

2013 NSW Country Track & Field Championships - 25/01/2013 to 27/01/2013

Athletics NSW

Hunter Sports Center, Glendale

Performance List

Event 1 Women Hammer Throw 15 yrs

Friday 25/01/2013 - 5:30 PM

Name	Yr	Team	Seed Mark
1 Jessica Aldridge	99	Independant	
2 Kara Baker	98	Australian Capit	
3 Dominique Holland	00	Athletics Nsw	
4 Grace Jeffrey	98	Mas(Macquari	
5 Heather Nugent	98	Independant	
6 Natalia Robson	98	Coh(Coffs Ha	

Event 2 Women Hammer Throw 16 yrs

Friday 25/01/2013 - 5:30 PM

Name	Yr	Team	Seed Mark
1 Brigitta Holland	97	Athletics Nsw	

Event 3 Women Hammer Throw 17 yrs

Friday 25/01/2013 - 5:30 PM

Name	Yr	Team	Seed Mark
1 Sarah Jeffrey	96	Hun(Hunter T	

Event 5 Women Hammer Throw Open

Friday 25/01/2013 - 5:30 PM

Name	Yr	Team	Seed Mark
1 Krystal Cameron	91	Min(Mingara)	
2 Kate Clarke	52	Nma(Nsw Mast	
3 Jessica Clifton	84	Bma(Blue Mou	
4 Tanya Collyer	60	Australian Capit	
5 Jessie Devery	90	Bma(Blue Mou	
6 Melissa Holahan	83	Wal(Wallsend	
7 Ashleigh Mumberson	90	Illawarra Blue S	
8 Shannon Petrovic	91	Bma(Blue Mou	
9 Julia Richardson	85	Bma(Blue Mou	
10 Claire Walsh	92	Illawarra Blue S	
11 Kellie Watson	73	Wlg(Woolgool	

Event 6 Women Pole Vault Open

Friday 25/01/2013 - 6:00 PM

Name	Yr	Team	Seed Mark
1 Madison McLachlan	96	Wal(Wallsend	
2 Montse Ros	78	Wol(Athletic	

Event 7 Men Pole Vault 15 yrs

Friday 25/01/2013 - 6:00 PM

Name	Yr	Team	Seed Mark
1 Nick Alley	99	Gia(Athletic	

Event 8 Men Pole Vault 16 yrs

Friday 25/01/2013 - 6:00 PM

Name	Yr	Team	Seed Mark
1 callen Meir	97	Edg(Edgewort	
2 David Parsons	99	Woodberry & Dist	
3 Zaceriah Simunovic	97	Min(Mingara)	

Event 10 Men Pole Vault 18/19 yrs

Friday 25/01/2013 - 6:00 PM

Name	Yr	Team	Seed Mark
1 James Belcher	94	Wol(Athletic	

Event 11 Men Pole Vault Open

Friday 25/01/2013 - 6:00 PM

Name	Yr	Team	Seed Mark
1 James Carey	92	Mai(Maitland	
2 Shaun Fletcher	82	Hun(Hunter T	
3 Matthew Harris	89	Mai(Maitland	
4 Scott Melton	89	Wal(Wallsend	
5 Sean Scanlon	70	Wal(Wallsend	

Event 12 Men Hammer Throw 15 yrs

Friday 25/01/2013 - 7:30 PM

Name	Yr	Team	Seed Mark
1 Aiden Harvey	99	Westlakes	
2 Damien Hay	99	Koorungal-Wagga	
3 Nicholas Hay	98	Koorungal-Wagga	
4 Jack Jordan	99	Westlakes	
5 Cory McGinniskin	99	Edg(Edgewort	

Event 13 Men Hammer Throw 16 yrs

Friday 25/01/2013 - 7:30 PM

Name	Yr	Team	Seed Mark
1 Michael Alley	97	Gia(Athletic	
2 Liam Keating	97	Edg(Edgewort	
3 Ryan McGinniskin	97	Edg(Edgewort	
4 Paul Zucchetto	97	Australian Capit	

Event 14 Men Hammer Throw 17 yrs

Friday 25/01/2013 - 7:30 PM

Name	Yr	Team	Seed Mark
1 James Hay	96	Koorungal-Wagga	
2 Hayden Rodda	96	Now(Nowra)	

Event 15 Men Hammer Throw 18/19 yrs

Friday 25/01/2013 - 7:30 PM

Name	Yr	Team	Seed Mark
1 James Belcher	94	Wol(Athletic	
2 Kieran Smith	95	Armidale	

Event 16 Men Hammer Throw Open

Friday 25/01/2013 - 7:30 PM

Name	Yr	Team	Seed Mark
1 Philip Frkovic	64	Wol(Athletic	
2 Stuart Gyngell	63	Wol(Athletic	
3 Matthew Harris	89	Mai(Maitland	
4 James Hay	96	Koorungal-Wagga	
5 William Higgins	86	Wol(Athletic	
6 Ricard Meiring	74	Athletics Nsw	
7 Peter Reed	59	Wol(Athletic	
8 Byron Smith	93	Armidale	
9 Rodney Watson	73	Wlg(Woolgool	

Event 17 Women 3000 Meter Race Walk 16 yrs

Friday 25/01/2013 - 6:00 PM

Name	Yr	Team	Seed Time
1 Abbey Dhu	00	Bma(Blue Mou	
2 Rachel Dhu	99	Bma(Blue Mou	
3 Chelsea Goodhew	99	Westlakes	
4 Jayde Hill	97	Nam(Nambucca	

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Performance List

Event 17 ... (Women 3000 Meter Race Walk 16 yrs)

	Name	Yr Team	Seed Time
5	Danielle Kalemusic	99 Now(Nowra)	
6	Sybella McKay	03 Gos(Gosford)	
7	Natalia Robson	98 Coh(Coffs Ha)	

Event 18 Women 3000 Meter Race Walk 17 yrs

Friday 25/01/2013 - 6:00 PM

	Name	Yr Team	Seed Time
1	Maddison Sadler	96 Wlg(Woolgool)	

Event 21 Men 3000 Meter Race Walk 17 yrs

Friday 25/01/2013 - 6:00 PM

	Name	Yr Team	Seed Time
1	Luke Thorn	96 Coh(Coffs Ha)	

Event 23 Men 3000 Meter Race Walk 60-69 yrs

Friday 25/01/2013 - 6:00 PM

	Name	Yr Team	Seed Time
1	John West	50 Independant	

Event 26 Men 3000 Meter Race Walk 40-49 yrs

Friday 25/01/2013 - 6:00 PM

	Name	Yr Team	Seed Time
1	Peter Baker	64 Aberdeen	

Event 28 Men 3000 Meter Race Walk Open

Friday 25/01/2013 - 6:00 PM

	Name	Yr Team	Seed Time
1	Carl Gibbons	96 Westlakes	
2	Tyler Jones	98 Wyong	
3	Damien Owen	98 For(Forster)	
4	Dylan Richardson	00 Min(Mingara)	
5	Christopher Thorn	92 Wol(Athletic)	

Event 29 Women 3000 Meter Race Walk 60+

Friday 25/01/2013 - 6:00 PM

	Name	Yr Team	Seed Time
1	Judy Brown	50 Nma(Nsw Mast)	

Event 31 Women 3000 Meter Race Walk 40-49 yrs

Friday 25/01/2013 - 6:00 PM

	Name	Yr Team	Seed Time
1	Fiona Porley	68 Bma(Blue Mou)	

Event 32 Women 3000 Meter Race Walk 30-39 yrs

Friday 25/01/2013 - 6:00 PM

	Name	Yr Team	Seed Time
1	Jodie Sundstrom	79 Illawarra Blue S	

Event 33 Women 3000 Meter Race Walk Open

Friday 25/01/2013 - 6:00 PM

	Name	Yr Team	Seed Time
1	Lauren Bourke	90 Min(Mingara)	
2	Jay Felton	95 Min(Mingara)	
3	Madeline Owen	01 For(Forster)	
4	Celia Waterfield	83 Min(Mingara)	

Event 34 Women 5000 Meter Run Open

Friday 25/01/2013 - 6:30 PM

	Name	Yr Team	Seed Time
1	Margaret Beardslee	58 Min(Mingara)	
2	Meghann Coffey	93 Sin(Singleto)	
3	Sally Hunt	63 Min(Mingara)	
4	Hannah Menday	93 Cherrybrook	
5	Elizabeth Simpson	84 Athletics Nsw	
6	Cristine Suffolk	70 Now(Nowra)	

Event 35 Men 5000 Meter Run Open

Friday 25/01/2013 - 6:30 PM

	Name	Yr Team	Seed Time
1	Kasimir Gregory	92 Armidale	
2	Andrew Land	93 Min(Mingara)	

Event 36 Men 5000 Meter Run 18/19 yrs

Friday 25/01/2013 - 6:30 PM

	Name	Yr Team	Seed Time
1	Matthew Berrington	95 Coh(Coffs Ha)	
2	Elliott Collins	95 Hun(Hunter T)	
3	Toby Menday	95 Cherrybrook	

Event 37 Men 5000 Meter Run 30-39 yrs

Friday 25/01/2013 - 6:30 PM

	Name	Yr Team	Seed Time
1	Cheyne Donges	81 Bathurst	
2	damien meyer	76 Min(Mingara)	
3	Mark Warren	81 Min(Mingara)	

Event 38 Men 5000 Meter Run 40-49 yrs

Friday 25/01/2013 - 6:30 PM

	Name	Yr Team	Seed Time
1	Geoffrey McCann	66 Wlg(Woolgool)	
2	Glen Mustapic	71 Now(Nowra)	
3	Jason Smit	72 Wlg(Woolgool)	

Event 39 Men 5000 Meter Run 50-59 yrs

Friday 25/01/2013 - 6:30 PM

	Name	Yr Team	Seed Time
1	Mark Byfield	59 Nev(Newcastl)	
2	Mark Conyers	55 Koorinal-Wagga	
3	Micheal Daly	62 Min(Mingara)	
4	Andrew Dodd	61 Nev(Newcastl)	
5	Dennis Emery	54 Bma(Blue Mou)	
6	Nick Fletcher	58 Nev(Newcastl)	
7	Toyo Omura	60 Min(Mingara)	

Event 40 Men 5000 Meter Run 60-69 yrs

Friday 25/01/2013 - 6:30 PM

	Name	Yr Team	Seed Time
1	Martin Auster	46 Armidale	
2	Kevyn Davis	48 Now(Nowra)	
3	kenneth stubbs	44 Min(Mingara)	

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Performance List

Event 41 Men 5000 Meter Run 70+

Friday 25/01/2013 - 6:30 PM

Name	Yr	Team	Seed Time
1 Brian Rix	41	Nma(Nsw Mast	
2 John Spinney	39	Bma(Blue Mou	

Event 42 Men 400 Meter Hurdles Open

Friday 25/01/2013 - 7:00 PM

Name	Yr	Team	Seed Time
1 Jack Katen	93	For(Forster)	
2 Lachlan Parry	91	Illawarra Blue S	
3 Christopher Thorn	92	Wol(Athletic	

Event 43 Men 400 Meter Hurdles 18/19 yrs

Friday 25/01/2013 - 7:00 PM

Name	Yr	Team	Seed Time
1 James Belcher	94	Wol(Athletic	
2 Jack Dhu	95	Bma(Blue Mou	
3 Reece Gibbons	95	Illawarra Blue S	
4 Sjion Stephens	95	Westlakes	

Event 44 Men 400 Meter Hurdles 40-49 yrs

Friday 25/01/2013 - 7:04 PM

Name	Yr	Team	Seed Time
1 Sean Scanlon	70	Wal(Wallsend	

Event 45 Men 400 Meter Hurdles 30-39 yrs

Friday 25/01/2013 - 7:04 PM

Name	Yr	Team	Seed Time
1 Michael Laws	82	Bma(Blue Mou	

Event 46 Men 400 Meter Hurdles 17 yrs

Friday 25/01/2013 - 7:08 PM

Name	Yr	Team	Seed Time
1 Joshua Kentwell	96	Kembla Joggers I	
2 Hayden Rodda	96	Now(Nowra)	

Event 47 Men 400 Meter Hurdles 16 yrs

Friday 25/01/2013 - 7:08 PM

Name	Yr	Team	Seed Time
1 Ethan Dhu	97	Bma(Blue Mou	
2 Jarrod Sansom	97	Ray(Raymond	

Event 48 Men 400 Meter Hurdles 50-59 yrs

Friday 25/01/2013 - 7:08 PM

Name	Yr	Team	Seed Time
1 Peter Kidd	62	Wol(Athletic	

Event 49 Women 400 Meter Hurdles Open

Friday 25/01/2013 - 7:20 PM

Name	Yr	Team	Seed Time
1 Jessica Clifton	84	Bma(Blue Mou	
2 Sarah De Vries	92	Now(Nowra)	
3 Jessie Devery	90	Bma(Blue Mou	
4 Tegan Haberman	91	Bma(Blue Mou	
5 Melissa Holahan	83	Wal(Wallsend	

Event 50 Women 400 Meter Hurdles 30-39 yrs

Friday 25/01/2013 - 7:20 PM

Name	Yr	Team	Seed Time
1 Kimberley Fletcher	79	Mai(Maitland	

Event 52 Women 400 Meter Hurdles 17 yrs

Friday 25/01/2013 - 7:25 PM

Name	Yr	Team	Seed Time
1 Melissa Hopkins	96	Min(Mingara)	

Event 53 Women 400 Meter Hurdles 16 yrs

Friday 25/01/2013 - 7:25 PM

Name	Yr	Team	Seed Time
1 Kayley Alsford	97	Woodberry & Dist	
2 Maddison Ingram	97	Ray(Raymond	
3 Kristin Kalemusic	97	Now(Nowra)	

Event 54 Women 200 Meter Hurdles 15 yrs

Friday 25/01/2013 - 7:35 PM

Name	Yr	Team	Seed Time
1 Ebony Burke	98	For(Forster)	
2 Alexandra Lavalle	98	Wol(Athletic	
3 Mischelle Rhodes	98	Min(Mingara)	

Event 55 Women 200 Meter Hurdles 14 yrs

Friday 25/01/2013 - 7:35 PM

Name	Yr	Team	Seed Time
1 Teghan Barklay	99	Wol(Athletic	
2 Isabella Gibbins	99	Illawarra Blue S	
3 Kelsey Gray	99	Independant	
4 Emma-Sue Greentree	99	Southlakes A	
5 Bianca Mason	99	For(Forster)	
6 Jessica Potts	99	Mas(Macquari	
7 Sonja Rodda	99	Now(Nowra)	
8 Shayannae Wright	99	Southlakes A	

Event 56 Women 200 Meter Hurdles 13 yrs

Friday 25/01/2013 - 7:40 PM

Name	Yr	Team	Seed Time
1 Melinda Burke	01	For(Forster)	
2 Abbey Dhu	00	Bma(Blue Mou	
3 Ebony Johnson	00	Now(Nowra)	
4 Katie Thorn	00	Coh(Coffs Ha	

Event 57 Men 200 Meter Hurdles 13 yrs

Friday 25/01/2013 - 7:40 PM

Name	Yr	Team	Seed Time
1 Nicholas Gilbert	00	For(Forster)	
2 Joshua Hughes	01	Independant	
3 Jarryd Walter	00	Wyong	

Event 58 Men 200 Meter Hurdles 14 yrs

Friday 25/01/2013 - 7:48 PM

Name	Yr	Team	Seed Time
1 Nick Alley	99	Gia(Athletic	
2 Tristan Croke	99	Wyong	
3 Jack Jordan	99	Westlakes	
4 Liam Kelly	99	Athletics Nsw	

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Performance List

Event 58 ... (Men 200 Meter Hurdles 14 yrs)

Name	Yr	Team	Seed Time
5 Kade Szakacs	99	Kembla Joggers I	
6 Branden Wallace	99	Woodberry & Dist	

Event 60 Men Hammer Throw 70+

Saturday 26/01/2013 - 8:00 AM

Name	Yr	Team	Seed Mark
1 Ronald Perry	39	Wol(Athletic)	
2 Ron Simcock	35	Wol(Athletic)	

Event 61 Men Hammer Throw 60-69 yrs

Saturday 26/01/2013 - 8:00 AM

Name	Yr	Team	Seed Mark
1 Dave Ross	50	Wol(Athletic)	
2 Russell Scott	47	Gia(Athletic)	
3 James Stammers	47	Bru(Brunswic)	
4 John West	50	Independant	

Event 62 Men Hammer Throw 50-59 yrs

Saturday 26/01/2013 - 8:00 AM

Name	Yr	Team	Seed Mark
1 Geoff Crumpton	54	Australian Capit	
2 Matthew Horsnell	57	Min(Mingara)	
3 Gavin Murray	54	Nma(Nsw Mast)	
4 Peter Reed	13	Wol(Athletic)	

Event 63 Men Hammer Throw 40-49 yrs

Saturday 26/01/2013 - 8:00 AM

Name	Yr	Team	Seed Mark
1 Philip Frkovic	64	Wol(Athletic)	
2 Jodie Gibbins	67	Illawarra Blue S	
3 Stuart Gyngell	63	Wol(Athletic)	
4 Chris Johnson	71	Now(Nowra)	
5 Andrew Rodda	69	Now(Nowra)	

Event 64 Men Hammer Throw 30-39 yrs

Saturday 26/01/2013 - 8:00 AM

Name	Yr	Team	Seed Mark
1 Ricard Meiring	74	Athletics Nsw	
2 Rodney Watson	73	Wlg(Woolgool)	

Event 65 Women Javelin Throw 13 yrs

Saturday 26/01/2013 - 8:00 AM

Name	Yr	Team	Seed Mark
1 Abbey Dhu	00	Bma(Blue Mou)	
2 Georgia Dodson	00	Westlakes	
3 Shenay Edwards	00	Now(Nowra)	
4 Ebony Johnson	00	Now(Nowra)	
5 Jordan Johnson	00	Westlakes	
6 Sabrina Kliousis	00	Wal(Wallsend)	
7 Amory Merrick	00	Tam(Tamworth)	
8 Nicola Searles	00	For(Forster)	
9 Rebecca Smythe	00	For(Forster)	

Event 66 Men Shot Put 12 yrs

Saturday 26/01/2013 - 8:00 AM

Name	Yr	Team	Seed Mark
1 Blake Barklay	01	Wol(Athletic)	

2 Aiden Butcher	01	Independant	
3 David Hollis	01	For(Forster)	
4 Noah Monck	01	Aberdeen	
5 Edwin Nicholson	01	Wal(Wallsend)	
6 Malakai Simunovic	01	For(Forster)	
7 Nick Watson	01	Sin(Singleton)	

Event 67 Women Triple Jump 14 yrs

Saturday 26/01/2013 - 8:00 AM

Name	Yr	Team	Seed Mark
1 Teghan Barklay	99	Wol(Athletic)	
2 Rachel Dhu	99	Bma(Blue Mou)	
3 Bianca Mason	99	For(Forster)	
4 Caitlin Reeves	99	Bathurst	
5 April Rodda	99	Now(Nowra)	
6 Celeste Sulerzyski	99	Illawarra Blue S	
7 Shayannae Wright	99	Southlakes A	

Event 68 Women Long Jump 30-39 yrs

Saturday 26/01/2013 - 8:00 AM

Name	Yr	Team	Seed Mark
1 Tracey Griozdanis	78	Hunter Track & F	
2 Natalie Heywood	74	Wol(Athletic)	
3 Louise Horsburgh	76	Mai(Maitland)	
4 Montse Ros	78	Wol(Athletic)	
5 Allison Tucker	75	Min(Mingara)	

Event 69 Women Discus Throw 15 yrs

Saturday 26/01/2013 - 8:00 AM

Name	Yr	Team	Seed Mark
1 Courtney Brackenrig	98	Bma(Blue Mou)	
2 Tonia Brooks	98	Min(Mingara)	
3 Megan Burnett	98	Illawarra Blue S	
4 Kaitlin Butcher	98	Independant	
5 Charisse Carney	98	For(Forster)	
6 Tegan Fennell	98	Min(Mingara)	
7 Theresa Goring	98	Independant	
8 Ava Jeffrey	98	Now(Nowra)	
9 Grace Jeffrey	98	Mas(Macquari)	
10 Akaylah Leaf	98	Wyang	
11 Olivia-Rose McEwan	98	Wol(Athletic)	
12 Samantha Peace	98	Now(Nowra)	
13 Brooke Peel	98	Koorringal-Wagga	
14 Natalia Robson	98	Coh(Coffs Ha)	
15 Natalie Schneider	98	For(Forster)	
16 Rebecca Webster	98	Mas(Macquari)	

Event 70 Men Shot Put 18/19 yrs

Saturday 26/01/2013 - 8:50 AM

Name	Yr	Team	Seed Mark
1 James Belcher	94	Wol(Athletic)	
2 Kieran Smith	95	Armidaale	
3 Anthony Walker	95	Nam(Nambucca)	

Event 71 Women Shot Put 18/19 yrs

Saturday 26/01/2013 - 8:50 AM

Name	Yr	Team	Seed Mark
1 Rhiannon Howard	94	Mas(Macquari)	
2 Kyrah Hush	96	Now(Nowra)	

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Event 71 ... (Women Shot Put 18/19 yrs)

Name	Yr	Team	Seed	Mark
3 Taylor Ingram	94	Ray(Raymond)		
4 Akaylah Leef	98	Wyong		
5 Chelsea Lenarduzzi	95	Illawarra Blue S		
6 Emily Robinson	95	Wol(Athletic)		
7 Emma Stokes	95	For(Forster)		
8 Laura Stokes	95	For(Forster)		

Event 72 Women Triple Jump 40-49 yrs

Saturday 26/01/2013 - 9:00 AM

Name	Yr	Team	Seed	Mark
1 Janie Carter	69	Bma(Blue Mou)		
2 Cathy Connell	70	Wol(Athletic)		
3 Deb Sauer	63	Armidale		
4 Jeannie Seymour	64	Aberdeen		

Event 73 Women Triple Jump 50-59 yrs

Saturday 26/01/2013 - 9:00 AM

Name	Yr	Team	Seed	Mark
1 Lyn MacDonald	62	Wlg(Woolgool)		
2 Christine Shaw	59	Wol(Athletic)		
3 Helen Wallace	61	Woodberry & Dist		

Event 75 Women Long Jump 11 yrs

Saturday 26/01/2013 - 9:00 AM

Name	Yr	Team	Seed	Mark
1 Zoe Chater	02	Now(Nowra)		
2 Natasha Hynoski	02	Illawarra Blue S		
3 Emma Klassen	02	Tam(Tamworth)		
4 Jazmyn Shimwell	02	Illawarra Blue S		
5 Sarah Van Vreumingen	02	Wol(Athletic)		
6 Alicia Williams	02	For(Forster)		
7 Chelsea Williams	02	Independant		

Event 76 Women Javelin Throw 15 yrs

Saturday 26/01/2013 - 9:15 AM

Name	Yr	Team	Seed	Mark
1 Courtney Brackenrig	98	Bma(Blue Mou)		
2 Megan Burnett	98	Illawarra Blue S		
3 Kaitlin Butcher	98	Independant		
4 Ava Jeffrey	98	Now(Nowra)		
5 Grace Jeffrey	98	Mas(Macquari)		
6 Akaylah Leef	98	Wyong		
7 Samantha Peace	98	Now(Nowra)		
8 Natalia Robson	98	Coh(Coffs Ha)		
9 Rebecca Webster	98	Mas(Macquari)		

Event 77 Women Javelin Throw 14 yrs

Saturday 26/01/2013 - 9:15 AM

Name	Yr	Team	Seed	Mark
1 Jessica Aldridge	99	Independant		
2 Casey-Lee Bedford	99	Wol(Athletic)		
3 Siarrah Cruickshank	99	Armidale		
4 Rachel Dhu	99	Bma(Blue Mou)		
5 Sophie Egginton	99	Hun(Hunter T)		
6 Laura Ellis	99	Australian Capit		
7 Emma-Sue Greentree	99	Southlakes A		
8 Sabrina Kliousis	00	Wal(Wallsend)		

