

**Little Athletics N.S.W.**  
**State Track & Field Championships**  
**20, 21 & 22 March, 2009 at Sydney Olympic Park Athletics Centre**

# RESULTS

## GIRLS

### Girls U9 - 70 Metre Run

#### Heat 1 Heats

1	Bethany Kranendonk	Wyong	10.57Q
2	Tiana Jaber	Kings Langley	10.64Q
3	Tara Campbell	Doonside	10.71Q
4	Erin Cullen	Adamstown	10.78q
5	Talia Fisher	St George	10.97q
6	Sarah Johnston	Albion Park	11.28
7	Kiara Richardson	Lismore	11.34
8	Jada Hartwig	Forbes	12.84

#### Heat 2 Heats

1	Binta Salawu	Penrith Valley	10.84Q
2	Talia Munro	Port Hacking	10.85Q
3	Lauren Mapusua	Randwick Botany	10.95Q
4	Sarah Playford	Northern Districts	11.09
5	Matilda-Jane Macdo	Wollongong City	11.11
6	Kirsty Stones	Bankstown Sports	11.35
7	Alicia Marshall	Doonside	11.56
8	Rebecca Smythe	Forster/Tuncurry	12.44

#### Final

1	Bethany Kranendonk	Wyong	10.48
2	Tiana Jaber	Kings Langley	10.58
3	Talia Munro	Port Hacking	10.59
4	Erin Cullen	Adamstown	10.61
5	Tara Campbell	Doonside	10.81
6	Binta Salawu	Penrith Valley	10.83
7	Lauren Mapusua	Randwick Botany	10.87
8	Talia Fisher	St George	11.00

### Girls U10 - 70 Metre Run

#### Heat 1 Heats

1	Brooke Jenkins	Ryde	10.33Q
2	Tamara Milacic	Randwick Botany	10.43Q
3	Rebecca Pollard	Wollongong City	10.51Q
4	Casey-Lee Bedford	Lake Illawarra	10.59q
5	Caitlin Thurlow	Girraween	10.60q
6	Sarah Donnelly	Grafton	10.61
7	Carly Metcalfe	Kurri Kurri	10.73
8	Caitlin O'Neill	Werrington	10.94

#### Heat 2 Heats

1	Sarah Healey	Ku-Ring-Gai	10.37Q
2	Chloe Thurgate	Northern Illawarra	10.57Q
3	Ruby Smith	Wallsend RSL	10.62Q
4	Denise Youssef	Bankstown Sports	10.63
5	Nicola Bowtell	Ryde	10.64
6	Antonella Brajkovi	Randwick Botany	10.68
7	Ainslie Harvey	Emu Plains	10.94
8	Sina Ngalu	Mt Pritchard	11.40

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**Final**

1	Sarah Healey	Ku-Ring-Gai	10.04	<b>RECORD – Hand held record of 9.8sec</b>
2	Brooke Jenkins	Ryde	10.21	
3	Tamara Milacic	Randwick Botany	10.25	
4	Rebecca Pollard	Wollongong City	10.32	
5	Caitlin Thurlow	Girraween	10.40	
6	Chloe Thurgate	Northern Illawarra	10.40	
7	Casey-Lee Bedford	Lake Illawarra	10.53	
8	Ruby Smith	Wallsend RSL	10.66	

**Girls U9 - 100 Metre Run**

**Heat 1 Heats**

1	Sinead Austwick	Albion Park	15.21Q
2	Charlotte Gardner	Ku-Ring-Gai	15.25Q
3	Kristie Edwards	Manly Warringah	15.27Q
4	Erin Cullen	Adamstown	15.30q
5	Binta Salawu	Penrith Valley	15.43
6	Talia Munro	Port Hacking	15.54
7	Brooke Harper	Temora	15.76
8	Kiara Richardson	Lismore	15.92

**Heat 2 Heats**

1	Mikayla Mestousis	Ryde	14.88Q
2	Doveinah Vine	Campbelltown Collegians	15.10Q
3	Tara Campbell	Doonside	15.12Q
4	Lauren Mapusua	Randwick Botany	15.33q
5	Eliza Trevena	Holroyd	15.36
6	Jamie Blackler	Tamworth	15.55
7	Georgia McEwan	Lake Illawarra	15.56
8	Alicia Marshall	Doonside	15.71

