Mason Beresford		Shoalhaven	16.7
4 Lachlan Smith		Milton-Ulladulla	17.0
5 Jayden Baker		St Georges Basin	17.2
6 Jai Blinksell		Lake Illawarra	17.5
7 Levi Randle		Kiama	17.8
8 Oliver Lambert		Albion Park	18.4

Boys U 12 - 100 Metre Sprint

Zone: Z 12.70 28/01/2006 Caine Trindall, St Georges Ba			
Name	Age	Centre	Final
1 Joel Horgan		Shoalhaven	13.9
2 Cooper Jones		Albion Park	15.1
3 Tyler Rogers		Albion Park	15.2
4 Noah Nieborak		Kiama	17.8
5 Will Maher		Shoalhaven	21.2

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 Jye Shumack		Albion Park	13.3
2 Ben Fowler		Albion Park	13.3
3 Billy Hayburn		Shoalhaven	13.5
4 Jarod Falconer		Albion Park	13.6
5 Josh Lambert		Albion Park	13.8

Boys U 14 - 100 Metre Sprint

Zone: Z 11.80 29/01/2011 Jye Brooker, Albion Park			
Name	Age	Centre	Final
1 Dylan Thompson		St Georges Basin	12.5
2 Ryan Waine		Lake Illawarra	12.8
3 Jarryd Hodgekiss		Albion Park	13.3
4 Jarod Handcock		Albion Park	13.7

Boys U 15 - 100 Metre Sprint

Zone: Z 11.50 12/12/2009 Brodie Leeson, Albion Park			
Name	Age	Centre	Final
1 Zachary Havadjia		Shoalhaven	11.9
2 Emerson Brian		Shoalhaven	12.2
3 Jake Rallings		Albion Park	12.4
4 Cameron Musgrove		Shoalhaven	12.7
5 Nicholas High		Albion Park	12.9
6 William Cinello		Shoalhaven	13.1
7 Jake Cleal-Cook		Kiama	13.4

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Boys U 17 - 100 Metre Sprint

Zone: Z 11.10 12/12/2009 Joshua Prem, Albion Park

Zone: Z 11.10 29/01/2011 Brodie Leeson, Albion Park

Name	Age Centre	Final
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1 Weah Doe	Shoalhaven	11.4
2 William Worthy	Albion Park	11.6
3 Jack Fowler	Albion Park	12.4
4 Brock Nichols	St Georges Basin	12.8
5 Jordan de Vries	St Georges Basin	12.8

Boys U 7 - 200 Metre Sprint

Zone: Z 34.10 29/01/1984 D Soussa, Wollongong City

Name	Age Centre	Final
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1 Jack Baker	St Georges Basin	36.5
2 Riley Moran	Lake Illawarra	37.6
3 Lexin O'Dea	Albion Park	41.8
4 Sonny Herdegen	Albion Park	42.1

Boys U 8 - 200 Metre Sprint

Zone: Z 32.10 31/01/1982 Matthew Dalby, Lake Illawarra

Name	Age Centre	Final
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1 Kalani Vella	Albion Park	33.5
2 Kalvin Bown	St Georges Basin	34.1
3 Finn Egan	Kiama	35.4
4 Joshua Daniel	Albion Park	37.1
5 Lee Anderson	Kiama	37.6
6 Liam Lambert	Albion Park	39.1

Boys U 9 - 200 Metre Sprint

Zone: Z 30.10 26/01/1986 Steven Russo, Lake Illawarra

Name	Age Centre	Final
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1 Matthew Murphy	Albion Park	34.0
2 Ashton O'Dea	Albion Park	35.5
3 Jasper Arnold	Kiama	37.5
4 Hayden Batson	Shoalhaven	39.3
5 Rylan North	Milton-Ulladulla	43.5

Boys U 10 - 200 Metre Sprint

Zone: Z 28.20 28/01/2007 Luke Watts, Albion Park

Name	Age Centre	Final
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1 Dylan Egan	Kiama	31.5
2 Jack Murphy	Albion Park	33.6
3 Beauden Anderson	Kiama	34.4
4 Owen Wall	Kiama	35.5

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Boys U 11 - 200 Metre Sprint

Zone: Z 28.00 30/01/2000 Kane Linnett, Lake Illawarra			
Name	Age	Centre	Final
1 Jayden Wright		Albion Park	29.2
2 Jack Bostock		Albion Park	30.9
3 Trey Barlow		Albion Park	30.9
4 Alden Johnston		Shoalhaven	31.2
5 Mason Beresford		Shoalhaven	33.3
6 Lachlan Smith		Milton-Ulladulla	34.3

Boys U 12 - 200 Metre Sprint

Zone: Z 26.60 29/01/2006 Caine Trindall, St Georges Ba			
Name	Age	Centre	Final
1 Joel Horgan		Shoalhaven	28.6
2 Cooper Jones		Albion Park	31.8
3 Zack Hind-Langwade		St Georges Basin	33.9
4 Will Maher		Shoalhaven	46.8

Boys U 13 - 200 Metre Sprint

Zone: Z 25.40 28/01/2007 Caine Trindall, St Georges ba			
Name	Age	Centre	Final
1 Jye Shumack		Albion Park	27.8
2 Jarod Falconer		Albion Park	28.1
3 Ben Fowler		Albion Park	28.3
4 Billy Hayburn		Shoalhaven	29.2
5 Josh Lambert		Albion Park	31.0

Boys U 14 - 200 Metre Sprint

Zone: Z 24.20 30/01/2000 Johnny Finkernagel, St George			
Name	Age	Centre	Final
1 Dylan Thompson		St Georges Basin	26.5
2 Ryan Waine		Lake Illawarra	27.5
3 Luke Hunter		Albion Park	27.8
4 Byron Finley-Peck		Kiama	34.3

Boys U 15 - 200 Metre Sprint

Zone: Z 23.30 13/12/2009 Brodie Leeson, Albion Park			
Name	Age	Centre	Final
1 Zachary Havadjia		Shoalhaven	24.3
2 Emerson Brian		Shoalhaven	25.1
3 Cameron Musgrove		Shoalhaven	25.6