9 Caitlin Reeves	99	Bathurst
10 Sonja Rodda	99	Now(Nowra)

Event 78 Women High Jump 10 Yrs

Saturday 26/01/2013 - 9:35 AM

Name	Yr	Team	Seed	Mark
1 Lauren Davey	03	Wol(Athletic)		

Event 79 Women High Jump 12 yrs

Saturday 26/01/2013 - 9:35 AM

Name	Yr	Team	Seed	Mark
1 Melinda Burke	01	For(Forster)		
2 Emma Davey	01	Wol(Athletic)		
3 Lily Drash	01	Dubbo Athlet		
4 Chelsea Egginton	01	Hun(Hunter T)		
5 Madeleine Hart	01	Hunter Track & F		
6 Sarah Miron	01	Armidale		

Event 80 Men Long Jump 18/19 yrs

Saturday 26/01/2013 - 10:05 AM

Name	Yr	Team	Seed	Mark
1 James Belcher	94	Wol(Athletic)		
2 Liam Carney	95	For(Forster)		
3 Jack Dhu	95	Bma(Blue Mou)		
4 Jarrod Revell	95	Athletics Nsw		
5 Christopher Twigg	95	Wol(Athletic)		
6 Anthony Walker	95	Nam(Nambucca)		

Event 81 Women Long Jump 18/19 yrs

Saturday 26/01/2013 - 10:05 AM

Name	Yr	Team	Seed	Mark
1 Lacey Bruce	95	Now(Nowra)		
2 Lacey Bruce	95	Now(Nowra)		
3 Emily Robinson	95	Wol(Athletic)		

Event 82 Men Triple Jump 16 yrs

Saturday 26/01/2013 - 10:10 AM

Name	Yr	Team	Seed	Mark
1 Michael Alley	97	Gia(Athletic)		
2 Luke Batten	97	Wyong		
3 Jordan De Vries	97	Now(Nowra)		
4 Ethan Dhu	97	Bma(Blue Mou)		
5 John Dobb	97	Min(Mingara)		
6 Levi Kidd	97	Wol(Athletic)		
7 Rugby Kliousis	97	Wal(Wallsend)		
8 callen Meir	97	Edg(Edgewort)		
9 Zaceriah Simunovic	97	Min(Mingara)		

Event 83 Men Triple Jump 17 yrs

Saturday 26/01/2013 - 10:10 AM

Name	Yr	Team	Seed	Mark
1 Zarren Gogos	96	Coh(Coffs Ha)		
2 James Jeffery	96	Stp(Stuarts)		
3 Joshua Milford	96	Mas(Macquari)		
4 Luke Parkinson	96	Athletics Nsw		
5 Mitchell Wallace	96	Woodberry & Dist		

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Event 84 Women High Jump 16 yrs

Saturday 26/01/2013 - 10:15 AM

Name	Yr	Team	Seed Mark
1 Rebecca Coppins	97	Edg(Edgewort	
2 Ellis Mackay	97	Armidale	

Event 85 Women High Jump 17 yrs

Saturday 26/01/2013 - 10:15 AM

Name	Yr	Team	Seed Mark
1 Julia Scott	96	Athletics Nsw	

Event 86 Women Discus Throw 30-39 yrs

Saturday 26/01/2013 - 10:20 AM

Name	Yr	Team	Seed Mark
1 Natalie Heywood	74	Wol(Athletic	
2 Jodie Sundstrom	79	Illawarra Blue S	
3 Allison Tucker	75	Min(Mingara)	
4 Kellie Watson	73	Wlg(Woolgool	
5 Selina Wynn	75	Coh(Coffs Ha	

Event 87 Men Javelin Throw 13 yrs

Saturday 26/01/2013 - 10:45 AM

Name	Yr	Team	Seed Mark
1 Bailey Antrobus	00	Wol(Athletic	
2 Hugh Carney	00	For(Forster)	
3 Luke Gibbons	00	Westlakes	
4 Nicholas Gilbert	00	For(Forster)	
5 David Hollis	01	For(Forster)	
6 Joshua Hughes	01	Independant	
7 Mason Leef	00	Wyang	
8 Kieran Schneider	00	For(Forster)	
9 Jarryd Walter	00	Wyang	

Event 88 Women Shot Put 12 yrs

Saturday 26/01/2013 - 11:00 AM

Name	Yr	Team	Seed Mark
1 April Brown-Peters	01	Wyang	
2 Jemma Cox	01	Wal(Wallsend	
3 Teah Macpherson	01	Mas(Macquari	
4 Fiona Martin	01	Coh(Coffs Ha	
5 Jade Mustapic	01	Now(Nowra)	
6 Annette Peace	01	Now(Nowra)	
7 Ashleigh Price	01	Tam(Tamworth	

Event 89 Men High Jump Open

Saturday 26/01/2013 - 11:00 AM

Name	Yr	Team	Seed Mark
1 Chris Dodd	89	Min(Mingara)	
2 Shaun Fletcher	82	Hun(Hunter T	
3 Damon Fuller	95	Armidale	
4 Matthew Harris	89	Mai(Maitland	
5 Daniel Lawton	85	For(Forster)	
6 Nick Moroney	72	Hun(Hunter T	
7 Mark Taylor	80	Hun(Hunter T	
8 Liam Wanless	91	Hun(Hunter T	

Event 90 Women High Jump Open

Saturday 26/01/2013 - 11:00 AM

Name	Yr	Team	Seed Mark
1 Ellis Mackay	97	Armidale	
2 Nicola McDermott	96	Min(Mingara)	
3 Emily Robinson	95	Wol(Athletic	
4 Julia Scott	96	Athletics Nsw	
5 Sophie Stanwell	91	Hunter Track & F	

Event 91 Women Discus Throw 40-49 yrs

Saturday 26/01/2013 - 11:20 AM

Name	Yr	Team	Seed Mark
1 Janie Carter	69	Bma(Blue Mou	
2 Cathy Connell	70	Wol(Athletic	
3 Solvor Mellemstrand	70	Now(Nowra)	
4 Deb Sauer	63	Armidale	
5 Jeannie Seymour	64	Aberdeen	
6 Vicki Townsend	64	Aberdeen	

Event 92 Women Discus Throw 50-59 yrs

Saturday 26/01/2013 - 11:20 AM

Name	Yr	Team	Seed Mark
1 Sharon Derwin	61	Wal(Wallsend	
2 Margaret Holahan	55	Wal(Wallsend	
3 June Lowe	54	Illawarra Blue S	
4 Christine Shaw	59	Wol(Athletic	
5 Pauline Smith	57	Armidale	
6 Helen Wallace	61	Woodberry & Dist	
7 Julie Waller	59	For(Forster)	

Event 93 Women Discus Throw 60+

Saturday 26/01/2013 - 11:20 AM

Name	Yr	Team	Seed Mark
1 Judy Brown	50	Nma(Nsw Mast	
2 Kate Clarke	52	Nma(Nsw Mast	
3 marythomas Thomas	44	Illawarra Blue S	
4 Adriana Van Bockel	52	Wol(Athletic	

Event 94 Women Discus Throw 16 yrs

Saturday 26/01/2013 - 11:40 AM

Name	Yr	Team	Seed Mark
1 Rae Anderson	97	Min(Mingara)	
2 Ava Jeffrey	98	Now(Nowra)	
3 Emmelene Keevill	97	Mai(Maitland	
4 Akaylah Leef	98	Wyang	
5 kaitlyn Neto	97	Illawarra Blue S	
6 Samantha Peace	98	Now(Nowra)	

Event 95 Women Discus Throw 17 yrs

Saturday 26/01/2013 - 11:40 AM

Name	Yr	Team	Seed Mark
1 Kyrach Hush	96	Now(Nowra)	
2 Madison McLachlan	96	Wal(Wallsend	
3 Kirstie Pedrola	96	Nam(Nambucca	
4 Georgia Rowan	96	Mas(Macquari	

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Event 96 Men Shot Put 16 yrs

Saturday 26/01/2013 - 11:45 AM

	Name	Yr	Team	Seed	Mark
1	Luke Batten	97	Wyong		
2	Ethan Dhu	97	Bma(Blue Mou		
3	Thomas Gilbert	97	For(Forster)		
4	Nicholas Hay	98	Kooringal-Wagga		
5	Ryan McGinniskin	97	Edg(Edgewort		
6	Nesta Walker	97	Nam(Nambucca		
7	Paul Zucchetto	97	Australian Capit		

Event 97 Men Shot Put 17 yrs

Saturday 26/01/2013 - 11:45 AM

	Name	Yr	Team	Seed	Mark
1	Rogan Cronk	96	Athletics Nsw		
2	James Hay	96	Kooringal-Wagga		
3	Nathan Reeves	96	Bma(Blue Mou		
4	Hayden Rodda	96	Now(Nowra)		

Event 98 Men Javelin Throw 15 yrs

Saturday 26/01/2013 - 11:50 AM

	Name	Yr	Team	Seed	Mark
1	Lee Angwin	98	For(Forster)		
2	Liam Dooley	98	Now(Nowra)		
3	Nicholas Hay	98	Kooringal-Wagga		
4	William Kirby	98	Woodberry & Dist		
5	Jarrold Sadler	98	Wlg(Woolgool		

Event 99 Women Long Jump 15 yrs

Saturday 26/01/2013 - 11:55 AM

	Name	Yr	Team	Seed	Mark
1	Charisse Carney	98	For(Forster)		
2	Samara Collins	98	Dubbo Athlet		
3	Erin Connell	98	Wol(Athletic		
4	Theresa Goring	98	Independant		
5	Mercedes Peterkin	98	Stp(Stuarts		
6	Savannah Peterkin	98	Stp(Stuarts		
7	Avalon Punch	98	Illawarra Blue S		
8	Natalie Schneider	98	For(Forster)		
9	Mikayla Sonter	98	Min(Mingara)		
10	Isobel Warby	98	Mas(Macquari		

Event 100 Men High Jump 14 yrs

Saturday 26/01/2013 - 12:05 PM

	Name	Yr	Team	Seed	Mark
1	Emerson Brian	99	Now(Nowra)		
2	Damien Hay	99	Kooringal-Wagga		
3	David Parsons	99	Woodberry & Dist		
4	Brad Van Vreumingen	99	Wol(Athletic		
5	Branden Wallace	99	Woodberry & Dist		

Event 101 Women High Jump 14 yrs

Saturday 26/01/2013 - 12:05 PM

	Name	Yr	Team	Seed	Mark
1	Teghan Barklay	99	Wol(Athletic		
2	Kelsey Gray	99	Independant		
3	Emma-Sue Greentree	99	Southlakes A		
4	Caitlin Reeves	99	Bathurst		

5	Celeste Sulerzyski	99	Illawarra Blue S
6	Shayannae Wright	99	Southlakes A

Event 102 Men Triple Jump Open

Saturday 26/01/2013 - 12:40 PM

	Name	Yr	Team	Seed	Mark
1	Shaun Fletcher	82	Hun(Hunter T		
2	Matthew Harris	89	Mai(Maitland		
3	Jack Katen	93	For(Forster)		
4	Rowan McGinley	87	Min(Mingara)		
5	David Mitchell	55	Wal(Wallsend		
6	Christopher Thorn	92	Wol(Athletic		
7	Christopher Twigg	95	Wol(Athletic		

Event 103 Men Triple Jump 30-39 yrs

Saturday 26/01/2013 - 12:40 PM

	Name	Yr	Team	Seed	Mark
1	Michael Laws	82	Bma(Blue Mou		

Event 104 Men Triple Jump 40-49 yrs

Saturday 26/01/2013 - 12:40 PM

	Name	Yr	Team	Seed	Mark
1	Alan Provenzano	63	Nma(Nsw Mast		

Event 105 Women Javelin Throw 30-39 yrs

Saturday 26/01/2013 - 12:50 PM

	Name	Yr	Team	Seed	Mark
1	Natalie Heywood	74	Wol(Athletic		
2	Kellie Watson	73	Wlg(Woolgool		

Event 106 Women Javelin Throw 18/19 yrs

Saturday 26/01/2013 - 12:50 PM

	Name	Yr	Team	Seed	Mark
1	Lacey Bruce	95	Now(Nowra)		
2	Lacey Bruce	95	Now(Nowra)		
3	Kaisha Edwards	94	Illawarra Blue S		
4	Kyrah Hush	96	Now(Nowra)		
5	Taylor Ingram	94	Ray(Raymond		
6	Ava Jeffrey	98	Now(Nowra)		
7	Emily Robinson	95	Wol(Athletic		
8	Emma Stokes	95	For(Forster)		
9	Laura Stokes	95	For(Forster)		

Event 107 Men Long Jump 10 Yrs

Saturday 26/01/2013 - 12:55 PM

	Name	Yr	Team	Seed	Mark
1	Zachary Heywood	03	Wol(Athletic		
2	Ben Johnson	03	Now(Nowra)		
3	Callum Johnson	04	Now(Nowra)		
4	Jai Macpherson	03	Mas(Macquari		
5	Bailey Meir	03	Edg(Edgewort		
6	Callum Owen	03	For(Forster)		
7	Isaac Parkinson	03	Athletics Nsw		
8	Xander Patterson	03	Westlakes		
9	Harry Schumaker	03	Scone Athlet		
10	Harry Ward	04	Coh(Coffs Ha		

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Event 108 Men Long Jump 11 yrs

Saturday 26/01/2013 - 12:55 PM

Name	Yr	Team	Seed Mark
1 Matthew Burke	02	For(Forster)	
2 Ethan Havadjia	02	Now(Nowra)	
3 Fynn Maggs	02	Hun(Hunter T	
4 Brendan Mason	02	For(Forster)	
5 Thomas Sweeney	02	Coh(Coffs Ha	
6 Riley Woods	02	Sin(Singleton)	

Event 109 Women Shot Put Open

Saturday 26/01/2013 - 12:55 PM

Name	Yr	Team	Seed Mark
1 Claire Burnett	93	Illawarra Blue S	
2 Krystal Cameron	91	Min(Mingara)	
3 Karen Clarke	90	Wol(Athletic	
4 Kate Clarke	52	Nma(Nsw Mast	
5 Jessica Clifton	84	Bma(Blue Mou	
6 Jessie Devery	90	Bma(Blue Mou	
7 Rebecca Dos Santos	90	Illawarra Blue S	
8 Tegan Haberman	91	Bma(Blue Mou	
9 Melissa Holahan	83	Wal(Wallsend	
10 Chelsea Lenarduzzi	95	Illawarra Blue S	
11 Clare Maloney	90	Stp(Stuarts	
12 Amy-Lea Mills	86	Scone Athlet	
13 Shannon Petrovic	91	Bma(Blue Mou	
14 Julia Richardson	85	Bma(Blue Mou	
15 Emily Robinson	95	Wol(Athletic	
16 Georgia Rowan	96	Mas(Macquari	
17 Sophie Stanwell	91	Hunter Track & F	
18 Emma Stokes	95	For(Forster)	
19 Laura Stokes	95	For(Forster)	
20 morgan vosilla	89	Wal(Wallsend	
21 Claire Walsh	92	Illawarra Blue S	
22 Raechelle Walter	93	Wyong	

Event 110 Men High Jump 16 yrs

Saturday 26/01/2013 - 1:05 PM

Name	Yr	Team	Seed Mark
1 Liam Bowman	97	Wal(Wallsend	
2 Jordan De Vries	97	Now(Nowra)	
3 Xavier Dean	97	Armidale	
4 John Dobb	97	Min(Mingara)	
5 Jake Ellis	97	Independant	
6 Levi Kidd	97	Wol(Athletic	
7 callen Meir	97	Edg(Edgewort	
8 Nesta Walker	97	Nam(Nambucca	

Event 111 Men High Jump 17 yrs

Saturday 26/01/2013 - 1:05 PM

Name	Yr	Team	Seed Mark
1 James Jeffery	96	Stp(Stuarts	
2 Joshua Milford	96	Mas(Macquari	
3 Luke Parkinson	96	Athletics Nsw	

Event 112 Women High Jump 40-49 yrs

Saturday 26/01/2013 - 1:05 PM

Name	Yr	Team	Seed Mark
1 Janie Carter	69	Bma(Blue Mou	
2 Cathy Connell	70	Wol(Athletic	
3 Ranell Hobson	72	Bma(Blue Mou	
4 Deb Sauer	63	Armidale	
5 Jeannie Seymour	64	Aberdeen	
6 Vicki Townsend	64	Aberdeen	

Event 113 Women High Jump 50-59 yrs

Saturday 26/01/2013 - 1:05 PM

Name	Yr	Team	Seed Mark
1 June Lowe	54	Illawarra Blue S	
2 Christine Shaw	59	Wol(Athletic	
3 Pauline Smith	57	Armidale	
4 Helen Wallace	61	Woodberry & Dist	

Event 114 Women High Jump 60+

Saturday 26/01/2013 - 1:05 PM

Name	Yr	Team	Seed Mark
1 Judy Brown	50	Nma(Nsw Mast	

Event 115 Men Discus Throw 15 yrs

Saturday 26/01/2013 - 1:20 PM

Name	Yr	Team	Seed Mark
1 Lee Angwin	98	For(Forster)	
2 Nicholas Hay	98	Koorringal-Wagga	
3 Dean Hollis	98	For(Forster)	
4 William Kirby	98	Woodberry & Dist	
5 Oliver Moody	98	Sin(Singleton)	
6 Brock Nichols	98	Now(Nowra)	
7 Jarrod Sadler	98	Wlg(Woolgool	
8 Jarrod Twigg	99	Wol(Athletic	

Event 116 Men Javelin Throw 18/19 yrs

Saturday 26/01/2013 - 1:40 PM

Name	Yr	Team	Seed Mark
1 James Belcher	94	Wol(Athletic	
2 Ben Irvine	94	Wal(Wallsend	
3 Kieran Smith	95	Armidale	
4 Anthony Walker	95	Nam(Nambucca	
5 Thomas Walsh	94	Illawarra Blue S	

Event 117 Men Javelin Throw 30-39 yrs

Saturday 26/01/2013 - 1:40 PM

Name	Yr	Team	Seed Mark
1 Rodney Watson	73	Wlg(Woolgool	

Event 118 Women Long Jump 10 Yrs

Saturday 26/01/2013 - 1:50 PM

Name	Yr	Team	Seed Mark
1 Lauren Davey	03	Wol(Athletic	
2 Kate Drash	03	Dubbo Athlet	
3 Katie Gunn	03	Gos(Gosford)	
4 Gabrielle Hynoski	04	Illawarra Blue S	
5 Ruby McPhillips	03	Kembla Joggers I	
6 Ashley Pernecker	04	Min(Mingara)	

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Event 118 ... (Women Long Jump 10 Yrs)

Name	Yr	Team	Seed	Mark
7 Ellie Veerhuis	06	Wol(Athletic		

Event 119 Women Triple Jump Open

Saturday 26/01/2013 - 2:10 PM

Name	Yr	Team	Seed	Mark
1 Jessie Devery	90	Bma(Blue Mou		
2 Rebecca Dos Santos	90	Illawarra Blue S		
3 Sarah Gunn	91	Gos(Gosford)		
4 Melissa Holahan	83	Wal(Wallsend		
5 Clare Maloney	90	Stp(Stuarts		
6 Shannon Petrovic	91	Bma(Blue Mou		
7 Emily Robinson	95	Wol(Athletic		
8 Raechelle Walter	93	Wyong		

Event 120 Women Triple Jump 30-39 yrs

Saturday 26/01/2013 - 2:10 PM

Name	Yr	Team	Seed	Mark
1 Natalie Heywood	74	Wol(Athletic		
2 Montse Ros	78	Wol(Athletic		
3 Allison Tucker	75	Min(Mingara)		
4 Kellie Watson	73	Wlg(Woolgool		

Event 121 Women High Jump 11 yrs

Saturday 26/01/2013 - 2:10 PM

Name	Yr	Team	Seed	Mark
1 Zoe Chater	02	Now(Nowra)		
2 Natasha Hynoski	02	Illawarra Blue S		
3 Emma Klassen	02	Tam(Tamworth		
4 Paige Rigney	02	Wyong		
5 Sarah Van Vreumingen	02	Wol(Athletic		

Event 122 Men High Jump 11 yrs

Saturday 26/01/2013 - 2:10 PM

Name	Yr	Team	Seed	Mark
1 Matthew Burke	02	For(Forster)		
2 Brendan Mason	02	For(Forster)		
3 Thomas Sweeney	02	Coh(Coffs Ha		
4 Riley Woods	02	Sin(Singleton		

Event 123 Men Shot Put 40-49 yrs

Saturday 26/01/2013 - 2:10 PM

Name	Yr	Team	Seed	Mark
1 Simon Bolte	69	Ray(Raymond		
2 Peter Davey	72	Wol(Athletic		
3 Anthony France	67	Wal(Wallsend		
4 Stuart Gyngell	63	Wol(Athletic		
5 Andrew Havadjia	67	Now(Nowra)		
6 Chris Johnson	71	Now(Nowra)		
7 Terry Knight	71	Nma(Nsw Mast		
8 Sean Scanlon	70	Wal(Wallsend		
9 Stuart Sutton	69	Min(Mingara)		

Event 124 Men Shot Put Open

Saturday 26/01/2013 - 2:10 PM

Name	Yr	Team	Seed	Mark
1 James Carey	92	Mai(Maitland		
2 Shaun Fletcher	82	Hun(Hunter T		

3 Stuart Gyngell	63	Wol(Athletic		
4 Matthew Harris	89	Mai(Maitland		
5 James Hay	96	Koorngal-Wagga		
6 Daniel Lawton	85	For(Forster)		
7 Peter Reed	13	Wol(Athletic		
8 Byron Smith	93	Armidale		
9 Liam Speers	92	Hun(Hunter T		

Event 125 Women Long Jump 13 yrs

Saturday 26/01/2013 - 2:35 PM

Name	Yr	Team	Seed	Mark
1 Lily Cains	00	Woodberry & Dist		
2 Rhiannon Connell	00	Wol(Athletic		
3 Abbey Dhu	00	Bma(Blue Mou		
4 Ebony Johnson	00	Now(Nowra)		
5 Georgia Mcewan	00	Wol(Athletic		
6 Nicola Searles	00	For(Forster)		
7 Katie Thorn	00	Coh(Coffs Ha		

Event 126 Men Javelin Throw 50-59 yrs

Saturday 26/01/2013 - 2:40 PM

Name	Yr	Team	Seed	Mark
1 William Barker	60	Wlg(Woolgool		
2 David Bournnell	62	Min(Mingara)		
3 Geoff Crook	60	Now(Nowra)		
4 Geoff Crumpton	54	Australian Capit		
5 Matthew Horsnell	57	Min(Mingara)		
6 Peter Kidd	62	Wol(Athletic		
7 David Perrett	58	Bma(Blue Mou		
8 Peter Reed	13	Wol(Athletic		
9 Bruce Steele	58	Illawarra Blue S		

Event 127 Men Javelin Throw 60-69 yrs

Saturday 26/01/2013 - 2:40 PM

Name	Yr	Team	Seed	Mark
1 Robert Beardslee	46	Min(Mingara)		
2 Douglas McNally	51	Now(Nowra)		
3 Dave Ross	50	Wol(Athletic		
4 Russell Scott	47	Gia(Athletic		
5 Charles Templeton	45	Stp(Stuarts		
6 John West	50	Independant		

Event 128 Men Javelin Throw 70+

Saturday 26/01/2013 - 2:40 PM

Name	Yr	Team	Seed	Mark
1 Ron Bragg	39	Wol(Athletic		
2 Ron Simcock	35	Wol(Athletic		
3 Brett Sowerby	40	Bma(Blue Mou		

