

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 08/12/2012 to 09/12/2012
Sanctuary Point 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	73	Isabella Mackay	Kiama 9.49
2	223	Kelly Blair	Lake Illawarra 10.21
3	38	Keeley Rogan	Milton-Ulladulla 12.05
4	7	Alana McGarry	Lake Illawarra 12.14

Girls U 7 - 70 Metre Sprint

Zone: Z 11.10 31/01/1982 Belinda Ruiz, Lake Illawarra			
Name	Age	Centre	Final
1	73	Isabella Mackay	Kiama 12.14
2	8	Delta Amidzovski	Albion Park 12.58
3	926	Amelia Geraghty	Kiama 13.11
4	35	Tyla Hurst	Lake Illawarra 13.52
5	198	Riley Nash	Albion Park 13.87

Girls U 8 - 70 Metre Sprint

Zone: Z 11.10 31/01/1982 Rachel Dean, Lake Illawarra			
Name	Age	Centre	Final
1	188	Jazmin Silvestri	Albion Park 12.02
2	122	Ashlyn Adams	Albion Park 12.24
3	26	Chelsey Reith-Smit	St Georges Basin 13.04
4	987	Hayley Baker	St Georges Basin 13.84
5	786	Kasey Heferen	Lake Illawarra 15.10

Girls U 9 - 70 Metre Sprint

Zone: Z 10.90 29/01/2006 Keeleigh McCauley, Kiama			
Name	Age	Centre	Heats
Heat 1 Heats			
1	764	Victoria Summerill	Lake Illawarra 11.51Q
2	164	Jayde Herdegen	Albion Park 12.14Q
3	32	Jayda Amidzovski	Albion Park 12.45Q
4	36	Lily Rogan	Milton-Ulladulla 12.71q
5	208	Georgia McAlister	Kiama 12.87q
6	978	Zoe Baker	St Georges Basin 13.18
Heat 2 Heats			
1	33	Georgia Richards	Kiama 11.43Q
2	115	Ashleigh Goncalves	Lake Illawarra 11.82Q
3	114	Lillian Briggs	St Georges Basin 12.88Q
4	979	Amy Baker	St Georges Basin 13.16

Girls U 9 - 70 Metre Sprint

Zone: Z 10.90 29/01/2006 Keeleigh McCauley, Kiama			
Name	Age	Centre	Final
Section 1 Final			
1	115	Ashleigh Goncalves	Lake Illawarra 11.43
2	764	Victoria Summerill	Lake Illawarra 11.48
3	33	Georgia Richards	Kiama 11.52

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....Girls U 9 - 70 Metre Sprint

4	164	Jayde Herdegen	Albion Park	11.89
5	36	Lily Rogan	Milton-Ulladulla	12.55
6	32	Jayda Amidzovski	Albion Park	12.62
7	114	Lillian Briggs	St Georges Basin	12.65
8	208	Georgia McAlister	Kiama	13.08

Girls U 10 - 70 Metre Sprint

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

Section 1

1	48	Emily Quinn	Albion Park	10.72
2	123	Grace Adams	Albion Park	10.88
3	174	Mackenzie Ford	Kiama	11.30
4	104	Paris Rodriguez	St Georges Basin	11.85
5	1	Ella Cleal-Cook	Kiama	12.12

Girls U 7 - 100 Metre Sprint

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

1	73	Isabella Mackay	Kiama	17.96
2	35	Tyla Hurst	Lake Illawarra	20.37
3	38	Keeley Rogan	Milton-Ulladulla	23.62

Girls U 8 - 100 Metre Sprint

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

1	188	Jazmin Silvestri	Albion Park	17.18
2	136	Kailee Haines	Lake Illawarra	17.33
3	204	Eliza Schweitzer	Kiama	17.55
4	3	Amber Necovski	Lake Illawarra	17.58
5	122	Ashlyn Adams	Albion Park	17.65
6	237	Lexie Jamieson	Lake Illawarra	18.02
7	931	Lillian Kofod	Kiama	19.34

Girls U 9 - 100 Metre Sprint

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

Heat 1 Heats

1	14	Tanaya Necovski	Lake Illawarra	15.81Q
2	764	Victoria Summerill	Lake Illawarra	16.65Q
3	760	Sophie Fletcher	Shoalhaven	17.74Q
4	979	Amy Baker	St Georges Basin	19.06q
5	68	Emily Climan	St Georges Basin	20.59

Heat 2 Heats

1	74	Charlotta Mackay	Kiama	17.62Q
2	75	Eva Lilly	St Georges Basin	17.74Q
3	36	Lily Rogan	Milton-Ulladulla	18.71Q
4	86	Halle Grainger	St Georges Basin	19.68q
5	978	Zoe Baker	St Georges Basin	19.95

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Girls U 9 - 100 Metre Sprint

Zone: Z 15.10 28/01/1984 Belinda Ruiz, Lake Illawarra			
Name	Age	Centre	Final
Section 1 Final			
1	14	Tanaya Necovski	Lake Illawarra 16.15
2	764	Victoria Summerill	Lake Illawarra 17.05
3	75	Eva Lilly	St Georges Basin 17.81
4	74	Charlotta Mackay	Kiama 17.96
5	760	Sophie Fletcher	Shoalhaven 18.11
6	36	Lily Rogan	Milton-Ulladulla 18.72
7	979	Amy Baker	St Georges Basin 18.87
8	86	Halle Grainger	St Georges Basin 19.21

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			
1	48	Emily Quinn	Albion Park 15.71
2	174	Mackenzie Ford	Kiama 15.90
3	63	Emelia Matthews	Shoalhaven 15.96
4	56	Lily Wheeler	St Georges Basin 15.99
5	65	Madi Singleton	Lake Illawarra 16.27
6	218	Chloe Egan	Kiama 18.08

Girls U 11 - 100 Metre Sprint

Zone: Z 13.10 26/01/1980 Kerry Reko, Shoalhaven			
Name	Age	Centre	Heats
Heat 1 Heats			
1	168	Karissa High	Albion Park 14.47Q
2	218	Lauren Johnson	Albion Park 14.86Q
3	76	Hollie Miles	St Georges Basin 14.99Q
4	117	Bronte Trew	St Georges Basin 15.75q
5	85	Tilhaney Grainger	St Georges Basin 15.88q
6	195	Brianna Cairns	Kiama 16.01
7	260	Leticia Valentine	Lake Illawarra 16.17
8	974	Elizabeth Donoghue	Kiama 16.47
Heat 2 Heats			
1	6	Taylah Vella	Albion Park 14.74Q
2	61	Jackie Milani	St Georges Basin 15.32Q
3	203	Kiara Drake	Albion Park 15.60Q
4	46	Lilly Ryan	St Georges Basin 16.17
5	42	Keele Browne	Milton-Ulladulla 16.33
6	113	Jessica Ward	Albion Park 16.45
7	97	Jessica Holland	Lake Illawarra 19.10

Girls U 11 - 100 Metre Sprint

Zone: Z 13.10 26/01/1980 Kerry Reko, Shoalhaven			
Name	Age	Centre	Final
Section 1 Final			
1	168	Karissa High	Albion Park 14.17
2	6	Taylah Vella	Albion Park 14.70

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....Girls U 11 - 100 Metre Sprint

3	218	Lauren Johnson	Albion Park	14.81
4	76	Hollie Miles	St Georges Basin	15.06
5	61	Jackie Milani	St Georges Basin	15.06
6	203	Kiara Drake	Albion Park	15.43
7	117	Bronte Trew	St Georges Basin	15.75
8	85	Tilhaney Grainger	St Georges Basin	15.87

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

1	12	Jenna Bentley	Albion Park	14.94
2	32	Ebony Johnson	Shoalhaven	15.26
3	186	Caitlin Austwick	Albion Park	15.92
4	80	Sharlie Hind-Langw	St Georges Basin	16.46
5	66	Emma McDonald	St Georges Basin	17.84

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 Illawar

Name	Age	Centre	Final
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1	264	Georgia McEwan	Lake Illawarra	13.93
2	13	Kiara White	Albion Park	14.62
3	259	Sarah Johnston	Albion Park	14.98
4	59	Terri Milani	St Georges Basin	15.36
5	5	Teah McInally	St Georges Basin	15.77
6	14	Eden Lucas	Milton-Ulladulla	16.08

Girls U 14 - 100 Metre Sprint

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

Name	Age	Centre	Heats
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Heat 1 Heats

1	7	Erin Dalley	Albion Park	14.11Q
2	265	Shana Bourne	Lake Illawarra	14.24Q
3	78	Rebecca Miles	St Georges Basin	15.05Q
3	122	Jade Cowgill	Kiama	15.05Q
5	26	Chloe Stuckey	Shoalhaven	15.43q

Heat 2 Heats

1	150	Casey-Lee Bedford	Albion Park	13.48Q
2	33	Emily Power	St Georges Basin	14.37Q
3	64	Kate Brennan	Milton-Ulladulla	14.99Q
4	28	Sonja Rodda	Shoalhaven	18.78

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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Section 1 Final

1	150	Casey-Lee Bedford	Albion Park	13.20
2	7	Erin Dalley	Albion Park	13.77

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....Girls U 14 - 100 Metre Sprint

3	265 Shana Bourne	Lake Illawarra	13.96
4	33 Emily Power	St Georges Basin	14.37
5	78 Rebecca Miles	St Georges Basin	14.43
6	64 Kate Brennan	Milton-Ulladulla	14.77
7	26 Chloe Stuckey	Shoalhaven	14.90
8	122 Jade Cowgill	Kiama	15.27

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	Final
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Section 1

1	36 Sarah Gomes	Lake Illawarra	13.24
2	263 Olivie-Rose McEwan	Lake Illawarra	13.71
3	222 Charlotte Gordon	Albion Park	13.81
4	143 Rideika Wright	Albion Park	13.87
5	56 Emily Fraser	Lake Illawarra	13.93
6	23 Keely Hagedoorn	Shoalhaven	14.11
7	275 Taylor Hegarty	Albion Park	15.21
8	153 Laura McLaughlin	Albion Park	15.80

Girls U 17 - 100 Metre Sprint

=====			
	Zone: Z 12.00	12/12/2009	Talissa Scott, Kiama
	Name	Age Centre	Final
=====			
1	202 Riana Drake	Albion Park	13.78
2	6 Courtney Hagedoorn	Shoalhaven	14.30
3	755 Lauren Hindin	Shoalhaven	15.30
4	88 Alison McDonald	St Georges Basin	17.34

Girls U 7 - 200 Metre Sprint

=====			
	Zone: Z 34.10	30/01/1982	Belinda Ruiz, Lake Illawarra
	Name	Age Centre	Final
=====			
1	73 Isabella Mackay	Kiama	36.04
2	8 Delta Amidzovski	Albion Park	38.50
3	223 Kelly Blair	Lake Illawarra	41.28
4	35 Tyla Hurst	Lake Illawarra	42.40
5	96 Ella Marceau	St Georges Basin	46.71
6	198 Riley Nash	Albion Park	47.46
7	239 Nakita Boatswain	Kiama	50.14

Girls U 8 - 200 Metre Sprint

=====			
	Zone: Z 33.10	29/01/1984	S Gown, Kiama
	Name	Age Centre	Final
=====			
1	136 Kailee Haines	Lake Illawarra	36.33
2	237 Lexie Jamieson	Lake Illawarra	37.14
3	188 Jazmin Silvestri	Albion Park	38.80
4	122 Ashlyn Adams	Albion Park	59.41

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Girls U 9 - 200 Metre Sprint

Zone: Z 31.80 27/01/2002 Paige Fenech, Albion Park			
Name	Age	Centre	Heats
Heat 1 Heats			
1	14	Tanaya Necovski	Lake Illawarra 33.98Q
2	34	Charli Hurst	Lake Illawarra 34.75Q
3	46	Libby Horgan	Shoalhaven 37.06Q
4	760	Sophie Fletcher	Shoalhaven 38.25
5	75	Eva Lilly	St Georges Basin 39.29
6	208	Georgia McAlister	Kiama 39.53
7	114	Lillian Briggs	St Georges Basin 39.98
Heat 2 Heats			
1	104	Tayleah Handcock	Albion Park 33.78Q
2	764	Victoria Summerill	Lake Illawarra 35.14Q
3	33	Georgia Richards	Kiama 35.55Q
4	115	Ashleigh Goncalves	Lake Illawarra 36.27q
5	164	Jayde Herdegen	Albion Park 36.68q
6	36	Lily Rogan	Milton-Ulladulla 38.92

Girls U 9 - 200 Metre Sprint

Zone: Z 31.80 27/01/2002 Paige Fenech, Albion Park			
Name	Age	Centre	Final
Section 1 Final			
1	104	Tayleah Handcock	Albion Park 33.26
2	14	Tanaya Necovski	Lake Illawarra 33.65
3	34	Charli Hurst	Lake Illawarra 34.46
4	764	Victoria Summerill	Lake Illawarra 34.96
5	115	Ashleigh Goncalves	Lake Illawarra 35.61
6	33	Georgia Richards	Kiama 36.34
7	46	Libby Horgan	Shoalhaven 37.74
8	164	Jayde Herdegen	Albion Park 38.05

Girls U 10 - 200 Metre Sprint

Zone: Z 29.10 26/01/1986 S Gown, Kiama			
Name	Age	Centre	Final
Section 1			
1	48	Emily Quinn	Albion Park 32.43
2	174	Mackenzie Ford	Kiama 33.55
3	56	Lily Wheeler	St Georges Basin 34.93

Girls U 11 - 200 Metre Sprint

Zone: Z 29.10 27/01/1991 Skye Richardson, Lake Illawarra			
Name	Age	Centre	Final
1	168	Karissa High	Albion Park 29.64
2	6	Taylah Vella	Albion Park 29.90
3	218	Lauren Johnson	Albion Park 30.65
4	61	Jackie Milani	St Georges Basin 31.70
5	117	Bronte Trew	St Georges Basin 32.73
6	113	Jessica Ward	Albion Park 34.04
7	17	Baylee Cooper	Milton-Ulladulla 34.56
8	29	Kaylah Reith-Smith	St Georges Basin 34.67

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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	12	Jenna Bentley	Albion Park 30.71
2	32	Ebony Johnson	Shoalhaven 31.44
3	31	Emily Bradstock	Shoalhaven 31.94
4	186	Caitlin Austwick	Albion Park 32.46
5	135	Tyla Haines	Lake Illawarra 34.06

Girls U 13 - 200 Metre Sprint

Zone: Z 27.30 31/01/1993 Skye Richardson, Lake Illawarra			
Name	Age	Centre	Final
1	264	Georgia McEwan	Lake Illawarra 27.99
2	13	Kiara White	Albion Park 29.40
3	18	Layne Jones	Shoalhaven 30.30
4	5	Teah McInally	St Georges Basin 31.78
5	59	Terri Milani	St Georges Basin 32.27

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	150	Casey-Lee Bedford	Albion Park 26.98
2	7	Erin Dalley	Albion Park 28.66
3	265	Shana Bourne	Lake Illawarra 29.67
4	78	Rebecca Miles	St Georges Basin 30.32
5	64	Kate Brennan	Milton-Ulladulla 30.83
6	545	Naomi Robinson	Kiama 1:10.82

Girls U 15 - 200 Metre Sprint

Zone: Z 26.30 13/12/2009 Skye Ryan, Albion Park			
Name	Age	Centre	Final
1	36	Sarah Gomes	Lake Illawarra 27.40
2	211	Rosie Davidson	Kiama 28.46
3	143	Rideika Wright	Albion Park 28.96
4	222	Charlotte Gordon	Albion Park 28.99
5	56	Emily Fraser	Lake Illawarra 29.21

Girls U 17 - 200 Metre Sprint

Zone: Z 25.30 13/12/2009 Talissa Scott, Kiama			
Name	Age	Centre	Final
1	202	Riana Drake	Albion Park 27.72
2	6	Courtney Hagedoorn	Shoalhaven 29.08
3	58	Sasha Milani	St Georges Basin 30.00
4	109	Ebonie Lynch	Albion Park 30.29
5	755	Lauren Hindin	Shoalhaven 31.74

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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	3	Amber Necovski	Lake Illawarra	1:24.56
2	204	Eliza Schweitzer	Kiama	1:30.78
3	931	Lillian Kofod	Kiama	1:44.28
4	92	Courtney Yeaman	Albion Park	1:48.18
5	196	Tahlia Kendall	Lake Illawarra	1:51.56