Boys U 17 - 200 Metre Sprint

Zone: Z 22.60 11/12/2011 Brodie Leeson, Albion Park			
Name	Age	Centre	Final
1 Cody White		Albion Park	25.4
2 Brock Nichols		St Georges Basin	25.8
3 Matthew McDonald		St Georges Basin	30.8

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Boys U 8 - 400 Metre Sprint

Zone: Z 1:16.10 13/12/2008 Mitchell Potts, Albion Park			
Name	Age	Centre	Final
1 Joshua Daniel		Albion Park	1:22.0
2 Zac Maher		Shoalhaven	1:23.4

Boys U 9 - 400 Metre Sprint

Zone: Z 1:12.00 24/01/1984 Brett Stumbles, Dapto			
Name	Age	Centre	Final
1 Taj Ford		Kiama	1:16.2
2 Alec Dobson		Shoalhaven	1:17.5
3 Jasper Arnold		Kiama	1:19.7
4 Sonny Randle		Kiama	1:20.8
5 Ryan Smith		Milton-Ulladulla	1:24.7
6 Hayden Batson		Shoalhaven	1:28.3

Boys U 10 - 400 Metre Sprint

Zone: Z 1:06.10 24/01/1987 Steven Pusso, Lake Illawarr			
Name	Age	Centre	Final
1 Dylan Egan		Kiama	1:15.2
2 Archie Henry		Milton-Ulladulla	1:20.8
3 Tallen Scott		Shoalhaven	1:22.8
4 Bailey Sacco		Albion Park	1:30.2

Boys U 11 - 400 Metre Sprint

Zone: Z 1:04.10 24/01/1981 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
1 Levi Randle		Kiama	1:15.5
2 Lachlan Smith		Milton-Ulladulla	1:17.1
3 Jack Batson		Shoalhaven	1:17.2
4 Mason Beresford		Shoalhaven	1:17.7

Boys U 12 - 400 Metre Sprint

Zone: Z 1:03.10 30/01/1982 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
1 Joel Horgan		Shoalhaven	1:07.5
2 Alexander Bonetig		Albion Park	1:15.3
3 Zack Hind-Langwade		St Georges Basin	1:27.0

Boys U 13 - 400 Metre Sprint

Zone: Z 59.80 10/12/2011 Zachary Havadjia, Shoalhaven			
Name	Age	Centre	Final
1 Billy Hayburn		Shoalhaven	1:06.2
2 Jarod Falconer		Albion Park	1:06.7
3 Hugh Dobson		Shoalhaven	1:08.4
4 Tarje Whitford		Milton-Ulladulla	1:10.2

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Boys U 14 - 400 Metre Sprint

Zone: Z 55.50 8/12/2012 Zachary Havadjia, Shoalhaven			
Name	Age	Centre	Final
1 Luke Hunter		Albion Park	1:01.6
2 Dylan Thompson		St Georges Basin	1:02.3
3 Mathew Sharp		Albion Park	1:11.2

Boys U 15 - 400 Metre Sprint

Zone: Z 55.40 26/01/2008 Gareth Ryan, Albion Park			
Name	Age	Centre	Final
1 Zachary Havadjia		Shoalhaven	55.1Z
2 Cameron Musgrove		Shoalhaven	57.2
3 Emerson Brian		Shoalhaven	1:00.1

Boys U 9 - 800 Metre Run

Zone: Z 2:42.10 25/01/1998 Guy Cuttil, Lake Illawarra			
Name	Age	Centre	Final
1 Taj Ford		Kiama	2:42.4
2 Jasper Arnold		Kiama	2:55.0
3 Liam Bonetig		Albion Park	2:58.9
4 Alec Dobson		Shoalhaven	3:02.0
5 Ryan Smith		Milton-Ulladulla	3:22.3
6 Hayden Batson		Shoalhaven	3:31.2
7 Thomas Wheeler		St Georges Basin	3:33.5
8 Rylan North		Milton-Ulladulla	3:48.5

Boys U 10 - 800 Metre Run

Zone: Z 2:32.10 27/01/1980 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
1 Archie Henry		Milton-Ulladulla	2:46.1
2 James Quinn		Albion Park	2:47.6
3 Nicholas Quinn		Albion Park	2:53.7
4 Hunter Lynch		Shoalhaven	2:53.9
5 Sam Maher		Shoalhaven	2:55.6
6 Taj Simon		Lake Illawarra	3:04.5
7 Bailey Sacco		Albion Park	3:06.7

Boys U 11 - 800 Metre Run

Zone: Z 2:29.00 25/01/1981 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
1 Jack Batson		Shoalhaven	2:49.5
2 Jack Friend		Albion Park	2:53.5
3 Levi Randle		Kiama	2:55.1
4 Max Buckham		Shoalhaven	3:04.2
5 Zachary Heywood		Lake Illawarra	3:12.8
-- Lachlan Smith		Milton-Ulladulla	DNF

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Boys U 12 - 800 Metre Run

Zone: Z 2:23.00 31/01/1982 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
1 Cooper Jones		Albion Park	2:49.3
2 Zack Hind-Langwade		St Georges Basin	2:55.5
3 Joe Shepherd		Milton-Ulladulla	2:56.7
4 Daniel Rogan		Milton-Ulladulla	2:58.9

Boys U 13 - 800 Metre Run

Zone: Z 2:16.50 9/12/2012 Troy Whittington, Albion Pa			
Name	Age	Centre	Final
1 Hugh Dobson		Shoalhaven	2:31.5
2 Jesse Buckham		Shoalhaven	2:35.9
3 Alex Frost		St Georges Basin	2:47.7
4 Haydn Galea		Milton-Ulladulla	2:56.5

Boys U 14 - 800 Metre Run

Zone: Z 2:16.80 9/12/2012 Kade Szakacs, Albion Park			
Name	Age	Centre	Final
1 Luke Hunter		Albion Park	2:27.5
2 Finlay McPhillips		Albion Park	2:34.5