Event 129 Men Discus Throw 10 Yrs

Saturday 26/01/2013 - 3:10 PM

Name	Yr	Team	Seed	Mark
1 Zachary Heywood	03	Wol(Athletic		
2 Ben Johnson	03	Now(Nowra)		
3 Callum Johnson	04	Now(Nowra)		
4 Jai Macpherson	03	Mas(Macquari		
5 Bailey Meir	03	Edg(Edgewort		
6 Callum Owen	03	For(Forster)		
7 Isaac Parkinson	03	Athletics Nsw		

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Event 129 ... (Men Discus Throw 10 Yrs)

Name	Yr	Team	Seed Mark
8 Harry Ward	04	Coh(Coffs Ha	

Event 130 Men Discus Throw 11 yrs

Saturday 26/01/2013 - 3:10 PM

Name	Yr	Team	Seed Mark
1 Kaeden Bianco	02	Illawarra Blue S	
2 Ethan Havadjia	02	Now(Nowra)	
3 Brendan Mason	02	For(Forster)	
4 Spencer Reed	02	Wol(Athletic)	
5 Riley Woods	02	Sin(Singleton)	

Event 131 Men Triple Jump 14 yrs

Saturday 26/01/2013 - 3:25 PM

Name	Yr	Team	Seed Mark
1 Nick Alley	99	Gia(Athletic)	
2 Joshua Argall	99	For(Forster)	
3 Tristan Croke	99	Wyang	
4 Tyler Gunn	99	Gos(Gosford)	
5 Aiden Harvey	99	Westlakes	
6 Damien Hay	99	Koorringal-Wagga	
7 Alexander Herford	99	Min(Mingara)	
8 Jack Jordan	99	Westlakes	
9 David Parsons	99	Woodberry & Dist	
10 Miles Petersen	99	Hunter Track & F	
11 Branden Wallace	99	Woodberry & Dist	

Event 132 Men Shot Put 13 yrs

Saturday 26/01/2013 - 3:40 PM

Name	Yr	Team	Seed Mark
1 Hugh Carney	00	For(Forster)	
2 Nicholas Gilbert	00	For(Forster)	
3 David Hollis	01	For(Forster)	
4 Mason Leef	00	Wyang	
5 Michael Padas	00	Wol(Athletic)	
6 Kieran Schneider	00	For(Forster)	
7 Saxon Wallace-Hoyle	00	Hunter Track & F	
8 Jarryd Walter	00	Wyang	
9 Mitchell West	01	Mas(Macquari)	

Event 133 Women Shot Put 13 yrs

Saturday 26/01/2013 - 3:40 PM

Name	Yr	Team	Seed Mark
1 Lily Cains	00	Woodberry & Dist	
2 Rhiannon Connell	00	Wol(Athletic)	
3 Abbey Dhu	00	Bma(Blue Mou	
4 Georgia Dodson	00	Westlakes	
5 Ebony Johnson	00	Now(Nowra)	
6 Jordan Johnson	00	Westlakes	
7 Georgia Mcewan	00	Wol(Athletic)	
8 Amory Merrick	00	Tam(Tamworth)	
9 Annette Peace	01	Now(Nowra)	
10 Stephanie Scigala	00	Wal(Wallsend)	
11 Rebecca Smythe	00	For(Forster)	

Event 134 Men Long Jump 50-59 yrs

Saturday 26/01/2013 - 3:55 PM

Name	Yr	Team	Seed Mark
1 William Barker	60	Wlg(Woolgool	
2 Peter Kidd	62	Wol(Athletic)	
3 David Mitchell	55	Wal(Wallsend)	
4 Anthony O'Donnell	59	Bma(Blue Mou	
5 David Perrett	58	Bma(Blue Mou	
6 Peter Reed	13	Wol(Athletic)	

Event 135 Men Long Jump 60-69 yrs

Saturday 26/01/2013 - 3:55 PM

Name	Yr	Team	Seed Mark
1 Robert Martyn	49	Bma(Blue Mou	
2 Douglas McNally	51	Now(Nowra)	
3 Peter Quick	52	Min(Mingara)	
4 Charles Templeton	45	Stp(Stuarts)	

Event 136 Men Long Jump 70+

Saturday 26/01/2013 - 3:55 PM

Name	Yr	Team	Seed Mark
1 Ron Bragg	39	Wol(Athletic)	

Event 137 Men Long Jump 30-39 yrs

Saturday 26/01/2013 - 3:55 PM

Name	Yr	Team	Seed Mark
1 Michael Laws	82	Bma(Blue Mou	

Event 138 Men Javelin Throw 14 yrs

Saturday 26/01/2013 - 4:10 PM

Name	Yr	Team	Seed Mark
1 Joshua Argall	99	For(Forster)	
2 Zachary Boyd	99	Wyang	
3 Aiden Harvey	99	Westlakes	
4 Damien Hay	99	Koorringal-Wagga	
5 Jack Jordan	99	Westlakes	
6 Flynn Lefmann	99	Sin(Singleton)	
7 David Parsons	99	Woodberry & Dist	
8 Nicholas Price	99	Tam(Tamworth)	
9 Jarrod Twigg	99	Wol(Athletic)	
10 Brad Van Vreumingen	99	Wol(Athletic)	
11 Branden Wallace	99	Woodberry & Dist	

Event 139 Women Long Jump 16 yrs

Saturday 26/01/2013 - 4:25 PM

Name	Yr	Team	Seed Mark
1 Maddison Ingram	97	Ray(Raymond)	
2 Brodie McCann	97	For(Forster)	
3 Samantha Thacker	97	Coh(Coffs Ha	

Event 140 Women Long Jump 17 yrs

Saturday 26/01/2013 - 4:25 PM

Name	Yr	Team	Seed Mark
1 Sarah Jeffrey	96	Hun(Hunter T	
2 Kirstie Pedrola	96	Nam(Nambucca	
3 Julia Scott	96	Athletics Nsw	

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Event 141 Men Discus Throw 40-49 yrs

Saturday 26/01/2013 - 4:50 PM

Name	Yr	Team	Seed Mark
1 Simon Bolte	69	Ray(Raymond)	
2 Geoff Carter	66	Bma(Blue Mou)	
3 Peter Davey	72	Wol(Athletic)	
4 Anthony France	67	Wal(Wallsend)	
5 Stuart Gyngell	63	Wol(Athletic)	
6 Andrew Havadjia	67	Now(Nowra)	
7 Chris Johnson	71	Now(Nowra)	
8 Terry Knight	71	Nma(Nsw Mast)	
9 Sean Scanlon	70	Wal(Wallsend)	
10 Stuart Sutton	69	Min(Mingara)	

Event 142 Women Discus Throw 18/19 yrs

Saturday 26/01/2013 - 5:00 PM

Name	Yr	Team	Seed Mark
1 Lacey Bruce	95	Now(Nowra)	
2 Lacey Bruce	95	Now(Nowra)	
3 Kyrah Hush	96	Now(Nowra)	
4 Chelsea Lenarduzzi	95	Illawarra Blue S	
5 Emily Robinson	95	Wol(Athletic)	
6 Emma Stokes	95	For(Forster)	
7 Laura Stokes	95	For(Forster)	

Event 143 Men Discus Throw 18/19 yrs

Saturday 26/01/2013 - 5:00 PM

Name	Yr	Team	Seed Mark
1 James Belcher	94	Wol(Athletic)	
2 Kieran Smith	95	Armidale	

Event 144 Women Shot Put 40-49 yrs

Saturday 26/01/2013 - 5:05 PM

Name	Yr	Team	Seed Mark
1 Janie Carter	69	Bma(Blue Mou)	
2 Deb Sauer	63	Armidale	
3 Jeannie Seymour	64	Aberdeen	
4 Vicki Townsend	64	Aberdeen	

Event 145 Women Shot Put 60+

Saturday 26/01/2013 - 5:05 PM

Name	Yr	Team	Seed Mark
1 Judy Brown	50	Nma(Nsw Mast)	
2 Kate Clarke	52	Nma(Nsw Mast)	
3 Rosalind Perry	52	Wol(Athletic)	
4 marythomas Thomas	44	Illawarra Blue S	
5 Adriana Van Bockel	52	Wol(Athletic)	

Event 146 Men Long Jump 15 yrs

Saturday 26/01/2013 - 5:25 AM

Name	Yr	Team	Seed Mark
1 Liam Dooley	98	Now(Nowra)	
2 Dean Hollis	98	For(Forster)	
3 Tim Martin	98	Coh(Coffs Ha)	
4 Oliver Moody	98	Sin(Singleto)	
5 Jarrod Sadler	98	Wlg(Woolgool)	
6 Cooper Talbot	98	For(Forster)	

Event 147 Men Shot Put 50-59 yrs

Saturday 26/01/2013 - 5:35 PM

Name	Yr	Team	Seed Mark
1 William Barker	60	Wlg(Woolgool)	
2 Geoff Crumpton	54	Australian Capit	
3 Matthew Horsnell	57	Min(Mingara)	
4 Peter Kidd	62	Wol(Athletic)	
5 Gavin Murray	54	Nma(Nsw Mast)	
6 Peter Reed	13	Wol(Athletic)	
7 Peter Williams	56	Min(Mingara)	

Event 148 Men Shot Put 60-69 yrs

Saturday 26/01/2013 - 5:35 PM

Name	Yr	Team	Seed Mark
1 Neil Fowler	51	Min(Mingara)	
2 Neil Hinton	52	Wyong	
3 Douglas McNally	51	Now(Nowra)	
4 Dave Ross	50	Wol(Athletic)	
5 Russell Scott	47	Gia(Athletic)	
6 james stammers	47	Bru(Brunswic)	
7 John West	50	Independant	

Event 149 Men Shot Put 70+

Saturday 26/01/2013 - 5:35 PM

Name	Yr	Team	Seed Mark
1 Ron Bragg	39	Wol(Athletic)	
2 Ron Simcock	35	Wol(Athletic)	
3 Brett Sowerby	40	Bma(Blue Mou)	

Event 150 Women Shot Put 50-59 yrs

Saturday 26/01/2013 - 5:35 PM

Name	Yr	Team	Seed Mark
1 Sharon Derwin	61	Wal(Wallsend)	
2 Margaret Holahan	55	Wal(Wallsend)	
3 June Lowe	54	Illawarra Blue S	
4 Christine Shaw	59	Wol(Athletic)	
5 Helen Wallace	61	Woodberry & Dist	
6 Julie Waller	59	For(Forster)	

Event 151 Men 110 Meter Hurdles 1.067m Open

Saturday 26/01/2013 - 8:30 AM

Name	Yr	Team	Seed Time
1 Rory Bramble	93	For(Forster)	
2 Shaun Fletcher	82	Hun(Hunter T)	
3 Matthew Harris	89	Mai(Maitland)	
4 Daniel Lawton	85	For(Forster)	
5 Lachlan Parry	91	Illawarra Blue S	

Event 154 Men 110 Meter Hurdles 0.991m 18/19 yrs

Saturday 26/01/2013 - 8:38 AM

Name	Yr	Team	Seed Time
1 James Belcher	94	Wol(Athletic)	
2 Jack Dhu	95	Bma(Blue Mou)	

Event 155 Men 110 Meter Hurdles 0.914m 16 yrs

Saturday 26/01/2013 - 8:46 AM

Name	Yr	Team	Seed Time
1 Michael Alley	97	Gia(Athletic)	

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Event 155 ... (Men 110 Meter Hurdles 0.914m 16 yrs)

Name	Yr	Team	Seed Time
2 Jordan De Vries	97	Now(Nowra)	
3 Ethan Dhu	97	Bma(Blue Mou	
4 callen Meir	97	Edg(Edgewort	
5 Jarrod Sansom	97	Ray(Raymond	
6 Zaceriah Simunovic	97	Min(Mingara)	

Event 156 Men 110 Meter Hurdles 0.914m 17 yrs

Saturday 26/01/2013 - 8:46 AM

Name	Yr	Team	Seed Time
1 Mitchell Wallace	96	Woodberry & Dist	

Event 159 Men 100 Meter Hurdles 0.840m 50-59 yrs

Saturday 26/01/2013 - 8:56 AM

Name	Yr	Team	Seed Time
1 Paul Carr	58	Min(Mingara)	
2 Peter Kidd	62	Wol(Athletic	

Event 160 Men 100 Meter Hurdles 0.840m 15 yrs

Saturday 26/01/2013 - 9:00 AM

Name	Yr	Team	Seed Time
1 Cooper Talbot	98	For(Forster)	

Event 161 Men 100 Meter Hurdles 0.840m 14 yrs

Saturday 26/01/2013 - 9:00 AM

Name	Yr	Team	Seed Time
1 Nick Alley	99	Gia(Athletic	
2 Liam Kelly	99	Athletics Nsw	
3 Jarrod Twigg	99	Wol(Athletic	
4 Branden Wallace	99	Woodberry & Dist	

Event 162 Women 100 Meter Hurdles 0.840m Open

Saturday 26/01/2013 - 9:04 AM

Name	Yr	Team	Seed Time
1 Sophie Stanwell	91	Hunter Track & F	

Event 163 Women 100 Meter Hurdles 0.840m 18/19 yrs

Saturday 26/01/2013 - 9:04 AM

Name	Yr	Team	Seed Time
1 Lacey Bruce	95	Now(Nowra)	
2 Lacey Bruce	95	Now(Nowra)	
3 Emily Robinson	95	Wol(Athletic	

Event 166 Women 100 Meter Hurdles 0.762m 17 yrs

Saturday 26/01/2013 - 9:08 AM

Name	Yr	Team	Seed Time
1 Sarah Jeffrey	96	Hun(Hunter T	
2 Julia Scott	96	Athletics Nsw	

Event 167 Men 90 Meter Hurdles 13 yrs

Saturday 26/01/2013 - 9:18 AM

Name	Yr	Team	Seed Time
1 Nicholas Gilbert	00	For(Forster)	
2 Joshua Hughes	01	Independant	
3 Jarryd Walter	00	Wyong	

Event 168 Women 90 Meter Hurdles 15 yrs

Saturday 26/01/2013 - 9:22 AM

Name	Yr	Team	Seed Time
1 Ebony Burke	98	For(Forster)	
2 Alexandra Lavalle	98	Wol(Athletic	
3 Olivia-Rose McEwan	98	Wol(Athletic	
4 Mischelle Rhodes	98	Min(Mingara)	
5 Mikayla Sonter	98	Min(Mingara)	

Event 169 Women 90 Meter Hurdles 14 yrs

Saturday 26/01/2013 - 9:22 AM

Name	Yr	Team	Seed Time
1 Teghan Barklay	99	Wol(Athletic	
2 Casey-Lee Bedford	99	Wol(Athletic	
3 Emma-Sue Greentree	99	Southlakes A	
4 Jessica Potts	99	Mas(Macquari	
5 Caitlin Reeves	99	Bathurst	
6 Celeste Sulerzyski	99	Illawarra Blue S	
7 Shayannae Wright	99	Southlakes A	

Event 170 Men 80 Meter Hurdles 12 yrs

Saturday 26/01/2013 - 9:26 AM

Name	Yr	Team	Seed Time
1 Blake Barklay	01	Wol(Athletic	
2 Matthew Burke	02	For(Forster)	
3 Joshua Hughes	01	Independant	
4 Kaine Parkinson	01	Athletics Nsw	
5 Malakai Simunovic	01	For(Forster)	
6 Nick Watson	01	Sin(Singlet	

Event 171 Women 80 Meter Hurdles 12 yrs

Saturday 26/01/2013 - 9:30 AM

Name	Yr	Team	Seed Time
1 Melinda Burke	01	For(Forster)	
2 Teah Macpherson	01	Mas(Macquari	
3 Jade Mustapic	01	Now(Nowra)	
4 Tessa Tamplin	01	Mas(Macquari	

Event 172 Women 80 Meter Hurdles 13 yrs

Saturday 26/01/2013 - 9:34 AM

Name	Yr	Team	Seed Time
1 Heather Duffy	00	Wyong	
2 Ebony Johnson	00	Now(Nowra)	
3 Amory Merrick	00	Tam(Tamworth	
4 Nicola Searles	00	For(Forster)	

Event 173 Women 80 Meter Hurdles 40-49 yrs

Saturday 26/01/2013 - 9:38 AM

Name	Yr	Team	Seed Time
1 Ranell Hobson	72	Bma(Blue Mou	
2 Richelle Ingram	69	Min(Mingara)	
3 Jeannie Seymour	64	Aberdeen	
4 Vicki Townsend	64	Aberdeen	

Event 174 Women 80 Meter Hurdles 50-59 yrs

Saturday 26/01/2013 - 9:38 AM

Name	Yr	Team	Seed Time
1 June Lowe	54	Illawarra Blue S	

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Event 175 Women 1500 Meter Run 10 Yrs

Saturday 26/01/2013 - 10:00 AM

Name	Yr	Team	Seed Time
1 Kate Drash	03	Dubbo Athlet	
2 Katie Gunn	03	Gos(Gosford)	
3 Charlotte Lowe	03	Min(Mingara)	
4 Ruby McPhillips	03	Kembla Joggers I	
5 Mariane Mihellis	04	Min(Mingara)	
6 Ashley Pernecker	04	Min(Mingara)	
7 Sarah Pickering	03	Mas(Macquari	
8 Erin Wooldridge	03	Kembla Joggers I	

Event 176 Men 1500 Meter Run 10 Yrs

Saturday 26/01/2013 - 10:00 AM

Name	Yr	Team	Seed Time
1 Jaylen Boyce	02	Hunter Track & F	
2 Finlay Flaherty	03	Gos(Gosford)	
3 Zachary Heywood	03	Wol(Athletic	
4 Callum Owen	03	For(Forster)	
5 Harry Schumaker	03	Scone Athlet	

Event 177 Women 1500 Meter Run 11 yrs

Saturday 26/01/2013 - 10:08 AM

Name	Yr	Team	Seed Time
1 Kaitlyn Klein	02	Hun(Hunter T	
2 Annabelle Lowe	02	Min(Mingara)	
3 Tara Mustapic	02	Now(Nowra)	
4 Jazmyn Shimwell	02	Illawarra Blue S	
5 Ahlana Sklenar	02	Kembla Joggers I	
6 Chelsea Williams	02	Independant	
7 Ella Wooldridge	02	Kembla Joggers I	

Event 178 Men 1500 Meter Run 11 yrs

Saturday 26/01/2013 - 10:08 AM

Name	Yr	Team	Seed Time
1 Kaeden Bianco	02	Illawarra Blue S	
2 Jaylen Boyce	02	Hunter Track & F	
3 Oliver Chippendale	02	Gos(Gosford)	
4 Ethan Havadjia	02	Now(Nowra)	

Event 179 Women 1500 Meter Run 12 yrs

Saturday 26/01/2013 - 10:16 AM

Name	Yr	Team	Seed Time
1 Lily Drash	01	Dubbo Athlet	
2 Jade Mustapic	01	Now(Nowra)	
3 Madeline Owen	01	For(Forster)	
4 Taylor Reid	01	Min(Mingara)	
5 Holly Spooner	01	Nev(Newcastl	
6 Leilani White	01	Woodberry & Dist	
7 Brooke Wilkins	01	Kembla Joggers I	

Event 180 Men 1500 Meter Run 12 yrs

Saturday 26/01/2013 - 10:16 AM

Name	Yr	Team	Seed Time
1 Jordan Heywood	01	Wol(Athletic	
2 Joshua Hughes	01	Independant	
3 Kaine Parkinson	01	Athletics Nsw	
4 Blake Potts	01	Mas(Macquari	

5 Ryan Potts	01	Mas(Macquari	
6 Nick Watson	01	Sin(Singleto	
7 Luke Young	01	Mas(Macquari	

Event 181 Women 1500 Meter Run 13 yrs

Saturday 26/01/2013 - 10:24 AM

Name	Yr	Team	Seed Time
1 Hannah Bain	00	Hun(Hunter T	
2 Harriette Bournnell	00	Min(Mingara)	
3 Elizabeth Chippendale	00	Min(Mingara)	
4 Abbey Dhu	00	Bma(Blue Mou	
5 Shenay Edwards	00	Now(Nowra)	
6 sinead flaherty	00	Gos(Gosford)	
7 Shayla Szakacs	00	Kembla Joggers I	
8 Hannah Wright	00	Kembla Joggers I	
9 Kathleen Young	00	Mas(Macquari	

Event 182 Men 1500 Meter Run 13 yrs

Saturday 26/01/2013 - 10:24 AM

Name	Yr	Team	Seed Time
1 Mason Allen	00	Min(Mingara)	
2 Albert Balogh	00	Mas(Macquari	
3 Luke Gibbons	00	Westlakes	
4 Joshua Hughes	01	Independant	
5 Cameron Johnson	00	Westlakes	
6 Finlay McPhillips	00	Kembla Joggers I	
7 Terry Mihellis	00	Min(Mingara)	
8 Joseph O'Connor	00	Mai(Maitland	
9 Luke Rochester	00	Woodberry & Dist	
10 Jesse Schumaker	00	Scone Athlet	

Event 183 Men 1500 Meter Run 14 yrs

Saturday 26/01/2013 - 10:34 AM

Name	Yr	Team	Seed Time
1 Nick Alley	99	Gia(Athletic	
2 Rex Greaves	99	Mai(Maitland	
3 Jesse Maxwell	99	Mas(Macquari	
4 Kade Szakacs	99	Kembla Joggers I	
5 Matthew Williams	99	Woodberry & Dist	

Event 184 Women 1500 Meter Run 14 yrs

Saturday 26/01/2013 - 10:34 AM

Name	Yr	Team	Seed Time
1 Rose Davies	99	Mas(Macquari	
2 maeve flaherty	99	Gos(Gosford)	
3 Kelsey Gray	99	Independant	
4 Jessica Morrice	99	Min(Mingara)	
5 April Rodda	99	Now(Nowra)	
6 Emma Watson	99	Sin(Singleto	

Event 185 Men 1500 Meter Run 15 yrs

Saturday 26/01/2013 - 10:40 AM

Name	Yr	Team	Seed Time
1 Daniel Campbell	98	Coh(Coffs Ha	
2 Jye Edwards	98	Now(Nowra)	
3 Christopher Fayers	98	Hunter Track & F	
4 Finlay Flaherty	03	Gos(Gosford)	
5 Liam Henderson	98	Kembla Joggers I	
6 Tim Martin	98	Coh(Coffs Ha	

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Event 185 ... (Men 1500 Meter Run 15 yrs)

Name	Yr	Team	Seed Time
7 Angus Pryde	98	Now(Nowra)	
8 Matthew Scarr	98	Min(Mingara)	
9 Jacob Thorn	98	Coh(Coffs Ha)	

Event 186 Women 1500 Meter Run 15 yrs

Saturday 26/01/2013 - 10:40 AM			
Name	Yr	Team	Seed Time
1 Rosie May Davidson	98	Illawarra Blue S	
2 aising flaherty	98	Gos(Gosford)	
3 Chloe Hartnett	98	Hun(Hunter T)	
4 Caitlin Lobb	98	Coh(Coffs Ha)	
5 Mikayla Martin	98	Min(Mingara)	
6 Candice Porley	98	Bma(Blue Mou)	

Event 187 Men 1500 Meter Run 18/19 yrs

Saturday 26/01/2013 - 10:48 AM			
Name	Yr	Team	Seed Time
1 Matthew Berrington	95	Coh(Coffs Ha)	
2 Beau Tape	95	Nam(Nambucca)	
3 Guy Walters	94	Hun(Hunter T)	

Event 188 Men 1500 Meter Run 17 yrs

Saturday 26/01/2013 - 10:48 AM			
Name	Yr	Team	Seed Time
1 Joshua Kentwell	96	Kembla Joggers I	
2 Jesse Macdonald	96	Wlg(Woolgool)	
3 Shaun Macdonald	96	Wlg(Woolgool)	
4 Nicholas Martin	96	Min(Mingara)	
5 Callum Mears	97	Hunter Track & F	
6 James Turner	96	For(Forster)	