Girls U 9 - 400 Metre Sprint

Zone: Z 1:12.10 29/01/1983 Lisa Baldwin, Lake Illawarr				
Name	Age	Centre	Final	
1	104	Tayleah Handcock	Albion Park	1:16.59
2	14	Tanaya Necovski	Lake Illawarra	1:18.84
3	16	Ruby McPhillips	Albion Park	1:19.43
4	34	Charli Hurst	Lake Illawarra	1:21.06
5	46	Libby Horgan	Shoalhaven	1:27.09
6	74	Charlotta Mackay	Kiama	1:33.62
7	760	Sophie Fletcher	Shoalhaven	1:34.81
8	36	Lily Rogan	Milton-Ulladulla	1:35.96

Girls U 10 - 400 Metre Sprint

Zone: Z 1:10.30 25/01/2003 Paige Fenech, Albion Park				
Name	Age	Centre	Final	
1	14	Hannah Stone	Albion Park	1:18.63
2	65	Madi Singleton	Lake Illawarra	1:19.97
3	56	Lily Wheeler	St Georges Basin	1:20.30
4	76	Taylah Devine	Albion Park	1:21.79
5	191	Grace Shaw	Albion Park	1:24.48
6	218	Chloe Egan	Kiama	1:25.11
7	202	Ruby Keen	Lake Illawarra	1:31.22
8	7	Tegan McKay	St Georges Basin	1:52.43

Girls U 11 - 400 Metre Sprint

Zone: Z 1:04.10 31/01/2004 Paige Fenech, Albion Park				
Name	Age	Centre	Heats	
Heat 1 Heats				
1	125	Charlotte Bett	Albion Park	1:13.00Q
2	61	Jackie Milani	St Georges Basin	1:14.15Q
3	21	Jazmyn Shimwell	Albion Park	1:16.84Q
4	190	Brea Sainsbury-Man	Albion Park	1:17.08q
5	117	Bronte Trew	St Georges Basin	1:21.43
6	106	Grace Mahon	Kiama	1:22.47
7	253	Ruby Sawtell	Albion Park	1:23.48
Heat 2 Heats				
1	23	Taliah Moxham	Albion Park	1:12.22Q
2	134	Summer Hall	Albion Park	1:16.10Q
3	85	Tilhaney Grainger	St Georges Basin	1:18.66Q
4	42	Keele Browne	Milton-Ulladulla	1:19.16q
5	759	Olivia Fletcher	Shoalhaven	1:24.16
6	179	Leah Dobson	Albion Park	1:24.63
7	974	Elizabeth Donoghue	Kiama	1:27.88

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Girls U 11 - 400 Metre Sprint

Zone: Z 1:04.10 31/01/2004 Paige Fenech, Albion Park			
Name	Age	Centre	Final
Section 1 Final			
1	125	Charlotte Bett	Albion Park 1:11.43
2	23	Taliah Moxham	Albion Park 1:14.23
3	134	Summer Hall	Albion Park 1:14.79
4	61	Jackie Milani	St Georges Basin 1:16.48
5	85	Tilhaney Grainger	St Georges Basin 1:19.59
6	21	Jazmyn Shimwell	Albion Park 1:20.22
7	190	Brea Sainsbury-Man	Albion Park 1:23.56

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
Section 1			
1	131	Jade Mustapic	Albion Park 1:06.90
2	170	Shenay Edwards	Albion Park 1:07.71
3	80	Sharlie Hind-Langw	St Georges Basin 1:15.13
4	110	Emma Hutchison	Lake Illawarra 1:23.48

Girls U 13 - 400 Metre Sprint

Zone: Z 1:02.10 24/01/1987 S Carr, Lake Illawarra			
Name	Age	Centre	Final
1	187	Sinead Austwick	Albion Park 1:05.22
2	13	Kiara White	Albion Park 1:07.06
3	18	Layne Jones	Shoalhaven 1:09.96
4	14	Eden Lucas	Milton-Ulladulla 1:13.43

Girls U 14 - 400 Metre Sprint

Zone: Z 1:01.40 10/12/2011 Susie Seitaridis, Lake Illa			
Name	Age	Centre	Final
1	7	Erin Dalley	Albion Park 1:06.38
2	265	Shana Bourne	Lake Illawarra 1:11.91
3	946	Millie Mansfield	Kiama 1:18.50
4	28	Sonja Rodda	Shoalhaven 1:44.03

Girls U 15 - 400 Metre Sprint

Zone: Z 1:02.40 27/01/1996 Leanne Caruana, Lake Illawa			
Name	Age	Centre	Final
1	20	Susie Seitaridis	Lake Illawarra 59.84Z
2	36	Sarah Gomes	Lake Illawarra 1:02.06Z
3	211	Rosie Davidson	Kiama 1:02.31Z
4	222	Charlotte Gordon	Albion Park 1:06.37

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Girls U 17 - 400 Metre Sprint

Zone: Z 1:03.30 12/12/2009 Emily Debrot, Albion Park				
Name	Age	Centre	Final	
1	202	Riana Drake	Albion Park	1:04.19

Girls U 9 - 800 Metre Run

Zone: Z 2:43.00 30/01/1983 Lisa Baldwin, Lake Illawarr				
Name	Age	Centre	Final	
1	16	Ruby McPhillips	Albion Park	2:54.67
2	104	Tayleah Handcock	Albion Park	3:00.37
3	34	Charli Hurst	Lake Illawarra	3:07.32
4	14	Tanaya Necovski	Lake Illawarra	3:09.55
5	33	Georgia Richards	Kiama	3:16.09
6	86	Halle Grainger	St Georges Basin	3:37.48
7	760	Sophie Fletcher	Shoalhaven	3:40.85

Girls U 10 - 800 Metre Run

Zone: Z 2:42.10 26/01/1986 Kylie Watkins, Lake Illawar				
Name	Age	Centre	Final	
1	14	Hannah Stone	Albion Park	3:10.88
2	202	Ruby Keen	Lake Illawarra	3:21.78
3	10	Mya Duffy	Albion Park	3:23.34
4	218	Chloe Egan	Kiama	3:49.15

Girls U 11 - 800 Metre Run

Zone: Z 2:29.10 31/01/1982 K Tiech, Kiama				
Name	Age	Centre	Final	
1	125	Charlotte Bett	Albion Park	2:41.69
2	23	Taliah Moxham	Albion Park	2:47.28
3	21	Jazmyn Shimwell	Albion Park	2:53.18
4	61	Jackie Milani	St Georges Basin	2:56.62
5	134	Summer Hall	Albion Park	2:59.43
6	117	Bronte Trew	St Georges Basin	3:09.31
7	11	Tara McInally	St Georges Basin	3:11.96
8	175	Gabrielle Marriott	Lake Illawarra	3:12.96

Girls U 12 - 800 Metre Run

Zone: Z 2:29.10 30/01/1983 K Tieck, Kiama				
Name	Age	Centre	Final	
1	170	Shenay Edwards	Albion Park	2:42.12
2	131	Jade Mustapic	Albion Park	2:44.34
3	80	Sharlie Hind-Langw	St Georges Basin	2:59.03
4	31	Emily Bradstock	Shoalhaven	3:03.31
5	135	Tyla Haines	Lake Illawarra	3:05.21

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Girls U 13 - 800 Metre Run

Zone: Z 2:24.40 30/01/2000 Cian Maciejewski, Milton Ul			
Name	Age	Centre	Final
1	187	Sinead Austwick	Albion Park 2:34.12
2	254	Shayla Szakacs	Albion Park 2:49.87
3	14	Eden Lucas	Milton-Ulladulla 3:00.62
4	59	Terri Milani	St Georges Basin 3:07.93

Girls U 14 - 800 Metre Run

Zone: Z 2:23.30 11/12/2011 Susie Seitaridis, Lake Illa			
Name	Age	Centre	Final
1	7	Erin Dalley	Albion Park 2:48.50
2	78	Rebecca Miles	St Georges Basin 2:52.78
3	946	Millie Mansfield	Kiama 3:02.90
4	17	April Rodda	Shoalhaven 3:06.84

Girls U 15 - 800 Metre Run

Zone: Z 2:21.90 11/12/2011 Jessica Hull, Albion Park			
Name	Age	Centre	Final
1	20	Susie Seitaridis	Lake Illawarra 2:19.50Z
2	211	Rosie Davidson	Kiama 2:20.45Z
3	199	Kristin Martinoski	Albion Park 2:39.88
4	14	Kaitlyn Hush	Shoalhaven 3:26.59

Girls U 17 - 800 Metre Run

Zone: Z 2:40.40 14/12/2008 Teila Bruce, Shoalhaven			
Name	Age	Centre	Final
1	1	Jessica Hull	Albion Park 2:15.22Z
2	3	Kyrah Hush	Shoalhaven 3:16.00

Girls U 10 - 1500 Metre Run

Zone: Z 5:33.10 24/01/1981 K Tiech, Kiama			
Name	Age	Centre	Final
1	202	Ruby Keen	Lake Illawarra 6:32.88
2	36	Zali Dhu	Shoalhaven 6:34.02
3	10	Mya Duffy	Albion Park 6:38.18

Girls U 11 - 1500 Metre Run

Zone: Z 4:54.00 29/01/2000 Cian Maciejewski, Milton Ul			
Name	Age	Centre	Final
1	125	Charlotte Bett	Albion Park 5:30.78
2	23	Taliah Moxham	Albion Park 5:48.91
3	21	Jazmyn Shimwell	Albion Park 6:00.56
4	127	Tara Mustapic	Albion Park 6:19.75
5	253	Ruby Sawtell	Albion Park 6:21.59
6	106	Grace Mahon	Kiama 6:29.09
7	175	Gabrielle Marriott	Lake Illawarra 6:29.68
8	179	Leah Dobson	Albion Park 6:54.54

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....Girls U 11 - 1500 Metre Run

9	197 Sage Kendall	Lake Illawarra	7:01.97
10	203 Annie Schweitzer	Kiama	7:04.15

Girls U 12 - 1500 Metre Run

Zone: Z 5:01.10 29/01/1983 K Tieck, Kiama			
Name	Age	Centre	Final
1	135 Tyla Haines	Lake Illawarra	6:22.18
2	257 Nikita Freeburn	Lake Illawarra	6:46.84
3	110 Emma Hutchison	Lake Illawarra	7:00.66

Girls U 13 - 1500 Metre Run

Zone: Z 5:06.10 29/01/1994 T Moxham, Lake Illawarra			
Name	Age	Centre	Final
1	254 Shayla Szakacs	Albion Park	5:48.75
2	5 Teah McInally	St Georges Basin	6:39.12
3	59 Terri Milani	St Georges Basin	6:39.81

Girls U 14 - 1500 Metre Run

Zone: Z 5:06.50 29/01/2011 Jessica Hull, Albion Park			
Name	Age	Centre	Final
1	181 Clare Dobson	Albion Park	5:26.75
2	17 April Rodda	Shoalhaven	6:04.47
3	7 Erin Dalley	Albion Park	6:09.72
4	78 Rebecca Miles	St Georges Basin	6:10.78
5	946 Millie Mansfield	Kiama	6:28.81

Girls U 15 - 1500 Metre Run

Zone: Z 4:50.70 10/12/2011 Jessica Hull, Albion Park			
Name	Age	Centre	Final
1	211 Rosie Davidson	Kiama	5:03.68
2	199 Kristin Martinoski	Albion Park	6:11.53
3	24 Kaitlyn Bennett	Shoalhaven	7:01.03
4	14 Kaitlyn Hush	Shoalhaven	7:15.15

Girls U 17 - 1500 Metre Run

Zone: Z 5:33.30 10/12/2011 Tori Jones, Shoalhaven			
Name	Age	Centre	Final
1	1 Jessica Hull	Albion Park	4:46.75Z
2	3 Kyrah Hush	Shoalhaven	7:00.62

Girls U 13 - 3000 Metre Run

Zone: Z 10:58.30 12/12/2009 Jessica Hull, Albion Park			
Name	Age	Centre	Final
1	254 Shayla Szakacs	Albion Park	12:06.28
2	18 Layne Jones	Shoalhaven	12:39.91
3	5 Teah McInally	St Georges Basin	14:52.78

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....Girls U 13 - 3000 Metre Run

4	30 Kimberly Atkins	Shoalhaven	16:56.47
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Girls U 14 - 3000 Metre Run

Zone: Z 11:02.20 28/01/1995 T Moxham, Lake Illawarra			
Name	Age	Centre	Final
1	181 Clare Dobson	Albion Park	12:21.25
2	78 Rebecca Miles	St Georges Basin	14:07.09
3	17 April Rodda	Shoalhaven	14:19.50

Girls U 15 - 3000 Metre Run

Zone: Z 10:31.00 10/12/2011 Jessica Hull, Albion Park			
Name	Age	Centre	Final
1	211 Rosie Davidson	Kiama	11:07.72
2	199 Kristin Martinoski	Albion Park	14:36.25
3	14 Kaitlyn Hush	Shoalhaven	16:00.59

Girls U 17 - 3000 Metre Run

Zone: Z 12:01.50 10/12/2011 Tori Jones, Shoalhaven			
Name	Age	Centre	Final
1	1 Jessica Hull	Albion Park	10:15.28Z

Girls U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.70 13/12/2008 Shenay Edwards, Albion Park			
Name	Age	Centre	Heats
Heat 1 Heats			
1	122 Ashlyn Adams	Albion Park	12.49Q
2	204 Eliza Schweitzer	Kiama	12.65Q
3	237 Lexie Jamieson	Lake Illawarra	13.11Q
4	26 Chelsey Reith-Smit	St Georges Basin	13.78q
Heat 2 Heats			
1	188 Jazmin Silvestri	Albion Park	13.30Q
2	931 Lillian Kofod	Kiama	14.49Q
3	92 Courtney Yeaman	Albion Park	14.58Q
4	987 Hayley Baker	St Georges Basin	15.27q
5	786 Kasey Heferen	Lake Illawarra	18.52

Girls U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.70 13/12/2008 Shenay Edwards, Albion Park			
Name	Age	Centre	Final
Section 1 Final			
1	204 Eliza Schweitzer	Kiama	12.02
2	122 Ashlyn Adams	Albion Park	12.28
3	188 Jazmin Silvestri	Albion Park	12.56
4	237 Lexie Jamieson	Lake Illawarra	12.91
5	931 Lillian Kofod	Kiama	13.71
6	26 Chelsey Reith-Smit	St Georges Basin	14.01
7	92 Courtney Yeaman	Albion Park	14.72
8	987 Hayley Baker	St Georges Basin	15.06

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Girls U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.70 26/01/2002 Rebecca Mounsey, Lake Illawar			
Name	Age	Centre	Heats
Heat 1 Heats			
1	764	Victoria Summerill	Lake Illawarra 12.34Q
2	38	Molly Wellington	Shoalhaven 12.80Q
3	75	Eva Lilly	St Georges Basin 13.01Q
4	54	Madison Callaway	Lake Illawarra 13.54q
5	68	Emily Climan	St Georges Basin 13.77q
6	74	Ella Field	St Georges Basin 15.34
Heat 2 Heats			
1	16	Ruby McPhillips	Albion Park 12.34Q
2	46	Libby Horgan	Shoalhaven 12.54Q
3	86	Halle Grainger	St Georges Basin 13.58Q
4	978	Zoe Baker	St Georges Basin 13.78
5	979	Amy Baker	St Georges Basin 14.34

Girls U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.70 26/01/2002 Rebecca Mounsey, Lake Illawar			
Name	Age	Centre	Final
Section 1 Final			
1	764	Victoria Summerill	Lake Illawarra 11.58
2	16	Ruby McPhillips	Albion Park 12.27
3	46	Libby Horgan	Shoalhaven 12.42
4	38	Molly Wellington	Shoalhaven 12.68
5	75	Eva Lilly	St Georges Basin 13.02
6	86	Halle Grainger	St Georges Basin 13.11
7	54	Madison Callaway	Lake Illawarra 13.74
8	68	Emily Climan	St Georges Basin 13.96

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			
1	14	Hannah Stone	Albion Park 11.62
2	123	Grace Adams	Albion Park 12.02
3	65	Madi Singleton	Lake Illawarra 12.52
4	76	Taylah Devine	Albion Park 12.74
5	1	Ella Cleal-Cook	Kiama 13.14
6	63	Emelia Matthews	Shoalhaven 13.24
7	222	Holly Blair	Lake Illawarra 13.53
8	7	Tegan McKay	St Georges Basin 15.24

Girls U 11 - 60 Metre Hurdles (60cm)

Zone: Z 10.00 31/01/2004 Rebecca Mounsey, Albion Park			
Name	Age	Centre	Heats
Heat 1 Heats			
1	168	Karissa High	Albion Park 11.40Q
2	134	Summer Hall	Albion Park 12.18Q
3	42	Keele Browne	Milton-Ulladulla 12.24Q
3	46	Lilly Ryan	St Georges Basin 12.24Q