Boys U 15 - 800 Metre Run

Zone: Z 2:10.10 27/01/1991 Chris Russell, Lake Illawarra			
Name	Age	Centre	Final
1 Kade Szakacs		Albion Park	2:10.1Z
2 Dylan Holland		Lake Illawarra	2:26.0
3 Cameron Musgrove		Shoalhaven	2:27.4

Boys U 17 - 800 Metre Run

Zone: Z 2:07.80 14/12/2008 Jason Invernon, Lake Illawa			
Name	Age	Centre	Final
1 Jye Edwards		Albion Park	2:06.8Z
2 Jack Fowler		Albion Park	2:19.4
3 Bradley Holland		Lake Illawarra	2:27.5

Boys U 10 - 1500 Metre Run

Zone: Z 5:05.10 26/01/1991 David Buchanan, Albion Park			
Name	Age	Centre	Final
1 Archie Henry		Milton-Ulladulla	5:33.2
2 James Quinn		Albion Park	5:36.2
3 Nicholas Quinn		Albion Park	5:46.1
4 Sam Maher		Shoalhaven	5:47.4
5 Hunter Lynch		Shoalhaven	5:55.4
6 Tallen Scott		Shoalhaven	5:59.1
7 Hudson Boatswain		Kiama	6:04.6
8 Darcy Wooden		Milton-Ulladulla	6:13.4
9 Bailey Sacco		Albion Park	6:18.7

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Boys U 11 - 1500 Metre Run

Zone: Z 4:56.10 24/01/1981 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
1 Vincent Scotti		Lake Illawarra	5:24.4
2 Jack Batson		Shoalhaven	5:38.1
3 Levi Randle		Kiama	5:41.9
4 Jack Friend		Albion Park	5:43.8
5 Zachary Heywood		Lake Illawarra	6:19.5
6 Max Buckham		Shoalhaven	6:37.9

Boys U 12 - 1500 Metre Run

Zone: Z 4:46.10 30/01/1982 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
1 Joe Shepherd		Milton-Ulladulla	5:49.8
2 Daniel Rogan		Milton-Ulladulla	5:52.3
3 Zack Hind-Langwade		St Georges Basin	5:57.2
4 Ernie McCarthy		Kiama	6:18.6

Boys U 13 - 1500 Metre Run

Zone: Z 4:39.10 29/01/1983 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
1 Hugh Dobson		Shoalhaven	5:04.6
2 Jesse Buckham		Shoalhaven	5:11.0
3 Jordan Heywood		Lake Illawarra	5:38.2

Boys U 14 - 1500 Metre Run

Zone: Z 4:46.80 28/01/2006 Jason Invernon, Lake Illawa			
Name	Age	Centre	Final
1 Finlay McPhillips		Albion Park	5:09.1
2 Byron Finley-Peck		Kiama	5:50.2
3 Travis Murray		Shoalhaven	5:52.2

Boys U 15 - 1500 Metre Run

Zone: Z 4:36.60 29/01/2000 Jared Poppett, Kiama			
Name	Age	Centre	Final
1 Kade Szakacs		Albion Park	4:50.3
2 Dylan Holland		Lake Illawarra	4:51.9
3 Cameron Musgrove		Shoalhaven	6:36.1

Boys U 17 - 1500 Metre Run

Zone: Z 4:43.60 13/12/2008 Jason Invernon, Lake Illawa			
Name	Age	Centre	Final
1 Jye Edwards		Albion Park	4:26.5Z
2 Bradley Holland		Lake Illawarra	6:25.0

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Boys U 13 - 3000 Metre Run

Zone: Z 10:28.20 8/12/2012 Troy Whittington, Albion P			
Name	Age	Centre	Final
1 Hugh Dobson		Shoalhaven	11:15.2
2 Jesse Buckham		Shoalhaven	11:50.8

Boys U 14 - 3000 Metre Run

Zone: Z 10:00.80 31/01/2004 Ryan Gregson, Albion Park			
Name	Age	Centre	Final
1 Finlay McPhillips		Albion Park	10:41.6
2 Travis Murray		Shoalhaven	12:42.7

Boys U 15 - 3000 Metre Run

Zone: Z 9:57.00 29/01/2005 Ryan Gregson, Albion Park			
Name	Age	Centre	Final
1 Kade Szakacs		Albion Park	10:35.1
2 Dylan Holland		Lake Illawarra	10:43.3

Boys U 17 - 3000 Metre Run

Zone: Z 11:01.40 8/12/2012 Bradley Holland, Lake Illa			
Name	Age	Centre	Final
1 Jye Edwards		Albion Park	9:47.2Z
2 Bradley Holland		Lake Illawarra	14:03.3

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
1 Kalani Vella		Albion Park	11.3
2 Ryan Keen		Lake Illawarra	12.9
3 Jesse Shaw		Lake Illawarra	13.3
4 Beau Bradstock		Shoalhaven	13.9
5 Alex Mawbey		Kiama	15.6

Boys U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.00 24/01/1998 Kane Linnett, Lake Illawarra			
Name	Age	Centre	Heats
Heat 1 Heats			
1 Darnell Wright		Albion Park	11.4Q
2 Ollie McCarthy		Kiama	11.9Q
3 Ashton O'Dea		Albion Park	12.4Q
4 Thomas Wheeler		St Georges Basin	13.0
5 Christian Page		Kiama	13.1
Heat 2 Heats			
1 Tsar Mandavy		St Georges Basin	11.1Q
2 Liam Bonetig		Albion Park	11.2Q
3 Alec Dobson		Shoalhaven	11.9Q
4 Sonny Randle		Kiama	12.1q

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....Boys U 9 - 60 Metre Hurdles (45cm)

5 Bailee Keft	Albion Park	12.5q
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Boys U 9 - 60 Metre Hurdles (45cm)

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

Section 1 Final

1 Tsar Mandavy	St Georges Basin	11.0
2 Liam Bonetig	Albion Park	11.1
3 Ollie McCarthy	Kiama	11.1
4 Darnell Wright	Albion Park	11.2
5 Sonny Randle	Kiama	11.6
6 Alec Dobson	Shoalhaven	11.8
7 Ashton O'Dea	Albion Park	12.4