Event 189 Men 1500 Meter Run 16 yrs

Saturday 26/01/2013 - 10:48 AM			
Name	Yr	Team	Seed Time
1 Jai Lyons	97	Coh(Coffs Ha)	
2 Kyle Ross-Evans	97	Hun(Hunter T)	
3 Carl Williams	97	Woodberry & Dist	

Event 190 Women 1500 Meter Run 18/19 yrs

Saturday 26/01/2013 - 10:56 AM			
Name	Yr	Team	Seed Time
1 Therese Auton	94	Min(Mingara)	
2 Tayla Merrick	95	Kembla Joggers I	

Event 191 Women 1500 Meter Run 17 yrs

Saturday 26/01/2013 - 10:56 AM			
Name	Yr	Team	Seed Time
1 Stephanie Kalemusic	96	Now(Nowra)	
2 Whitney Noone	96	Illawarra Blue S	

Event 192 Women 1500 Meter Run 16 yrs

Saturday 26/01/2013 - 10:56 AM			
Name	Yr	Team	Seed Time
1 Jessica Pascoe	97	Independant	
2 Karlie Swanson	97	Wlg(Woolgool)	
3 Chloe Walters	98	Mas(Macquari)	

Event 193 Women 1500 Meter Run Open

Saturday 26/01/2013 - 10:56 AM			
Name	Yr	Team	Seed Time
1 Claire Burnett	93	Illawarra Blue S	
2 Jessica Clifton	84	Bma(Blue Mou)	
3 Meghann Coffey	93	Sin(Singleto)	
4 Melanie Foster	79	Illawarra Blue S	
5 Emma-Leigh Heighway	89	Hun(Hunter T)	

Event 194 Men 1500 Meter Run Open

Saturday 26/01/2013 - 11:04 AM			
Name	Yr	Team	Seed Time
1 David Bradney	89	Hunter Track & F	
2 Kasimir Gregory	92	Armidale	
3 Andrew Land	93	Min(Mingara)	
4 Andrew MacKenzie	88	Bathurst	
5 Mitchell Williamson	86	Athletics Nsw	

Event 195 Men 1500 Meter Run 30-39 yrs

Saturday 26/01/2013 - 11:04 AM			
Name	Yr	Team	Seed Time
1 damien meyer	76	Min(Mingara)	

Event 196 Men 1500 Meter Run 40-49 yrs

Saturday 26/01/2013 - 11:04 AM			
Name	Yr	Team	Seed Time
1 David Madden	69	Scone Athlet	
2 Geoffrey McCann	66	Wlg(Woolgool)	
3 Glen Mustapic	71	Now(Nowra)	
4 Michael Pickering	70	Nev(Newcastl)	
5 Greg Robson	63	Coh(Coffs Ha)	
6 Paul Rochester	67	Nma(Nsw Mast)	
7 John Watson	69	Sin(Singleto)	

Event 197 Men 1500 Meter Run 50-59 yrs

Saturday 26/01/2013 - 11:10 AM			
Name	Yr	Team	Seed Time
1 Neil Chippendale	58	Min(Mingara)	
2 Micheal Daly	62	Min(Mingara)	
3 Andrew Dodd	61	Nev(Newcastl)	
4 Nick Fletcher	58	Nev(Newcastl)	
5 David Macpherson	61	Sin(Singleto)	
6 Toyo Omura	60	Min(Mingara)	

Event 198 Men 1500 Meter Run 60-69 yrs

Saturday 26/01/2013 - 11:10 AM			
Name	Yr	Team	Seed Time
1 Martin Auster	46	Armidale	
2 Kevyn Davis	48	Now(Nowra)	
3 Neil Fowler	51	Min(Mingara)	
4 kenneth stubbs	44	Min(Mingara)	
5 Charles Templeton	45	Stp(Stuarts)	
6 Greame Walsh	52	Illawarra Blue S	

Event 199 Men 1500 Meter Run 70+

Saturday 26/01/2013 - 11:10 AM			
Name	Yr	Team	Seed Time
1 Ronald Perry	39	Wol(Athletic)	

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Event 199 ... (Men 1500 Meter Run 70+)

Name	Yr	Team	Seed Time
2 Brian Rix	41	Nma(Nsw Mast)	
3 John Spinney	39	Bma(Blue Mou)	

Event 200 Women 1500 Meter Run 60+

Saturday 26/01/2013 - 11:18 AM

Name	Yr	Team	Seed Time
1 Rosalind Perry	52	Wol(Athletic)	

Event 201 Women 1500 Meter Run 50-59 yrs

Saturday 26/01/2013 - 11:18 AM

Name	Yr	Team	Seed Time
1 Margaret Beardslee	58	Min(Mingara)	
2 Julie Peksis	59	Min(Mingara)	
3 Julie Steele	60	Illawarra Blue S	
4 Helen Wallace	61	Woodberry & Dist	

Event 202 Women 1500 Meter Run 40-49 yrs

Saturday 26/01/2013 - 11:18 AM

Name	Yr	Team	Seed Time
1 Kerith Duncanson	68	For(Forster)	
2 Kirsty Flanagan	69	Gos(Gosford)	
3 Cassie Gibbins	70	Illawarra Blue S	
4 Alison Havadjia	63	Now(Nowra)	
5 Nicky Kelly	72	Min(Mingara)	
6 Darlene Musgrove	70	Now(Nowra)	
7 Fiona Porley	68	Bma(Blue Mou)	
8 Cristine Suffolk	70	Now(Nowra)	
9 Nicolle Western	70	Scone Athlet	

Event 203 Women 1500 Meter Run 30-39 yrs

Saturday 26/01/2013 - 11:18 AM

Name	Yr	Team	Seed Time
1 Natalie Heywood	74	Wol(Athletic)	
2 Allison Tucker	75	Min(Mingara)	
3 Tara Warren	81	Min(Mingara)	
4 Carrie Williamson	79	Athletics Nsw	
5 Nicole Williamson	82	Athletics Nsw	

Event 204 Men 400 Meter Dash 13 yrs

Saturday 26/01/2013 - 11:30 AM

Name	Yr	Team	Seed Time
1 Jordan Doris	00	Kembla Joggers I	
2 Joshua Hughes	01	Independant	
3 Finlay McPhillips	00	Kembla Joggers I	
4 Michael Padas	00	Wol(Athletic)	
5 Blake Potts	01	Mas(Macquari)	
6 Ryan Potts	01	Mas(Macquari)	
7 Reeyce Sadler	01	Wlg(Woolgool)	
8 Kyle Veerhuis	00	Wol(Athletic)	

Event 205 Women 400 Meter Dash 13 yrs Prelims

Saturday 26/01/2013 - 11:34 AM

Name	Yr	Team	Seed Time
1 Jasmine Black	01	For(Forster)	
2 Harriette Bournnell	00	Min(Mingara)	
3 Lily Cains	00	Woodberry & Dist	
4 Elizabeth Chippendale	00	Min(Mingara)	

5 Abbey Dhu	00	Bma(Blue Mou)	
6 Jessica Dukes	01	Wyong	
7 Maddy Eaton	00	Wol(Athletic)	
8 Shenay Edwards	00	Now(Nowra)	
9 sinead flaherty	00	Gos(Gosford)	
10 Madeleine Hart	01	Hunter Track & F	
11 Jordan Johnson	00	Westlakes	
12 Fiona Martin	01	Coh(Coff's Ha)	
13 Rachel Naylor	00	For(Forster)	
14 Katie Thorn	00	Coh(Coff's Ha)	
15 Ella Wooldridge	02	Kembla Joggers I	
16 Hannah Wright	00	Kembla Joggers I	

Event 206 Men 400 Meter Dash 14 yrs Prelims

Saturday 26/01/2013 - 11:38 AM

Name	Yr	Team	Seed Time
1 Nick Alley	99	Gia(Athletic)	
2 Lachlan Bent	99	Hunter Track & F	
3 Zachary Boyd	99	Wyong	
4 Tyler Gunn	99	Gos(Gosford)	
5 Mitchell Heaney	99	Woodberry & Dist	
6 Alexander Herford	99	Min(Mingara)	
7 Alexander Herford	99	Min(Mingara)	
8 Liam Kelly	99	Athletics Nsw	
9 Miles Petersen	99	Hunter Track & F	
10 Oscar Thomas	99	Athletics Nsw	
11 Brad Van Vreumingen	99	Wol(Athletic)	
12 Branden Wallace	99	Woodberry & Dist	

Event 207 Women 400 Meter Dash 14 yrs

Saturday 26/01/2013 - 11:44 AM

Name	Yr	Team	Seed Time
1 Erin Dalley	99	Wol(Athletic)	
2 maeve flaherty	99	Gos(Gosford)	
3 Kelsey Gray	99	Independant	
4 Natasha Katsoudas	99	Wal(Wallsend)	
5 Jessica Morrice	99	Min(Mingara)	
6 kate nechvatal	99	Koorinal-Wagga	
7 Maddison Nowland	99	Woodberry & Dist	
8 Sonja Rodda	99	Now(Nowra)	
9 Hailey Van Vreumingen	99	Wol(Athletic)	
10 Emma Watson	99	Sin(Singleton)	

Event 208 Women 400 Meter Dash 15 yrs Prelims

Saturday 26/01/2013 - 11:50 AM

Name	Yr	Team	Seed Time
1 Ebony Burke	98	For(Forster)	
2 Shaniah Davies	98	Wol(Athletic)	
3 aisling flaherty	98	Gos(Gosford)	
4 Mikayla Martin	98	Min(Mingara)	
5 Lia Mills	98	Independant	
6 Nicole Ogle	98	Mas(Macquari)	
7 Rebecca Parkinson	98	Min(Mingara)	
8 Mercedes Peterkin	98	Stp(Stuarts)	
9 Avalon Punch	98	Illawarra Blue S	
10 Hannah Sawyer	98	Stp(Stuarts)	

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Event 209 Women 400 Meter Dash 16 yrs

Saturday 26/01/2013 - 11:56 AM

Name	Yr	Team	Seed Time
1 Kayley Alsford	97	Woodberry & Dist	
2 Kristin Kalemusic	97	Now(Nowra)	
3 Georgia Merrick	97	Tam(Tamworth)	
4 Jessica Pascoe	97	Independant	
5 Samantha Thacker	97	Coh(Coffs Ha)	

Event 210 Women 400 Meter Dash 17 yrs

Saturday 26/01/2013 - 12:04 PM

Name	Yr	Team	Seed Time
1 Stephanie Bain	96	Hunter Track & F	
2 Andrea Berrell	96	Wol(Athletic	
3 Madeline Carter	96	Bma(Blue Mou	
4 Melissa Hopkins	96	Min(Mingara)	
5 Maddison Sadler	96	Wlg(Woolgool	
6 Hayley Turner	96	For(Forster)	

Event 211 Men 400 Meter Dash 15 yrs

Saturday 26/01/2013 - 12:10 PM

Name	Yr	Team	Seed Time
1 Zachary Havadjia	98	Now(Nowra)	
2 Dean Hollis	98	For(Forster)	
3 Michael James	98	Wol(Athletic	
4 Tim Martin	98	Coh(Coffs Ha)	
5 Theo Mihellis	98	Min(Mingara)	
6 Oliver Moody	98	Sin(Singleto	
7 Cameron Musgrove	98	Now(Nowra)	
8 Jack Newman	98	Mai(Maitland	
9 Thomas Newman	98	Mai(Maitland	
10 Angus Pryde	98	Now(Nowra)	

Event 212 Men 400 Meter Dash 16 yrs

Saturday 26/01/2013 - 12:16 PM

Name	Yr	Team	Seed Time
1 Ben Allen	97	Independant	
2 Liam Bowman	97	Wal(Wallsend	
3 Ethan Dhu	97	Bma(Blue Mou	
4 Connor Dymond	97	Cam(Camden)	
5 Aaron Gunn	97	Gos(Gosford)	
6 Luke Haworth	97	Kotara South Ama	
7 Toby McCann	97	Wlg(Woolgool	
8 Joshua Parkinson	97	Min(Mingara)	
9 Travis Stahlhut	97	Armidale	

Event 213 Men 400 Meter Dash 17 yrs Prelims

Saturday 26/01/2013 - 12:22 PM

Name	Yr	Team	Seed Time
1 Hayden Coen	96	Wol(Athletic	
2 Jarrod Hickey	96	Now(Nowra)	
3 Joshua Kentwell	96	Kembla Joggers I	
4 Jesse Macdonald	96	Wlg(Woolgool	
5 Shaun Macdonald	96	Wlg(Woolgool	
6 Nicholas Martin	96	Min(Mingara)	
7 Hayden Rodda	96	Now(Nowra)	
8 Declan Spencer	96	Independant	
9 Luke Thorn	96	Coh(Coffs Ha)	

10 Mitchell Wallace	96	Woodberry & Dist
11 Adam White	96	Koorngal-Wagga

Event 214 Men 400 Meter Dash Open Prelims

Saturday 26/01/2013 - 12:26 PM

Name	Yr	Team	Seed Time
1 Andrew Attwater	91	Gra(Grafton)	
2 Craig Cameron	93	Min(Mingara)	
3 Jack Clarson	93	Illawarra Blue S	
4 Patrick Crompton	92	Interstate	
5 Dante Falzarano	95	Min(Mingara)	
6 Benjamin Farrell	92	Armidale	
7 Matthew Harris	89	Mai(Maitland	
8 Daniel Lawton	85	For(Forster)	
9 Ethan Millward	91	Min(Mingara)	
10 Joshua Parry	89	Illawarra Blue S	
11 Harry Scouller	94	Now(Nowra)	
12 Byron Smith	93	Armidale	

Event 215 Women 400 Meter Dash Open Prelims

Saturday 26/01/2013 - 12:30 PM

Name	Yr	Team	Seed Time
1 Tia Brady	92	Hun(Hunter T	
2 Claire Burnett	93	Illawarra Blue S	
3 Jessica Clifton	84	Bma(Blue Mou	
4 Sarah De Vries	92	Now(Nowra)	
5 Jessie Devery	90	Bma(Blue Mou	
6 Rebecca Dos Santos	90	Illawarra Blue S	
7 Natalie Ferris	93	Hunter Track & F	
8 Kelly Fraser	85	Wol(Athletic	
9 Sarah Gunn	91	Gos(Gosford)	
10 Chelsea Killey	92	Illawarra Blue S	
11 Stephanie Power	93	Illawarra Blue S	
12 Julia Richardson	85	Bma(Blue Mou	
13 Dymphna Smith	90	Hunter Track & F	
14 Alina Tape	97	Nam(Nambucca	

Event 216 Men 400 Meter Dash 18/19 yrs

Saturday 26/01/2013 - 12:37 PM

Name	Yr	Team	Seed Time
1 James Belcher	94	Wol(Athletic	
2 Joel Chevalley	95	Gra(Grafton)	
3 Blake Davis	94	Edg(Edgewort	
4 Jack Dhu	95	Bma(Blue Mou	
5 Moses Donato	94	Koorngal-Wagga	
6 Nickolas Kruckel	95	Koorngal-Wagga	

Event 217 Women 400 Meter Dash 18/19 yrs

Saturday 26/01/2013 - 12:43 PM

Name	Yr	Team	Seed Time
1 Therese Auton	94	Min(Mingara)	
2 Emily Coppins	94	Edg(Edgewort	
3 Kaisha Edwards	94	Illawarra Blue S	
4 Tia O'Carroll	94	Mas(Macquari	
5 Emily Robinson	95	Wol(Athletic	
6 Mikaela White	94	For(Forster)	

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Event 218 Men 400 Meter Dash 40-49 yrs

Saturday 26/01/2013 - 12:48 PM

Name	Yr	Team	Seed Time
1 Anthony France	67	Wal(Wallsend)	
2 Geoffrey Hynoski	68	Illawarra Blue S	
3 darrin james	65	Illawarra Blue S	
4 Gary Marshall	67	Min(Mingara)	
5 Paul Musgrove	70	Now(Nowra)	
6 Michael Pickering	70	Nev(Newcastl)	
7 Nestor Porley	63	Bma(Blue Mou	
8 Greg Robson	63	Coh(Coffs Ha	
9 John Watson	69	Sin(Singleton)	

Event 219 Men 400 Meter Dash 50-59 yrs

Saturday 26/01/2013 - 12:54 PM

Name	Yr	Team	Seed Time
1 David Bournnell	62	Min(Mingara)	
2 Paul Carr	58	Min(Mingara)	
3 Micheal Daly	62	Min(Mingara)	
4 Todd Devery	60	Bma(Blue Mou	
5 Graham Jackson	62	Min(Mingara)	
6 Peter Kidd	62	Wol(Athletic)	
7 David Mitchell	55	Wal(Wallsend)	
8 David Perrett	58	Bma(Blue Mou	
9 Peter Williams	56	Min(Mingara)	

Event 220 Men 400 Meter Dash 60-69 yrs

Saturday 26/01/2013 - 1:00 PM

Name	Yr	Team	Seed Time
1 Martin Auster	46	Armidale	
2 Stuart Hayward	49	Toukley Athl	
3 Robert Martyn	49	Bma(Blue Mou	
4 Greame Walsh	52	Illawarra Blue S	

Event 221 Men 400 Meter Dash 70+

Saturday 26/01/2013 - 1:00 PM

Name	Yr	Team	Seed Time
1 Neville McIntyre	42	Gia(Athletic)	
2 John Spinney	39	Bma(Blue Mou	

Event 222 Women 400 Meter Dash 40-49 yrs Prelims

Saturday 26/01/2013 - 1:06 PM

Name	Yr	Team	Seed Time
1 Janie Carter	69	Bma(Blue Mou	
2 Cathy Connell	70	Wol(Athletic)	
3 Leanne Edwards	63	Illawarra Blue S	
4 Kirsty Flanagan	69	Gos(Gosford)	
5 Donna Hiscox	66	Wol(Athletic)	
6 Richelle Ingram	69	Min(Mingara)	
7 Nicky Kelly	72	Min(Mingara)	
8 Gianna Mogentale	63	Illawarra Blue S	
9 Darlene Musgrove	70	Now(Nowra)	
10 Vicki Townsend	64	Aberdeen	
11 Janice Walsh	63	Illawarra Blue S	

Event 223 Women 400 Meter Dash 50-59 yrs

Saturday 26/01/2013 - 1:10 PM

Name	Yr	Team	Seed Time
1 Julie Peksis	59	Min(Mingara)	
2 Pauline Smith	57	Armidale	
3 Julie Steele	60	Illawarra Blue S	
4 Helen Wallace	61	Woodberry & Dist	

Event 225 Men 400 Meter Dash 30-39 yrs

Saturday 26/01/2013 - 1:16 PM

Name	Yr	Team	Seed Time
1 Michael Laws	82	Bma(Blue Mou	
2 Nicholas Papalexion	74	Min(Mingara)	
3 Jay Stone	79	Armidale	
4 Peter Veerhuis	75	Wol(Athletic)	

Event 226 Women 400 Meter Dash 30-39 yrs

Saturday 26/01/2013 - 1:20 PM

Name	Yr	Team	Seed Time
1 Kimberley Fletcher	79	Mai(Maitland)	
2 Louise Horsburgh	76	Mai(Maitland)	
3 Nicole Robinson	76	Nma(Nsw Mast)	
4 Allison Tucker	75	Min(Mingara)	
5 Nicole Williamson	82	Athletics Nsw	

Event 227 Men 100 Meter Dash 50-59 yrs Prelims

Saturday 26/01/2013 - 1:30 PM

Name	Yr	Team	Seed Time
1 William Barker	60	Wlg(Woolgool)	
2 David Bournnell	62	Min(Mingara)	
3 Paul Carr	58	Min(Mingara)	
4 Micheal Daly	62	Min(Mingara)	
5 Todd Devery	60	Bma(Blue Mou	
6 Graham Jackson	62	Min(Mingara)	
7 Peter Kidd	62	Wol(Athletic)	
8 David Mitchell	55	Wal(Wallsend)	
9 Anthony O'Donnell	59	Bma(Blue Mou	
10 David Perrett	58	Bma(Blue Mou	
11 Peter Shepherd	59	Illawarra Blue S	
12 Peter Williams	56	Min(Mingara)	

Event 228 Women 100 Meter Dash 10 Yrs

Saturday 26/01/2013 - 1:34 PM

Name	Yr	Team	Seed Time
1 Eliza Berrell	03	Wol(Athletic)	
2 Paris Croke	03	Wyong	
3 Lauren Davey	03	Wol(Athletic)	
4 Katie Gunn	03	Gos(Gosford)	
5 Gabrielle Hynoski	04	Illawarra Blue S	
6 Yasmin Thomas	03	Athletics Nsw	
7 Ellie Veerhuis	06	Wol(Athletic)	
8 Erin Wooldridge	03	Kembla Joggers I	

Event 229 Women 100 Meter Dash 11 yrs

Saturday 26/01/2013 - 1:38 PM

Name	Yr	Team	Seed Time
1 Zoe Chater	02	Now(Nowra)	
2 Natasha Hynoski	02	Illawarra Blue S	

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Event 229 ...(Women 100 Meter Dash 11 yrs)

Name	Yr	Team	Seed Time
3 Emma Klassen	02	Tam(Tamworth)	
4 Paige Rigney	02	Wyong	
5 Sarah Van Vreumingen	02	Wol(Athletic)	
6 Alicia Williams	02	For(Forster)	
7 Chelsea Williams	02	Independant	

Event 230 Women 100 Meter Dash 12 yrs

Saturday 26/01/2013 - 1:42 PM

Name	Yr	Team	Seed Time
1 Jasmine Black	01	For(Forster)	
2 Melinda Burke	01	For(Forster)	
3 Emma Davey	01	Wol(Athletic)	
4 Jessica Dukes	01	Wyong	
5 Teah Macpherson	01	Mas(Macquari)	
6 Sarah Miron	01	Armidale	
7 Jade Mustapic	01	Now(Nowra)	
8 Tessa Tamplin	01	Mas(Macquari)	

Event 231 Men 100 Meter Dash 10 Yrs

Saturday 26/01/2013 - 1:46 PM

Name	Yr	Team	Seed Time
1 Jaylen Boyce	02	Hunter Track & F	
2 Finlay Flaherty	03	Gos(Gosford)	
3 Ben Johnson	03	Now(Nowra)	
4 Callum Johnson	04	Now(Nowra)	
5 Jai Macpherson	03	Mas(Macquari)	
6 Bailey Meir	03	Edg(Edgewort)	
7 Isaac Parkinson	03	Athletics Nsw	
8 Xander Patterson	03	Westlakes	
9 Harry Schumaker	03	Scone Athlet	
10 Harry Ward	04	Coh(Coffs Ha)	

Event 232 Men 100 Meter Dash 11 yrs

Saturday 26/01/2013 - 1:50 PM

Name	Yr	Team	Seed Time
1 Jaylen Boyce	02	Hunter Track & F	
2 Matthew Burke	02	For(Forster)	
3 Ethan Havadjia	02	Now(Nowra)	
4 Fynn Maggs	02	Hun(Hunter T)	
5 Brendan Mason	02	For(Forster)	
6 Leroy Veerhuis	02	Wol(Athletic)	
7 Riley Woods	02	Sin(Singleto)	

Event 233 Men 100 Meter Dash 12 yrs

Saturday 26/01/2013 - 1:54 PM

Name	Yr	Team	Seed Time
1 Blake Barklay	01	Wol(Athletic)	
2 Edwin Nicholson	01	Wal(Wallsend)	
3 Kaine Parkinson	01	Athletics Nsw	
4 Reeyce Sadler	01	Wlg(Woolgool)	
5 Malakai Simunovic	01	For(Forster)	
6 Jasper Thomas	01	Athletics Nsw	
7 Nick Watson	01	Sin(Singleto)	
8 Mitchell West	01	Mas(Macquari)	