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

5	22	Zoe Seitaridis	Lake Illawarra	14.55
6	974	Elizabeth Donoghue	Kiama	14.71
Heat 2 Heats				
1	6	Taylah Vella	Albion Park	10.43Q
2	113	Jessica Ward	Albion Park	12.05Q
3	85	Tilhaney Grainger	St Georges Basin	12.33Q
4	759	Olivia Fletcher	Shoalhaven	12.49q
5	179	Leah Dobson	Albion Park	13.55
6	203	Annie Schweitzer	Kiama	14.14

Girls U 11 - 60 Metre Hurdles (60cm)

Zone: Z 10.00 31/01/2004 Rebecca Mounsey, Albion Park				
Name	Age	Centre		Final
Section 1 Final				
1	6	Taylah Vella	Albion Park	10.37
2	168	Karissa High	Albion Park	10.78
3	134	Summer Hall	Albion Park	11.68
4	42	Keele Browne	Milton-Ulladulla	11.71
5	113	Jessica Ward	Albion Park	11.83
6	46	Lilly Ryan	St Georges Basin	12.42
7	759	Olivia Fletcher	Shoalhaven	12.49
8	85	Tilhaney Grainger	St Georges Basin	12.58

Girls U 12 - 60 Metre Hurdles (68cm)

Zone: Z 9.90 12/12/2009 Susie Seitaridis, Lake Illawa				
Name	Age	Centre		Final
Section 1				
1	12	Jenna Bentley	Albion Park	10.74
2	170	Shenay Edwards	Albion Park	10.90
3	80	Sharlie Hind-Langw	St Georges Basin	13.05
4	66	Emma McDonald	St Georges Basin	14.90

Girls U 13 - 80 Metre Hurdles (76cm)

Zone: Z 12.60 30/01/2011 Susie Seitaridis, Lake Illawa				
Name	Age	Centre		Final
1	264	Georgia McEwan	Lake Illawarra	14.20
2	13	Kiara White	Albion Park	15.02
3	14	Eden Lucas	Milton-Ulladulla	15.08

Girls U 14 - 80 Metre Hurdles (76cm)

Zone: Z 12.50 11/12/2011 Susie Seitaridis, Lake Illawa				
Name	Age	Centre		Final
1	150	Casey-Lee Bedford	Albion Park	13.95
2	162	Celeste Sulerzyski	Albion Park	14.78
3	33	Emily Power	St Georges Basin	15.58
4	946	Millie Mansfield	Kiama	16.96
5	64	Kate Brennan	Milton-Ulladulla	17.11

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Girls U 15 - 90 Metre Hurdles (76cm)

Zone: Z 14.10 28/01/2007 Janaya Zivkovic, Kiama			
Name	Age	Centre	Final
1	20	Susie Seitaridis	Lake Illawarra 13.58Z
2	263	Olivie-Rose McEwan	Lake Illawarra 13.96Z
3	56	Emily Fraser	Lake Illawarra 15.65
4	24	Kaitlyn Bennett	Shoalhaven 20.74

Girls U 17 - 100 Metre Hurdles (76cm)

Zone: Z 14.40 13/12/2009 Talissa Scott, Kiama			
Name	Age	Centre	Final
1	4	Lacey Bruce	Shoalhaven 14.93
2	109	Ebonie Lynch	Albion Park 18.86
3	755	Lauren Hindin	Shoalhaven 19.25

Girls U 13 - 200 Metre Hurdles (68cm)

Zone: Z 30.90 28/01/2006 Paige Fenech, Albion Park			
Name	Age	Centre	Final
1	264	Georgia McEwan	Lake Illawarra 31.09
2	13	Kiara White	Albion Park 33.24
3	18	Layne Jones	Shoalhaven 33.87
4	30	Kimberly Atkins	Shoalhaven 40.91

Girls U 14 - 200 Metre Hurdles (76cm)

Zone: Z 28.50 28/01/2006 Janaya Zivkovic, Kiama			
Name	Age	Centre	Final
1	150	Casey-Lee Bedford	Albion Park 34.78
2	7	Erin Dalley	Albion Park 38.02

Girls U 15 - 200 Metre Hurdles (76cm)

Zone: Z 29.70 27/01/2007 Janaya Zivkovic, Kiama			
Name	Age	Centre	Final
1	20	Susie Seitaridis	Lake Illawarra 29.40Z
2	263	Olivie-Rose McEwan	Lake Illawarra 31.12
3	143	Rideika Wright	Albion Park 31.70
4	211	Rosie Davidson	Kiama 31.98
5	56	Emily Fraser	Lake Illawarra 32.21
6	24	Kaitlyn Bennett	Shoalhaven 38.50

Girls U 17 - 200 Metre Hurdles (76cm)

Zone: Z 27.50 12/12/2009 Talissa Scott, Kiama			
Name	Age	Centre	Final
1	4	Lacey Bruce	Shoalhaven 31.97
2	121	Larni Cowgill	Kiama 33.87
3	109	Ebonie Lynch	Albion Park 36.72

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Girls U 7 - 500 Metre Pack Start

Zone: Z 1:49.10 30/01/2000 Paige Fenech, Albion Park			
Name	Age	Centre	Final
1	8	Delta Amidzovski	Albion Park 2:07.67
2	223	Kelly Blair	Lake Illawarra 2:09.43
3	96	Ella Marceau	St Georges Basin 2:20.98
4	239	Nakita Boatswain	Kiama 2:32.96

Girls U 8 - 700 Metre Pack Start

Zone: Z 2:31.10 26/01/2003 Caitlin Foord, Lake Illawarra			
Name	Age	Centre	Final
1	3	Amber Necovski	Lake Illawarra 2:46.28
2	136	Kailee Haines	Lake Illawarra 2:48.84

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

Zone: Z 57.90 13/12/2009 Lake Illawarra, Lake Illawarra			
Centre	Age	Centre	Final
1	Albion Park		1:01.41
	1) 104 Tayleah Handcock 9	2) 14 Hannah Stone 10	
	3) 6 Taylah Vella 11	4) 12 Jenna Bentley 12	
2	St Georges Basin		1:06.15
	1) 75 Eva Lilly 9	2) 56 Lily Wheeler 10	
	3) 76 Hollie Miles 11	4) 80 Sharlie Hind-Langwade 12	
3	Shoalhaven		1:07.24
	1) 46 Libby Horgan 9	2) 63 Emelia Matthews 10	
	3) 759 Olivia Fletcher 11	4) 32 Ebony Johnson 12	
4	Lake Illawarra		1:08.15
	1) 14 Tanaya Necovski 9	2) 202 Ruby Keen 10	
	3) 260 Leticia Valentine 11	4) 257 Nikita Freeburn 12	
5	Kiama		1:08.50
	1) 33 Georgia Richards 9	2) 174 Mackenzie Ford 10	
	3) 1 Ella Cleal-Cook 10	4) 108 Maggie Page 11	

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

Zone: Z 52.10 14/12/2008 Albion Park, Albion Park			
Centre	Age	Centre	Final
1	Albion Park		54.47
	1) 13 Kiara White 13	2) 150 Casey-Lee Bedford 14	
	3) 143 Rideika Wright 15	4) 202 Riana Drake 17	
2	Lake Illawarra		55.62
	1) 264 Georgia McEwan 13	2) 265 Shana Bourne 14	
	3) 36 Sarah Gomes 15	4) 767 Kathryn Karpouzis 17	
3	St Georges Basin		58.50
	1) 5 Teah McInally 13	2) 78 Rebecca Miles 14	
	3) 33 Emily Power 14	4) 58 Sasha Milani 17	
4	Shoalhaven		58.81
	1) 18 Layne Jones 13	2) 17 April Rodda 14	
	3) 23 Keely Hagedoorn 15	4) 6 Courtney Hagedoorn 17	
5	Milton-Ulladulla		1:06.84

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

Zone: Z 1.14m 30/01/1982 Raylene Mullaney, Lake Illawa			
Name	Age	Centre	Final
Flight 1			
1	54	Madison Callaway	Lake Illawarra 0.95m
2	68	Emily Climan	St Georges Basin 0.85m
3	86	Halle Grainger	St Georges Basin 0.80m

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

Zone: Z 1.25m 27/01/2008 Lucy Marron, Shoalhaven			
Name	Age	Centre	Final
1	191	Grace Shaw	Albion Park 1.20m
2	219	Ryleigh Johnson	Albion Park 1.00m
3	104	Paris Rodriguez	St Georges Basin 0.95m
4	1	Ella Cleal-Cook	Kiama 0.95m
5	63	Emelia Matthews	Shoalhaven 0.95m
6	123	Grace Adams	Albion Park 0.95m
--	202	Ruby Keen	Lake Illawarra NH
--	89	Amber Watson	Lake Illawarra NH

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

Zone: Z 1.42m 29/01/2005 Tayla King, Albion Park			
Name	Age	Centre	Final
1	218	Lauren Johnson	Albion Park 1.18m
2	195	Brianna Cairns	Kiama 1.16m
3	134	Summer Hall	Albion Park 1.12m
4	94	Isabella Dalli	Lake Illawarra 1.12m
5	46	Lilly Ryan	St Georges Basin 1.10m
6	85	Tilhaney Grainger	St Georges Basin 1.05m
7	203	Annie Schweitzer	Kiama 1.00m
7	29	Kaylah Reith-Smith	St Georges Basin 1.00m
--	197	Sage Kendall	Lake Illawarra NH
--	106	Grace Mahon	Kiama 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	31	Emily Bradstock	Shoalhaven 1.23m

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	101	Shaye-Lee Frier	Lake Illawarra 1.35m
1	259	Sarah Johnston	Albion Park 1.35m
3	14	Eden Lucas	Milton-Ulladulla 1.25m
4	198	Shanowa Kendall	Lake Illawarra 1.20m

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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	162	Celeste Sulerzyski	Albion Park	1.50m
2	26	Chloe Stuckey	Shoalhaven	1.34m
3	122	Jade Cowgill	Kiama	1.25m

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	143	Rideika Wright	Albion Park	1.46m
2	88	India Jardim	Lake Illawarra	1.40m
3	23	Keely Hagedoorn	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	121	Larni Cowgill	Kiama	1.30m
2	767	Kathryn Karpouzis	Lake Illawarra	1.25m

Girls U 7 - Long Jump

Zone: Z 3.33m 26/01/2001 Tayla King, Albion Park				
Name	Age	Centre	Final	
1	8	Delta Amidzovski	Albion Park	2.85m
2	223	Kelly Blair	Lake Illawarra	2.69m
3	35	Tyla Hurst	Lake Illawarra	2.41m
4	198	Riley Nash	Albion Park	2.34m
5	96	Ella Marceau	St Georges Basin	2.04m
6	7	Alana McGarry	Lake Illawarra	1.99m

Girls U 8 - Long Jump

Zone: Z 3.80m 26/01/1985 Karen Dean, Lake Illawarra				
Name	Age	Centre	Final	
1	3	Amber Necovski	Lake Illawarra	2.98m
2	204	Eliza Schweitzer	Kiama	2.67m
3	931	Lillian Kofod	Kiama	2.66m
4	237	Lexie Jamieson	Lake Illawarra	2.65m
5	987	Hayley Baker	St Georges Basin	2.55m
6	26	Chelsey Reith-Smit	St Georges Basin	2.49m
7	196	Tahlia Kendall	Lake Illawarra	2.38m
8	92	Courtney Yeaman	Albion Park	2.20m

Girls U 9 - Long Jump

Zone: Z 4.22m 27/01/1985 S Gown, Kiama				
Name	Age	Centre	Final	
1	104	Tayleah Handcock	Albion Park	3.68m
2	33	Georgia Richards	Kiama	3.20m
3	34	Charli Hurst	Lake Illawarra	3.19m

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....Girls U 9 - Long Jump

4	16	Ruby McPhillips	Albion Park	3.12m
5	164	Jayde Herdegen	Albion Park	3.03m
6	115	Ashleigh Goncalves	Lake Illawarra	3.00m
7	75	Eva Lilly	St Georges Basin	2.95m
8	46	Libby Horgan	Shoalhaven	2.85m
9	208	Georgia McAlister	Kiama	2.55m
10	74	Ella Field	St Georges Basin	2.28m

Girls U 10 - Long Jump

=====				
Zone: Z 4.24m 28/01/1995 Tova Deku, Milton Ulladulla				
Name		Age	Centre	Final
=====				
1	14	Hannah Stone	Albion Park	3.72m
2	56	Lily Wheeler	St Georges Basin	3.71m
3	63	Emelia Matthews	Shoalhaven	3.65m
4	48	Emily Quinn	Albion Park	3.61m
5	174	Mackenzie Ford	Kiama	3.56m
6	104	Paris Rodriguez	St Georges Basin	3.47m
7	65	Madi Singleton	Lake Illawarra	3.43m
8	191	Grace Shaw	Albion Park	3.25m
9	1	Ella Cleal-Cook	Kiama	3.05m
10	222	Holly Blair	Lake Illawarra	2.51m
11	89	Amber Watson	Lake Illawarra	2.37m
12	998	Amanda Herringe	St Georges Basin	2.15m

Girls U 11 - Long Jump

=====				
Zone: Z 4.78m 26/01/2002 Teresa Garcia, Lake Illawarra				
Name		Age	Centre	Final
=====				
1	218	Lauren Johnson	Albion Park	4.08m
2	76	Hollie Miles	St Georges Basin	4.06m
3	168	Karissa High	Albion Park	3.95m
4	125	Charlotte Bett	Albion Park	3.90m
5	21	Jazmyn Shimwell	Albion Park	3.69m
6	260	Leticia Valentine	Lake Illawarra	3.52m
7	17	Baylee Cooper	Milton-Ulladulla	3.43m
8	108	Maggie Page	Kiama	3.22m
9	759	Olivia Fletcher	Shoalhaven	3.19m

Girls U 12 - Long Jump

=====				
Zone: Z 4.93m 12/12/2009 Chloe Docker, Albion Park				
Name		Age	Centre	Final
=====				
1	12	Jenna Bentley	Albion Park	4.15m
2	186	Caitlin Austwick	Albion Park	3.69m
3	257	Nikita Freeburn	Lake Illawarra	3.54m
4	66	Emma McDonald	St Georges Basin	3.52m

Girls U 13 - Long Jump

=====				
Zone: Z 5.15m 14/12/2008 Rowenn Turvey, Albion Park				
Name		Age	Centre	Final
=====				
1	259	Sarah Johnston	Albion Park	4.17m
2	101	Shaye-Lee Frier	Lake Illawarra	4.07m

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 08/12/2012 to 09/12/2012
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....Girls U 13 - Long Jump

3	14	Eden Lucas	Milton-Ulladulla	3.96m
4	121	Yasmine Tenca	Lake Illawarra	3.67m

Girls U 14 - Long Jump

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

Name	Age	Centre	Final	
1	33	Emily Power	St Georges Basin	4.59m
2	162	Celeste Sulerzyski	Albion Park	4.40m
3	265	Shana Bourne	Lake Illawarra	4.39m
4	122	Jade Cowgill	Kiama	4.25m
5	64	Kate Brennan	Milton-Ulladulla	4.24m
6	150	Casey-Lee Bedford	Albion Park	4.22m
7	67	Belinda Carrasco	Lake Illawarra	3.88m
8	26	Chloe Stuckey	Shoalhaven	3.79m
9	17	April Rodda	Shoalhaven	3.40m

Girls U 15 - Long Jump

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

Name	Age	Centre	Final	
1	56	Emily Fraser	Lake Illawarra	4.43m
2	143	Rideika Wright	Albion Park	4.34m
3	222	Charlotte Gordon	Albion Park	4.28m
4	88	India Jardim	Lake Illawarra	4.12m
5	23	Keely Hagedoorn	Shoalhaven	3.88m
6	24	Kaitlyn Bennett	Shoalhaven	3.42m

Girls U 17 - Long Jump

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

Name	Age	Centre	Final	
1	4	Lacey Bruce	Shoalhaven	5.21m
2	121	Larni Cowgill	Kiama	4.59m
3	767	Kathryn Karpouzis	Lake Illawarra	4.26m
4	755	Lauren Hindin	Shoalhaven	4.03m
5	6	Courtney Hagedoorn	Shoalhaven	3.98m
6	88	Alison McDonald	St Georges Basin	3.26m