Boys U 10 - 60 Metre Hurdles (60cm)

=====
Zone: Z 10.40 12/12/2009 Tristan Brazilaitis, Albion P
Name Age Centre Heats
=====

Heat 1 Heats

1 Ryan Dragarski	Lake Illawarra	12.3Q
2 Jonah Nieborak	Kiama	12.6Q
3 Hunter Lynch	Shoalhaven	12.9Q
4 Taj Simon	Lake Illawarra	13.3q
5 Ben Johnson	Shoalhaven	13.4q

Heat 2 Heats

1 Owen Wall	Kiama	12.2Q
2 Tallen Scott	Shoalhaven	13.3Q
3 Sam Maher	Shoalhaven	13.4Q
4 Mathew Hutchison	Lake Illawarra	19.0

Boys U 10 - 60 Metre Hurdles (60cm)

=====
Zone: Z 10.40 12/12/2009 Tristan Brazilaitis, Albion P
Name Age Centre Final
=====

Section 1 Final

1 Ryan Dragarski	Lake Illawarra	11.7
2 Owen Wall	Kiama	12.0
3 Jonah Nieborak	Kiama	12.6
4 Tallen Scott	Shoalhaven	12.7
5 Hunter Lynch	Shoalhaven	12.8
6 Sam Maher	Shoalhaven	13.3
7 Ben Johnson	Shoalhaven	13.9

Boys U 11 - 60 Metre Hurdles (60cm)

=====
Zone: Z 9.60 28/01/2006 Joshua Bingham, Lake Illawarr
Name Age Centre Final
=====

Section 1

1 Jayden Wright	Albion Park	10.3
2 Jai Blinksell	Lake Illawarra	11.9
3 Jack Friend	Albion Park	11.9

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Boys U 12 - 60 Metre Hurdles (68cm)

Name	Age	Centre	Final
Zone: Z 9.80 28/01/2006 Caine Trindall, St Georges Ba			
1 Alexander Bonetig		Albion Park	10.8
2 Corey McConville		Shoalhaven	12.1
3 Thomas Power		St Georges Basin	12.4
4 Cooper Worland		Albion Park	13.0

Boys U 13 - 80 Metre Hurdles (76cm)

Name	Age	Centre	Final
Zone: Z 12.90 29/01/2006 Jack Doyle, Lake Illawarra			
Zone: Z 12.90 13/12/2009 Jye Brooker, Albion Park			
1 Ben Fowler		Albion Park	14.3
2 Matthew Erlik		Kiama	15.3
3 Tarje Whitford		Milton-Ulladulla	16.4
4 Haydn Galea		Milton-Ulladulla	18.0

Boys U 14 - 90 Metre Hurdles (76cm)

Name	Age	Centre	Final
Zone: Z 12.60 30/01/2011 Jye Brooker, Albion Park			
1 Jarryd Hodgekiss		Albion Park	14.2
2 Thomas Bell		Kiama	16.5

Boys U 15 - 100 Metre Hurdles (76cm)

Name	Age	Centre	Final
Zone: Z 14.00 25/01/1997 Henderson McCue, Albion Park			
1 Nicholas High		Albion Park	15.2
2 Ewan Bell		Kiama	15.5
3 Jake Cleal-Cook		Kiama	18.5
4 Nathan Troiani		Lake Illawarra	20.8

Boys U 17 - 110 Metre Hurdles (76cm)

Name	Age	Centre	Final
Zone: Z 14.50 30/01/2011 Dean Invernon, Lake Illawarra			
1 Jordan de Vries		St Georges Basin	18.4

Boys U 13 - 200 Metre Hurdles (68cm)

Name	Age	Centre	Final
Zone: Z 28.50 12/12/2009 Jye Brooker, Albion Park			
1 Ben Fowler		Albion Park	31.7
2 Tarje Whitford		Milton-Ulladulla	33.9
3 Hugh Dobson		Shoalhaven	34.1

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Boys U 14 - 200 Metre Hurdles (76cm)

Zone: Z 27.10 29/01/2011 Jye Brooker, Albion Park			
Name	Age	Centre	Final
1 Jarryd Hodgekiss		Albion Park	34.6

Boys U 15 - 200 Metre Hurdles (76cm)

Zone: Z 26.70 13/12/2008 Phillip Komninos, Lake Illawa			
Name	Age	Centre	Final
1 Nicholas High		Albion Park	28.2
2 Ewan Bell		Kiama	30.8
3 Jake Cleal-Cook		Kiama	31.9
4 James Clay		Lake Illawarra	32.6

Boys U 17 - 200 Metre Hurdles (76cm)

Zone: Z 25.90 12/12/2009 Phillip Komninos, Lake Illawa			
Name	Age	Centre	Final
1 Jack Fowler		Albion Park	30.9

Boys U 7 - 500 Metre Pack Start

Zone: Z 1:46.70 27/01/2008 Mitchell Potts, Albion Park			
Name	Age	Centre	Final
1 Matthew Page		Kiama	2:00.5
2 Harrison Fairs		Milton-Ulladulla	2:07.8
3 Sonny Herdegen		Albion Park	2:08.4
4 Beau Randle		Kiama	2:30.8

Boys U 8 - 700 Metre Pack Start

Zone: Z 2:23.80 14/12/2008 Mitchell Potts, Albion Park			
Name	Age	Centre	Final
1 Kalani Vella		Albion Park	2:28.0
2 Zac Herdegen		Albion Park	2:35.9
3 Zac Maher		Shoalhaven	2:40.1
4 Joshua Daniel		Albion Park	2:40.5
5 Finn Egan		Kiama	2:58.6
6 Alex Mawbey		Kiama	3:05.4
7 Jesse Shaw		Lake Illawarra	3:14.7