Event 234 Women 100 Meter Dash 13 yrs

Saturday 26/01/2013 - 1:58 PM

Name	Yr	Team	Seed Time
1 Rhiannon Connell	00	Wol(Athletic)	
2 Abbey Dhu	00	Bma(Blue Mou)	
3 Heather Duffy	00	Wyong	
4 Maddy Eaton	00	Wol(Athletic)	
5 sinead flaherty	00	Gos(Gosford)	
6 Ebony Johnson	00	Now(Nowra)	
7 Georgia Mcewan	00	Wol(Athletic)	
8 Amory Merrick	00	Tam(Tamworth)	
9 Nicola Searles	00	For(Forster)	
10 Ava Shepherd	00	Illawarra Blue S	

Event 235 Women 100 Meter Dash 14 yrs Prelims

Saturday 26/01/2013 - 2:02 PM

Name	Yr	Team	Seed Time
1 Casey-Lee Bedford	99	Wol(Athletic)	
2 Siarra Cruickshank	99	Armidale	
3 Erin Dalley	99	Wol(Athletic)	
4 Princess Daniels	99	Wol(Athletic)	
5 Rachel Dhu	99	Bma(Blue Mou)	
6 maeve flaherty	99	Gos(Gosford)	
7 Isabella Gibbins	99	Illawarra Blue S	
8 Isabella Gibbons	99	Illawarra Blue S	
9 Emma-Sue Greentree	99	Southlakes A	
10 Natasha Katsoudas	99	Wal(Wallsend)	
11 Bianca Mason	99	For(Forster)	
12 kate nechvatal	99	Koorringal-Wagga	
13 Caitlin Reeves	99	Bathurst	
14 Shayannae Wright	99	Southlakes A	

Event 236 Women 100 Meter Dash 15 yrs Prelims

Saturday 26/01/2013 - 2:06 PM

Name	Yr	Team	Seed Time
1 Daniella Battaglia	98	Wol(Athletic)	
2 Kaitlin Butcher	98	Independant	
3 Charisse Carney	98	For(Forster)	
4 Samara Collins	98	Dubbo Athlet	
5 Erin Connell	98	Wol(Athletic)	
6 Shaniah Davies	98	Wol(Athletic)	
7 aisling flaherty	98	Gos(Gosford)	
8 Theresa Goring	98	Independant	
9 Alexandra Lavallo	98	Wol(Athletic)	
10 Olivia-Rose McEwan	98	Wol(Athletic)	
11 Lia Mills	98	Independant	
12 Mercedes Peterkin	98	Stp(Stuarts)	
13 Savannah Peterkin	98	Stp(Stuarts)	
14 Avalon Punch	98	Illawarra Blue S	
15 Mischelle Rhodes	98	Min(Mingara)	
16 Natalie Schneider	98	For(Forster)	
17 Emily Sheppard	98	Independant	
18 Mikayla Sonter	98	Min(Mingara)	
19 Isobel Warby	98	Mas(Macquari)	

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Event 237 Men 100 Meter Dash 13 yrs

Saturday 26/01/2013 - 2:10 PM

	Name	Yr	Team	Seed Time
1	Nicholas Gilbert	00	For(Forster)	
2	Mason Leef	00	Wyong	
3	Jock Madden	00	Scone Athlet	
4	Michael Padas	00	Wol(Athletic	
5	Kyle Veerhuis	00	Wol(Athletic	
6	Jarryd Walter	00	Wyong	

Event 238 Men 100 Meter Dash 14 yrs Prelims

Saturday 26/01/2013 - 2:14 PM

	Name	Yr	Team	Seed Time
1	Bailey Antrobus	00	Wol(Athletic	
2	Joshua Argall	99	For(Forster)	
3	Lachlan Bent	99	Hunter Track & F	
4	Zachary Boyd	99	Wyong	
5	Emerson Brian	99	Now(Nowra)	
6	Brian Eerson	99	Now(Nowra)	
7	Tyler Gunn	99	Gos(Gosford)	
8	Mitchell Heaney	99	Woodberry & Dist	
9	Alexander Herford	99	Min(Mingara)	
10	Liam Kelly	99	Athletics Nsw	
11	Flynn Lefmann	99	Sin(Singleto	
12	David Parsons	99	Woodberry & Dist	
13	Jarrold Twigg	99	Wol(Athletic	
14	Branden Wallace	99	Woodberry & Dist	

Event 239 Men 100 Meter Dash 15 yrs

Saturday 26/01/2013 - 2:18 PM

	Name	Yr	Team	Seed Time
1	Lee Angwin	98	For(Forster)	
2	Zachary Havadjia	98	Now(Nowra)	
3	Dean Hollis	98	For(Forster)	
4	Michael James	98	Wol(Athletic	
5	Theo Mihellis	98	Min(Mingara)	
6	Nicholas Milford	98	Mas(Macquari	
7	Cameron Musgrove	98	Now(Nowra)	
8	Brock Nichols	98	Now(Nowra)	
9	Angus Pryde	98	Now(Nowra)	
10	Cooper Talbot	98	For(Forster)	

Event 240 Women 100 Meter Dash Open Prelims

Saturday 26/01/2013 - 2:22 PM

	Name	Yr	Team	Seed Time
1	Tara Angell	97	Min(Mingara)	
2	Sarah De Vries	92	Now(Nowra)	
3	Jessie Devery	90	Bma(Blue Mou	
4	Rebecca Dos Santos	90	Illawarra Blue S	
5	Natalie Ferris	93	Hunter Track & F	
6	Sarah Gunn	91	Gos(Gosford)	
7	Tegan Haberman	91	Bma(Blue Mou	
8	Alexandra Holt	93	Wal(Wallsend	
9	Chelsea Killey	92	Illawarra Blue S	
10	Gianna Mogentale	63	Illawarra Blue S	
11	Stephanie Power	93	Illawarra Blue S	
12	Claire Walsh	92	Illawarra Blue S	

Event 241 Men 100 Meter Dash Open Prelims

Saturday 26/01/2013 - 2:26 PM

	Name	Yr	Team	Seed Time
1	Rory Bramble	93	For(Forster)	
2	James Carey	92	Mai(Maitland	
3	Jack Clarson	93	Illawarra Blue S	
4	Spencer Cox	77	Interstate	
5	Shaun Fletcher	82	Hun(Hunter T	
6	Matthew Harris	89	Mai(Maitland	
7	Jack Katen	93	For(Forster)	
8	Brodie Leeson	94	Wol(Athletic	
9	Justin Miller	84	Wol(Athletic	
10	Joshua Parry	89	Illawarra Blue S	
11	Lachlan Parry	91	Illawarra Blue S	
12	Filmon Peter	92	Koorringal-Wagga	
13	Scott Richardson	81	Now(Nowra)	
14	Christopher Thorn	92	Wol(Athletic	
15	Mitchell Tysoe	92	Min(Mingara)	

Event 242 Women 100 Meter Dash 16 yrs

Saturday 26/01/2013 - 2:30 PM

	Name	Yr	Team	Seed Time
1	Tara Angell	97	Min(Mingara)	
2	Jenna Heath	97	Bma(Blue Mou	
3	Maddison Ingram	97	Ray(Raymond	
4	Georgia Merrick	97	Tam(Tamworth	
5	kaitlyn Neto	97	Illawarra Blue S	
6	Jessica Pascoe	97	Independant	
7	Samantha Thacker	97	Coh(Coffs Ha	

Event 243 Women 100 Meter Dash 17 yrs

Saturday 26/01/2013 - 2:34 PM

	Name	Yr	Team	Seed Time
1	Andrea Berrell	96	Wol(Athletic	
2	Madeline Carter	96	Bma(Blue Mou	
3	Sarah Jeffrey	96	Hun(Hunter T	
4	Sarah Jeffrey	96	Hun(Hunter T	
5	Madison McLachlan	96	Wal(Wallsend	
6	Kirstie Pedrola	96	Nam(Nambucca	
7	Julia Scott	96	Athletics Nsw	
8	Hayley Turner	96	For(Forster)	

Event 244 Men 100 Meter Dash 16 yrs Prelims

Saturday 26/01/2013 - 2:38 PM

	Name	Yr	Team	Seed Time
1	Ben Allen	97	Independant	
2	Liam Bowman	97	Wal(Wallsend	
3	Jordan De Vries	97	Now(Nowra)	
4	Xavier Dean	97	Armidaale	
5	Ethan Dhu	97	Bma(Blue Mou	
6	Connor Dymond	97	Cam(Camden)	
7	Christian Foster	97	Wol(Athletic	
8	Thomas Gilbert	97	For(Forster)	
9	Aaron Gunn	97	Gos(Gosford)	
10	Aidan Hampton	97	Wal(Wallsend	
11	callen Meir	97	Edg(Edgewort	
12	Ivan Moi	97	Koorringal-Wagga	
13	Joshua Parkinson	97	Min(Mingara)	

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Event 244 ... (Men 100 Meter Dash 16 yrs Prelims)

Name	Yr	Team	Seed Time
14 Nesta Walker	97	Nam(Nambucca)	

Event 245 Men 100 Meter Dash 17 yrs Prelims**Saturday 26/01/2013 - 2:42 PM**

Name	Yr	Team	Seed Time
1 Matthew Buchanan	96	Min(Mingara)	
2 Hayden Coen	96	Wol(Athletic)	
3 Rogan Cronk	96	Athletics Nsw	
4 Nicholas Donato	96	Koorringal-Wagga	
5 Zarren Gogos	96	Coh(Coffs Ha)	
6 James Jeffery	96	Stp(Stuarts)	
7 Samuel Kete	96	Stp(Stuarts)	
8 David Munce	96	Min(Mingara)	
9 David Munce	96	Min(Mingara)	
10 Luke O'Donoghue	96	Armidale	
11 Luke Parkinson	96	Athletics Nsw	
12 Chris Preece	96	Now(Nowra)	
13 Hayden Rodda	96	Now(Nowra)	
14 Nelson Salter	96	Athletics Nsw	
15 Nelson Salter	96	Athletics Nsw	
16 Mitchell Wallace	96	Woodberry & Dist	
17 Adam White	96	Koorringal-Wagga	

Event 246 Women 100 Meter Dash 40-49 yrs Prelims**Saturday 26/01/2013 - 2:46 PM**

Name	Yr	Team	Seed Time
1 Karen Angell	67	Min(Mingara)	
2 Janie Carter	69	Bma(Blue Mou)	
3 Cathy Connell	70	Wol(Athletic)	
4 Leanne Edwards	63	Illawarra Blue S	
5 Kirsty Flanagan	69	Gos(Gosford)	
6 Ranell Hobson	72	Bma(Blue Mou)	
7 Richelle Ingram	69	Min(Mingara)	
8 Nicky Kelly	72	Min(Mingara)	
9 Solvor Mellemstrand	70	Now(Nowra)	
10 Gianna Mogentale	63	Illawarra Blue S	
11 Vicki Townsend	64	Aberdeen	

Event 247 Women 100 Meter Dash 18/19 yrs**Saturday 26/01/2013 - 2:50 PM**

Name	Yr	Team	Seed Time
1 Taylor Ingram	94	Ray(Raymond)	
2 Lauren Keating	95	Min(Mingara)	
3 Emily Robinson	95	Wol(Athletic)	
4 Laura Stokes	95	For(Forster)	

Event 248 Men 100 Meter Dash 40-49 yrs Prelims**Saturday 26/01/2013 - 2:53 PM**

Name	Yr	Team	Seed Time
1 Simon Bolte	69	Ray(Raymond)	
2 Danny Brian	72	Now(Nowra)	
3 Geoff Carter	66	Bma(Blue Mou)	
4 Benn Connell	71	Wol(Athletic)	
5 Jodie Gibbins	67	Illawarra Blue S	
6 Andrew Havadjia	67	Now(Nowra)	
7 Geoffrey Hynoski	68	Illawarra Blue S	
8 darrin james	65	Illawarra Blue S	

9 Chris Johnson	71	Now(Nowra)	
10 Gary Marshall	67	Min(Mingara)	
11 John McCarthy	66	Min(Mingara)	
12 Paul Musgrove	70	Now(Nowra)	
13 Glen Mustapic	71	Now(Nowra)	
14 George Papalexion	69	Min(Mingara)	
15 Nestor Porley	63	Bma(Blue Mou)	
16 Alan Provenzano	63	Nma(Nsw Mast)	
17 Brett Reid	64	Min(Mingara)	
18 Andrew Rodda	69	Now(Nowra)	

Event 249 Men 100 Meter Dash 18/19 yrs Prelims**Saturday 26/01/2013 - 2:56 PM**

Name	Yr	Team	Seed Time
1 James Belcher	94	Wol(Athletic)	
2 Liam Carney	95	For(Forster)	
3 Joel Chevalley	95	Gra(Grafton)	
4 Jack Dhu	95	Bma(Blue Mou)	
5 Moses Donato	94	Koorringal-Wagga	
6 Braeden Gibbins	95	Illawarra Blue S	
7 Reece Gibbins	95	Illawarra Blue S	
8 Branden Gibbons	95	Illawarra Blue S	
9 Reece Gibbons	95	Illawarra Blue S	
10 Jason Johnson	95	Athletics Nsw	
11 Nickolas Kruckel	95	Koorringal-Wagga	
12 Sjion Stephens	95	Westlakes	
13 Christopher Twigg	95	Wol(Athletic)	
14 Anthony Walker	95	Nam(Nambucca)	

Event 250 Women 100 Meter Dash 30-39 yrs**Saturday 26/01/2013 - 3:00 PM**

Name	Yr	Team	Seed Time
1 Louise Horsburgh	76	Mai(Maitland)	
2 Nicole Robinson	76	Nma(Nsw Mast)	
3 Montse Ros	78	Wol(Athletic)	
4 Allison Tucker	75	Min(Mingara)	
5 Nicole Williamson	82	Athletics Nsw	
6 Selina Wynn	75	Coh(Coffs Ha)	

Event 251 Men 100 Meter Dash 30-39 yrs**Saturday 26/01/2013 - 3:03 PM**

Name	Yr	Team	Seed Time
1 Michael Laws	82	Bma(Blue Mou)	
2 Nicholas Papalexion	74	Min(Mingara)	
3 Scott Richardson	81	Now(Nowra)	
4 Peter Veerhuis	75	Wol(Athletic)	
5 Rodney Watson	73	Wlg(Woolgool)	

Event 252 Women 100 Meter Dash 50-59 yrs**Saturday 26/01/2013 - 3:06 PM**

Name	Yr	Team	Seed Time
1 Margaret Fowler	53	Min(Mingara)	
2 June Lowe	54	Illawarra Blue S	
3 Lyn MacDonald	62	Wlg(Woolgool)	
4 Annette Mead	59	Illawarra Blue S	
5 Christine Shaw	59	Wol(Athletic)	
6 Helen Wallace	61	Woodberry & Dist	
7 Margaret Williams	56	Min(Mingara)	

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Event 253 Women 100 Meter Dash 60+

Saturday 26/01/2013 - 3:09 PM

Name	Yr	Team	Seed Time
1 Judy Brown	50	Nma(Nsw Mast)	
2 Kathleen Cook	37	Min(Mingara)	

Event 255 Men 100 Meter Dash 60-69 yrs

Saturday 26/01/2013 - 3:15 PM

Name	Yr	Team	Seed Time
1 Robert Martyn	49	Bma(Blue Mou)	
2 Douglas McNally	51	Now(Nowra)	
3 Robert van Luyn	48	Min(Mingara)	
4 John Van Stappen	50	Illawarra Blue S	
5 John Vimpany	39	Wol(Athletic)	

Event 256 Men 100 Meter Dash 70+

Saturday 26/01/2013 - 3:18 PM

Name	Yr	Team	Seed Time
1 Bernard Condon	36	Now(Nowra)	
2 Neville McIntyre	42	Gia(Athletic)	
3 John Vimpany	39	Wol(Athletic)	

Event 274 Men 3000 Meter Steeplechase Open

Saturday 26/01/2013 - 4:40 PM

Name	Yr	Team	Seed Time
1 Kasimir Gregory	92	Armidale	
2 Christopher Thorn	92	Wol(Athletic)	

Event 275 Men 3000 Meter Steeplechase 18/19 yrs

Saturday 26/01/2013 - 4:40 PM

Name	Yr	Team	Seed Time
1 Jack Dhu	95	Bma(Blue Mou)	

Event 276 Men 3000 Meter Steeplechase 30-39 yrs

Saturday 26/01/2013 - 4:40 PM

Name	Yr	Team	Seed Time
1 damien meyer	76	Min(Mingara)	

Event 277 Men 3000 Meter Steeplechase 0.914m 40-49 yrs

Saturday 26/01/2013 - 4:40 PM

Name	Yr	Team	Seed Time
1 Jodie Gibbins	67	Illawarra Blue S	
2 Geoffrey Hynoski	68	Illawarra Blue S	
3 Nestor Porley	63	Bma(Blue Mou)	

Event 278 Men 3000 Meter Steeplechase 0.914m 50-59 yrs

Saturday 26/01/2013 - 4:40 PM

Name	Yr	Team	Seed Time
1 William Barker	60	Wlg(Woolgool)	
2 Bruce Steele	58	Illawarra Blue S	

Event 279 Men 2000 Meter Steeplechase 0.914m 17 yrs

Saturday 26/01/2013 - 4:40 PM

Name	Yr	Team	Seed Time
1 Joshua Kentwell	96	Kembla Joggers I	
2 Luke Thorn	96	Coh(Coff's Ha)	

Event 280 Men 2000 Meter Steeplechase 0.914m 16 yrs

Saturday 26/01/2013 - 4:40 PM

Name	Yr	Team	Seed Time
1 Ethan Dhu	97	Bma(Blue Mou)	
2 Carl Williams	97	Woodberry & Dist	

Event 281 Men 2000 Meter Steeplechase 0.762m 15 yrs

Saturday 26/01/2013 - 5:00 PM

Name	Yr	Team	Seed Time
1 Nick Alley	99	Gia(Athletic)	
2 Jye Edwards	98	Now(Nowra)	
3 Liam Henderson	98	Kembla Joggers I	
4 William Kirby	98	Woodberry & Dist	
5 Kade Szakacs	99	Kembla Joggers I	

Event 282 Women 2000 Meter Steeplechase 18/19 yrs

Saturday 26/01/2013 - 5:00 PM

Name	Yr	Team	Seed Time
1 Rosie May Davidson	98	Illawarra Blue S	
2 Caitlin Delaney	95	Hun(Hunter T)	
3 Abbey Dhu	00	Bma(Blue Mou)	
4 Kaisha Edwards	94	Illawarra Blue S	
5 aisling flaherty	98	Gos(Gosford)	
6 maeve flaherty	99	Gos(Gosford)	
7 sinead flaherty	00	Gos(Gosford)	
8 Whitney Noone	96	Illawarra Blue S	
9 Jessica Pascoe	97	Independant	
10 Candice Porley	98	Bma(Blue Mou)	

Event 283 Women 2000 Meter Steeplechase 50-59 yrs

Saturday 26/01/2013 - 5:00 PM

Name	Yr	Team	Seed Time
1 Rosalind Perry	52	Wol(Athletic)	
2 Julie Steele	60	Illawarra Blue S	
3 Helen Wallace	61	Woodberry & Dist	

Event 284 Women 2000 Meter Steeplechase 40-49 yrs

Saturday 26/01/2013 - 5:00 PM

Name	Yr	Team	Seed Time
1 Kirsty Flanagan	69	Gos(Gosford)	
2 Cassie Gibbins	70	Illawarra Blue S	

Event 286 Men 2000 Meter Steeplechase 0.762m 70+

Saturday 26/01/2013 - 5:00 PM

Name	Yr	Team	Seed Time
1 Ronald Perry	39	Wol(Athletic)	

Event 287 Women 3000 Meter Steeplechase Open

Saturday 26/01/2013 - 5:15 PM

Name	Yr	Team	Seed Time
1 Melissa Holahan	83	Wal(Wallsend)	
2 Tayla Merrick	95	Kembla Joggers I	

Event 296 Women 4x100 Meter Relay Open

Saturday 26/01/2013 - 5:40 PM

Team	Relay	Seed Time
1 Hunter Track & F	A	

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Event 298 Women Hammer Throw 60+**Sunday 27/01/2013 - 8:00 AM**

	Name	Yr	Team	Seed	Mark
1	Judy Brown	50	Nma(Nsw Mast		
2	Kate Clarke	52	Nma(Nsw Mast		
3	Rosalind Perry	52	Wol(Athletic		
4	Adriana Van Bockel	52	Wol(Athletic		

Event 299 Women Hammer Throw 50-59 yrs**Sunday 27/01/2013 - 8:00 AM**

	Name	Yr	Team	Seed	Mark
1	Tanya Collyer	60	Australian Capit		
2	Sharon Derwin	61	Wal(Wallsend		
3	Margaret Holahan	55	Wal(Wallsend		
4	June Lowe	54	Illawarra Blue S		
5	Helen Wallace	61	Woodberry & Dist		
6	Julie Waller	59	For(Forster)		

Event 300 Women Hammer Throw 40-49 yrs**Sunday 27/01/2013 - 8:00 AM**

	Name	Yr	Team	Seed	Mark
1	Janie Carter	69	Bma(Blue Mou		
2	Jeannie Seymour	64	Aberdeen		
3	Vicki Townsend	64	Aberdeen		

Event 301 Women Hammer Throw 30-39 yrs**Sunday 27/01/2013 - 8:00 AM**

	Name	Yr	Team	Seed	Mark
1	Natalie Heywood	74	Wol(Athletic		
2	Kellie Watson	73	Wlg(Woolgool		

Event 302 Women High Jump 15 yrs**Sunday 27/01/2013 - 8:00 AM**

	Name	Yr	Team	Seed	Mark
1	Megan Burnett	98	Illawarra Blue S		
2	Brooke Peel	98	Koorringal-Wagga		
3	Savannah Peterkin	98	Stp(Stuarts		

Event 303 Women High Jump 13 yrs**Sunday 27/01/2013 - 8:00 AM**

	Name	Yr	Team	Seed	Mark
1	Ava Shepherd	00	Illawarra Blue S		
2	Emily Whelan	00	Hunter Track & F		

Event 304 Men Javelin Throw 40-49 yrs**Sunday 27/01/2013 - 8:00 AM**

	Name	Yr	Team	Seed	Mark
1	Simon Bolte	69	Ray(Raymond		
2	Geoff Carter	66	Bma(Blue Mou		
3	Peter Davey	72	Wol(Athletic		
4	Anthony France	67	Wal(Wallsend		
5	Jodie Gibbins	67	Illawarra Blue S		
6	Andrew Havadjia	67	Now(Nowra)		
7	Chris Johnson	71	Now(Nowra)		
8	Terry Knight	71	Nma(Nsw Mast		
9	George Papalexion	69	Min(Mingara)		
10	Alan Provenzano	63	Nma(Nsw Mast		
11	Sean Scanlon	70	Wal(Wallsend		

Event 305 Men Discus Throw 12 yrs**Sunday 27/01/2013 - 8:00 AM**

	Name	Yr	Team	Seed	Mark
1	Aiden Butcher	01	Independant		
2	Jordan Heywood	01	Wol(Athletic		
3	David Hollis	01	For(Forster)		
4	Noah Monck	01	Aberdeen		
5	Edwin Nicholson	01	Wal(Wallsend		
6	Reeyce Sadler	01	Wlg(Woolgool		
7	Malakai Simunovic	01	For(Forster)		
8	Callum Sutton	01	Min(Mingara)		
9	Nick Watson	01	Sin(Singleto		
10	Mitchell West	01	Mas(Macquari		

Event 306 Men Triple Jump 13 yrs**Sunday 27/01/2013 - 8:00 AM**

	Name	Yr	Team	Seed	Mark
1	Nicholas Gilbert	00	For(Forster)		
2	Cameron Johnson	00	Westlakes		
3	Fynn Maggs	02	Hun(Hunter T		
4	Kaine Parkinson	01	Athletics Nsw		
5	Malakai Simunovic	01	For(Forster)		
6	Jarryd Walter	00	Wyong		