Girls U 11 - Triple Jump

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

Name	Age	Centre	Final	
1	6	Taylah Vella	Albion Park	8.41m
2	195	Brianna Cairns	Kiama	7.90m
3	106	Grace Mahon	Kiama	7.87m
4	76	Hollie Miles	St Georges Basin	7.77m
5	29	Kaylah Reith-Smith	St Georges Basin	7.08m
6	190	Brea Sainsbury-Man	Albion Park	7.03m
7	179	Leah Dobson	Albion Park	6.95m
8	203	Annie Schweitzer	Kiama	6.62m
9	127	Tara Mustapic	Albion Park	6.53m
10	94	Isabella Dalli	Lake Illawarra	6.24m
11	197	Sage Kendall	Lake Illawarra	5.85m

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 08/12/2012 to 09/12/2012
Sanctuary Point Oval
Results

Girls U 12 - Triple Jump

Zone: Z 10.52m 13/12/2009 Chloe Docker, Albion Park			
Name	Age	Centre	Final
1	257	Nikita Freeburn	Lake Illawarra 7.97m
2	110	Emma Hutchison	Lake Illawarra 7.65m
3	135	Tyla Haines	Lake Illawarra 7.26m

Girls U 13 - Triple Jump

Zone: Z 10.41m 29/01/2005 Janaya Zivkovic, Lake Illawa			
Name	Age	Centre	Final
1	259	Sarah Johnston	Albion Park 9.29m
2	101	Shaye-Lee Frier	Lake Illawarra 9.08m
3	73	Lauren Field	St Georges Basin 7.40m

Girls U 14 - Triple Jump

Zone: Z 11.20m 27/01/2008 Tayla King, Albion Park			
Name	Age	Centre	Final
1	162	Celeste Sulerzyski	Albion Park 9.70m
2	122	Jade Cowgill	Kiama 9.45m
3	33	Emily Power	St Georges Basin 9.18m
4	78	Rebecca Miles	St Georges Basin 8.28m
5	64	Kate Brennan	Milton-Ulladulla 8.24m
6	26	Chloe Stuckey	Shoalhaven 8.23m
7	17	April Rodda	Shoalhaven 8.20m
8	67	Belinda Carrasco	Lake Illawarra 8.11m

Girls U 15 - Triple Jump

Zone: Z 11.23m 14/12/2008 Tayla King, Albion Park			
Name	Age	Centre	Final
1	36	Sarah Gomes	Lake Illawarra 9.90m
2	88	India Jardim	Lake Illawarra 9.01m
3	56	Emily Fraser	Lake Illawarra 8.86m

Girls U 17 - Triple Jump

Zone: Z 11.39m 14/12/2008 Talissa Scott, Kiama			
Name	Age	Centre	Final
1	121	Larni Cowgill	Kiama 9.99m
2	767	Kathryn Karpouzis	Lake Illawarra 9.09m
3	755	Lauren Hindin	Shoalhaven 8.48m
4	88	Alison McDonald	St Georges Basin 7.35m

Girls U 7 - Shot Put (1.0 Kg)

Zone: Z 6.97m 27/01/1991 Belinda Jackson, Lake Illawar			
Name	Age	Centre	Final
1	926	Amelia Geraghty	Kiama 4.24m
2	239	Nakita Boatswain	Kiama 2.95m
3	198	Riley Nash	Albion Park 2.83m
4	7	Alana McGarry	Lake Illawarra 2.59m

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 08/12/2012 to 09/12/2012
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Girls U 8 - Shot Put (1.5 Kg)

Zone: Z 6.39m 30/01/2000 Kendall Vaughan, Lake Illawar			
Name	Age	Centre	Final
1	786	Kasey Heferen	Lake Illawarra 2.17m

Girls U 9 - Shot Put (2.0 Kg)

Zone: Z 7.18m 27/01/2001 Kendall Vaughan, Lake Illawar			
Name	Age	Centre	Final
1	74	Charlotta Mackay	Kiama 4.97m
2	38	Molly Wellington	Shoalhaven 4.64m
3	978	Zoe Baker	St Georges Basin 3.85m
4	68	Emily Climan	St Georges Basin 3.68m
5	979	Amy Baker	St Georges Basin 0.44m

Girls U 10 - Shot Put (2.0 Kg)

Zone: Z 7.86m 25/01/1998 K Cabanas, Lake Illawarra			
Name	Age	Centre	Final
1	84	Isabelle Cramp-Mil	Kiama 5.05m
2	998	Amanda Herringe	St Georges Basin 4.94m
3	273	Charlotte Preston	Albion Park 4.89m
4	222	Holly Blair	Lake Illawarra 4.60m

Girls U 11 - Shot Put (2.0 Kg)

Zone: Z 9.97m 27/01/1990 Gina Hampel, Lake Illawarra			
Name	Age	Centre	Final
1	195	Brianna Cairns	Kiama 6.67m
2	22	Zoe Seitaridis	Lake Illawarra 6.45m
3	203	Kiara Drake	Albion Park 6.18m
4	260	Leticia Valentine	Lake Illawarra 6.07m
5	108	Maggie Page	Kiama 5.40m
6	94	Isabella Dalli	Lake Illawarra 5.22m
7	97	Jessica Holland	Lake Illawarra 3.86m

Girls U 12 - Shot Put (2.0 Kg)

Zone: Z 12.48m 28/01/2007 Rachelle Grozde, Albion Park			
Name	Age	Centre	Final
1	19	Annette Peace	Shoalhaven 9.63m
2	12	Hayley Waine	Lake Illawarra 7.66m

Girls U 13 - Shot Put (3.0 Kg)

Zone: Z 11.60m 27/01/2008 Rachelle Grozde, Albion Park			
Name	Age	Centre	Final
1	14	Katelyn Harmer	St Georges Basin 8.79m
2	101	Shaye-Lee Frier	Lake Illawarra 8.35m
3	73	Lauren Field	St Georges Basin 6.68m
4	30	Kimberly Atkins	Shoalhaven 6.30m

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

Zone: Z 12.77m 13/12/2008 Rachelle Grozde, Albion Park				
Name	Age	Centre	Final	
1	16	Samantha Peace	Shoalhaven	11.86m
2	67	Belinda Carrasco	Lake Illawarra	8.55m
3	162	Celeste Sulerzyski	Albion Park	7.27m
4	28	Sonja Rodda	Shoalhaven	6.70m

Girls U 15 - Shot Put (3.0 Kg)

Zone: Z 13.02m 13/12/2009 Rachelle Grozde, Albion Park				
Name	Age	Centre	Final	
1	275	Taylor Hegarty	Albion Park	8.51m
2	23	Keely Hagedoorn	Shoalhaven	8.04m
3	14	Kaitlyn Hush	Shoalhaven	6.82m

Girls U 17 - Shot Put (3.0 Kg)

Zone: Z 13.12m 11/12/2011 Rachelle Grozde, Albion Park				
Name	Age	Centre	Final	
1	5	Alyssa Edwards	Shoalhaven	10.36m
2	3	Kyrah Hush	Shoalhaven	9.74m
3	43	Alysia Gardner	Albion Park	8.82m
4	202	Riana Drake	Albion Park	7.88m
5	6	Courtney Hagedoorn	Shoalhaven	7.51m
6	767	Kathryn Karpouzis	Lake Illawarra	6.75m
7	88	Alison McDonald	St Georges Basin	6.74m

Girls U 7 - Discus (350 Gm)

Zone: Z 14.83m 29/01/2000 Talissa Scott, Lake Illawarr				
Name	Age	Centre	Final	
1	239	Nakita Boatswain	Kiama	7.97m
2	96	Ella Marceau	St Georges Basin	4.36m
3	7	Alana McGarry	Lake Illawarra	4.14m

Girls U 8 - Discus (500 Gm)

Zone: Z 20.00m 27/01/2001 Talissa Scott, Lake Illawarr				
Name	Age	Centre	Final	
1	987	Hayley Baker	St Georges Basin	9.13m
2	136	Kailee Haines	Lake Illawarra	8.41m
3	196	Tahlia Kendall	Lake Illawarra	7.65m
4	26	Chelsey Reith-Smit	St Georges Basin	6.93m
5	92	Courtney Yeaman	Albion Park	6.40m
6	786	Kasey Heferen	Lake Illawarra	4.68m

Girls U 9 - Discus (500 Gm)

Zone: Z 24.07m 27/01/2002 Talissa Scott, Lake Illawarr				
Name	Age	Centre	Final	
1	38	Molly Wellington	Shoalhaven	12.34m
2	208	Georgia McAlister	Kiama	8.45m

ZONE TRACK & FIELD CHAMPIONSHIPS
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....Girls U 9 - Discus (500 Gm)

3	74 Ella Field	St Georges Basin	8.10m
4	32 Jayda Amidzovski	Albion Park	7.69m

Girls U 10 - Discus (500 Gm)

Zone: Z 26.05m 29/01/2000 Emma Cooke, Shoalhaven

Name	Age	Centre	Final	
1	273	Charlotte Preston	Albion Park	15.82m
2	123	Grace Adams	Albion Park	13.55m
3	998	Amanda Herringe	St Georges Basin	13.50m
4	7	Tegan McKay	St Georges Basin	12.14m
5	36	Zali Dhu	Shoalhaven	11.16m
6	89	Amber Watson	Lake Illawarra	11.03m
7	222	Holly Blair	Lake Illawarra	10.14m
8	84	Isabelle Cramp-Mil	Kiama	8.64m

Girls U 11 - Discus (750 Gm)

Zone: Z 28.71m 13/12/2009 Samantha Peace, Shoalhaven

Name	Age	Centre	Final	
1	260	Leticia Valentine	Lake Illawarra	16.92m
2	759	Olivia Fletcher	Shoalhaven	15.24m
3	22	Zoe Seitaridis	Lake Illawarra	15.10m
4	203	Kiara Drake	Albion Park	14.37m
5	108	Maggie Page	Kiama	13.81m
6	29	Kaylah Reith-Smith	St Georges Basin	12.52m
7	76	Hollie Miles	St Georges Basin	12.22m
8	127	Tara Mustapic	Albion Park	11.99m
9	75	Emily Mackay	Kiama	7.80m
--	17	Baylee Cooper	Milton-Ulladulla	ND

Girls U 12 - Discus (750 Gm)

Zone: Z 33.96m 29/01/2011 Samantha Peace, Shoalhaven

Name	Age	Centre	Final	
1	19	Annette Peace	Shoalhaven	31.89m
2	32	Ebony Johnson	Shoalhaven	21.00m
3	131	Jade Mustapic	Albion Park	20.49m
4	12	Hayley Waine	Lake Illawarra	18.66m
5	66	Emma McDonald	St Georges Basin	12.69m
6	257	Nikita Freeburn	Lake Illawarra	11.97m

Girls U 13 - Discus (750 Gm)

Zone: Z 39.06m 26/01/2008 Rachelle Grozde, Albion Park

Name	Age	Centre	Final	
1	101	Shaye-Lee Frier	Lake Illawarra	32.87m
2	14	Katelyn Harmer	St Georges Basin	24.91m
3	73	Lauren Field	St Georges Basin	21.53m
4	13	Kiara White	Albion Park	16.72m

ZONE TRACK & FIELD CHAMPIONSHIPS
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Results

Girls U 14 - Discus (1.0 Kg)

Zone: Z 37.75m 14/12/2008 Rachelle Grozde, Albion Park			
Name	Age	Centre	Final
1	16	Samantha Peace	Shoalhaven 42.03mZ
2	67	Belinda Carrasco	Lake Illawarra 25.94m
3	33	Emily Power	St Georges Basin 22.57m
4	28	Sonja Rodda	Shoalhaven 15.40m
5	545	Naomi Robinson	Kiama 8.26m

Girls U 15 - Discus (1.0 Kg)

Zone: Z 38.28m 12/12/2009 Rachelle Grozde, Albion Park			
Name	Age	Centre	Final
1	263	Olivie-Rose McEwan	Lake Illawarra 27.64m
2	20	Susie Seitaridis	Lake Illawarra 27.31m
3	88	India Jardim	Lake Illawarra 20.52m
4	275	Taylor Hegarty	Albion Park 16.24m
5	153	Laura McLaughlin	Albion Park 16.13m
6	23	Keely Hagedoorn	Shoalhaven 15.90m
7	14	Kaitlyn Hush	Shoalhaven 12.92m
8	24	Kaitlyn Bennett	Shoalhaven 10.97m

Girls U 17 - Discus (1.0 Kg)

Zone: Z 39.28m 10/12/2011 Rachelle Grozde, Albion Park			
Name	Age	Centre	Final
1	4	Lacey Bruce	Shoalhaven 29.53m
2	43	Alysia Gardner	Albion Park 26.15m
3	3	Kyrah Hush	Shoalhaven 24.60m
4	88	Alison McDonald	St Georges Basin 18.43m
5	6	Courtney Hagedoorn	Shoalhaven 17.97m
6	767	Kathryn Karpouzis	Lake Illawarra 16.68m
7	109	Ebonie Lynch	Albion Park 14.76m

Girls U 12 - Javelin (400 Gm)

Zone: Z 27.93m 10/12/2011 Shaye-Lee Frier, Lake Illawa			
Name	Age	Centre	Final
1	19	Annette Peace	Shoalhaven 21.58m
2	32	Ebony Johnson	Shoalhaven 20.15m
3	131	Jade Mustapic	Albion Park 18.35m
4	170	Shenay Edwards	Albion Park 15.15m
5	12	Hayley Waine	Lake Illawarra 12.01m

Girls U 13 - Javelin (400 Gm)

Zone: Z 31.45m 28/01/2007 Emily Debrot, Albion Park			
Name	Age	Centre	Final
1	101	Shaye-Lee Frier	Lake Illawarra 31.62mZ
2	14	Katelyn Harmer	St Georges Basin 18.14m

ZONE TRACK & FIELD CHAMPIONSHIPS
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Girls U 14 - Javelin (400 Gm)

Zone: Z 36.38m 10/12/2011 Susie Seitaridis, Lake Illaw			
Name	Age	Centre	Final
1	16	Samantha Peace	Shoalhaven 29.84m
2	67	Belinda Carrasco	Lake Illawarra 26.23m
3	33	Emily Power	St Georges Basin 22.78m
4	150	Casey-Lee Bedford	Albion Park 22.62m
5	28	Sonja Rodda	Shoalhaven 12.79m

Girls U 15 - Javelin (500 Gm)

Zone: Z 18.86m 11/12/2011 Alysia Gardner, Albion Park			
Name	Age	Centre	Final
1	20	Susie Seitaridis	Lake Illawarra 33.03mZ
2	88	India Jardim	Lake Illawarra 16.30m
3	23	Keely Hagedoorn	Shoalhaven 14.70m
4	24	Kaitlyn Bennett	Shoalhaven 14.33m

Girls U 17 - Javelin (500 Gm)

Zone: Z 34.11m 10/12/2011 Rachelle Grozde, Albion Park			
Name	Age	Centre	Final
1	4	Lacey Bruce	Shoalhaven 31.36m
2	5	Alyssa Edwards	Shoalhaven 28.76m
3	3	Kyrah Hush	Shoalhaven 26.70m
4	767	Kathryn Karpouzis	Lake Illawarra 22.19m
5	43	Alysia Gardner	Albion Park 18.04m
6	6	Courtney Hagedoorn	Shoalhaven 15.71m
7	755	Lauren Hindin	Shoalhaven 15.60m

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	54	Madison Callaway	Lake Illawarra 4:58.61
2	38	Molly Wellington	Shoalhaven 5:43.31
3	74	Ella Field	St Georges Basin 6:56.93

Girls U 10 - 1100 Metre Walk

Zone: Z 6:49.80 28/01/2001 Laura Mogensen, Albion Park			
Name	Age	Centre	Final
1	7	Tegan McKay	St Georges Basin 9:28.03
2	104	Paris Rodriguez	St Georges Basin 9:55.97
3	998	Amanda Herringe	St Georges Basin 10:04.09
4	84	Isabelle Cramp-Mil	Kiama 10:10.88

Girls U 11 - 1100 Metre Walk

Zone: Z 6:12.40 25/01/1998 Chantelle Corish, St George			
Name	Age	Centre	Final
1	108	Maggie Page	Kiama 6:42.82

ZONE TRACK & FIELD CHAMPIONSHIPS
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....Girls U 11 - 1100 Metre Walk

2	11	Tara McInally	St Georges Basin	6:45.31
3	175	Gabrielle Marriott	Lake Illawarra	7:36.24
4	127	Tara Mustapic	Albion Park	7:59.71
5	113	Jessica Ward	Albion Park	8:27.52
6	22	Zoe Seitaridis	Lake Illawarra	8:39.65
--	75	Emily Mackay	Kiama	DQ