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

Zone: Z 57.20 14/12/2008 Albion Park, Albion Park			
Centre	Age	Centre	Final
1 Albion Park			1:00.2
1) Matthew Murphy 9		2) Jack Murphy 10	
3) Jayden Wright 11		4) Cooper Jones 12	
2 Shoalhaven			1:03.5
1) Callum Johnson 9		2) Hunter Lynch 10	
3) Alden Johnston 11		4) Joel Horgan 12	
3 Kiama			1:04.6
1) Taj Ford 9		2) Dylan Egan 10	

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

3) Beauden Anderson 10	4) Samuel Aubin 12	
4 Milton-Ulladulla		1:06.5
1) Ryan Smith 9	2) Ben Shepherd 10	
3) Lachlan Smith 11	4) Joe Shepherd 12	

Boys U 13-17 4x100 Metre Relay (Snr)

=====			
Zone: Z 48.50 14/12/2008 Albion Park, Albion Park			
Centre			Final
=====			
1 Kiama			57.0
1) Matthew Erlik 13	2) Thomas Bell 14		
3) Ewan Bell 15	4) Jake Cleal-Cook 15		
-- Albion Park			DQ
1) Ben Fowler 13	2) Jarryd Hodgekiss 14		
3) Nicholas High 15	4) William Worthy 17		

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 Liam Bonetig		Albion Park	1.15m
2 Tyrell Taione		Kiama	1.10m
3 Matthew Murphy		Albion Park	1.10m
4 Alec Dobson		Shoalhaven	1.05m
5 Tsar Mandavy		St Georges Basin	1.05m
6 Callum Johnson		Shoalhaven	1.00m
7 Ollie McCarthy		Kiama	0.95m
8 Jack Cordell		Kiama	0.95m

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

=====			
Zone: Z 1.42m 31/01/1982 Glen Morante, Lake Illawarra			
Name	Age	Centre	Final
=====			
1 Ben Shepherd		Milton-Ulladulla	1.25m
2 Beauden Anderson		Kiama	1.20m
3 Dylan Egan		Kiama	1.15m
4 Joshua Jackson		Lake Illawarra	1.15m
5 Taj Hart		Shoalhaven	1.10m
6 Taj Simon		Lake Illawarra	1.05m
7 Jonah Nieborak		Kiama	1.05m
8 Sam Maher		Shoalhaven	1.00m

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

=====			
Zone: Z 1.50m 24/01/1981 Mineo Bonetig, Lake Illawarra			
Name	Age	Centre	Final
=====			
1 Jayden Wright		Albion Park	1.20m
2 Matt Cordell		Kiama	1.15m
3 Trey Barlow		Albion Park	1.15m
4 Jack Friend		Albion Park	1.15m
-- Jack Batson		Shoalhaven	NH

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

Zone: Z 1.67m 31/01/1982 Mineo Bonetig, Lake Illawarra			
Name	Age	Centre	Final
1 Tyler Rogers		Albion Park	1.35m
2 Alexander Bonetig		Albion Park	1.33m
3 Aden Jones		Kiama	1.17m
-- Ernie McCarthy		Kiama	FAIL

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

Zone: Z 1.66m 11/12/2011 Jake Rallings, Albion Park			
Name	Age	Centre	Final
1 Jye Shumack		Albion Park	1.48m
2 Josh Lambert		Albion Park	1.46m
3 Hugh Dobson		Shoalhaven	1.36m
4 Jarod Falconer		Albion Park	1.34m
-- James Batson		Shoalhaven	NH
-- Patrick Rosa		Kiama	NH

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

Zone: Z 1.75m 30/01/2000 Steven Cluff, Shoalhaven			
Name	Age	Centre	Final
1 Luke Hunter		Albion Park	1.45m
2 Ryan Waine		Lake Illawarra	1.40m
3 Bailey Nichols		St Georges Basin	1.35m
4 Byron Finley-Peck		Kiama	1.30m

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

Zone: Z 1.75m 26/01/2002 R Hewitt, Albion Park			
Name	Age	Centre	Final
1 Jake Rallings		Albion Park	1.65m
2 Ewan Bell		Kiama	1.55m
3 Emerson Brian		Shoalhaven	1.45m
4 Jake Cleal-Cook		Kiama	1.30m

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

Zone: Z 1.65m 8/12/2012 Weah Doe, Shoalhaven			
Name	Age	Centre	Final
1 Brock Nichols		St Georges Basin	1.70mZ
2 Jack Fowler		Albion Park	1.70mZ
3 Jordan de Vries		St Georges Basin	1.68mZ

Boys U 7 - Long Jump

Zone: Z 3.31m 27/01/1985 G Neal, Lake Illawarra			
Name	Age	Centre	Final
1 Jack Baker		St Georges Basin	2.84m
2 Koby Thompson		St Georges Basin	2.73m
3 Matthew Page		Kiama	2.70m
4 Bailey Gossage		Shoalhaven	2.61m

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Boys U 8 - Long Jump

Zone: Z 4.19m 26/01/1985 Steven Russo, Lake Illawarra			
Name	Age	Centre	Final
1 Kalani Vella		Albion Park	3.28m
2 Kalvin Bown		St Georges Basin	3.17m
3 Joshua Daniel		Albion Park	3.07m
4 Jacob Fakhoury		Shoalhaven	2.90m
5 Liam Lambert		Albion Park	2.86m
6 Ryan Keen		Lake Illawarra	2.80m
7 Curtis Whalan		Lake Illawarra	2.67m
8 Alex Mawbey		Kiama	2.10m

Boys U 9 - Long Jump

Zone: Z 4.33m 14/12/2008 Aron Cox, Kiama			
Name	Age	Centre	Final
1 Taj Ford		Kiama	3.58m
2 Darnell Wright		Albion Park	3.50m
3 Callum Johnson		Shoalhaven	3.44m
4 Joshua Corby		Lake Illawarra	3.42m
5 Tyrell Taione		Kiama	3.40m
6 Rylan North		Milton-Ulladulla	2.98m
7 Jordan High		Albion Park	2.95m
8 Thomas Wheeler		St Georges Basin	2.92m