Event 307 Men Long Jump 16 yrs**Sunday 27/01/2013 - 8:00 AM**

	Name	Yr	Team	Seed	Mark
1	Michael Alley	97	Gia(Athletic		
2	Dylan Bennett	97	Independant		
3	Liam Bowman	97	Wal(Wallsend		
4	Jordan De Vries	97	Now(Nowra)		
5	Xavier Dean	97	Armidale		
6	Ethan Dhu	97	Bma(Blue Mou		
7	Thomas Gilbert	97	For(Forster)		
8	callen Meir	97	Edg(Edgewort		
9	Zaceriah Simunovic	97	Min(Mingara)		

Event 308 Men Long Jump 17 yrs**Sunday 27/01/2013 - 8:00 AM**

	Name	Yr	Team	Seed	Mark
1	Zarren Gogos	96	Coh(Coffs Ha		
2	James Jeffery	96	Stp(Stuarts		
3	Joshua Milford	96	Mas(Macquari		
4	Luke Parkinson	96	Athletics Nsw		
5	Mitchell Wallace	96	Woodberry & Dist		

Event 309 Women Long Jump 40-49 yrs**Sunday 27/01/2013 - 9:00 AM**

	Name	Yr	Team	Seed	Mark
1	Janie Carter	69	Bma(Blue Mou		
2	Cathy Connell	70	Wol(Athletic		
3	Ranell Hobson	72	Bma(Blue Mou		
4	Richelle Ingram	69	Min(Mingara)		
5	Deb Sauer	63	Armidale		
6	Jeannie Seymour	64	Aberdeen		

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Event 310 Women Long Jump 50-59 yrs

Sunday 27/01/2013 - 9:00 AM

Name	Yr	Team	Seed Mark
1 Margaret Holahan	55	Wal(Wallsend)	
2 June Lowe	54	Illawarra Blue S	
3 Lyn MacDonald	62	Wlg(Woolgool)	
4 Annette Mead	59	Illawarra Blue S	
5 Christine Shaw	59	Wol(Athletic)	
6 Helen Wallace	61	Woodberry & Dist	

Event 311 Women Long Jump 60+

Sunday 27/01/2013 - 9:00 AM

Name	Yr	Team	Seed Mark
1 Judy Brown	50	Nma(Nsw Mast)	

Event 312 Men High Jump 12 yrs

Sunday 27/01/2013 - 9:00 AM

Name	Yr	Team	Seed Mark
1 Blake Barklay	01	Wol(Athletic)	
2 Jordan Heywood	01	Wol(Athletic)	
3 Joshua Hughes	01	Independant	
4 Edwin Nicholson	01	Wal(Wallsend)	
5 Kaine Parkinson	01	Athletics Nsw	
6 Nick Watson	01	Sin(Singleto)	
7 Mitchell West	01	Mas(Macquari)	

Event 313 Men High Jump 10 Yrs

Sunday 27/01/2013 - 9:00 AM

Name	Yr	Team	Seed Mark
1 Zachary Heywood	03	Wol(Athletic)	
2 Ben Johnson	03	Now(Nowra)	
3 Callum Johnson	04	Now(Nowra)	
4 Jai Macpherson	03	Mas(Macquari)	
5 Bailey Meir	03	Edg(Edgewort)	
6 Isaac Parkinson	03	Athletics Nsw	
7 Xander Patterson	03	Westlakes	

Event 314 Women Discus Throw 12 yrs

Sunday 27/01/2013 - 9:00 AM

Name	Yr	Team	Seed Mark
1 April Brown-Peters	01	Wyong	
2 Jemma Cox	01	Wal(Wallsend)	
3 Lily Drash	01	Dubbo Athlet	
4 Chelsea Egginton	01	Hun(Hunter T)	
5 Fiona Martin	01	Coh(Coffs Ha)	
6 Jade Mustapic	01	Now(Nowra)	
7 Annette Peace	01	Now(Nowra)	
8 Ashleigh Price	01	Tam(Tamworth)	

Event 315 Women Triple Jump 18/19 yrs

Sunday 27/01/2013 - 9:10 AM

Name	Yr	Team	Seed Mark
1 Emily Robinson	95	Wol(Athletic)	

Event 316 Women Javelin Throw Open

Sunday 27/01/2013 - 9:20 AM

Name	Yr	Team	Seed Mark
1 Georgia Beikoff	93	Mas(Macquari)	

2 Krystal Cameron	91	Min(Mingara)	
3 Karen Clarke	90	Wol(Athletic)	
4 Kate Clarke	52	Nma(Nsw Mast)	
5 Tanya Collyer	60	Australian Capit	
6 Emily Debrot	93	Illawarra Blue S	
7 Jessie Devery	90	Bma(Blue Mou)	
8 Rebecca Dos Santos	90	Illawarra Blue S	
9 Tegan Haberman	91	Bma(Blue Mou)	
10 Natalie Heywood	74	Wol(Athletic)	
11 Melissa Holahan	83	Wal(Wallsend)	
12 Casey Judge	95	Min(Mingara)	
13 Clare Maloney	90	Stp(Stuarts)	
14 Amy-Lea Mills	86	Scone Athlet	
15 Shannon Petrovic	91	Bma(Blue Mou)	
16 Emily Robinson	95	Wol(Athletic)	
17 Sophie Stanwell	91	Hunter Track & F	
18 Emma Stokes	95	For(Forster)	
19 Laura Stokes	95	For(Forster)	
20 Claire Walsh	92	Illawarra Blue S	
21 Raechelle Walter	93	Wyong	

Event 317 Women Discus Throw 13 yrs

Sunday 27/01/2013 - 9:50 AM

Name	Yr	Team	Seed Mark
1 Abbey Dhu	00	Bma(Blue Mou)	
2 Georgia Dodson	00	Westlakes	
3 Ebony Johnson	00	Now(Nowra)	
4 Jordan Johnson	00	Westlakes	
5 Sabrina Kliousis	00	Wal(Wallsend)	
6 Georgia Mcewan	00	Wol(Athletic)	
7 Annette Peace	01	Now(Nowra)	
8 Stephanie Scigala	00	Wal(Wallsend)	
9 Rebecca Smythe	00	For(Forster)	

Event 318 Women Discus Throw 14 yrs

Sunday 27/01/2013 - 9:50 AM

Name	Yr	Team	Seed Mark
1 Jessica Aldridge	99	Independant	
2 Siarra Cruickshank	99	Armidale	
3 Rachel Dhu	99	Bma(Blue Mou)	
4 Sophie Egginton	99	Hun(Hunter T)	
5 Laura Ellis	99	Australian Capit	
6 Emma-Sue Greentree	99	Southlakes A	
7 Maddison Nowland	99	Woodberry & Dist	
8 Sonja Rodda	99	Now(Nowra)	

Event 319 Men High Jump 30-39 yrs

Sunday 27/01/2013 - 10:00 AM

Name	Yr	Team	Seed Mark
1 Michael Laws	82	Bma(Blue Mou)	

Event 320 Men High Jump 40-49 yrs

Sunday 27/01/2013 - 10:00 AM

Name	Yr	Team	Seed Mark
1 Danny Brian	72	Now(Nowra)	
2 Paul Musgrove	70	Now(Nowra)	
3 Edward Van der Jagt	67	Nma(Nsw Mast)	

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Event 321 Men High Jump 13 yrs

Sunday 27/01/2013 - 10:00 AM

Name	Yr	Team	Seed	Mark
1 Bailey Antrobus	00	Wol(Athletic)		
2 Aidan Chater	00	Now(Nowra)		
3 Luke Gibbons	00	Westlakes		
4 Nicholas Gilbert	00	For(Forster)		
5 Joshua Hughes	01	Independant		
6 Kyle Veerhuis	00	Wol(Athletic)		
7 Saxon Wallace-Hoyle	00	Hunter Track & F		

Event 322 Women Discus Throw 10 Yrs

Sunday 27/01/2013 - 10:00 AM

Name	Yr	Team	Seed	Mark
1 Lauren Davey	03	Wol(Athletic)		
2 Kate Drash	03	Dubbo Athlet		

Event 323 Women Discus Throw 11 yrs

Sunday 27/01/2013 - 10:00 AM

Name	Yr	Team	Seed	Mark
1 Zoe Chater	02	Now(Nowra)		
2 Sarah Van Vreumingen	02	Wol(Athletic)		

Event 324 Men Triple Jump 15 yrs

Sunday 27/01/2013 - 10:10 AM

Name	Yr	Team	Seed	Mark
1 Dean Hollis	98	For(Forster)		
2 Tim Martin	98	Coh(Coffs Ha)		
3 Nicholas Milford	98	Mas(Macquari)		
4 Jarrod Sadler	98	Wlg(Woolgool)		
5 Cooper Talbot	98	For(Forster)		

Event 325 Women Triple Jump 15 yrs

Sunday 27/01/2013 - 10:10 AM

Name	Yr	Team	Seed	Mark
1 Ebony Burke	98	For(Forster)		
2 Charisse Carney	98	For(Forster)		
3 Erin Connell	98	Wol(Athletic)		
4 Theresa Goring	98	Independant		
5 Mercedes Peterkin	98	Stp(Stuarts)		
6 Savannah Peterkin	98	Stp(Stuarts)		
7 Avalon Punch	98	Illawarra Blue S		
8 Isobel Warby	98	Mas(Macquari)		

Event 326 Women Javelin Throw 40-49 yrs

Sunday 27/01/2013 - 10:20 AM

Name	Yr	Team	Seed	Mark
1 Janie Carter	69	Bma(Blue Mou)		
2 Richelle Ingram	69	Min(Mingara)		
3 Deb Sauer	63	Armidale		
4 Vicki Townsend	64	Aberdeen		

Event 327 Women Shot Put 16 yrs

Sunday 27/01/2013 - 10:30 AM

Name	Yr	Team	Seed	Mark
1 Rae Anderson	97	Min(Mingara)		
2 Brodie McCann	97	For(Forster)		
3 kaitlyn Neto	97	Illawarra Blue S		

4 Samantha Peace 98 Now(Nowra)

Event 328 Women Shot Put 17 yrs

Sunday 27/01/2013 - 10:30 AM

Name	Yr	Team	Seed	Mark
1 Tegan Fennell	98	Min(Mingara)		
2 Kyrah Hush	96	Now(Nowra)		
3 Georgia Rowan	96	Mas(Macquari)		

Event 329 Women Long Jump Open

Sunday 27/01/2013 - 10:40 AM

Name	Yr	Team	Seed	Mark
1 Caryn Brett	90	Westlakes		
2 Sarah De Vries	92	Now(Nowra)		
3 Sarah Gunn	91	Gos(Gosford)		
4 Tegan Haberman	91	Bma(Blue Mou)		
5 Melissa Holahan	83	Wal(Wallsend)		
6 Clare Maloney	90	Stp(Stuarts)		
7 Shannon Petrovic	91	Bma(Blue Mou)		
8 Emily Robinson	95	Wol(Athletic)		
9 Julia Scott	96	Athletics Nsw		
10 Sophie Stanwell	91	Hunter Track & F		
11 Raechelle Walter	93	Wyong		

Event 330 Men Long Jump Open

Sunday 27/01/2013 - 10:40 AM

Name	Yr	Team	Seed	Mark
1 Rob Browne	88	Wal(Wallsend)		
2 James Carey	92	Mai(Maitland)		
3 Shaun Fletcher	82	Hun(Hunter T)		
4 Matthew Harris	89	Mai(Maitland)		
5 Edward Van der Jagt	67	Nma(Nsw Mast)		

Event 331 Men High Jump 50-59 yrs

Sunday 27/01/2013 - 10:55 AM

Name	Yr	Team	Seed	Mark
1 Matthew Horsnell	57	Min(Mingara)		
2 Peter Kidd	62	Wol(Athletic)		

Event 333 Men High Jump 70+

Sunday 27/01/2013 - 10:55 AM

Name	Yr	Team	Seed	Mark
1 Ron Simcock	35	Wol(Athletic)		

Event 334 Men Shot Put 10 Yrs

Sunday 27/01/2013 - 11:40 AM

Name	Yr	Team	Seed	Mark
1 Jaylen Boyce	02	Hunter Track & F		
2 Zachary Heywood	03	Wol(Athletic)		
3 Ben Johnson	03	Now(Nowra)		
4 Callum Johnson	04	Now(Nowra)		
5 Jai Macpherson	03	Mas(Macquari)		
6 Callum Owen	03	For(Forster)		
7 Isaac Parkinson	03	Athletics Nsw		
8 Harry Ward	04	Coh(Coffs Ha)		

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Event 335 Men Shot Put 11 yrs

Sunday 27/01/2013 - 11:40 AM

Name	Yr	Team	Seed	Mark
1 Jaylen Boyce	02	Hunter Track & F		
2 Ethan Havadjia	02	Now(Nowra)		
3 Spencer Reed	02	Wol(Athletic)		

Event 336 Men Triple Jump 50-59 yrs

Sunday 27/01/2013 - 11:45 AM

Name	Yr	Team	Seed	Mark
1 Peter Kidd	62	Wol(Athletic)		
2 David Mitchell	55	Wal(Wallsend)		
3 Anthony O'Donnell	59	Bma(Blue Mou)		

Event 337 Men Triple Jump 60-69 yrs

Sunday 27/01/2013 - 11:45 AM

Name	Yr	Team	Seed	Mark
1 Robert Martyn	49	Bma(Blue Mou)		
2 Peter Quick	52	Min(Mingara)		
3 Russell Scott	47	Gia(Athletic)		

Event 338 Men Triple Jump 70+

Sunday 27/01/2013 - 11:45 AM

Name	Yr	Team	Seed	Mark
1 Ron Bragg	39	Wol(Athletic)		
2 Ron Simcock	35	Wol(Athletic)		

Event 339 Women High Jump 30-39 yrs

Sunday 27/01/2013 - 11:45 AM

Name	Yr	Team	Seed	Mark
1 Natalie Heywood	74	Wol(Athletic)		
2 Montse Ros	78	Wol(Athletic)		

Event 340 Women High Jump 18/19 yrs

Sunday 27/01/2013 - 11:45 AM

Name	Yr	Team	Seed	Mark
1 Madeleine Bird	95	Min(Mingara)		
2 Nicola McDermott	96	Min(Mingara)		
3 Emily Robinson	95	Wol(Athletic)		

Event 341 Men Discus Throw 13 yrs

Sunday 27/01/2013 - 11:45 AM

Name	Yr	Team	Seed	Mark
1 Hugh Carney	00	For(Forster)		
2 Nicholas Gilbert	00	For(Forster)		
3 David Hollis	01	For(Forster)		
4 Cameron Johnson	00	Westlakes		
5 Mason Leef	00	Wyang		
6 Kieran Schneider	00	For(Forster)		
7 Jarryd Walter	00	Wyang		
8 Mitchell West	01	Mas(Macquari)		

Event 342 Men Discus Throw 14 yrs

Sunday 27/01/2013 - 11:45 AM

Name	Yr	Team	Seed	Mark
1 Nick Alley	99	Gia(Athletic)		
2 Joshua Argall	99	For(Forster)		
3 Tyler Gunn	99	Gos(Gosford)		

4 Aiden Harvey	99	Westlakes		
5 Damien Hay	99	Koorungal-Wagga		
6 Jack Jordan	99	Westlakes		
7 Askil Mathias	99	Mai(Maitland)		
8 Cory McGinniskin	99	Edg(Edgewort)		
9 David Parsons	99	Woodberry & Dist		
10 Nicholas Price	99	Tam(Tamworth)		
11 Branden Wallace	99	Woodberry & Dist		

Event 343 Men Discus Throw 16 yrs

Sunday 27/01/2013 - 12:00 PM

Name	Yr	Team	Seed	Mark
1 Michael Alley	97	Gia(Athletic)		
2 Daniel Argall	97	For(Forster)		
3 Luke Batten	97	Wyang		
4 Ethan Dhu	97	Bma(Blue Mou)		
5 Thomas Gilbert	97	For(Forster)		
6 Nicholas Hay	98	Koorungal-Wagga		
7 Liam Keating	97	Edg(Edgewort)		
8 Levi Kidd	97	Wol(Athletic)		
9 Rugby Kliousis	97	Wal(Wallsend)		
10 Ryan McGinniskin	97	Edg(Edgewort)		
11 Zaceriah Simunovic	97	Min(Mingara)		
12 Travis Stahlhut	97	Armidale		
13 Paul Zucchetto	97	Australian Capit		

Event 344 Men Discus Throw 17 yrs

Sunday 27/01/2013 - 12:00 PM

Name	Yr	Team	Seed	Mark
1 Rogan Cronk	96	Athletics Nsw		
2 James Hay	96	Koorungal-Wagga		
3 Hayden Rodda	96	Now(Nowra)		

Event 345 Men Long Jump 12 yrs

Sunday 27/01/2013 - 12:10 PM

Name	Yr	Team	Seed	Mark
1 Blake Barklay	01	Wol(Athletic)		
2 Jordan Heywood	01	Wol(Athletic)		
3 Kaine Parkinson	01	Athletics Nsw		
4 Nick Watson	01	Sin(Singleton)		
5 Mitchell West	01	Mas(Macquari)		

Event 346 Women Long Jump 12 yrs

Sunday 27/01/2013 - 12:10 PM

Name	Yr	Team	Seed	Mark
1 Jasmine Black	01	For(Forster)		
2 Emma Davey	01	Wol(Athletic)		
3 Lily Drash	01	Dubbo Athlet		
4 Chelsea Egginton	01	Hun(Hunter T)		
5 Teah Macpherson	01	Mas(Macquari)		
6 Sarah Miron	01	Armidale		
7 Madeline Owen	01	For(Forster)		

Event 347 Women Javelin Throw 16 yrs

Sunday 27/01/2013 - 12:20 AM

Name	Yr	Team	Seed	Mark
1 Rae Anderson	97	Min(Mingara)		
2 Emmelene Keevill	97	Mai(Maitland)		
3 Brodie McCann	97	For(Forster)		

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Event 347 ... (Women Javelin Throw 16 yrs)

Name	Yr	Team	Seed Mark
4 kaitlyn Neto	97	Illawarra Blue S	
5 Samantha Peace	98	Now(Nowra)	
6 Susie Seitaridis	97	Wol(Athletic)	

Event 348 Women Javelin Throw 17 yrs

Sunday 27/01/2013 - 12:20 AM

Name	Yr	Team	Seed Mark
1 Madeline Carter	96	Bma(Blue Mou	
2 Kyrah Hush	96	Now(Nowra)	
3 Sarah Jeffrey	96	Hun(Hunter T	
4 Madison McLachlan	96	Wal(Wallsend	
5 Georgia Rowan	96	Mas(Macquari	

Event 349 Men High Jump 15 yrs

Sunday 27/01/2013 - 12:40 PM

Name	Yr	Team	Seed Mark
1 Liam Dooley	98	Now(Nowra)	
2 Brock Nichols	98	Now(Nowra)	
3 Cooper Talbot	98	For(Forster)	

Event 350 Men High Jump 18/19 yrs

Sunday 27/01/2013 - 12:40 PM

Name	Yr	Team	Seed Mark
1 James Belcher	94	Wol(Athletic)	
2 Damon Fuller	95	Armidale	
3 Anthony Walker	95	Nam(Nambucca	

Event 351 Men Long Jump 40-49 yrs

Sunday 27/01/2013 - 12:45 PM

Name	Yr	Team	Seed Mark
1 Anthony France	67	Wal(Wallsend	
2 Geoffrey Hynoski	68	Illawarra Blue S	
3 Chris Johnson	71	Now(Nowra)	
4 Paul Musgrove	70	Now(Nowra)	
5 Alan Provenzano	63	Nma(Nsw Mast	
6 Andrew Rodda	69	Now(Nowra)	
7 Edward Van der Jagt	67	Nma(Nsw Mast	

Event 352 Women Shot Put 14 yrs

Sunday 27/01/2013 - 12:50 PM

Name	Yr	Team	Seed Mark
1 Jessica Aldridge	99	Independant	
2 Siarra Cruickshank	99	Armidale	
3 Rachel Dhu	99	Bma(Blue Mou	
4 Sophie Egginton	99	Hun(Hunter T	
5 Laura Ellis	99	Australian Capit	
6 Maddison Nowland	99	Woodberry & Dist	
7 Sonja Rodda	99	Now(Nowra)	
8 Celeste Sulerzyski	99	Illawarra Blue S	

Event 353 Men Shot Put 15 yrs

Sunday 27/01/2013 - 12:50 PM

Name	Yr	Team	Seed Mark
1 Lee Angwin	98	For(Forster)	
2 Nicholas Hay	98	Koorinal-Wagga	
3 Dean Hollis	98	For(Forster)	
4 William Kirby	98	Woodberry & Dist	

Event 354 Men Javelin Throw 16 yrs

Sunday 27/01/2013 - 1:20 PM

Name	Yr	Team	Seed Mark
1 Michael Alley	97	Gia(Athletic	
2 Daniel Argall	97	For(Forster)	
3 Connor Dymond	97	Cam(Camden)	
4 Thomas Gilbert	97	For(Forster)	
5 Rugby Kliousis	97	Wal(Wallsend	
6 Zaceriah Simunovic	97	Min(Mingara)	
7 Travis Stahlhut	97	Armidale	
8 Nesta Walker	97	Nam(Nambucca	
9 Paul Zucchetto	97	Australian Capit	

Event 355 Men Javelin Throw 17 yrs

Sunday 27/01/2013 - 1:20 PM

Name	Yr	Team	Seed Mark
1 Rogan Cronk	96	Athletics Nsw	
2 James Hay	96	Koorinal-Wagga	
3 James Jeffery	96	Stp(Stuarts)	

Event 356 Men Long Jump 14 yrs

Sunday 27/01/2013 - 1:40 PM

Name	Yr	Team	Seed Mark
1 Nick Alley	99	Gia(Athletic	
2 Joshua Argall	99	For(Forster)	
3 Tristan Croke	99	Wyong	
4 Tyler Gunn	99	Gos(Gosford)	
5 Damien Hay	99	Koorinal-Wagga	
6 Alexander Herford	99	Min(Mingara)	
7 Jack Jordan	99	Westlakes	
8 Flynn Lefmann	99	Sin(Singleton)	
9 David Parsons	99	Woodberry & Dist	
10 Miles Petersen	99	Hunter Track & F	
11 Branden Wallace	99	Woodberry & Dist	

Event 357 Men Long Jump 13 yrs

Sunday 27/01/2013 - 1:40 PM

Name	Yr	Team	Seed Mark
1 Bailey Antrobus	00	Wol(Athletic)	
2 Cameron Johnson	00	Westlakes	
3 Mason Leef	00	Wyong	
4 Kyle Veerhuis	00	Wol(Athletic)	
5 Jarryd Walter	00	Wyong	

Event 358 Men Discus Throw Open

Sunday 27/01/2013 - 1:40 PM

Name	Yr	Team	Seed Mark
1 James Carey	92	Mai(Maitland)	
2 Shaun Fletcher	82	Hun(Hunter T	
3 Stuart Gyngell	63	Wol(Athletic)	
4 Matthew Harris	89	Mai(Maitland)	
5 Peter Reed	13	Wol(Athletic)	
6 Liam Speers	92	Hun(Hunter T	

Event 359 Women Triple Jump 13 yrs

Sunday 27/01/2013 - 1:50 PM

Name	Yr	Team	Seed Mark
1 Emma Davey	01	Wol(Athletic)	

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Event 359 ... (Women Triple Jump 13 yrs)

	Name	Yr	Team	Seed	Mark
2	Bethany Kranendonk	00	Wyong		
3	Katie Thorn	00	Coh(Coffs Ha		

Event 360 Women Javelin Throw 12 yrs

Sunday 27/01/2013 - 2:00 PM

	Name	Yr	Team	Seed	Mark
1	April Brown-Peters	01	Wyong		
2	Jemma Cox	01	Wal(Wallsend		
3	Chelsea Egginton	01	Hun(Hunter T		
4	Fiona Martin	01	Coh(Coffs Ha		
5	Jade Mustapic	01	Now(Nowra)		
6	Annette Peace	01	Now(Nowra)		
7	Ashleigh Price	01	Tam(Tamworth		