Girls U 12 - 1500 Metre Walk

=====				
Zone: Z 8:09.10 26/01/1986 Leanne Wilford, Kiama				
Name		Age Centre		Final
=====				
1	110	Emma Hutchison	Lake Illawarra	11:03.84
2	12	Hayley Waine	Lake Illawarra	11:44.31
3	31	Emily Bradstock	Shoalhaven	12:05.28

Girls U 13 - 1500 Metre Walk

=====				
Zone: Z 8:22.10 25/01/1987 Leanne Wilford, Kiama				
Name		Age Centre		Final
=====				
1	5	Teah McInally	St Georges Basin	9:41.72
2	59	Terri Milani	St Georges Basin	10:28.62
3	5	Ellie Hemmingway	Lake Illawarra	11:35.94

Girls U 14 - 1500 Metre Walk

=====				
Zone: Z 7:37.50 29/01/2006 Tanya Poppett, Kiama				
Name		Age Centre		Final
=====				
1	17	April Rodda	Shoalhaven	10:24.52
2	67	Belinda Carrasco	Lake Illawarra	12:08.94
3	28	Sonja Rodda	Shoalhaven	16:24.41

Girls U 15 - 1500 Metre Walk

=====				
Zone: Z 7:25.70 28/01/2007 Tanya Poppett, Kiama				
Name		Age Centre		Final
=====				
1	88	India Jardim	Lake Illawarra	10:11.34
2	14	Kaitlyn Hush	Shoalhaven	11:46.84

Girls U 17 - 1500 Metre Walk

=====				
Zone: Z 8:21.70 11/12/2011 Emily Warden, Shoalhaven				
Name		Age Centre		Final
=====				
1	88	Alison McDonald	St Georges Basin	11:21.12

Boys U 7 - 50 Metre Sprint

=====				
Zone: Z 8.80 29/01/2005 Hayden Moon, Kiama				
Name		Age Centre		Final
=====				
1	25	Joshua Daniel	Albion Park	9.49
2	219	Finnley Egan	Kiama	9.49
3	203	Ryan Keen	Lake Illawarra	9.74
4	138	Zac Maher	Albion Park	9.78

ZONE TRACK & FIELD CHAMPIONSHIPS
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Sanctuary Point Oval
Results

....Boys U 7 - 50 Metre Sprint

5	77	Jesse Shaw	Lake Illawarra	10.49
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Boys U 7 - 70 Metre Sprint

=====
 Zone: Z 11.10 30/01/1983 L O'Connor, Wollondilly
 =====

Name	Age	Centre	Heats
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=====

Heat 1 Heats

1	165	Zac Herdegen	Albion Park	12.51Q
2	207	Harry McAlister	Kiama	12.96Q
3	138	Zac Maher	Albion Park	13.05Q
4	164	Beau Bradstock	Shoalhaven	14.38

Heat 2 Heats

1	25	Joshua Daniel	Albion Park	12.37Q
2	219	Finnley Egan	Kiama	12.64Q
3	214	Jay Whyte	Albion Park	12.68Q
4	203	Ryan Keen	Lake Illawarra	12.81q
4	200	Liam Lambert	Lake Illawarra	12.81q

Boys U 7 - 70 Metre Sprint

=====
 Zone: Z 11.10 30/01/1983 L O'Connor, Wollondilly
 =====

Name	Age	Centre	Final
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=====

Section 1 Final

1	165	Zac Herdegen	Albion Park	12.62
2	25	Joshua Daniel	Albion Park	12.67
3	219	Finnley Egan	Kiama	12.67
4	207	Harry McAlister	Kiama	12.84
5	138	Zac Maher	Albion Park	13.21
6	214	Jay Whyte	Albion Park	13.24
7	203	Ryan Keen	Lake Illawarra	13.49
8	200	Liam Lambert	Lake Illawarra	13.68

Boys U 8 - 70 Metre Sprint

=====
 Zone: Z 10.10 30/01/1983 P Giobbi, Wollongong City
 =====

Name	Age	Centre	Final
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=====

Section 1

1	60	Matthew Murphy	Albion Park	11.81
2	8	Tsar Mandavy	St Georges Basin	11.99
3	169	Jordan High	Albion Park	12.11

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	Heats
------	-----	--------	-------

=====

Heat 1 Heats

1	221	Dylan Egan	Kiama	11.43Q
2	180	Taj Hart	Shoalhaven	11.58Q
3	137	Sam Maher	Albion Park	11.87Q
4	143	Tallen Scott	Shoalhaven	12.11
5	37	Ben Johnson	Shoalhaven	12.65
6	36	Zac Pringle	St Georges Basin	12.78

Heat 2 Heats

ZONE TRACK & FIELD CHAMPIONSHIPS
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....Boys U 9 - 70 Metre Sprint

1	61 Jack Murphy	Albion Park	10.68Q
2	9 Rylan O'Sullivan	Milton-Ulladulla	10.80Q
3	257 Harrison High	Albion Park	11.40Q
4	157 Joshua Jackson	Lake Illawarra	11.46q
5	89 Bailey Sacco	Albion Park	12.02q
6	187 Mitchell Spillane	Shoalhaven	12.39

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
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=====

Section 1 Final

1	221 Dylan Egan	Kiama	10.86
2	61 Jack Murphy	Albion Park	10.91
3	9 Rylan O'Sullivan	Milton-Ulladulla	10.92
4	137 Sam Maher	Albion Park	11.27
5	180 Taj Hart	Shoalhaven	11.51
6	157 Joshua Jackson	Lake Illawarra	11.55
7	257 Harrison High	Albion Park	11.62
8	89 Bailey Sacco	Albion Park	12.08

Boys U 10 - 70 Metre Sprint

=====
 Zone: Z 9.40 13/12/2009 Tristan Brazulaitis, Albion P

Name	Age Centre	Final
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=====

Section 1

1	213 Kal Whyte	Albion Park	10.52
2	977 Jayden Baker	St Georges Basin	10.96
3	100 Oliver Lambert	Lake Illawarra	12.34

Boys U 7 - 100 Metre Sprint

=====
 Zone: Z 16.10 29/01/1983 R Hazel, Kiama

Name	Age Centre	Final
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1	5 Kalani Vella	Albion Park	17.62
2	25 Joshua Daniel	Albion Park	18.43
3	219 Finnley Egan	Kiama	18.87
4	203 Ryan Keen	Lake Illawarra	18.90
5	214 Jay Whyte	Albion Park	18.96
6	73 Jay De Gouveia	Lake Illawarra	19.14
7	200 Liam Lambert	Lake Illawarra	19.37

Boys U 8 - 100 Metre Sprint

=====
 Zone: Z 15.10 30/01/1982 Matthew Dalby, Lake Illawarra

Name	Age Centre	Heats
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=====

Heat 1 Heats

1	175 Taj Ford	Kiama	16.80Q
1	145 Darnell Wright	Albion Park	16.80Q
3	8 Tsar Mandavy	St Georges Basin	17.14Q
4	178 Alec Dobson	Albion Park	18.65q
5	884 Ryan Smith	Milton-Ulladulla	19.68

Heat 2 Heats

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 08/12/2012 to 09/12/2012
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Results

....Boys U 8 - 100 Metre Sprint

1	60	Matthew Murphy	Albion Park	16.90Q
2	189	Joshua Corby	Lake Illawarra	17.08Q
3	40	Callum Johnson	Shoalhaven	17.58Q
4	169	Jordan High	Albion Park	18.08q
5	57	Thomas Wheeler	St Georges Basin	19.62

Boys U 8 - 100 Metre Sprint

=====				
	Zone:	Z 15.10	30/01/1982	Matthew Dalby, Lake Illawarra
	Name		Age Centre	Final
=====				

Section 1 Final

1	175	Taj Ford	Kiama	17.02
2	145	Darnell Wright	Albion Park	17.11
3	60	Matthew Murphy	Albion Park	17.52
4	189	Joshua Corby	Lake Illawarra	17.55
5	8	Tsar Mandavy	St Georges Basin	17.87
6	169	Jordan High	Albion Park	18.27
7	178	Alec Dobson	Albion Park	18.47
8	40	Callum Johnson	Shoalhaven	18.52

Boys U 9 - 100 Metre Sprint

=====				
	Zone:	Z 14.10	30/01/1982	David Gillis, Lake Illawarra
	Zone:	Z 14.10	25/01/1986	Steven Russo, Lake Illawarra
	Name		Age Centre	Heats
=====				

Heat 1 Heats

1	7	Ben Shephard	Milton-Ulladulla	16.24Q
2	61	Archie Henry	Milton-Ulladulla	16.39Q
3	257	Harrison High	Albion Park	16.51Q
4	187	Mitchell Spillane	Shoalhaven	18.05q
5	994	Alexander Maceau	St Georges Basin	20.49

Heat 2 Heats

1	221	Dylan Egan	Kiama	15.65Q
2	61	Jack Murphy	Albion Park	15.81Q
3	9	Rylan O'Sullivan	Milton-Ulladulla	16.08Q
4	108	Hunter Lynch	Albion Park	16.99q

Boys U 9 - 100 Metre Sprint

=====				
	Zone:	Z 14.10	30/01/1982	David Gillis, Lake Illawarra
	Zone:	Z 14.10	25/01/1986	Steven Russo, Lake Illawarra
	Name		Age Centre	Final
=====				

Section 1 Final

1	221	Dylan Egan	Kiama	15.18
2	61	Jack Murphy	Albion Park	15.23
3	9	Rylan O'Sullivan	Milton-Ulladulla	15.30
4	7	Ben Shephard	Milton-Ulladulla	15.96
5	61	Archie Henry	Milton-Ulladulla	16.14
6	257	Harrison High	Albion Park	16.27
7	108	Hunter Lynch	Albion Park	16.30
8	187	Mitchell Spillane	Shoalhaven	16.51

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 08/12/2012 to 09/12/2012
Sanctuary Point Oval
Results

Boys U 10 - 100 Metre Sprint

Zone: Z 13.10 26/01/1980 David Carter, Lake Illawarra			
Name	Age	Centre	Final
Section 1			
1	144	Jayden Wright	Albion Park 14.57
2	213	Kal Whyte	Albion Park 14.89
3	1	Jack Skinner	Milton-Ulladulla 15.77
4	977	Jayden Baker	St Georges Basin 16.05
5	26	Jesse Nichols	Milton-Ulladulla 16.56
6	100	Oliver Lambert	Lake Illawarra 17.81

Boys U 11 - 100 Metre Sprint

Zone: Z 13.00 29/01/2000 Kane Linnett, Lake Illawarra			
Name	Age	Centre	Final
1	45	Joel Horgan	Shoalhaven 14.23
2	143	Tom Chandler	Kiama 14.37
3	763	Tyler Rodgers	Lake Illawarra 14.65
4	50	Connor Rodriguez	St Georges Basin 15.37
5	18	Joel Alsock	Lake Illawarra 15.46
6	6	Joe Shephard	Milton-Ulladulla 15.61
7	205	Cooper Jones	Albion Park 15.68
8	136	Will Maher	Albion Park 22.37

Boys U 12 - 100 Metre Sprint

Zone: Z 12.70 28/01/2006 Caine Trindall, St Georges Ba			
Name	Age	Centre	Final
1	151	Jye Shumack	Albion Park 14.05
2	880	Connor Ruse-Kent	Albion Park 14.58
3	991	Sam Taylor	St Georges Basin 14.89
4	8	Joshua Lambert	Lake Illawarra 15.33
5	119	Josh Monro	Albion Park 15.59
6	144	Levi Scott	Kiama 16.45

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	39	Dean Kinlyside	Shoalhaven 13.86
2	197	Jarryd Hodgekiss	Albion Park 13.99
3	49	Dylan Thompson	St Georges Basin 14.36
4	120	Matthew Hills	Kiama 14.36
5	217	Jett Preston	Albion Park 14.58
6	103	Thomas Bell	Kiama 14.71
7	13	Ryan Waine	Lake Illawarra 14.86
8	43	Luke Kellett	Shoalhaven 16.87

Boys U 14 - 100 Metre Sprint

Zone: Z 11.80 29/01/2011 Jye Brooker, Albion Park			
Name	Age	Centre	Final
1	15	Zachary Havadjia	Shoalhaven 12.20

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 08/12/2012 to 09/12/2012
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....Boys U 14 - 100 Metre Sprint

2	133	Emerson Brian	Shoalhaven	12.99
3	167	Nicholas High	Albion Park	13.08
4	25	Cameron Musgrove	Shoalhaven	13.74
5	101	Ewan Bell	Kiama	14.02
6	164	James Clay	Lake Illawarra	14.81
7	2	Jake Cleal-Cook	Kiama	15.46
8	67	Jayden Climan	St Georges Basin	16.43

Boys U 15 - 100 Metre Sprint

=====				
Zone: Z 11.50 12/12/2009 Brodie Leeson, Albion Park				
Name		Age	Centre	Final
=====				
1	230	William	Albion Park	11.59
2	737	Daniel	Shoalhaven	11.87
3	83	Jack	Albion Park	12.55
4	1	Brock	St Georges Basin	12.84
5	2	Jordan	St Georges Basin	13.08
6	77	Matthew	St Georges Basin	15.67

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
=====				
1	196	Billy	Shoalhaven	11.86
2	764	Weah	Shoalhaven	11.86
3	7	Jacob	Shoalhaven	11.96
4	2	Joshua	Lake Illawarra	12.04
5	2	Hayden	Shoalhaven	12.77

Boys U 7 - 200 Metre Sprint

=====				
Zone: Z 34.10 29/01/1984 D Soussa, Wollongong City				
Name		Age	Centre	Final
=====				
1	5	Kalani	Albion Park	35.90
2	165	Zac	Albion Park	37.90
3	25	Joshua	Albion Park	38.30
4	219	Finnley	Kiama	40.11
5	138	Zac	Albion Park	40.30
6	207	Harry	Kiama	40.34
7	200	Liam	Lake Illawarra	43.02

Boys U 8 - 200 Metre Sprint

=====				
Zone: Z 32.10 31/01/1982 Matthew Dalby, Lake Illawarra				
Name		Age	Centre	Final
=====				
1	175	Taj	Kiama	34.21
2	145	Darnell	Albion Park	34.26
3	60	Matthew	Albion Park	36.21
4	99	Jasper	Kiama	37.61
5	2	Archie	Milton-Ulladulla	42.08

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 08/12/2012 to 09/12/2012
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Boys U 9 - 200 Metre Sprint

Zone: Z 30.10 26/01/1986 Steven Russo, Lake Illawarra			
Name	Age	Centre	Heats
Heat 1 Heats			
1	221	Dylan Egan	Kiama 32.27Q
2	9	Rylan O'Sullivan	Milton-Ulladulla 34.08Q
3	108	Hunter Lynch	Albion Park 34.67Q
4	47	Nick Quinn	Albion Park 36.96q
5	89	Bailey Sacco	Albion Park 37.42
6	187	Mitchell Spillane	Shoalhaven 38.46
7	994	Alexander Maceau	St Georges Basin 44.62
Heat 2 Heats			
1	61	Jack Murphy	Albion Park 33.40Q
2	99	Issac Shaw	Lake Illawarra 33.99Q
3	61	Archie Henry	Milton-Ulladulla 34.02Q
4	49	James Quinn	Albion Park 36.27q
5	143	Tallen Scott	Shoalhaven 37.93
6	36	Zac Pringle	St Georges Basin 42.21

Boys U 9 - 200 Metre Sprint

Zone: Z 30.10 26/01/1986 Steven Russo, Lake Illawarra			
Name	Age	Centre	Final
Section 1 Final			
1	221	Dylan Egan	Kiama 32.58
2	61	Archie Henry	Milton-Ulladulla 33.43
3	61	Jack Murphy	Albion Park 33.68
4	99	Issac Shaw	Lake Illawarra 33.71
5	9	Rylan O'Sullivan	Milton-Ulladulla 35.11
6	108	Hunter Lynch	Albion Park 35.68
7	49	James Quinn	Albion Park 37.48
8	47	Nick Quinn	Albion Park 39.48

Boys U 10 - 200 Metre Sprint

Zone: Z 28.20 28/01/2007 Luke Watts, Albion Park			
Name	Age	Centre	Final
Section 1			
1	144	Jayden Wright	Albion Park 29.86
2	213	Kal Whyte	Albion Park 31.11
3	1	Jack Skinner	Milton-Ulladulla 32.69
4	163	Corey Herdegen	Albion Park 33.02