**Final**

1	Kristie Edwards	Manly Warringah	14.88
2	Erin Cullen	Adamstown	14.95
3	Charlotte Gardner	Ku-Ring-Gai	14.98
4	Mikayla Mestousis	Ryde	15.01
5	Sinead Austwick	Albion Park	15.26
6	Tara Campbell	Doonside	15.39
7	Doveinah Vine	Campbelltown Collegians	15.45
8	Lauren Mapusua	Randwick Botany	15.51

**Girls U10 - 100 Metre Run**

**Heat 1 Heats**

1	Brooke Jenkins	Ryde	14.44Q
2	Chloe Thurgate	Northern Illawarra	14.57Q
3	Tamara Milacic	Randwick Botany	14.61Q
4	Sarah Healey	Ku-Ring-Gai	14.78q
5	Jasmine Fountas	Randwick Botany	14.80q
6	Sarah Donnelly	Grafton	14.97
7	Saffron Sylvester	Singleton	15.04
8	Caitlin O'Neill	Werrington	15.08

**Heat 2 Heats**

1	Naomi Ramirez	Ambarvale	14.36Q
2	Laycee Covington-G	Bathurst	14.67Q

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3	Casey-Lee Bedford	Lake Illawarra	14.79Q
4	Nicola Bowtell	Ryde	14.88
5	Antonella Brajkovi	Randwick Botany	15.10
6	Renay Xuereb	Nepean	15.19
7	Ainslie Harvey	Emu Plains	15.28
8	Mikaela Bell	Westlakes	15.31
<b>Final</b>			
1	Naomi Ramirez	Ambarvale	14.20
2	Laycee Covington-G	Bathurst	14.21
3	Brooke Jenkins	Ryde	14.36
4	Tamara Milacic	Randwick Botany	14.47
5	Chloe Thurgate	Northern Illawarra	14.52
6	Sarah Healey	Ku-Ring-Gai	14.72
7	Jasmine Fountas	Randwick Botany	14.73
8	Casey-Lee Bedford	Lake Illawarra	14.77

## Girls U11 - 100 Metre Run

### Heat 1 Heats

1	Molly Blakey	South Eastern	13.73Q
2	Akua Nsiah	Greystanes	13.85Q
3	Ruby Ritchie	Manly Warringah	13.94Q
4	Katie Smee	Raymond Terrace	13.96q
5	Rachel Pace	Riverstone	14.41
6	Avalon Punch	Albion Park	14.47
7	Savannah Peterkin	Nambucca District	14.73
8	Katie Halliday-Joh	Blacktown	15.04

### Heat 2 Heats

1	Breanna Franks	Raymond Terrace	13.85Q
2	Courtney Priest	Gilgandra	13.88Q
3	Chloe Docker	Albion Park	13.95Q
4	Emma Frost	Northern Districts	14.17q
5	Charly-Rose Dunne	Eastern Suburbs	14.19
6	Emily Kitson	Campbelltown Collegians	14.59
7	Lauren Provost	Jamison	14.64
8	Lauren Russell	Kurrajong Bilpin	14.95

### Final

1	Molly Blakey	South Eastern	13.71
2	Chloe Docker	Albion Park	13.75
3	Courtney Priest	Gilgandra	13.78
4	Akua Nsiah	Greystanes	13.85
5	Ruby Ritchie	Manly Warringah	13.86
6	Katie Smee	Raymond Terrace	13.92
7	Breanna Franks	Raymond Terrace	14.16
8	Emma Frost	Northern Districts	14.30

## Girls U12 - 100 Metre Run

### Heat 1 Heats

1	Jenna Heath	Lithgow	13.09Q
2	Sara Marshall	Gosford	13.13Q
3	Akua Frimpong	Blacktown	13.42Q
4	Hayley Butcherine	Orange	13.59q