Boys U 10 - Long Jump

Zone: Z 4.75m 26/01/1980 David Carter, Lake Illawarra			
Name	Age	Centre	Final
1 Jack Murphy		Albion Park	4.09m
2 Ben Shepherd		Milton-Ulladulla	4.00m
3 Joel Whalan		Lake Illawarra	3.90m
4 Dylan Egan		Kiama	3.80m
5 Ryan Dragarski		Lake Illawarra	3.64m
6 Harrison High		Albion Park	3.63m
7 Tallen Scott		Shoalhaven	3.55m
8 Owen Wall		Kiama	3.43m
9 Darcy Wooden		Milton-Ulladulla	3.39m
10 Levi Warrington		Lake Illawarra	3.20m
11 Ben Johnson		Shoalhaven	3.01m

Boys U 11 - Long Jump

Zone: Z 4.89m 25/01/2003 Kevin Orgaz, St Georges Basin			
Name	Age	Centre	Final
1 Jayden Wright		Albion Park	4.39m
2 Jack Bostock		Albion Park	4.32m
3 Mason Beresford		Shoalhaven	4.00m
4 Alden Johnston		Shoalhaven	3.78m
5 Jayden Baker		St Georges Basin	3.42m
6 Wade Phillips/Hands		Shoalhaven	3.24m

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Boys U 12 - Long Jump

Zone: Z 5.31m 30/01/1982 David Carter, Lake Illawarra			
Name	Age	Centre	Final
1 Joel Horgan		Shoalhaven	4.31m
2 Alexander Bonetig		Albion Park	3.95m
3 Cooper Worland		Albion Park	3.91m
4 Cooper Jones		Albion Park	3.87m
5 Tyler Rogers		Albion Park	3.80m
6 Joe Shepherd		Milton-Ulladulla	3.76m
7 Ernie McCarthy		Kiama	3.55m

Boys U 13 - Long Jump

Zone: Z 5.41m 29/01/1989 Che Wicks, St Georges Basin			
Name	Age	Centre	Final
1 Jarod Falconer		Albion Park	5.00m
2 Jye Shumack		Albion Park	4.77m
3 Josh Lambert		Albion Park	4.69m
4 Ben Fowler		Albion Park	4.63m
5 Cameron Dalley		Albion Park	2.95m

Boys U 14 - Long Jump

Zone: Z 5.83m 30/01/2011 Jye Brooker, Albion Park			
Name	Age	Centre	Final
1 Dylan Thompson		St Georges Basin	4.99m
2 Luke Hunter		Albion Park	4.92m
3 Jarryd Hodgekiss		Albion Park	4.65m
4 Thomas Bell		Kiama	4.50m
5 Mathew Sharp		Albion Park	4.07m

Boys U 15 - Long Jump

Zone: Z 6.11m 27/01/2007 Kevin Orgaz, St Georges Basin			
Name	Age	Centre	Final
1 Jake Rallings		Albion Park	5.51m
2 Nicholas High		Albion Park	5.19m
3 Ewan Bell		Kiama	4.92m
4 James Clay		Lake Illawarra	4.61m
5 Jake Cleal-Cook		Kiama	4.55m
6 William Cinello		Shoalhaven	4.54m

Boys U 17 - Long Jump

Zone: Z 6.18m 8/12/2012 Billy Wallington, Shoalhaven			
Name	Age	Centre	Final
1 Weah Doe		Shoalhaven	6.01m
2 Jack Fowler		Albion Park	5.41m
3 Brock Nichols		St Georges Basin	5.27m
4 Jordan de Vries		St Georges Basin	5.12m

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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 Jack Bostock		Albion Park	8.68m
2 Alden Johnston		Shoalhaven	8.14m
3 Jai Blinksell		Lake Illawarra	6.83m

Boys U 12 - Triple Jump

Zone: Z 10.68m 30/01/2011 Jake Rallings, Albion Park			
Name	Age	Centre	Final
1 Corey McConville		Shoalhaven	7.67m
2 Thomas Power		St Georges Basin	7.34m
3 Noah Nieborak		Kiama	6.51m

Boys U 13 - Triple Jump

Zone: Z 11.07m 25/01/1997 C Costello, Albion Park			
Name	Age	Centre	Final
1 Jarod Falconer		Albion Park	10.28m
2 Jye Shumack		Albion Park	9.93m
3 Ben Fowler		Albion Park	9.77m
4 Josh Lambert		Albion Park	9.55m
5 Cooper Thomson		Shoalhaven	8.82m
6 Tarje Whitford		Milton-Ulladulla	8.57m
7 Haydn Galea		Milton-Ulladulla	7.98m

Boys U 14 - Triple Jump

Zone: Z 12.80m 28/01/2006 Kevin Orgaz, St Georges Basi			
Name	Age	Centre	Final
1 Jarryd Hodgekiss		Albion Park	10.06m
2 Thomas Bell		Kiama	9.94m

Boys U 15 - Triple Jump

Zone: Z 12.54m 28/01/2007 Kevin Orgaz, St Georges Basi			
Name	Age	Centre	Final
1 Nicholas High		Albion Park	10.50m
2 Ewan Bell		Kiama	10.44m
3 James Clay		Lake Illawarra	9.90m
4 Jake Cleal-Cook		Kiama	9.65m
5 Dylan Holland		Lake Illawarra	9.00m
6 Nathan Troiani		Lake Illawarra	8.74m

Boys U 17 - Triple Jump

Zone: Z 12.31m 13/12/2009 Dean Invernon, Lake Illawarr			
Name	Age	Centre	Final
1 Jack Fowler		Albion Park	11.36m
2 Brock Nichols		St Georges Basin	11.23m
3 Jordan de Vries		St Georges Basin	10.49m

ZONE TRACK & FIELD CHAMPIONSHIPS
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Boys U 7 - Shot Put (1.0 Kg)

Zone: Z 7.31m 28/01/1989 Bradley Jackson, Lake Illawar			
Name	Age	Centre	Final
1 Harrison Fairs		Milton-Ulladulla	4.73m
2 Brooklyn Mandavy		St Georges Basin	4.31m
3 Matthew Page		Kiama	4.20m
4 Rhys O'Dea		Albion Park	4.10m
5 Sonny Herdegen		Albion Park	3.75m