Boys U 11 - 200 Metre Sprint

Zone: Z 28.00 30/01/2000 Kane Linnett, Lake Illawarra			
Name	Age	Centre	Heats
Heat 1 Heats			
1	45	Joel Horgan	Shoalhaven 30.00Q
2	205	Cooper Jones	Albion Park 32.79Q
3	83	Jarrod James	Shoalhaven 33.56Q
4	50	Connor Rodriguez	St Georges Basin 33.90q
5	156	Cooper Worland	Albion Park 35.43
6	3	Jack Begg	Milton-Ulladulla 37.30
Heat 2 Heats			

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 08/12/2012 to 09/12/2012
Sanctuary Point Oval
Results

....Boys U 11 - 200 Metre Sprint

1	143	Tom Chandler	Kiama	29.93Q
2	763	Tyler Rodgers	Lake Illawarra	32.04Q
3	6	George Ardler	St Georges Basin	32.67Q
4	50	Daniel Rogan	Milton-Ulladulla	33.02q
5	136	Will Maher	Albion Park	45.78

Boys U 11 - 200 Metre Sprint

=====				
	Zone:	Z 28.00	30/01/2000	Kane Linnett, Lake Illawarra
Name		Age	Centre	Final
=====				

Section 1 Final

1	45	Joel Horgan	Shoalhaven	29.33
2	143	Tom Chandler	Kiama	29.46
3	763	Tyler Rodgers	Lake Illawarra	31.36
4	205	Cooper Jones	Albion Park	32.43
5	50	Connor Rodriguez	St Georges Basin	32.43
6	6	George Ardler	St Georges Basin	32.55
7	83	Jarrold James	Shoalhaven	33.96
8	50	Daniel Rogan	Milton-Ulladulla	35.08

Boys U 12 - 200 Metre Sprint

=====				
	Zone:	Z 26.60	29/01/2006	Caine Trindall, St Georges Ba
Name		Age	Centre	Final
=====				

Section 1

1	151	Jye Shumack	Albion Park	28.52
2	880	Connor Ruse-Kent	Albion Park	28.99
3	991	Sam Taylor	St Georges Basin	29.71
4	144	Levi Scott	Kiama	31.68
5	119	Josh Monro	Albion Park	31.78
6	268	Henry Cox	Kiama	34.11

Boys U 13 - 200 Metre Sprint

=====				
	Zone:	Z 25.40	28/01/2007	Caine Trindall, St Georges ba
Name		Age	Centre	Final
=====				

1	258	Mitchell Johnston	Albion Park	27.50
2	39	Dean Kinlyside	Shoalhaven	27.68
3	49	Dylan Thompson	St Georges Basin	28.51
4	133	Dan Hall	Albion Park	29.87
5	103	Jarod Handcock	Albion Park	30.39
6	100	Cody Rodriguez	St Georges Basin	34.76

Boys U 14 - 200 Metre Sprint

=====				
	Zone:	Z 24.20	30/01/2000	Johnny Finkernagel, St George
Name		Age	Centre	Final
=====				

1	15	Zachary Havadjia	Shoalhaven	24.60
2	167	Nicholas High	Albion Park	27.16
3	133	Emerson Brian	Shoalhaven	27.68
4	25	Cameron Musgrove	Shoalhaven	27.96
5	164	James Clay	Lake Illawarra	29.70

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 08/12/2012 to 09/12/2012
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Boys U 15 - 200 Metre Sprint

Zone: Z 23.30 13/12/2009 Brodie Leeson, Albion Park			
Name	Age	Centre	Final
1	230	William Worthy	Albion Park 24.49
2	15	Cody White	Albion Park 24.65
3	241	Brent Hazelton	Albion Park 25.08
4	83	Jack Fowler	Albion Park 26.21
5	1	Brock Nichols	St Georges Basin 26.74

Boys U 17 - 200 Metre Sprint

Zone: Z 22.60 11/12/2011 Brodie Leeson, Albion Park			
Name	Age	Centre	Final
1	196	Billy Wallington	Shoalhaven 23.14
2	764	Weah Doe	Shoalhaven 23.58
3	2	Joshua Fernandes	Lake Illawarra 24.86
4	2	Hayden Rodda	Shoalhaven 24.92
5	981	William Culbert	St Georges Basin 25.26

Boys U 8 - 400 Metre Sprint

Zone: Z 1:16.10 13/12/2008 Mitchell Potts, Albion Park			
Name	Age	Centre	Final
1	175	Taj Ford	Kiama 1:24.31
2	99	Jasper Arnold	Kiama 1:27.40
3	178	Alec Dobson	Albion Park 1:28.37
4	884	Ryan Smith	Milton-Ulladulla 1:28.93
5	2	Archie Skinner	Milton-Ulladulla 1:32.59
6	109	Christian Page	Kiama 1:42.18

Boys U 9 - 400 Metre Sprint

Zone: Z 1:12.00 24/01/1984 Brett Stumbles, Dapto			
Name	Age	Centre	Heats
Heat 1 Heats			
1	221	Dylan Egan	Kiama 1:16.34Q
2	61	Archie Henry	Milton-Ulladulla 1:17.28Q
3	137	Sam Maher	Albion Park 1:25.25Q
4	3	Cody Plumridge	Albion Park 1:31.47q
5	994	Alexander Maceau	St Georges Basin 1:48.91
Heat 2 Heats			
1	99	Issac Shaw	Lake Illawarra 1:16.75Q
2	49	James Quinn	Albion Park 1:20.37Q
3	7	Ben Shephard	Milton-Ulladulla 1:23.12Q
4	225	Lachan Cairns	Lake Illawarra 1:25.18q
5	47	Nick Quinn	Albion Park 1:31.94

Boys U 9 - 400 Metre Sprint

Zone: Z 1:12.00 24/01/1984 Brett Stumbles, Dapto			
Name	Age	Centre	Final
Section 1 Final			
1	221	Dylan Egan	Kiama 1:13.15
2	61	Archie Henry	Milton-Ulladulla 1:16.31

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 08/12/2012 to 09/12/2012
Sanctuary Point Oval
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....Boys U 9 - 400 Metre Sprint

3	99	Issac Shaw	Lake Illawarra	1:16.52
4	49	James Quinn	Albion Park	1:19.81
5	7	Ben Shephard	Milton-Ulladulla	1:23.02
6	137	Sam Maher	Albion Park	1:24.87
7	3	Cody Plumridge	Albion Park	1:36.00

Boys U 10 - 400 Metre Sprint

=====
 Zone: Z 1:06.10 24/01/1987 Steven Pusso, Lake Illawarr
 Name Age Centre Final
 =====

Section 1

1	65	Marcus Hargreaves	Milton-Ulladulla	1:24.72
2	883	Lachlan Smith	Milton-Ulladulla	1:27.34
3	26	Jesse Nichols	Milton-Ulladulla	1:28.23

Boys U 11 - 400 Metre Sprint

=====
 Zone: Z 1:04.10 24/01/1981 Simon Hull, Lake Illawarra
 Name Age Centre Final
 =====

1	143	Tom Chandler	Kiama	1:06.61
2	2	Dylan Plumridge	Albion Park	1:08.05
3	45	Joel Horgan	Shoalhaven	1:09.48
4	79	Zack Hind-Langwade	St Georges Basin	1:11.59
5	763	Tyler Rodgers	Lake Illawarra	1:12.31
6	84	Alexander Bonetig	Albion Park	1:13.36
7	179	Tyson Hart	Shoalhaven	1:18.33
8	10	Codin O'Sullivan	Milton-Ulladulla	1:29.98

Boys U 12 - 400 Metre Sprint

=====
 Zone: Z 1:03.10 30/01/1982 Simon Hull, Lake Illawarra
 Name Age Centre Final
 =====

1	201	Jarod Falconer	Albion Park	1:07.94
2	180	Hugh Dobson	Albion Park	1:10.40
3	11	Haydn Galea	Milton-Ulladulla	1:13.40
4	43	Jordan Heywood	Lake Illawarra	1:16.37

Boys U 13 - 400 Metre Sprint

=====
 Zone: Z 59.80 10/12/2011 Zachary Havadjia, Shoalhave
 Zone: Z 1:01.70 28/01/2006 Corey Gameiro, Lake Illawar
 Name Age Centre Final
 =====

1	267	Luke Hunter	Lake Illawarra	1:08.72
2	103	Jarod Handcock	Albion Park	1:09.28
3	133	Dan Hall	Albion Park	1:10.12
4	17	Finlay McPhillips	Albion Park	1:14.18

Boys U 14 - 400 Metre Sprint

=====
 Zone: Z 57.60 26/01/2008 Campbell Harvey, Shoalhaven
 Name Age Centre Final
 =====

1	15	Zachary Havadjia	Shoalhaven	55.43Z
2	25	Cameron Musgrove	Shoalhaven	1:10.55

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 08/12/2012 to 09/12/2012
Sanctuary Point Oval
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Boys U 15 - 400 Metre Sprint

Zone: Z 55.40 26/01/2008 Gareth Ryan, Albion Park			
Name	Age	Centre	Final
1	83	Jack Fowler	Albion Park 57.72
2	77	Matthew McDonald	St Georges Basin 1:16.72

Boys U 17 - 400 Metre Sprint

Zone: Z 53.20 12/12/2009 Gareth Ryan, Albion Park			
Name	Age	Centre	Final
1	196	Billy Wallington	Shoalhaven 52.67Z
2	981	William Culbert	St Georges Basin 56.83
3	2	Hayden Rodda	Shoalhaven 1:02.94

Boys U 9 - 800 Metre Run

Zone: Z 2:42.10 25/01/1998 Guy Cuttil, Lake Illawarra			
Name	Age	Centre	Final
1	99	Issac Shaw	Lake Illawarra 2:52.25
2	61	Archie Henry	Milton-Ulladulla 2:56.72
3	49	James Quinn	Albion Park 2:57.09
4	137	Sam Maher	Albion Park 3:08.38
5	143	Tallen Scott	Shoalhaven 3:09.59
6	108	Hunter Lynch	Albion Park 3:11.50
7	225	Lachan Cairns	Lake Illawarra 3:13.24
8	239	Hudson Boatswain	Kiama 3:20.81
9	47	Nick Quinn	Albion Park 3:38.22

Boys U 10 - 800 Metre Run

Zone: Z 2:32.10 27/01/1980 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
1	163	Corey Herdegen	Albion Park 3:00.53
2	65	Marcus Hargreaves	Milton-Ulladulla 3:04.24
3	44	Zachary Heywood	Lake Illawarra 3:16.47
4	977	Jayden Baker	St Georges Basin 3:31.41

Boys U 11 - 800 Metre Run

Zone: Z 2:29.00 25/01/1981 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
1	143	Tom Chandler	Kiama 2:36.69
2	24	Zachery Daniel	Albion Park 2:38.14
3	79	Zack Hind-Langwade	St Georges Basin 2:39.25
4	2	Dylan Plumridge	Albion Park 2:41.66
5	20	Kye Jones	Shoalhaven 2:52.36
6	50	Daniel Rogan	Milton-Ulladulla 2:58.37
7	83	Jarrold James	Shoalhaven 3:02.18
8	174	Bailey Morris	Shoalhaven 3:14.13

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 08/12/2012 to 09/12/2012
Sanctuary Point Oval
Results

Boys U 12 - 800 Metre Run

Zone: Z 2:23.00 31/01/1982 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
1	117	Jesse Buckham	Shoalhaven 2:37.81
2	43	Jordan Heywood	Lake Illawarra 2:40.96
3	8	Joshua Lambert	Lake Illawarra 2:59.75
4	971	Drew Quirk	Kiama 3:14.56

Boys U 13 - 800 Metre Run

Zone: Z 2:17.20 30/01/1983 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
1	105	Troy Whittington	Albion Park 2:16.46Z
2	17	Finlay McPhillips	Albion Park 2:35.72
3	103	Jarod Handcock	Albion Park 2:47.94
4	135	Travis Murray	Albion Park 3:06.88

Boys U 14 - 800 Metre Run

Zone: Z 2:18.50 01/02/2004 Shane Chapman, Albion Park			
Name	Age	Centre	Final
1	255	Kade Szakacs	Albion Park 2:16.72Z
2	25	Cameron Musgrove	Shoalhaven 2:34.65
3	96	Dylan Holland	Lake Illawarra 2:38.93

Boys U 15 - 800 Metre Run

Zone: Z 2:10.10 27/01/1991 Chris Russell, Lake Illawarra			
Name	Age	Centre	Final
1	160	Jye Edwards	Albion Park 2:14.78

Boys U 17 - 800 Metre Run

Zone: Z 2:07.80 14/12/2008 Jason Invernon, Lake Illawarra			
Name	Age	Centre	Final
1	1	Jack Fishpool	Shoalhaven 2:13.12
2	981	William Culbert	St Georges Basin 2:21.69
3	95	Bradley Holland	Lake Illawarra 2:25.34
4	196	Billy Wallington	Shoalhaven 2:34.34

Boys U 10 - 1500 Metre Run

Zone: Z 5:05.10 26/01/1991 David Buchanan, Albion Park			
Name	Age	Centre	Final
1	65	Marcus Hargreaves	Milton-Ulladulla 6:07.28
2	883	Lachlan Smith	Milton-Ulladulla 6:20.22
3	44	Zachary Heywood	Lake Illawarra 6:27.97

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 08/12/2012 to 09/12/2012
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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	24	Zachery Daniel	Albion Park 5:30.88
2	79	Zack Hind-Langwade	St Georges Basin 5:32.50
3	20	Kye Jones	Shoalhaven 5:41.91
4	6	Joe Shephard	Milton-Ulladulla 6:14.56
5	50	Daniel Rogan	Milton-Ulladulla 6:44.41
6	174	Bailey Morris	Shoalhaven 6:50.22
--	10	Codin O'Sullivan	Milton-Ulladulla DNF

Boys U 12 - 1500 Metre Run

Zone: Z 4:46.10 30/01/1982 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
1	180	Hugh Dobson	Albion Park 5:04.03
2	117	Jesse Buckham	Shoalhaven 5:20.12
3	43	Jordan Heywood	Lake Illawarra 5:31.78

Boys U 13 - 1500 Metre Run

Zone: Z 4:39.10 29/01/1983 Simon Hull, Lake Illawarra			
Name	Age	Centre	Final
1	105	Troy Whittington	Albion Park 4:45.78
2	17	Finlay McPhillips	Albion Park 5:25.69
3	43	Luke Kellett	Shoalhaven 6:10.00

Boys U 14 - 1500 Metre Run

Zone: Z 4:46.80 28/01/2006 Jason Invernon, Lake Illawa			
Name	Age	Centre	Final
1	255	Kade Szakacs	Albion Park 5:02.81
2	69	Oscar Edwards	Albion Park 5:19.53
3	96	Dylan Holland	Lake Illawarra 5:23.21
4	25	Cameron Musgrove	Shoalhaven 5:34.31

Boys U 15 - 1500 Metre Run

Zone: Z 4:36.60 29/01/2000 Jared Poppett, Kiama			
Name	Age	Centre	Final
1	160	Jye Edwards	Albion Park 4:59.31

Boys U 17 - 1500 Metre Run

Zone: Z 4:43.60 13/12/2008 Jason Invernon, Lake Illawa			
Name	Age	Centre	Final
1	95	Bradley Holland	Lake Illawarra 4:59.81
2	981	William Culbert	St Georges Basin 5:16.18

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 08/12/2012 to 09/12/2012
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Boys U 13 - 3000 Metre Run

Zone: Z 10:40.80 10/12/2011 Kade Szakacs, Albion Park			
Name	Age	Centre	Final
1	105	Troy Whittington	Albion Park 10:28.15Z
2	17	Finlay McPhillips	Albion Park 11:48.47
3	21	Aris Seitaridis	Lake Illawarra 12:10.12
4	135	Travis Murray	Albion Park 12:31.00
5	43	Luke Kellett	Shoalhaven 13:24.94

Boys U 14 - 3000 Metre Run

Zone: Z 10:00.80 31/01/2004 Ryan Gregson, Albion Park			
Name	Age	Centre	Final
1	255	Kade Szakacs	Albion Park 10:40.34
2	69	Oscar Edwards	Albion Park 11:17.62
3	96	Dylan Holland	Lake Illawarra 12:04.47
4	107	Thomas Page	Kiama 13:46.59

Boys U 15 - 3000 Metre Run

Zone: Z 9:57.00 29/01/2005 Ryan Gregson, Albion Park			
Name	Age	Centre	Final
1	160	Jye Edwards	Albion Park 10:26.12

Boys U 17 - 3000 Metre Run

Zone: Z 11:16.10 10/12/2011 Mitch O'Rielly, Lake Illawarra			
Name	Age	Centre	Final
1	95	Bradley Holland	Lake Illawarra 11:01.38Z