Event 361 Men Javelin Throw 12 yrs

Sunday 27/01/2013 - 2:00 PM

	Name	Yr	Team	Seed	Mark
1	Aiden Butcher	01	Independant		
2	Jordan Heywood	01	Wol(Athletic		
3	David Hollis	01	For(Forster)		
4	Joshua Hughes	01	Independant		
5	Edwin Nicholson	01	Wal(Wallsend		
6	Kaine Parkinson	01	Athletics Nsw		
7	Reeyce Sadler	01	Wlg(Woolgool		
8	Malakai Simunovic	01	For(Forster)		
9	Nick Watson	01	Sin(Singleto		
10	Mitchell West	01	Mas(Macquari		

Event 362 Men Shot Put 30-39 yrs

Sunday 27/01/2013 - 2:20 PM

	Name	Yr	Team	Seed	Mark
1	Rodney Watson	73	Wlg(Woolgool		

Event 363 Women Shot Put 30-39 yrs

Sunday 27/01/2013 - 2:20 PM

	Name	Yr	Team	Seed	Mark
1	Natalie Heywood	74	Wol(Athletic		
2	Louise Horsburgh	76	Mai(Maitland		
3	Jodie Sundstrom	79	Illawarra Blue S		
4	Allison Tucker	75	Min(Mingara)		
5	Kellie Watson	73	Wlg(Woolgool		
6	Selina Wynn	75	Coh(Coffs Ha		

Event 364 Women Javelin Throw 50-59 yrs

Sunday 27/01/2013 - 2:40 PM

	Name	Yr	Team	Seed	Mark
1	Margaret Beardslee	58	Min(Mingara)		
2	Sharon Derwin	61	Wal(Wallsend		
3	Margaret Holahan	55	Wal(Wallsend		
4	June Lowe	54	Illawarra Blue S		
5	Christine Shaw	59	Wol(Athletic		
6	Pauline Smith	57	Armidale		
7	Helen Wallace	61	Woodberry & Dist		
8	Julie Waller	59	For(Forster)		

Event 365 Women Javelin Throw 60+

Sunday 27/01/2013 - 2:40 PM

	Name	Yr	Team	Seed	Mark
1	Judy Brown	50	Nma(Nsw Mast		
2	Kate Clarke	52	Nma(Nsw Mast		
3	marythomas Thomas	44	Illawarra Blue S		
4	Adriana Van Bockel	52	Wol(Athletic		

Event 366 Women Discus Throw Open

Sunday 27/01/2013 - 2:40 PM

	Name	Yr	Team	Seed	Mark
1	Claire Burnett	93	Illawarra Blue S		
2	Krystal Cameron	91	Min(Mingara)		
3	Karen Clarke	90	Wol(Athletic		
4	Kate Clarke	52	Nma(Nsw Mast		
5	Jessica Clifton	84	Bma(Blue Mou		
6	Tanya Collyer	60	Australian Capit		
7	Emily Debrot	93	Illawarra Blue S		
8	Jessie Devery	90	Bma(Blue Mou		
9	Rebecca Dos Santos	90	Illawarra Blue S		
10	Tegan Fennell	98	Min(Mingara)		
11	Tegan Haberman	91	Bma(Blue Mou		
12	Melissa Holahan	83	Wal(Wallsend		
13	Chelsea Lenarduzzi	95	Illawarra Blue S		
14	Amy-Lea Mills	86	Scone Athlet		
15	Heather Nugent	98	Independant		
16	Shannon Petrovic	91	Bma(Blue Mou		
17	Julia Richardson	85	Bma(Blue Mou		
18	Emma Stokes	95	For(Forster)		
19	Laura Stokes	95	For(Forster)		
20	morgan vosilla	89	Wal(Wallsend		
21	Raechelle Walter	93	Wyong		

Event 367 Men Discus Throw 50-59 yrs

Sunday 27/01/2013 - 3:00 PM

	Name	Yr	Team	Seed	Mark
1	Geoff Crook	60	Now(Nowra)		
2	Geoff Crumpton	54	Australian Capit		
3	Matthew Horsnell	57	Min(Mingara)		
4	Gavin Murray	54	Nma(Nsw Mast		
5	David Perrett	58	Bma(Blue Mou		
6	Peter Reed	13	Wol(Athletic		
7	Bruce Steele	58	Illawarra Blue S		
8	Peter Williams	56	Min(Mingara)		

Event 368 Men Discus Throw 60-69 yrs

Sunday 27/01/2013 - 3:00 PM

	Name	Yr	Team	Seed	Mark
1	Douglas McNally	51	Now(Nowra)		
2	Dave Ross	50	Wol(Athletic		
3	Russell Scott	47	Gia(Athletic		
4	james stammers	47	Bru(Brunswic		
5	John West	50	Independant		

Event 369 Men Discus Throw 70+

Sunday 27/01/2013 - 3:00 PM

	Name	Yr	Team	Seed	Mark
1	Ron Bragg	39	Wol(Athletic		

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Event 369 ... (Men Discus Throw 70+)

Name	Yr	Team	Seed Mark
2 Ron Simcock	35	Wol(Athletic	
3 Brett Sowerby	40	Bma(Blue Mou	

Event 370 Women Long Jump 14 yrs**Sunday 27/01/2013 - 3:10 PM**

Name	Yr	Team	Seed Mark
1 Teghan Barklay	99	Wol(Athletic	
2 Rachel Dhu	99	Bma(Blue Mou	
3 Kelsey Gray	99	Independant	
4 Emma-Sue Greentree	99	Southlakes A	
5 Bethany Kranendonk	00	Aberdeen	
6 Bianca Mason	99	For(Forster)	
7 kate nechvatal	99	Koorungal-Wagga	
8 Caitlin Reeves	99	Bathurst	
9 April Rodda	99	Now(Nowra)	
10 Celeste Sulerzyski	99	Illawarra Blue S	
11 Hailey Van Vreumingen	99	Wol(Athletic	

Event 371 Men Triple Jump 18/19 yrs**Sunday 27/01/2013 - 3:20 PM**

Name	Yr	Team	Seed Mark
1 James Belcher	94	Wol(Athletic	
2 Liam Carney	95	For(Forster)	
3 Jack Dhu	95	Bma(Blue Mou	
4 Jarrod Revell	95	Athletics Nsw	
5 Sjion Stephens	95	Westlakes	

Event 372 Women Shot Put 10 Yrs**Sunday 27/01/2013 - 3:30 PM**

Name	Yr	Team	Seed Mark
1 Kate Drash	03	Dubbo Athlet	
2 Gabrielle Hynoski	04	Illawarra Blue S	
3 Ashley Perneckner	04	Min(Mingara)	

Event 373 Women Shot Put 11 yrs**Sunday 27/01/2013 - 3:30 PM**

Name	Yr	Team	Seed Mark
1 Zoe Chater	02	Now(Nowra)	
2 Natasha Hynoski	02	Illawarra Blue S	
3 Sarah Van Vreumingen	02	Wol(Athletic	

Event 374 Men Javelin Throw Open**Sunday 27/01/2013 - 3:40 PM**

Name	Yr	Team	Seed Mark
1 Rob Browne	88	Wal(Wallsend	
2 James Carey	92	Mai(Maitland	
3 Shaun Fletcher	82	Hun(Hunter T	
4 Matthew Harris	89	Mai(Maitland	
5 joshua horn	91	For(Forster)	
6 Dylan Risk	93	Hun(Hunter T	
7 Byron Smith	93	Armidale	
8 Liam Speers	92	Hun(Hunter T	

Event 375 Women Triple Jump 16 yrs**Sunday 27/01/2013 - 4:00 PM**

Name	Yr	Team	Seed Mark
1 Kayley Alsford	97	Woodberry & Dist	

2 Brodie McCann	97	For(Forster)	
3 Samantha Thacker	97	Coh(Coffs Ha	

Event 376 Women Triple Jump 17 yrs**Sunday 27/01/2013 - 4:00 PM**

Name	Yr	Team	Seed Mark
1 Maddison Sadler	96	Wlg(Woolgool	

Event 377 Men Discus Throw 30-39 yrs**Sunday 27/01/2013 - 4:00 PM**

Name	Yr	Team	Seed Mark
1 Rodney Watson	73	Wlg(Woolgool	

Event 378 Women Shot Put 15 yrs**Sunday 27/01/2013 - 4:00 PM**

Name	Yr	Team	Seed Mark
1 Courtney Brackenrig	98	Bma(Blue Mou	
2 tonia brooks	98	Min(Mingara)	
3 Megan Burnett	98	Illawarra Blue S	
4 Kaitlin Butcher	98	Independant	
5 Charisse Carney	98	For(Forster)	
6 Tegan Fennell	98	Min(Mingara)	
7 Theresa Goring	98	Independant	
8 Grace Jeffrey	98	Mas(Macquari	
9 Akaylah Leef	98	Wyang	
10 Heather Nugent	98	Independant	
11 Samantha Peace	98	Now(Nowra)	
12 Brooke Peel	98	Koorungal-Wagga	
13 Natalia Robson	98	Coh(Coffs Ha	
14 Rebecca Webster	98	Mas(Macquari	

Event 379 Men Shot Put 14 yrs**Sunday 27/01/2013 - 4:00 PM**

Name	Yr	Team	Seed Mark
1 Joshua Argall	99	For(Forster)	
2 Aiden Harvey	99	Westlakes	
3 Damien Hay	99	Koorungal-Wagga	
4 Jack Jordan	99	Westlakes	
5 Mason Leef	00	Wyang	
6 Flynn Lefmann	99	Sin(Singleto	
7 Cory McGinniskin	99	Edg(Edgewort	
8 David Parsons	99	Woodberry & Dist	
9 Nicholas Price	99	Tam(Tamworth	
10 Branden Wallace	99	Woodberry & Dist	

Event 380 Men 3000 Meter Run 15 yrs**Sunday 27/01/2013 - 8:30 AM**

Name	Yr	Team	Seed Time
1 Daniel Campbell	98	Coh(Coffs Ha	
2 Jye Edwards	98	Now(Nowra)	
3 Liam Henderson	98	Kembla Joggers I	
4 Jordan Heywood	01	Wol(Athletic	
5 Jesse Maxwell	99	Mas(Macquari	
6 Brent Rushworth	99	Kembla Joggers I	
7 Jacob Thorn	98	Coh(Coffs Ha	

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Event 381 Women 3000 Meter Run 15 yrs

Sunday 27/01/2013 - 8:30 AM

	Name	Yr	Team	Seed Time
1	Hannah Bain	00	Hun(Hunter T	
2	Rosie May Davidson	98	Illawarra Blue S	
3	Rose Davies	99	Mas(Macquari	
4	Chloe Hartnett	98	Hun(Hunter T	
5	Caitlin Lobb	98	Coh(Coffs Ha	
6	Matilda offord	99	Kembla Joggers I	
7	Candice Porley	98	Bma(Blue Mou	

Event 382 Men 3000 Meter Run 16 yrs

Sunday 27/01/2013 - 8:30 AM

	Name	Yr	Team	Seed Time
1	Zsolt Balogh	97	Mas(Macquari	
2	Jai Lyons	97	Coh(Coffs Ha	
3	Patrick Moore	97	Mas(Macquari	
4	Kyle Ross-Evans	97	Hun(Hunter T	

Event 383 Men 3000 Meter Run 17 yrs

Sunday 27/01/2013 - 8:30 AM

	Name	Yr	Team	Seed Time
1	Dylan Catzikiris	96	Scone Athlet	
2	Joshua Kentwell	96	Kembla Joggers I	
3	Jesse Macdonald	96	Wlg(Woolgool	
4	Shaun Macdonald	96	Wlg(Woolgool	
5	Christopher O'Neill	96	Woodberry & Dist	

Event 384 Women 3000 Meter Run 16 yrs

Sunday 27/01/2013 - 8:30 AM

	Name	Yr	Team	Seed Time
1	Chloe Walters	98	Mas(Macquari	

Event 385 Women 3000 Meter Run 17 yrs

Sunday 27/01/2013 - 8:30 AM

	Name	Yr	Team	Seed Time
1	Jessica Hull	96	Kembla Joggers I	
2	Stephanie Kalemusic	96	Now(Nowra)	

Event 386 Men 3000 Meter Run 60-69 yrs

Sunday 27/01/2013 - 8:50 AM

	Name	Yr	Team	Seed Time
1	Kevyn Davis	48	Now(Nowra)	
2	kenneth stubbs	44	Min(Mingara)	

Event 387 Men 3000 Meter Run 70+

Sunday 27/01/2013 - 8:50 AM

	Name	Yr	Team	Seed Time
1	John Spinney	39	Bma(Blue Mou	

Event 389 Women 3000 Meter Run 50-59 yrs

Sunday 27/01/2013 - 8:50 AM

	Name	Yr	Team	Seed Time
1	Margaret Beardslee	58	Min(Mingara)	
2	Julie Steele	60	Illawarra Blue S	
3	Helen Wallace	61	Woodberry & Dist	

Event 390 Women 3000 Meter Run 40-49 yrs

Sunday 27/01/2013 - 8:50 AM

	Name	Yr	Team	Seed Time
1	Kerith Duncanson	68	For(Forster)	
2	Cassie Gibbins	70	Illawarra Blue S	
3	Alison Havadjia	63	Now(Nowra)	
4	Fiona Porley	68	Bma(Blue Mou	
5	Cristine Suffolk	70	Now(Nowra)	
6	Nicolle Western	70	Scone Athlet	

Event 391 Women 3000 Meter Run 30-39 yrs

Sunday 27/01/2013 - 8:50 AM

	Name	Yr	Team	Seed Time
1	Natalie Heywood	74	Wol(Athletic	
2	Carrie Williamson	79	Athletics Nsw	

Event 393 Men 200 Meter Dash 10 Yrs

Sunday 27/01/2013 - 9:30 AM

	Name	Yr	Team	Seed Time
1	Jaylen Boyce	02	Hunter Track & F	
2	Callum Johnson	04	Now(Nowra)	
3	Jai Macpherson	03	Mas(Macquari	
4	Harry Schumaker	03	Scone Athlet	
5	Harry Ward	04	Coh(Coffs Ha	

Event 394 Men 200 Meter Dash 11 yrs

Sunday 27/01/2013 - 9:35 AM

	Name	Yr	Team	Seed Time
1	Jaylen Boyce	02	Hunter Track & F	
2	Matthew Burke	02	For(Forster)	
3	Ethan Havadjia	02	Now(Nowra)	
4	Fynn Maggs	02	Hun(Hunter T	
5	Brendan Mason	02	For(Forster)	
6	Leroy Veerhuis	02	Wol(Athletic	
7	Riley Woods	02	Sin(Singleto	

Event 395 Men 200 Meter Dash 12 yrs

Sunday 27/01/2013 - 9:40 AM

	Name	Yr	Team	Seed Time
1	Blake Barklay	01	Wol(Athletic	
2	Kaine Parkinson	01	Athletics Nsw	
3	Jasper Thomas	01	Athletics Nsw	
4	Nick Watson	01	Sin(Singleto	
5	Mitchell West	01	Mas(Macquari	

Event 396 Women 200 Meter Dash 10 Yrs

Sunday 27/01/2013 - 9:45 AM

	Name	Yr	Team	Seed Time
1	Eliza Berrell	03	Wol(Athletic	
2	Paris Croke	03	Wyong	
3	Kate Drash	03	Dubbo Athlet	
4	Katie Gunn	03	Gos(Gosford)	
5	Gabrielle Hynoski	04	Illawarra Blue S	
6	Yasmin Thomas	03	Athletics Nsw	
7	Erin Wooldridge	03	Kembla Joggers I	

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Event 397 Women 200 Meter Dash 11 yrs

Sunday 27/01/2013 - 9:50 AM

	Name	Yr	Team	Seed Time
1	Zoe Chater	02	Now(Nowra)	
2	Natasha Hynoski	02	Illawarra Blue S	
3	Emma Klassen	02	Tam(Tamworth)	
4	Paige Rigney	02	Wyong	
5	Jazmyn Shimwell	02	Illawarra Blue S	
6	Sarah Van Vreumingen	02	Wol(Athletic)	
7	Alicia Williams	02	For(Forster)	
8	Chelsea Williams	02	Independant	

Event 398 Women 200 Meter Dash 12 yrs

Sunday 27/01/2013 - 9:55 AM

	Name	Yr	Team	Seed Time
1	Jasmine Black	01	For(Forster)	
2	April Brown-Peters	01	Wyong	
3	Melinda Burke	01	For(Forster)	
4	Lily Drash	01	Dubbo Athlet	
5	Jessica Dukes	01	Wyong	
6	Madeleine Hart	01	Hunter Track & F	
7	Teah Macpherson	01	Mas(Macquari)	
8	Sarah Miron	01	Armidale	
9	Jade Mustapic	01	Now(Nowra)	
10	Tessa Tamplin	01	Mas(Macquari)	

Event 399 Men 200 Meter Dash 16 yrs Prelims

Sunday 27/01/2013 - 10:00 AM

	Name	Yr	Team	Seed Time
1	Ben Allen	97	Independant	
2	Liam Bowman	97	Wal(Wallsend)	
3	Xavier Dean	97	Armidale	
4	Ethan Dhu	97	Bma(Blue Mou	
5	Connor Dymond	97	Cam(Camden)	
6	Christian Foster	97	Wol(Athletic)	
7	Aaron Gunn	97	Gos(Gosford)	
8	Luke Haworth	97	Kotara South Ama	
9	Toby McCann	97	Wlg(Woolgool	
10	callen Meir	97	Edg(Edgewort	
11	Ivan Moi	97	Koorinal-Wagga	
12	Zaceriah Simunovic	97	Min(Mingara)	

Event 400 Men 200 Meter Dash 17 yrs Prelims

Sunday 27/01/2013 - 10:05 AM

	Name	Yr	Team	Seed Time
1	Matthew Buchanan	96	Min(Mingara)	
2	Nicholas Donato	96	Koorinal-Wagga	
3	Zarren Gogos	96	Coh(Coffs Ha	
4	Jarrold Hickey	96	Now(Nowra)	
5	James Jeffery	96	Stp(Stuarts)	
6	Samuel Kete	96	Stp(Stuarts)	
7	Joshua Milford	96	Mas(Macquari)	
8	David Munce	96	Min(Mingara)	
9	David Munce	96	Min(Mingara)	
10	Luke O'Donoghue	96	Armidale	
11	Luke Parkinson	96	Athletics Nsw	
12	Chris Preece	96	Now(Nowra)	
13	Hayden Rodda	96	Now(Nowra)	

14	Nelson Salter	96	Athletics Nsw
15	Nelson Salter	96	Athletics Nsw
16	Mitchell Wallace	96	Woodberry & Dist

Event 401 Women 200 Meter Dash 16 yrs

Sunday 27/01/2013 - 10:10 AM

	Name	Yr	Team	Seed Time
1	Kayley Alsford	97	Woodberry & Dist	
2	Jenna Heath	97	Bma(Blue Mou	
3	Maddison Ingram	97	Ray(Raymond)	
4	Natasha Ricardo	97	Min(Mingara)	
5	Alina Tape	97	Nam(Nambucca)	
6	Samantha Thacker	97	Coh(Coffs Ha	

Event 402 Women 200 Meter Dash 17 yrs

Sunday 27/01/2013 - 10:15 AM

	Name	Yr	Team	Seed Time
1	Stephanie Bain	96	Hunter Track & F	
2	Andrea Berrell	96	Wol(Athletic)	
3	Madeline Carter	96	Bma(Blue Mou	
4	Madison McLachlan	96	Wal(Wallsend)	
5	Kirstie Pedrola	96	Nam(Nambucca)	
6	Maddison Sadler	96	Wlg(Woolgool	

Event 403 Men 200 Meter Dash 50-59 yrs Prelims

Sunday 27/01/2013 - 10:18 AM

	Name	Yr	Team	Seed Time
1	David Bournell	62	Min(Mingara)	
2	Geoff Crook	60	Now(Nowra)	
3	Micheal Daly	62	Min(Mingara)	
4	Todd Devery	60	Bma(Blue Mou	
5	Graham Jackson	62	Min(Mingara)	
6	Peter Kidd	62	Wol(Athletic)	
7	David Mitchell	55	Wal(Wallsend)	
8	David Perrett	58	Bma(Blue Mou	
9	Peter Shepherd	59	Illawarra Blue S	
10	Peter Williams	56	Min(Mingara)	

Event 404 Men 200 Meter Dash 40-49 yrs Prelims

Sunday 27/01/2013 - 10:22 AM

	Name	Yr	Team	Seed Time
1	Simon Bolte	69	Ray(Raymond)	
2	Danny Brian	72	Now(Nowra)	
3	Geoff Carter	66	Bma(Blue Mou	
4	Benn Connell	71	Wol(Athletic)	
5	Anthony France	67	Wal(Wallsend)	
6	Jodie Gibbins	67	Illawarra Blue S	
7	Andrew Havadjia	67	Now(Nowra)	
8	Geoffrey Hynoski	68	Illawarra Blue S	
9	darrin james	65	Illawarra Blue S	
10	Chris Johnson	71	Now(Nowra)	
11	Gary Marshall	67	Min(Mingara)	
12	John McCarthy	66	Min(Mingara)	
13	Paul Musgrove	70	Now(Nowra)	
14	George Papalexion	69	Min(Mingara)	
15	Nestor Porley	63	Bma(Blue Mou	
16	Alan Provenzano	63	Nma(Nsw Mast	
17	Brett Reid	64	Min(Mingara)	
18	Andrew Rodda	69	Now(Nowra)	

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Event 405 Men 200 Meter Dash 30-39 yrs

Sunday 27/01/2013 - 10:26 AM

Name	Yr	Team	Seed Time
1 Michael Laws	82	Bma(Blue Mou	
2 Nicholas Papalexion	74	Min(Mingara)	
3 Peter Veerhuis	75	Wol(Athletic	

Event 406 Men 200 Meter Dash Open Prelims

Sunday 27/01/2013 - 10:30 AM

Name	Yr	Team	Seed Time
1 Rob Browne	88	Wal(Wallsend	
2 Craig Cameron	93	Min(Mingara)	
3 James Carey	92	Mai(Maitland	
4 Jack Clarson	93	Illawarra Blue S	
5 Benjamin Farrell	92	Armidale	
6 Matthew Harris	89	Mai(Maitland	
7 Brodie Leeson	94	Wol(Athletic	
8 Justin Miller	84	Wol(Athletic	
9 Ethan Millward	91	Min(Mingara)	
10 Joshua Parry	89	Illawarra Blue S	
11 Lachlan Parry	91	Illawarra Blue S	
12 Filmon Peter	92	Koorimal-Wagga	
13 Scott Richardson	81	Now(Nowra)	
14 Harry Scouller	94	Now(Nowra)	
15 Christopher Thorn	92	Wol(Athletic	
16 Mitchell Tysoe	92	Min(Mingara)	

Event 407 Women 200 Meter Dash 18/19 yrs

Sunday 27/01/2013 - 10:35 AM

Name	Yr	Team	Seed Time
1 Lacey Bruce	95	Now(Nowra)	
2 Lacey Bruce	95	Now(Nowra)	
3 Emily Coppins	94	Edg(Edgewort	
4 Kaisha Edwards	94	Illawarra Blue S	
5 Taylor Ingram	94	Ray(Raymond	
6 Lauren Keating	95	Min(Mingara)	
7 Emily Robinson	95	Wol(Athletic	
8 Mikaela White	94	For(Forster)	