Boys U 8 - Shot Put (1.5 Kg)

Zone: Z 8.98m 27/01/2001 Joel Fitness, Albion Park			
Name	Age	Centre	Final
1 Ryan Keen		Lake Illawarra	6.58m
2 Zac Herdegen		Albion Park	6.16m
3 Thomas Kirk		Lake Illawarra	5.57m
4 Beau Bradstock		Shoalhaven	5.12m
5 Jesse Shaw		Lake Illawarra	4.60m
6 Curtis Whalan		Lake Illawarra	4.08m

Boys U 9 - Shot Put (2.0 Kg)

Zone: Z 8.79m 26/01/1991 Bradley Jackson, Lake Illawar			
Name	Age	Centre	Final
1 Tyrell Taione		Kiama	6.48m
2 Callum Johnson		Shoalhaven	6.34m
3 Joshua Corby		Lake Illawarra	5.80m
4 Jack Cordell		Kiama	5.66m
5 Christian Page		Kiama	5.49m
6 Bailee Keft		Albion Park	5.16m
7 Jordan High		Albion Park	4.76m
8 Ashton O'Dea		Albion Park	4.60m

Boys U 10 - Shot Put (2.0 Kg)

Zone: Z 10.44m 27/01/1991 Bradley Jackson, Lake Illawa			
Name	Age	Centre	Final
1 Joshua Jackson		Lake Illawarra	8.93m
2 Ben Shepherd		Milton-Ulladulla	8.34m
3 Harrison High		Albion Park	7.75m
4 Taj Hart		Shoalhaven	7.46m
5 Owen Wall		Kiama	6.48m
6 Ben Johnson		Shoalhaven	5.78m
7 Bailey Sacco		Albion Park	5.46m
8 Joel Whalan		Lake Illawarra	5.40m
9 Mathew Hutchison		Lake Illawarra	4.88m

Boys U 11 - Shot Put (2.0 Kg)

Zone: Z 12.08m 27/01/1996 Alex Cabanas, Lake Illawarra			
Name	Age	Centre	Final
1 Trey Barlow		Albion Park	9.05m
2 Zachary Heywood		Lake Illawarra	7.71m
3 Matt Cordell		Kiama	7.39m

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 14/12/2013 to 15/12/2013
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....Boys U 11 - Shot Put (2.0 Kg)

4 Oliver Lambert	Albion Park	5.65m
5 Jai Blinksell	Lake Illawarra	5.00m

Boys U 12 - Shot Put (3.0 Kg)

Zone: Z 11.53m 25/01/1997 Alex Cabanas, Lake Illawarra			
Name	Age	Centre	Final
1 Tyson Hart		Shoalhaven	6.80m
2 Daniel Rogan		Milton-Ulladulla	5.58m
3 Samuel Aubin		Kiama	4.62m
4 Noah Nieborak		Kiama	4.31m

Boys U 13 - Shot Put (3.0 Kg)

Zone: Z 14.29m 30/01/1983 Paul Kaiserfield, Lake Illaw			
Name	Age	Centre	Final
1 Jai Marland		Lake Illawarra	10.04m
2 Alex Frost		St Georges Basin	9.15m
3 Tarje Whitford		Milton-Ulladulla	7.25m
4 Haydn Galea		Milton-Ulladulla	6.57m
5 Patrick Rosa		Kiama	6.43m

Boys U 14 - Shot Put (3.0 Kg)

Zone: Z 12.78m 9/12/2012 Connar Grozde, Albion Park			
Name	Age	Centre	Final
1 Jett Preston		Albion Park	12.09m
2 Ryan Waine		Lake Illawarra	10.19m
3 Jarryd Hodgekiss		Albion Park	10.07m
4 Nathan Cowgill		Kiama	9.53m
5 William Gamble		Lake Illawarra	6.78m

Boys U 15 - Shot Put (4.0 Kg)

Zone: Z 13.75m 24/01/1998 Luke Singleton, Albion Park			
Name	Age	Centre	Final
1 Connar Grozde		Albion Park	11.90m
2 Emerson Brian		Shoalhaven	9.00m
3 Dylan Holland		Lake Illawarra	6.61m

Boys U 7 - Discus (350 Gm)

Zone: Z 22.41m 30/01/2000 Joel Fitness, Albion Park			
Name	Age	Centre	Final
1 Matthew Page		Kiama	14.41m
2 Jack Baker		St Georges Basin	14.20m
3 Sonny Herdegen		Albion Park	11.95m
4 Bailey Gossage		Shoalhaven	11.52m

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Boys U 8 - Discus (500 Gm)

Zone: Z 25.34m 30/01/2000 S Harris, Albion Park

Name	Age Centre	Final
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1 Zac Herdegen	Albion Park	17.83m
2 Ryan Keen	Lake Illawarra	16.40m
3 Jesse Shaw	Lake Illawarra	14.02m
4 Thomas Kirk	Lake Illawarra	12.30m
5 Alex Mawbey	Kiama	8.11m

Boys U 9 - Discus (500 Gm)

Zone: Z 27.48m 30/01/1994 Christopher McGrath, Lake Il

Name	Age Centre	Final
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1 Joshua Corby	Lake Illawarra	19.52m
2 Christian Page	Kiama	18.67m
3 Tsar Mandavy	St Georges Basin	17.00m
4 Callum Johnson	Shoalhaven	16.25m
5 Darnell Wright	Albion Park	15.24m

Boys U 10 - Discus (500 Gm)

Zone: Z 32.80m 26/01/2002 Chris Joines, St Georges Bas

Name	Age Centre	Final
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1 Taj Hart	Shoalhaven	24.33m
2 Joshua Jackson	Lake Illawarra	23.04m
3 Harrison High	Albion Park	21.97m
4 Ben Johnson	Shoalhaven	17.89m
5 Jonah Nieborak	Kiama	16.66m
6 Mathew Hutchison	Lake Illawarra	15.42m
7 Hudson Boatswain	Kiama	15.16m
8 Darcy Wooden	Milton-Ulladulla	13.38m