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	8	Tsar Mandavy	St Georges Basin 11.75
2	85	Liam Bonetig	Albion Park 12.11
3	178	Alec Dobson	Albion Park 12.34
4	189	Joshua Corby	Lake Illawarra 12.46
5	60	Matthew Murphy	Albion Park 13.81
6	109	Christian Page	Kiama 14.09
7	57	Thomas Wheeler	St Georges Basin 14.11

Boys U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.00 24/01/1998 Kane Linnett, Lake Illawarra			
Name	Age	Centre	Final
1	180	Taj Hart	Shoalhaven 11.42
2	61	Jack Murphy	Albion Park 11.73
3	108	Hunter Lynch	Albion Park 12.02
4	187	Mitchell Spillane	Shoalhaven 12.45
5	137	Sam Maher	Albion Park 12.80
6	119	Callum Hills	Kiama 13.19

ZONE TRACK & FIELD CHAMPIONSHIPS
MID SOUTH COAST ZONE - 08/12/2012 to 09/12/2012
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....Boys U 9 - 60 Metre Hurdles (45cm)

7	111 Mathew Hutchison	Lake Illawarra	15.25
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Boys U 10 - 60 Metre Hurdles (60cm)

Zone: Z 10.40 12/12/2009 Tristan Brazilaitis, Albion P

Name	Age	Centre	Final
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1	144 Jayden Wright	Albion Park	10.49
2	213 Kal Whyte	Albion Park	11.83
3	1 Jack Skinner	Milton-Ulladulla	12.14
4	26 Jesse Nichols	Milton-Ulladulla	13.52
5	21 Lachlan Stuckey	Shoalhaven	13.75

Boys U 11 - 60 Metre Hurdles (60cm)

Zone: Z 9.60 28/01/2006 Joshua Bingham, Lake Illawarr

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

1	84 Alexander Bonetig	Albion Park	10.99
2	34 Thomas Power	St Georges Basin	11.52
3	33 Corey McConville	Shoalhaven	11.62
4	6 Joe Shephard	Milton-Ulladulla	11.78
5	79 Zack Hind-Langwade	St Georges Basin	11.99
6	179 Tyson Hart	Shoalhaven	12.08
7	18 Joel Alsock	Lake Illawarra	12.55
8	10 Codin O'Sullivan	Milton-Ulladulla	13.02

Boys U 12 - 60 Metre Hurdles (68cm)

Zone: Z 9.80 28/01/2006 Caine Trindall, St Georges Ba

Name	Age	Centre	Final
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1	18 Ben Fowler	Albion Park	10.78
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Boys U 13 - 80 Metre Hurdles (76cm)

Zone: Z 12.90 29/01/2006 Jack Doyle, Lake Illawarra

Zone: Z 12.90 13/12/2009 Jye Brooker, Albion Park

Name	Age	Centre	Final
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1	197 Jarryd Hodgekiss	Albion Park	13.36
2	103 Thomas Bell	Kiama	14.24
3	3 Bailey Nichols	St Georges Basin	17.30

Boys U 14 - 90 Metre Hurdles (76cm)

Zone: Z 12.60 30/01/2011 Jye Brooker, Albion Park

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

1	101 Ewan Bell	Kiama	14.93
2	167 Nicholas High	Albion Park	14.99
3	2 Jake Cleal-Cook	Kiama	15.93

ZONE TRACK & FIELD CHAMPIONSHIPS
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Boys U 15 - 100 Metre Hurdles (76cm)

Zone: Z 14.00 25/01/1997 Henderson McCue, Albion Park			
Name	Age	Centre	Final
1	15	Cody White	Albion Park 14.90
2	2	Jordan De Vries	St Georges Basin 16.70

Boys U 17 - 110 Metre Hurdles (76cm)

Zone: Z 14.50 30/01/2011 Dean Invernon, Lake Illawarra			
Name	Age	Centre	Final
1	764	Weah Doe	Shoalhaven 18.09

Boys U 13 - 200 Metre Hurdles (68cm)

Zone: Z 28.50 12/12/2009 Jye Brooker, Albion Park			
Name	Age	Centre	Final
1	197	Jarryd Hodgekiss	Albion Park 30.56
2	39	Dean Kinlyside	Shoalhaven 30.81
3	267	Luke Hunter	Lake Illawarra 33.28

Boys U 14 - 200 Metre Hurdles (76cm)

Zone: Z 27.10 29/01/2011 Jye Brooker, Albion Park			
Name	Age	Centre	Final
1	15	Zachary Havadjia	Shoalhaven 29.12
2	167	Nicholas High	Albion Park 30.21
3	2	Jake Cleal-Cook	Kiama 33.78
4	164	James Clay	Lake Illawarra 34.68
5	67	Jayden Climan	St Georges Basin 39.38

Boys U 15 - 200 Metre Hurdles (76cm)

Zone: Z 26.70 13/12/2008 Phillip Komninos, Lake Illawa			
Name	Age	Centre	Final
1	15	Cody White	Albion Park 27.62
2	77	Matthew McDonald	St Georges Basin 37.84

Boys U 17 - 200 Metre Hurdles (76cm)

Zone: Z 25.90 12/12/2009 Phillip Komninos, Lake Illawa			
Name	Age	Centre	Final
1	764	Weah Doe	Shoalhaven 29.62

Boys U 7 - 500 Metre Pack Start

Zone: Z 1:46.70 27/01/2008 Mitchell Potts, Albion Park			
Name	Age	Centre	Final
1	5	Kalani Vella	Albion Park 1:50.46
2	138	Zac Maher	Albion Park 2:08.80
3	9	Alex Mawbey	Kiama 2:24.60

ZONE TRACK & FIELD CHAMPIONSHIPS
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Boys U 8 - 700 Metre Pack Start

Zone: Z 2:23.80 14/12/2008 Mitchell Potts, Albion Park			
Name	Age	Centre	Final
1	175	Taj Ford	Kiama 2:31.94
2	99	Jasper Arnold	Kiama 2:41.88
3	85	Liam Bonetig	Albion Park 2:43.75
4	69	Ashton Harvie	Shoalhaven 2:47.24
5	2	Archie Skinner	Milton-Ulladulla 3:12.31

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

Zone: Z 57.20 14/12/2008 Albion Park, Albion Park			
Centre			Final
1	Albion Park		59.06
	1) 61 Jack Murphy 9	2) 144 Jayden Wright 10	
	3) 2 Dylan Plumridge 11	4) 18 Ben Fowler 12	
2	Lake Illawarra		1:04.41
	1) 99 Issac Shaw 9	2) 100 Oliver Lambert 10	
	3) 763 Tyler Rodgers 11	4) 8 Joshua Lambert 12	
3	Kiama		1:04.87
	1) 143 Tom Chandler 11	2) 144 Levi Scott 12	
	3) 221 Dylan Egan 9	4)	
4	Shoalhaven		1:05.43
	1) 180 Taj Hart 9	2) 21 Lachlan Stuckey 10	
	3) 45 Joel Horgan 11	4) 119 Cooper Thomson 12	
5	Milton-Ulladulla		1:06.78
	1) 9 Rylan O'Sullivan 9	2) 1 Jack Skinner 10	
	3) 10 Codin O'Sullivan 11	4) 11 Haydn Galea 12	
6	St Georges Basin		1:10.00
	1) 994 Alexander Maceau 9	2) 50 Connor Rodriguez 11	
	3) 79 Zack Hind-Langwade 11	4) 991 Sam Taylor 12	

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

Zone: Z 48.50 14/12/2008 Albion Park, Albion Park			
Centre			Final
1	Shoalhaven		49.14
	1) 39 Dean Kinlyside 13	2) 15 Zachary Havadjia 14	
	3) 737 Daniel Quinten 15	4) 196 Billy Wallington 17	
2	Albion Park		51.09
	1) 258 Mitchell Johnston 13	2) 167 Nicholas High 14	
	3) 230 William Worthy 15	4) 15 Cody White 15	
3	Kiama		58.33
	1) 120 Matthew Hills 13	2) 103 Thomas Bell 13	
	3) 101 Ewan Bell 14	4) 2 Jake Cleal-Cook 14	
--	St Georges Basin		DQ
	1) 49 Dylan Thompson 13	2) 2 Jordan De Vries 15	
	3) 1 Brock Nichols 15	4) 981 William Culbert 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	7	Ben Shephard	Milton-Ulladulla 1.07m

ZONE TRACK & FIELD CHAMPIONSHIPS
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....Boys U 9 - High Jump (S/H 0.85m)

2	225	Lachan Cairns	Lake Illawarra	0.97m
3	119	Callum Hills	Kiama	0.90m
--	3	Cody Plumridge	Albion Park	NH

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

=====				
Zone: Z 1.42m 31/01/1982 Glen Morante, Lake Illawarra				
Name		Age	Centre	Final
=====				
1	977	Jayden Baker	St Georges Basin	1.00m
2	4	Matthew Cordell	Kiama	0.95m

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	763	Tyler Rodgers	Lake Illawarra	1.32m
2	84	Alexander Bonetig	Albion Park	1.17m
3	24	Zachery Daniel	Albion Park	1.10m
4	6	George Ardler	St Georges Basin	1.10m
5	156	Cooper Worland	Albion Park	1.05m
--	83	Jarrold James	Shoalhaven	NH
--	50	Connor Rodriguez	St Georges Basin	NH

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	151	Jye Shumack	Albion Park	1.39m
2	201	Jarod Falconer	Albion Park	1.37m
3	8	Joshua Lambert	Lake Illawarra	1.37m
4	18	Ben Fowler	Albion Park	1.37m
5	180	Hugh Dobson	Albion Park	1.33m
6	119	Cooper Thomson	Shoalhaven	1.25m

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	258	Mitchell Johnston	Albion Park	1.54m
2	13	Ryan Waine	Lake Illawarra	1.42m
3	267	Luke Hunter	Lake Illawarra	1.40m
4	123	Nathan Cowgill	Kiama	1.40m
5	217	Jett Preston	Albion Park	1.34m
6	120	Matthew Hills	Kiama	1.30m
7	3	Bailey Nichols	St Georges Basin	1.25m
8	133	Dan Hall	Albion Park	1.20m
--	100	Cody Rodriguez	St Georges Basin	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	2	Jake Cleal-Cook	Kiama	1.25m

ZONE TRACK & FIELD CHAMPIONSHIPS
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Sanctuary Point Oval
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....Boys U 14 - High Jump (S/H 1.25m)

-- 67 Jayden Climan St Georges Basin NH

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 83 Jack Fowler		Albion Park	1.70m
2 1 Brock Nichols		St Georges Basin	1.55m
3 241 Brent Hazelton		Albion Park	1.50m
4 2 Jordan De Vries		St Georges Basin	1.45m

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

Zone: Z 1.63m 10/12/2011 Joshua Fernandes, Lake Illawa

Name	Age	Centre	Final
1 764 Weah Doe		Shoalhaven	1.65mZ
2 2 Joshua Fernandes		Lake Illawarra	1.30m

Boys U 7 - Long Jump

Zone: Z 3.31m 27/01/1985 G Neal, Lake Illawarra

Name	Age	Centre	Final
1 5 Kalani Vella		Albion Park	3.06m
2 200 Liam Lambert		Lake Illawarra	2.77m
3 214 Jay Whyte		Albion Park	2.76m
4 165 Zac Herdegen		Albion Park	2.76m
5 207 Harry McAlister		Kiama	2.64m
6 77 Jesse Shaw		Lake Illawarra	2.48m
7 164 Beau Bradstock		Shoalhaven	2.45m

Boys U 8 - Long Jump

Zone: Z 4.19m 26/01/1985 Steven Russo, Lake Illawarra

Name	Age	Centre	Final
1 40 Callum Johnson		Shoalhaven	3.27m
2 85 Liam Bonetig		Albion Park	3.26m
3 189 Joshua Corby		Lake Illawarra	3.08m
4 178 Alec Dobson		Albion Park	3.04m
5 169 Jordan High		Albion Park	2.89m
6 884 Ryan Smith		Milton-Ulladulla	2.79m
7 57 Thomas Wheeler		St Georges Basin	2.72m

Boys U 9 - Long Jump

Zone: Z 4.33m 14/12/2008 Aron Cox, Kiama

Name	Age	Centre	Final
1 9 Rylan O'Sullivan		Milton-Ulladulla	3.56m
2 143 Tallen Scott		Shoalhaven	3.31m
3 99 Issac Shaw		Lake Illawarra	3.30m
4 3 Cody Plumridge		Albion Park	3.09m
5 37 Ben Johnson		Shoalhaven	3.09m
6 225 Lachan Cairns		Lake Illawarra	2.96m
7 119 Callum Hills		Kiama	2.80m

ZONE TRACK & FIELD CHAMPIONSHIPS
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Boys U 10 - Long Jump

Zone: Z 4.75m 26/01/1980 David Carter, Lake Illawarra			
Name	Age	Centre	Final
1	144	Jayden Wright	Albion Park 4.31m
2	883	Lachlan Smith	Milton-Ulladulla 3.43m
3	26	Jesse Nichols	Milton-Ulladulla 3.29m
4	21	Lachlan Stuckey	Shoalhaven 3.23m
5	65	Marcus Hargreaves	Milton-Ulladulla 3.19m

Boys U 11 - Long Jump

Zone: Z 4.89m 25/01/2003 Kevin Orgaz, St Georges Basin			
Name	Age	Centre	Final
1	45	Joel Horgan	Shoalhaven 4.07m
2	84	Alexander Bonetig	Albion Park 4.04m
3	6	George Ardler	St Georges Basin 3.80m
4	156	Cooper Worland	Albion Park 3.80m
5	18	Joel Alsock	Lake Illawarra 3.79m
6	50	Connor Rodriguez	St Georges Basin 3.37m
7	3	Jack Begg	Milton-Ulladulla 3.21m

Boys U 12 - Long Jump

Zone: Z 5.31m 30/01/1982 David Carter, Lake Illawarra			
Name	Age	Centre	Final
1	201	Jarod Falconer	Albion Park 4.63m
2	880	Connor Ruse-Kent	Albion Park 4.63m
3	18	Ben Fowler	Albion Park 4.59m
4	151	Jye Shumack	Albion Park 4.50m
5	991	Sam Taylor	St Georges Basin 4.38m
6	8	Joshua Lambert	Lake Illawarra 4.25m
7	180	Hugh Dobson	Albion Park 4.03m
8	144	Levi Scott	Kiama 3.67m
9	4	Luke Plumridge	Albion Park 2.97m

Boys U 13 - Long Jump

Zone: Z 5.41m 29/01/1989 Che Wicks, St Georges Basin			
Name	Age	Centre	Final
1	197	Jarryd Hodgekiss	Albion Park 4.63m
2	120	Matthew Hills	Kiama 4.62m
3	258	Mitchell Johnston	Albion Park 4.59m
4	103	Thomas Bell	Kiama 4.46m
5	267	Luke Hunter	Lake Illawarra 4.29m
6	39	Dean Kinlyside	Shoalhaven 3.99m
7	49	Dylan Thompson	St Georges Basin 3.85m
8	3	Bailey Nichols	St Georges Basin 3.68m

Boys U 14 - Long Jump

Zone: Z 5.83m 30/01/2011 Jye Brooker, Albion Park			
Name	Age	Centre	Final
1	167	Nicholas High	Albion Park 4.96m
2	101	Ewan Bell	Kiama 4.80m

ZONE TRACK & FIELD CHAMPIONSHIPS
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....Boys U 14 - Long Jump

3	164	James Clay	Lake Illawarra	4.33m
4	2	Jake Cleal-Cook	Kiama	4.18m

Boys U 15 - Long Jump

Zone: Z 6.11m 27/01/2007 Kevin Orgaz, St Georges Basin

Name	Age	Centre	Final
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1	737	Daniel Quinten	Shoalhaven	5.35m
2	83	Jack Fowler	Albion Park	5.25m
3	1	Brock Nichols	St Georges Basin	5.12m
4	15	Cody White	Albion Park	5.07m
5	230	William Worthy	Albion Park	4.91m
6	241	Brent Hazelton	Albion Park	4.73m
7	2	Jordan De Vries	St Georges Basin	4.62m
8	77	Matthew McDonald	St Georges Basin	3.74m

Boys U 17 - Long Jump

Zone: Z 6.11m 12/12/2009 Joshua Prem, Albion Park

Name	Age	Centre	Final
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1	196	Billy Wallington	Shoalhaven	6.18mZ
2	7	Jacob Barnes	Shoalhaven	5.63m
3	764	Weah Doe	Shoalhaven	5.59m
4	981	William Culbert	St Georges Basin	5.06m
5	2	Hayden Rodda	Shoalhaven	4.81m
6	83	Danyon Grainger	St Georges Basin	4.00m