Event 408 Women 200 Meter Dash 15 yrs Prelims

Sunday 27/01/2013 - 10:40 AM

Name	Yr	Team	Seed Time
1 Daniella Battaglia	98	Wol(Athletic	
2 Charisse Carney	98	For(Forster)	
3 Samara Collins	98	Dubbo Athlet	
4 Erin Connell	98	Wol(Athletic	
5 Shaniah Davies	98	Wol(Athletic	
6 Theresa Goring	98	Independant	
7 Alexandra Lavalie	98	Wol(Athletic	
8 Olivia-Rose McEwan	98	Wol(Athletic	
9 Lia Mills	98	Independant	
10 Nicole Ogle	98	Mas(Macquari	
11 Mercedes Peterkin	98	Stp(Stuarts	
12 Savannah Peterkin	98	Stp(Stuarts	
13 Avalon Punch	98	Illawarra Blue S	
14 Natalie Schneider	98	For(Forster)	
15 Emily Sheppard	98	Independant	
16 Mikayla Sonter	98	Min(Mingara)	

Event 409 Women 200 Meter Dash 14 yrs Prelims

Sunday 27/01/2013 - 10:45 AM

Name	Yr	Team	Seed Time
1 Teghan Barklay	99	Wol(Athletic	
2 Casey-Lee Bedford	99	Wol(Athletic	
3 Erin Dalley	99	Wol(Athletic	
4 Rachel Dhu	99	Bma(Blue Mou	
5 Isabella Gibbons	99	Illawarra Blue S	
6 Petra Greaves	99	Mai(Maitland	
7 Natasha Katsoudas	99	Wal(Wallsend	
8 Bianca Mason	99	For(Forster)	
9 Jessica Morrice	99	Min(Mingara)	
10 kate nechvatal	99	Koorimal-Wagga	
11 Caitlin Reeves	99	Bathurst	
12 Hailey Van Vreumingen	99	Wol(Athletic	
13 Shayannae Wright	99	Southlakes A	

Event 410 Women 200 Meter Dash 13 yrs Prelims

Sunday 27/01/2013 - 10:50 AM

Name	Yr	Team	Seed Time
1 Harriette Bournell	00	Min(Mingara)	
2 Elizabeth Chippendale	00	Min(Mingara)	
3 Rhiannon Connell	00	Wol(Athletic	
4 Bernice De Jager	00	Hun(Hunter T	
5 Abbey Dhu	00	Bma(Blue Mou	
6 Heather Duffy	00	Wyang	
7 Maddy Eaton	00	Wol(Athletic	
8 Ebony Johnson	00	Now(Nowra)	
9 Jordan Johnson	00	Westlakes	
10 Bethany Kranendonk	00	Wyang	
11 Georgia Mcewan	00	Wol(Athletic	
12 Nicola Searles	00	For(Forster)	
13 Ava Shepherd	00	Illawarra Blue S	
14 Katie Thorn	00	Coh(Coffs Ha	

Event 411 Women 200 Meter Dash Open

Sunday 27/01/2013 - 10:55 AM

Name	Yr	Team	Seed Time
1 Claire Burnett	93	Illawarra Blue S	
2 Sarah De Vries	92	Now(Nowra)	
3 Jessie Devery	90	Bma(Blue Mou	
4 Rebecca Dos Santos	90	Illawarra Blue S	
5 Natalie Ferris	93	Hunter Track & F	
6 Sarah Gunn	91	Gos(Gosford)	
7 Chelsea Killey	92	Illawarra Blue S	
8 Stephanie Power	93	Illawarra Blue S	

Event 412 Men 200 Meter Dash 18/19 yrs

Sunday 27/01/2013 - 11:00 AM

Name	Yr	Team	Seed Time
1 James Belcher	94	Wol(Athletic	
2 Liam Carney	95	For(Forster)	
3 Joel Chevalley	95	Gra(Grafton)	
4 Jack Dhu	95	Bma(Blue Mou	
5 Moses Donato	94	Koorimal-Wagga	
6 Braeden Gibbins	95	Illawarra Blue S	
7 Reece Gibbins	95	Illawarra Blue S	
8 Branden Gibbons	95	Illawarra Blue S	

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Event 412 ... (Men 200 Meter Dash 18/19 yrs)

Name	Yr	Team	Seed Time
9 Jason Johnson	95	Athletics Nsw	
10 Nickolas Kruckel	95	Kooringal-Wagga	

Event 413 Men 200 Meter Dash 15 yrs

Sunday 27/01/2013 - 11:05 AM

Name	Yr	Team	Seed Time
1 Zachary Havadjia	98	Now(Nowra)	
2 Dean Hollis	98	For(Forster)	
3 Michael James	98	Wol(Athletic)	
4 Tyler Jones	98	Wyong	
5 Theo Mihellis	98	Min(Mingara)	
6 Oliver Moody	98	Sin(Singleto)	
7 Cameron Musgrove	98	Now(Nowra)	
8 Brock Nichols	98	Now(Nowra)	
9 Angus Pryde	98	Now(Nowra)	

Event 414 Men 200 Meter Dash 14 yrs Prelims

Sunday 27/01/2013 - 11:10 AM

Name	Yr	Team	Seed Time
1 Bailey Antrobus	00	Wol(Athletic)	
2 Lachlan Bent	99	Hunter Track & F	
3 Zachary Boyd	99	Wyong	
4 Emerson Brian	99	Now(Nowra)	
5 Brian Eerson	99	Now(Nowra)	
6 Tyler Gunn	99	Gos(Gosford)	
7 Mitchell Heaney	99	Woodberry & Dist	
8 Alexander Herford	99	Min(Mingara)	
9 Askil Mathias	99	Mai(Maitland)	
10 Miles Petersen	99	Hunter Track & F	
11 Brad Van Vreumingen	99	Wol(Athletic)	
12 Branden Wallace	99	Woodberry & Dist	

Event 415 Men 200 Meter Dash 13 yrs

Sunday 27/01/2013 - 11:15 AM

Name	Yr	Team	Seed Time
1 Nicholas Gilbert	00	For(Forster)	
2 Jock Madden	00	Scone Athlet	
3 Michael Padas	00	Wol(Athletic)	
4 Kyle Veerhuis	00	Wol(Athletic)	
5 Mitchell West	01	Mas(Macquari)	

Event 416 Women 200 Meter Dash 50-59 yrs

Sunday 27/01/2013 - 11:20 AM

Name	Yr	Team	Seed Time
1 Annette Mead	59	Illawarra Blue S	
2 Christine Shaw	59	Wol(Athletic)	
3 Pauline Smith	57	Armidale	
4 Julie Steele	60	Illawarra Blue S	
5 Helen Wallace	61	Woodberry & Dist	
6 Margaret Williams	56	Min(Mingara)	

Event 417 Women 200 Meter Dash 40-49 yrs Prelims

Sunday 27/01/2013 - 11:25 AM

Name	Yr	Team	Seed Time
1 Janie Carter	69	Bma(Blue Mou)	
2 Cathy Connell	70	Wol(Athletic)	
3 Leanne Edwards	63	Illawarra Blue S	

4 Donna Hiscox	66	Wol(Athletic)	
5 Ranell Hobson	72	Bma(Blue Mou)	
6 Richelle Ingram	69	Min(Mingara)	
7 Nicky Kelly	72	Min(Mingara)	
8 Solvor Mellestrand	70	Now(Nowra)	
9 Gianna Mogentale	63	Illawarra Blue S	
10 Vicki Townsend	64	Aberdeen	

Event 418 Women 200 Meter Dash 30-39 yrs

Sunday 27/01/2013 - 11:30 AM

Name	Yr	Team	Seed Time
1 Louise Horsburgh	76	Mai(Maitland)	
2 Nicole Robinson	76	Nma(Nsw Mast)	
3 Allison Tucker	75	Min(Mingara)	
4 Nicole Williamson	82	Athletics Nsw	
5 Selina Wynn	75	Coh(Coffs Ha)	

Event 419 Women 200 Meter Dash 60+

Sunday 27/01/2013 - 11:35 AM

Name	Yr	Team	Seed Time
1 Judy Brown	50	Nma(Nsw Mast)	
2 Kathleen Cook	37	Min(Mingara)	
3 Rosalind Perry	52	Wol(Athletic)	

Event 420 Men 200 Meter Dash 60-69 yrs

Sunday 27/01/2013 - 11:40 AM

Name	Yr	Team	Seed Time
1 Stuart Hayward	49	Toukley Athl	
2 Robert Martyn	49	Bma(Blue Mou)	
3 Robert van Luyn	48	Min(Mingara)	
4 John Van Stappen	50	Illawarra Blue S	
5 John Vimpany	39	Wol(Athletic)	

Event 421 Men 200 Meter Dash 70+

Sunday 27/01/2013 - 11:40 AM

Name	Yr	Team	Seed Time
1 Neville McIntyre	42	Gia(Athletic)	
2 Ronald Perry	39	Wol(Athletic)	
3 John Vimpany	39	Wol(Athletic)	

Event 423 Men 1500 Meter Race Walk 15 yrs

Sunday 27/01/2013 - 12:00 PM

Name	Yr	Team	Seed Time
1 Kaeden Bianco	02	Illawarra Blue S	
2 Oliver Chippendale	02	Gos(Gosford)	
3 Tyler Jones	98	Wyong	
4 William Kirby	98	Woodberry & Dist	
5 Tim Martin	98	Coh(Coffs Ha)	
6 Cory McGinniskin	99	Edg(Edgewort)	
7 Damien Owen	98	For(Forster)	
8 Dylan Richardson	00	Min(Mingara)	

Event 424 Women 1500 Meter Race Walk 15 yrs

Sunday 27/01/2013 - 12:00 PM

Name	Yr	Team	Seed Time
1 Abbey Dhu	00	Bma(Blue Mou)	
2 Rachel Dhu	99	Bma(Blue Mou)	
3 Chelsea Goodhew	99	Westlakes	
4 Danielle Kalemusic	99	Now(Nowra)	

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Event 424 ... (Women 1500 Meter Race Walk 15 yrs)

Name	Yr	Team	Seed Time
5 Fiona Martin	01	Coh(Coffs Ha	
6 Sybella McKay	03	Gos(Gosford)	
7 Madeline Owen	01	For(Forster)	
8 Allanah Pitcher	03	Aberdeen	
9 Paige Rigney	02	Wyong	
10 Natalia Robson	98	Coh(Coffs Ha	
11 Sonja Rodda	99	Now(Nowra)	

Event 434 Women 800 Meter Run 60+**Sunday 27/01/2013 - 1:40 PM**

Name	Yr	Team	Seed Time
1 Rosalind Perry	52	Wol(Athletic	

Event 435 Women 800 Meter Run 50-59 yrs**Sunday 27/01/2013 - 1:40 PM**

Name	Yr	Team	Seed Time
1 Margaret Beardslee	58	Min(Mingara)	
2 Julie Peksis	59	Min(Mingara)	
3 Pauline Smith	57	Armidale	
4 Julie Steele	60	Illawarra Blue S	

Event 436 Women 800 Meter Run 40-49 yrs**Sunday 27/01/2013 - 1:46 PM**

Name	Yr	Team	Seed Time
1 Alison Havadjia	63	Now(Nowra)	
2 Nicky Kelly	72	Min(Mingara)	
3 Gianna Mogentale	63	Illawarra Blue S	
4 Darlene Musgrove	70	Now(Nowra)	
5 Vicki Townsend	64	Aberdeen	
6 Nicolle Western	70	Scone Athlet	

Event 437 Women 800 Meter Run 30-39 yrs**Sunday 27/01/2013 - 1:52 PM**

Name	Yr	Team	Seed Time
1 Kimberley Fletcher	79	Mai(Maitland	
2 Melanie Foster	79	Illawarra Blue S	
3 Ayesha Peckham	78	Nev(Newcastl	
4 Allison Tucker	75	Min(Mingara)	
5 Nicole Williamson	82	Athletics Nsw	

Event 438 Women 800 Meter Run 10 Yrs**Sunday 27/01/2013 - 1:58 PM**

Name	Yr	Team	Seed Time
1 Katie Gunn	03	Gos(Gosford)	
2 Charlotte Lowe	03	Min(Mingara)	
3 Ruby McPhillips	03	Kembla Joggers I	
4 Mariane Mihellis	04	Min(Mingara)	
5 Ashley Pernecker	04	Min(Mingara)	
6 Sarah Pickering	03	Mas(Macquari	
7 Allanah Pitcher	03	Aberdeen	
8 Erin Wooldridge	03	Kembla Joggers I	

Event 439 Men 800 Meter Run 10 Yrs**Sunday 27/01/2013 - 2:06 PM**

Name	Yr	Team	Seed Time
1 Jaylen Boyce	02	Hunter Track & F	
2 Zachary Heywood	03	Wol(Athletic	

3 Callum Owen	03	For(Forster)
4 Harry Schumaker	03	Scone Athlet

Event 440 Women 800 Meter Run 11 yrs**Sunday 27/01/2013 - 2:12 PM**

Name	Yr	Team	Seed Time
1 Natasha Hynoski	02	Illawarra Blue S	
2 Kaitlyn Klein	02	Hun(Hunter T	
3 Annabelle Lowe	02	Min(Mingara)	
4 Tara Mustapic	02	Now(Nowra)	
5 Jazmyn Shimwell	02	Illawarra Blue S	
6 Ahlana Sklenar	02	Kembla Joggers I	
7 Sarah Van Vreumingen	02	Wol(Athletic	
8 Chelsea Williams	02	Independant	
9 Ella Wooldridge	02	Kembla Joggers I	

Event 441 Men 800 Meter Run 11 yrs**Sunday 27/01/2013 - 2:18 PM**

Name	Yr	Team	Seed Time
1 Kaeden Bianco	02	Illawarra Blue S	
2 Jaylen Boyce	02	Hunter Track & F	
3 Oliver Chippendale	02	Gos(Gosford)	
4 Ethan Havadjia	02	Now(Nowra)	

Event 442 Men 800 Meter Run 70+**Sunday 27/01/2013 - 2:24 PM**

Name	Yr	Team	Seed Time
1 Ronald Perry	39	Wol(Athletic	

Event 443 Men 800 Meter Run 60-69 yrs**Sunday 27/01/2013 - 2:24 PM**

Name	Yr	Team	Seed Time
1 Kevyn Davis	48	Now(Nowra)	
2 Stuart Hayward	49	Toukley Athl	

Event 444 Men 800 Meter Run 50-59 yrs**Sunday 27/01/2013 - 2:30 PM**

Name	Yr	Team	Seed Time
1 David Bournell	62	Min(Mingara)	
2 Mark Conyers	55	Koorngal-Wagga	
3 Todd Devery	60	Bma(Blue Mou	
4 Andrew Dodd	61	Nev(Newcastl	
5 Peter Dooley	57	Now(Nowra)	
6 Peter Kidd	62	Wol(Athletic	
7 David Macpherson	61	Sin(Singleto	
8 Toyo Omura	60	Min(Mingara)	
9 Bruce Steele	58	Illawarra Blue S	

Event 445 Men 800 Meter Run 40-49 yrs**Sunday 27/01/2013 - 2:35 PM**

Name	Yr	Team	Seed Time
1 Geoffrey Hynoski	68	Illawarra Blue S	
2 darrin james	65	Illawarra Blue S	
3 Paul Kelaher	68	Min(Mingara)	
4 Michael Pickering	70	Nev(Newcastl	
5 Greg Robson	63	Coh(Coffs Ha	
6 John Watson	69	Sin(Singleto	

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Event 446 Men 800 Meter Run 30-39 yrs

Sunday 27/01/2013 - 2:40 PM

Name	Yr	Team	Seed Time
1 Jay Stone	79	Armidale	
2 Greg White	82	Bathurst	

Event 447 Men 800 Meter Run Open

Sunday 27/01/2013 - 2:45 PM

Name	Yr	Team	Seed Time
1 Andrew Attwater	91	Gra(Grafton)	
2 David Bradney	89	Hunter Track & F	
3 Jason Brown	90	Min(Mingara)	
4 Craig Cameron	93	Min(Mingara)	
5 Patrick Crompton	92	Interstate	
6 Kasimir Gregory	92	Armidale	
7 Huw Knox	98	Armidale	
8 Andrew MacKenzie	88	Bathurst	
9 Jack Pearce	94	Hun(Hunter T	
10 Harry Scouller	94	Now(Nowra)	
11 Byron Smith	93	Armidale	
12 Beau Tape	95	Nam(Nambucca	
13 Mitchell Williamson	86	Athletics Nsw	

Event 448 Men 800 Meter Run 18/19 yrs

Sunday 27/01/2013 - 2:50 PM

Name	Yr	Team	Seed Time
1 Matthew Berrington	95	Coh(Coffs Ha	
2 Jack Dhu	95	Bma(Blue Mou	

Event 449 Women 800 Meter Run 18/19 yrs

Sunday 27/01/2013 - 2:55 PM

Name	Yr	Team	Seed Time
1 Therese Auton	94	Min(Mingara)	
2 Caitlin Delaney	95	Hun(Hunter T	
3 Kaisha Edwards	94	Illawarra Blue S	

Event 450 Women 800 Meter Run Open

Sunday 27/01/2013 - 3:00 PM

Name	Yr	Team	Seed Time
1 Tia Brady	92	Hun(Hunter T	
2 Claire Burnett	93	Illawarra Blue S	
3 Jessica Clifton	84	Bma(Blue Mou	
4 Meghann Coffey	93	Sin(Singleto	
5 Jessie Devery	90	Bma(Blue Mou	
6 Rebecca Dos Santos	90	Illawarra Blue S	
7 Sarah Gunn	91	Gos(Gosford)	
8 Emma leigh Heighway	89	Hunter Track & F	
9 Emma-Leigh Heighway	89	Hun(Hunter T	
10 Elizabeth Simpson	84	Athletics Nsw	
11 Dymphna Smith	90	Hunter Track & F	
12 Sophie Stanwell	91	Hunter Track & F	
13 Alina Tape	97	Nam(Nambucca	

Event 451 Men 800 Meter Run 17 yrs

Sunday 27/01/2013 - 3:05 PM

Name	Yr	Team	Seed Time
1 Dylan Catzikiris	96	Scone Athlet	
2 Joshua Kentwell	96	Kembla Joggers I	

3 Jesse Macdonald	96	Wlg(Woolgool
4 Shaun Macdonald	96	Wlg(Woolgool
5 Callum Mears	97	Hunter Track & F
6 Christopher O'Neill	96	Woodberry & Dist
7 Luke Thorn	96	Coh(Coffs Ha

Event 452 Men 800 Meter Run 16 yrs

Sunday 27/01/2013 - 3:10 PM

Name	Yr	Team	Seed Time
1 Edan Clarke	97	Min(Mingara)	
2 Ethan Dhu	97	Bma(Blue Mou	
3 Aaron Gunn	97	Gos(Gosford)	
4 Jai Lyons	97	Coh(Coffs Ha	
5 Kyle Ross-Evans	97	Hun(Hunter T	
6 Jarrod Sansom	97	Ray(Raymond	
7 Travis Stahlhut	97	Armidale	

Event 453 Women 800 Meter Run 17 yrs

Sunday 27/01/2013 - 3:15 PM

Name	Yr	Team	Seed Time
1 Stephanie Bain	96	Hunter Track & F	
2 Zoe Duffin-Pruksapun	96	Min(Mingara)	
3 Stephanie Kalemusic	96	Now(Nowra)	
4 Whitney Noone	96	Illawarra Blue S	
5 Maddison Sadler	96	Wlg(Woolgool	

Event 454 Women 800 Meter Run 16 yrs

Sunday 27/01/2013 - 3:20 PM

Name	Yr	Team	Seed Time
1 Kristin Kalemusic	97	Now(Nowra)	
2 Natasha Ricardo	97	Min(Mingara)	
3 Susie Seitaridis	97	Wol(Athletic	
4 Karlie Swanson	97	Wlg(Woolgool	
5 Chloe Walters	98	Mas(Macquari	

Event 455 Women 800 Meter Run 15 yrs

Sunday 27/01/2013 - 3:25 PM

Name	Yr	Team	Seed Time
1 Megan Burnett	98	Illawarra Blue S	
2 Rosie May Davidson	98	Illawarra Blue S	
3 Nicole Ogle	98	Mas(Macquari	
4 Rebecca Parkinson	98	Min(Mingara)	
5 Hannah Sawyer	98	Stp(Stuarts	

Event 456 Men 800 Meter Run 15 yrs

Sunday 27/01/2013 - 3:40 PM

Name	Yr	Team	Seed Time
1 Jye Edwards	98	Now(Nowra)	
2 Dean Hollis	98	For(Forster)	
3 Tyler Jones	98	Wyang	
4 Tim Martin	98	Coh(Coffs Ha	
5 Oliver Moody	98	Sin(Singleto	
6 Cameron Musgrove	98	Now(Nowra)	
7 Angus Pryde	98	Now(Nowra)	
8 Matthew Scarr	98	Min(Mingara)	
9 Jacob Thorn	98	Coh(Coffs Ha	

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Event 457 Women 800 Meter Run 12 yrs**Sunday 27/01/2013 - 3:45 PM**

	Name	Yr	Team	Seed Time
1	April Brown-Peters	01	Wyong	
2	Jade Mustapic	01	Now(Nowra)	
3	Madeline Owen	01	For(Forster)	
4	Taylor Reid	01	Min(Mingara)	
5	Brooke Wilkins	01	Kembla Joggers I	

Event 462 Men 800 Meter Run 14 yrs**Sunday 27/01/2013 - 4:10 PM**

	Name	Yr	Team	Seed Time
1	Nick Alley	99	Gia(Athletic	
2	Rex Greaves	99	Mai(Maitland	
3	Tyler Gunn	99	Gos(Gosford)	
4	Jesse Maxwell	99	Mas(Macquari	
5	Kade Szakacs	99	Kembla Joggers I	
6	Oscar Thomas	99	Athletics Nsw	

Event 458 Men 800 Meter Run 12 yrs**Sunday 27/01/2013 - 3:50 PM**

	Name	Yr	Team	Seed Time
1	Jordan Heywood	01	Wol(Athletic	
2	Joshua Hughes	01	Independant	
3	Edwin Nicholson	01	Wal(Wallsend	
4	Nick Watson	01	Sin(Singleto	
5	Luke Young	01	Mas(Macquari	

Event 459 Women 800 Meter Run 13 yrs**Sunday 27/01/2013 - 3:55 PM**

	Name	Yr	Team	Seed Time
1	Hannah Bain	00	Hun(Hunter T	
2	Harriette Bournnell	00	Min(Mingara)	
3	Elizabeth Chippendale	00	Min(Mingara)	
4	Abbey Dhu	00	Bma(Blue Mou	
5	Maddy Eaton	00	Wol(Athletic	
6	Shenay Edwards	00	Now(Nowra)	
7	Shayla Szakacs	00	Kembla Joggers I	
8	Katie Thorn	00	Coh(Coffs Ha	
9	Hannah Wright	00	Kembla Joggers I	
10	Kathleen Young	00	Mas(Macquari	

Event 460 Men 800 Meter Run 13 yrs**Sunday 27/01/2013 - 4:00 PM**

	Name	Yr	Team	Seed Time
1	Mason Allen	00	Min(Mingara)	
2	Jordan Doris	00	Kembla Joggers I	
3	Joshua Hughes	01	Independant	
4	Finlay McPhillips	00	Kembla Joggers I	
5	Terry Mihellis	00	Min(Mingara)	
6	Joseph O'Connor	00	Mai(Maitland	
7	Jesse Schumaker	00	Scone Athlet	
8	Kyle Veerhuis	00	Wol(Athletic	

Event 461 Women 800 Meter Run 14 yrs**Sunday 27/01/2013 - 4:05 PM**

	Name	Yr	Team	Seed Time
1	Erin Dalley	99	Wol(Athletic	
2	Rose Davies	99	Mas(Macquari	
3	Kelsey Gray	99	Independant	
4	Petra Greaves	99	Mai(Maitland	
5	Natasha Katsoudas	99	Wal(Wallsend	
6	Jessica Morrice	99	Min(Mingara)	
7	Hailey Van Vreumingen	99	Wol(Athletic	
8	Emma Watson	99	Sin(Singleto	