Boys U 11 - Discus (750 Gm)

Zone: Z 31.34m 29/01/1995 Chris Bell, St Georges Basin

Name	Age Centre	Final
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1 Trey Barlow	Albion Park	29.25m
2 Zachary Heywood	Lake Illawarra	17.48m
3 Wade Phillips/Hands	Shoalhaven	14.98m
4 Oliver Lambert	Albion Park	13.71m

Boys U 12 - Discus (750 Gm)

Zone: Z 38.42m 31/01/1982 Paul Kaiserfield, Lake Illaw

Name	Age Centre	Final
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1 Tyson Hart	Shoalhaven	24.86m
2 Thomas Power	St Georges Basin	21.46m
3 Samuel Aubin	Kiama	17.17m
4 Noah Nieborak	Kiama	11.29m

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Boys U 13 - Discus (1.0 Kg)

Zone: Z 38.86m 29/01/1983 Paul Kaiserfield, Lake Illaw			
Name	Age	Centre	Final
1 Jai Marland		Lake Illawarra	26.03m
2 Haydn Galea		Milton-Ulladulla	19.64m
3 Tarje Whitford		Milton-Ulladulla	17.67m
4 Josh Lambert		Albion Park	17.50m
5 Patrick Rosa		Kiama	16.87m

Boys U 14 - Discus (1.0 Kg)

Zone: Z 45.23m 8/12/2012 Connar Grozde, Albion Park			
Name	Age	Centre	Final
1 Jett Preston		Albion Park	36.41m
2 Ryan Waine		Lake Illawarra	34.63m
3 Bailey Nichols		St Georges Basin	20.40m
4 William Gamble		Lake Illawarra	17.23m

Boys U 15 - Discus (1.0 Kg)

Zone: Z 42.84m 9/12/2012 Brock Nichols, St Georges Ba			
Name	Age	Centre	Final
1 Connar Grozde		Albion Park	41.76m
2 Nathan Troiani		Lake Illawarra	18.47m

Boys U 17 - Discus (1.5 Kg)

Zone: Z 36.77m 9/12/2012 Joshua Fernandes, Lake Illaw			
Name	Age	Centre	Final
1 Brock Nichols		St Georges Basin	35.05m
2 Cody White		Albion Park	26.45m
3 Matthew McDonald		St Georges Basin	20.47m

Boys U 12 - Javelin (400 Gm)

Zone: Z 30.99m 30/01/2011 Luke Debrot, Albion Park			
Name	Age	Centre	Final
1 Thomas Power		St Georges Basin	23.60m
2 Daniel Rogan		Milton-Ulladulla	21.43m
3 Corey McConville		Shoalhaven	20.83m
4 Samuel Aubin		Kiama	19.95m

Boys U 13 - Javelin (600 Gm)

Zone: Z 40.44m 28/01/2006 Justin Webb, Shoalhaven			
Name	Age	Centre	Final
1 Patrick Rosa		Kiama	23.96m
2 Jai Marland		Lake Illawarra	22.66m
3 Haydn Galea		Milton-Ulladulla	17.67m
4 Cameron Dalley		Albion Park	7.95m

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Boys U 14 - Javelin (600 Gm)

Zone: Z 41.08m 29/01/2005 Michael Baillie, Shoalhaven			
Name	Age	Centre	Final
1 Ryan Waine		Lake Illawarra	28.98m
2 Luke Hunter		Albion Park	28.85m
3 Jett Preston		Albion Park	25.69m
4 William Gamble		Lake Illawarra	23.02m
5 Byron Finley-Peck		Kiama	20.65m
6 Thomas Bell		Kiama	17.75m

Boys U 15 - Javelin (700 Gm)

Zone: Z 36.89m 8/12/2012 Cody White, Albion Park			
Name	Age	Centre	Final
1 Connar Grozde		Albion Park	42.03mZ

Boys U 17 - Javelin (700 Gm)

Zone: Z 47.57m 13/12/2008 Chris Joines, St Georges Bas			
Name	Age	Centre	Final
1 Cody White		Albion Park	35.35m
2 Matthew McDonald		St Georges Basin	30.59m

Boys U 9 - 700 Metre Walk

Zone: Z 4:29.40 1/02/2004 Timothy Adams, Lake Illawar			
Name	Age	Centre	Final
Section 1			
1 Christian Page		Kiama	5:40.5
2 Jasper Arnold		Kiama	5:59.6

Boys U 10 - 1100 Metre Walk

Zone: Z 6:50.10 26/01/2003 Nathan Mackinnon, Lake Illa			
Name	Age	Centre	Final
1 Joshua Jackson		Lake Illawarra	6:44.4Z
2 Hudson Boatswain		Kiama	8:36.9
3 Mathew Hutchison		Lake Illawarra	9:33.5

Boys U 11 - 1100 Metre Walk

Zone: Z 6:03.50 1/02/2004 Nathan Mackinnon, Lake Illa			
Name	Age	Centre	Final
1 Oliver Lambert		Albion Park	9:15.5

Boys U 12 - 1500 Metre Walk

Zone: Z 8:29.10 30/01/1983 B Hall, Kiama			
Name	Age	Centre	Final
1 Corey McConville		Shoalhaven	10:07.2

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Boys U 13 - 1500 Metre Walk

Zone: Z 8:16.10 29/01/1984 B Hall, Kiama			
Name	Age	Centre	Final
-- Patrick Rosa		Kiama	DQ

Boys U 14 - 1500 Metre Walk

Zone: Z 7:34.40 29/01/2006 John Tilden, Lake Illawarra			
Name	Age	Centre	Final
1 William Gamble		Lake Illawarra	12:17.2
-- Dylan Thompson		St Georges Basin	DQ

Boys U 15 - 1500 Metre Walk

Zone: Z 7:22.30 28/01/2007 John Tilden, Lake Illawarra			
Name	Age	Centre	Final
1 James Clay		Lake Illawarra	7:57.7
2 Nathan Troiani		Lake Illawarra	9:47.1