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
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1	2	Dylan Plumridge	Albion Park	9.02m
2	34	Thomas Power	St Georges Basin	7.53m
3	20	Kye Jones	Shoalhaven	7.48m
4	6	Joe Shephard	Milton-Ulladulla	6.92m
5	33	Corey McConville	Shoalhaven	6.86m

Boys U 12 - Triple Jump

Zone: Z 10.68m 30/01/2011 Jake Rallings, Albion Park

Name	Age	Centre	Final
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1	201	Jarod Falconer	Albion Park	10.00m
2	18	Ben Fowler	Albion Park	9.63m
3	119	Cooper Thomson	Shoalhaven	8.85m
4	144	Levi Scott	Kiama	8.46m
5	11	Haydn Galea	Milton-Ulladulla	8.21m
6	268	Henry Cox	Kiama	8.08m
7	65	Patrick Rosa	Kiama	7.33m
8	971	Drew Quirk	Kiama	6.57m

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Boys U 13 - Triple Jump

Zone: Z 11.07m 25/01/1997 C Costello, Albion Park				
Name	Age	Centre	Final	
1	197	Jarryd Hodgekiss	Albion Park	9.55m
2	120	Matthew Hills	Kiama	9.45m
3	103	Thomas Bell	Kiama	9.35m
4	123	Nathan Cowgill	Kiama	8.80m

Boys U 14 - Triple Jump

Zone: Z 12.80m 28/01/2006 Kevin Orgaz, St Georges Basi				
Name	Age	Centre	Final	
1	167	Nicholas High	Albion Park	9.90m
2	101	Ewan Bell	Kiama	9.68m
3	2	Jake Cleal-Cook	Kiama	8.94m
4	164	James Clay	Lake Illawarra	8.87m
5	96	Dylan Holland	Lake Illawarra	8.42m
6	107	Thomas Page	Kiama	7.50m

Boys U 15 - Triple Jump

Zone: Z 12.54m 28/01/2007 Kevin Orgaz, St Georges Basi				
Name	Age	Centre	Final	
1	737	Daniel Quinten	Shoalhaven	11.61m
2	1	Brock Nichols	St Georges Basin	11.31m
3	241	Brent Hazelton	Albion Park	11.11m
4	83	Jack Fowler	Albion Park	11.00m
5	2	Jordan De Vries	St Georges Basin	10.55m

Boys U 17 - Triple Jump

Zone: Z 12.31m 13/12/2009 Dean Invernon, Lake Illawarr				
Name	Age	Centre	Final	
1	196	Billy Wallington	Shoalhaven	11.37m
2	83	Danyon Grainger	St Georges Basin	8.37m

Boys U 7 - Shot Put (1.0 Kg)

Zone: Z 7.31m 28/01/1989 Bradley Jackson, Lake Illawar				
Name	Age	Centre	Final	
1	77	Jesse Shaw	Lake Illawarra	3.84m

Boys U 8 - Shot Put (1.5 Kg)

Zone: Z 8.98m 27/01/2001 Joel Fitness, Albion Park				
Name	Age	Centre	Final	
1	40	Callum Johnson	Shoalhaven	6.06m
2	189	Joshua Corby	Lake Illawarra	5.71m
3	109	Christian Page	Kiama	5.20m
4	145	Darnell Wright	Albion Park	5.20m
5	884	Ryan Smith	Milton-Ulladulla	4.48m
6	169	Jordan High	Albion Park	3.69m

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Boys U 9 - Shot Put (2.0 Kg)

Zone: Z 8.79m 26/01/1991 Bradley Jackson, Lake Illawar				
Name	Age	Centre	Final	
1	157	Joshua Jackson	Lake Illawarra	6.70m
2	257	Harrison High	Albion Park	6.06m
3	7	Ben Shephard	Milton-Ulladulla	5.99m
4	180	Taj Hart	Shoalhaven	5.28m
5	37	Ben Johnson	Shoalhaven	4.93m
6	111	Mathew Hutchison	Lake Illawarra	4.43m

Boys U 10 - Shot Put (2.0 Kg)

Zone: Z 10.44m 27/01/1991 Bradley Jackson, Lake Illawa				
Name	Age	Centre	Final	
1	44	Zachary Heywood	Lake Illawarra	6.81m
2	21	Lachlan Stuckey	Shoalhaven	6.52m

Boys U 11 - Shot Put (2.0 Kg)

Zone: Z 12.08m 27/01/1996 Alex Cabanas, Lake Illawarra				
Name	Age	Centre	Final	
1	179	Tyson Hart	Shoalhaven	7.24m
2	34	Thomas Power	St Georges Basin	7.04m
3	33	Corey McConville	Shoalhaven	6.25m
4	50	Daniel Rogan	Milton-Ulladulla	6.22m

Boys U 12 - Shot Put (3.0 Kg)

Zone: Z 11.53m 25/01/1997 Alex Cabanas, Lake Illawarra				
Name	Age	Centre	Final	
1	119	Josh Monro	Albion Park	7.79m
2	983	Siwa Harvey-Aziz	St Georges Basin	6.69m
3	4	Luke Plumridge	Albion Park	6.57m
4	65	Patrick Rosa	Kiama	5.46m
5	971	Drew Quirk	Kiama	5.37m
6	268	Henry Cox	Kiama	5.28m

Boys U 13 - Shot Put (3.0 Kg)

Zone: Z 14.29m 30/01/1983 Paul Kaiserfield, Lake Illaw				
Name	Age	Centre	Final	
1	217	Jett Preston	Albion Park	11.30m
2	13	Ryan Waine	Lake Illawarra	9.70m
3	197	Jarryd Hodgekiss	Albion Park	8.30m
4	123	Nathan Cowgill	Kiama	8.07m
5	173	Lachlan Morris	Shoalhaven	7.79m
6	133	Dan Hall	Albion Park	6.61m
7	11	William Gamble	Lake Illawarra	6.34m
8	39	Dean Kinlyside	Shoalhaven	5.89m

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Boys U 14 - Shot Put (3.0 Kg)

Zone: Z 9.55m 11/12/2011 Jack Fowler, Albion Park			
Name	Age	Centre	Final
1	272	Connar Grozde	Albion Park 12.78mZ
2	107	Thomas Page	Kiama 7.18m
3	96	Dylan Holland	Lake Illawarra 6.95m

Boys U 15 - Shot Put (4.0 Kg)

Zone: Z 13.75m 24/01/1998 Luke Singleton, Albion Park			
Name	Age	Centre	Final
1	77	Matthew McDonald	St Georges Basin 6.27m

Boys U 17 - Shot Put (5.0 Kg)

Zone: Z 11.98m 10/12/2011 Joshua Fernandes, Lake Illaw			
Name	Age	Centre	Final
1	2	Joshua Fernandes	Lake Illawarra 13.18mZ
2	2	Hayden Rodda	Shoalhaven 10.22m
3	7	Jacob Barnes	Shoalhaven 9.69m

Boys U 7 - Discus (350 Gm)

Zone: Z 22.41m 30/01/2000 Joel Fitness, Albion Park			
Name	Age	Centre	Final
1	165	Zac Herdegen	Albion Park 15.28m
2	207	Harry McAlister	Kiama 14.44m
3	203	Ryan Keen	Lake Illawarra 11.72m
4	77	Jesse Shaw	Lake Illawarra 10.78m
5	164	Beau Bradstock	Shoalhaven 10.39m

Boys U 8 - Discus (500 Gm)

Zone: Z 25.34m 30/01/2000 S Harris, Albion Park			
Name	Age	Centre	Final
1	8	Tsar Mandavy	St Georges Basin 17.53m
2	145	Darnell Wright	Albion Park 17.25m
3	40	Callum Johnson	Shoalhaven 16.17m
4	85	Liam Bonetig	Albion Park 16.10m
5	109	Christian Page	Kiama 13.23m
6	99	Jasper Arnold	Kiama 10.64m
7	2	Archie Skinner	Milton-Ulladulla 8.53m

Boys U 9 - Discus (500 Gm)

Zone: Z 27.48m 30/01/1994 Christopher McGrath, Lake Il			
Name	Age	Centre	Final
1	257	Harrison High	Albion Park 19.67m
2	3	Cody Plumridge	Albion Park 14.46m
3	157	Joshua Jackson	Lake Illawarra 14.27m
4	111	Mathew Hutchison	Lake Illawarra 13.99m
5	36	Zac Pringle	St Georges Basin 13.65m
6	239	Hudson Boatswain	Kiama 13.33m

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....Boys U 9 - Discus (500 Gm)

7	89	Bailey Sacco	Albion Park	10.85m
8	119	Callum Hills	Kiama	10.49m
9	37	Ben Johnson	Shoalhaven	10.08m
--	180	Taj Hart	Shoalhaven	ND

Boys U 10 - Discus (500 Gm)

=====				
Zone: Z 32.80m 26/01/2002 Chris Joines, St Georges Bas				
Name	Age	Centre		Final
=====				
1	21	Lachlan Stuckey	Shoalhaven	22.81m
2	44	Zachary Heywood	Lake Illawarra	20.15m
3	1	Jack Skinner	Milton-Ulladulla	19.08m
4	883	Lachlan Smith	Milton-Ulladulla	16.41m
5	100	Oliver Lambert	Lake Illawarra	13.82m

Boys U 11 - Discus (750 Gm)

=====				
Zone: Z 31.34m 29/01/1995 Chris Bell, St Georges Basin				
Name	Age	Centre		Final
=====				
1	2	Dylan Plumridge	Albion Park	21.93m
2	34	Harrison Graham	Shoalhaven	20.22m
3	179	Tyson Hart	Shoalhaven	18.91m
4	34	Thomas Power	St Georges Basin	16.66m
5	6	George Ardler	St Georges Basin	15.20m
6	83	Jarrold James	Shoalhaven	14.21m
7	3	Jack Begg	Milton-Ulladulla	13.78m
8	10	Codin O'Sullivan	Milton-Ulladulla	12.57m
--	174	Bailey Morris	Shoalhaven	ND

Boys U 12 - Discus (750 Gm)

=====				
Zone: Z 38.42m 31/01/1982 Paul Kaiserfield, Lake Illaw				
Name	Age	Centre		Final
=====				
1	983	Siwa Harvey-Aziz	St Georges Basin	27.94m
2	119	Josh Monro	Albion Park	24.15m
3	4	Luke Plumridge	Albion Park	18.76m
4	11	Haydn Galea	Milton-Ulladulla	18.75m

Boys U 13 - Discus (1.0 Kg)

=====				
Zone: Z 38.86m 29/01/1983 Paul Kaiserfield, Lake Illaw				
Name	Age	Centre		Final
=====				
1	217	Jett Preston	Albion Park	31.72m
2	13	Ryan Waine	Lake Illawarra	31.40m
3	123	Nathan Cowgill	Kiama	21.12m
4	173	Lachlan Morris	Shoalhaven	20.79m
5	3	Bailey Nichols	St Georges Basin	20.19m
6	267	Luke Hunter	Lake Illawarra	19.48m
7	11	William Gamble	Lake Illawarra	15.10m
8	39	Dean Kinlyside	Shoalhaven	13.20m
9	49	Dylan Thompson	St Georges Basin	12.79m

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Boys U 14 - Discus (1.0 Kg)

Zone: Z 38.82m 25/01/1998 Edward Stanojevic, Lake Illa			
Name	Age	Centre	Final
1	272	Connar Grozde	Albion Park 45.23mZ
2	107	Thomas Page	Kiama 17.68m
3	67	Jayden Climan	St Georges Basin 15.38m

Boys U 15 - Discus (1.0 Kg)

Zone: Z 39.74m 30/01/1994 Craig Jackson, Lake Illawarr			
Name	Age	Centre	Final
1	1	Brock Nichols	St Georges Basin 42.84mZ
2	15	Cody White	Albion Park 32.06m

Boys U 17 - Discus (1.5 Kg)

Zone: Z 36.28m 11/12/2011 Joshua Fernandes, Lake Illaw			
Name	Age	Centre	Final
1	2	Joshua Fernandes	Lake Illawarra 36.77mZ
2	83	Danyon Grainger	St Georges Basin 19.10m

Boys U 12 - Javelin (400 Gm)

Zone: Z 30.99m 30/01/2011 Luke Debrot, Albion Park			
Name	Age	Centre	Final
1	65	Patrick Rosa	Kiama 23.49m
2	991	Sam Taylor	St Georges Basin 21.31m
3	11	Haydn Galea	Milton-Ulladulla 19.32m
4	983	Siwa Harvey-Aziz	St Georges Basin 16.81m
5	119	Cooper Thomson	Shoalhaven 16.52m
6	268	Henry Cox	Kiama 16.48m
7	4	Luke Plumridge	Albion Park 16.43m
8	971	Drew Quirk	Kiama 13.80m

Boys U 13 - Javelin (600 Gm)

Zone: Z 40.44m 28/01/2006 Justin Webb, Shoalhaven			
Name	Age	Centre	Final
1	217	Jett Preston	Albion Park 23.52m
2	13	Ryan Waine	Lake Illawarra 23.35m
3	267	Luke Hunter	Lake Illawarra 21.15m
4	11	William Gamble	Lake Illawarra 21.03m
5	123	Nathan Cowgill	Kiama 18.87m
6	103	Jarod Handcock	Albion Park 17.71m
7	3	Bailey Nichols	St Georges Basin 17.40m
8	17	Finlay McPhillips	Albion Park 13.96m

Boys U 14 - Javelin (600 Gm)

Zone: Z 41.08m 29/01/2005 Michael Baillie, Shoalhaven			
Name	Age	Centre	Final
1	272	Connar Grozde	Albion Park 39.95m
2	107	Thomas Page	Kiama 14.43m

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Boys U 15 - Javelin (700 Gm)

Zone: Z 32.24m 10/12/2011 Steve Borg, Lake Illawarra			
Name	Age	Centre	Final
1	15	Cody White	Albion Park 36.89mZ
2	77	Matthew McDonald	St Georges Basin 23.06m

Boys U 17 - Javelin (700 Gm)

Zone: Z 47.57m 13/12/2008 Chris Joines, St Georges Bas			
Name	Age	Centre	Final
1	2	Joshua Fernandes	Lake Illawarra 40.03m
2	83	Danyon Grainger	St Georges Basin 19.56m

Boys U 9 - 700 Metre Walk

Zone: Z 4:29.40 01/02/2004 Timothy Adams, Lake Illawar			
Name	Age	Centre	Final

Section 1

1	157	Joshua Jackson	Lake Illawarra 4:52.61
2	239	Hudson Boatswain	Kiama 5:30.43
3	111	Mathew Hutchison	Lake Illawarra 6:34.16

Boys U 10 - 1100 Metre Walk

Zone: Z 6:50.10 26/01/2003 Nathan Mackinnon, Lake Illa			
Name	Age	Centre	Final
1	100	Oliver Lambert	Lake Illawarra 9:22.88

Boys U 11 - 1100 Metre Walk

Zone: Z 6:03.50 01/02/2004 Nathan Mackinnon, Lake Illa			
Name	Age	Centre	Final
1	18	Joel Alsock	Lake Illawarra 7:21.56
2	33	Corey McConville	Shoalhaven 7:27.10
3	3	Jack Begg	Milton-Ulladulla 10:01.77

Boys U 12 - 1500 Metre Walk

Zone: Z 8:29.10 30/01/1983 B Hall, Kiama			
Name	Age	Centre	Final
1	119	Cooper Thomson	Shoalhaven 9:56.75

Boys U 13 - 1500 Metre Walk

Zone: Z 8:16.10 29/01/1984 B Hall, Kiama			
Name	Age	Centre	Final
1	13	Ryan Waine	Lake Illawarra 10:08.06
2	11	William Gamble	Lake Illawarra 11:01.00
--	49	Dylan Thompson	St Georges Basin DQ

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Boys U 14 - 1500 Metre Walk

=====			
Zone: Z 7:34.40 29/01/2006 John Tilden, Lake Illawarra			
Name	Age	Centre	Final
=====			
1	164	James Clay	Lake Illawarra 8:00.81
2	107	Thomas Page	Kiama 10:22.94

Boys U 17 - 1500 Metre Walk

=====			
Zone: Z 8:07.70 14/12/2008 Jack Rodda, Shoalhaven			
Name	Age	Centre	Final
=====			
1	2	Hayden Rodda	Shoalhaven 11:47.21