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5	Audrey Kyriacou	Randwick Botany	13.66q
6	Gianna Blenkhorn	Ballina	13.72
7	Caitlin Silk	Young and District	13.87
<b>Heat 2 Heats</b>			
1	Courtney Boyle	Ku-Ring-Gai	13.57Q
2	Courtney Anderson	Port Macquarie	13.64Q
3	Emily Lagos	Rouse Hill Rams	13.73Q
4	Samantha Geddes	Port Hacking	13.82
5	Emily Mulcahy	Port Stephens	13.83
6	Ngahuia Nicholson	Campbelltown Collegians	13.87
7	Courtney Young	Randwick Botany	13.99
8	Jade Grant	Jamison	14.15
<b>Final</b>			
1	Sara Marshall	Gosford	12.95
2	Jenna Heath	Lithgow	13.10
3	Courtney Boyle	Ku-Ring-Gai	13.48
4	Audrey Kyriacou	Randwick Botany	13.52
5	Akua Frimpong	Blacktown	13.55
6	Hayley Butcherine	Orange	13.59
7	Emily Lagos	Rouse Hill Rams	13.67
8	Courtney Anderson	Port Macquarie	13.69

## **Girls U13 - 100 Metre Run**

<b>Heat 1 Heats</b>			
1	Mihaela Grnovic	Blacktown	12.98Q
2	Vivien Przyborowsk	Macquarie Hunter	13.34Q
3	Amber Price	Holroyd	13.54Q
4	Andrea Berrell	Wollongong City	13.94
<b>Heat 2 Heats</b>			
1	Caitlin Dooley	Port Hacking	13.01Q
2	Brooke Giffen	Illawong	13.03Q
3	Hannah Jones	Gosford	13.04Q
4	Riana Drake	Albion Park	13.31q
5	Luisa Morisio	Blacktown	13.36q
6	Alison Ruse	Jamison	13.44
7	Lauren Harrison	Ku-Ring-Gai	13.46
8	Courtney Elliott	Winston Hills	13.56
<b>Final</b>			
1	Mihaela Grnovic	Blacktown	12.79
2	Brooke Giffen	Illawong	12.99
3	Caitlin Dooley	Port Hacking	13.03
4	Vivien Przyborowsk	Macquarie Hunter	13.13
5	Hannah Jones	Gosford	13.19
6	Luisa Morisio	Blacktown	13.42
7	Riana Drake	Albion Park	13.44
8	Amber Price	Holroyd	13.51

## **Girls U14 - 100 Metre Run**

<b>Heat 1 Heats</b>			
1	Maddie Pirie	Revesby Workers	12.23Q
2	Victoria Ardita	Smithfield	12.64Q
3	Tavleen Singh	Kurrajong Bilpin	12.81Q

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4	Kristi Taylor	Shoalhaven	13.22
5	Yvie O'Connell	Randwick Botany	13.39
6	Bridget Pearson	Wollongong City	13.49
7	Daniela Mayol	Winston Hills	13.53
8	Millie Smyth	Gunnedah	13.94
<b>Heat 2 Heats</b>			
1	Caitlin Heeps	Jamison	12.71Q
2	Annie Crimmins	Balmain	12.73Q
3	Dejaneé Defoe	Mt Druitt	12.80Q
4	Philippa Williams	Cherrybrook	12.89q
5	Skye Ryan	Albion Park	12.90q
6	Tori Groom	Manly Warringah	13.14
7	Susannah Brown	Armidale	13.27
8	Grace Pears	Armidale	13.50
<b>Final</b>			
1	Maddie Pirie	Revesby Workers	12.32
2	Caitlin Heeps	Jamison	12.46
3	Victoria Ardita	Smithfield	12.52
4	Tavleen Singh	Kurrajong Bilpin	12.78
5	Annie Crimmins	Balmain	12.79
6	Dejaneé Defoe	Mt Druitt	12.82
7	Skye Ryan	Albion Park	13.01
8	Philippa Williams	Cherrybrook	13.06

## **Girls U15 - 100 Metre Run**

<b>Heat 1 Heats</b>			
1	Kasey Tysoe	Gosford	12.76Q
2	Taylor King	Albion Park	13.06Q
3	Emily Coppins	Thornton	13.09Q
4	Tegan Richards	Wollongong City	13.19q
5	Brinagh M'Gee	Sutherland	13.22
<b>Heat 2 Heats</b>			
1	Ella Nelson	Sutherland	12.41Q
2	Laura Bonzo	Adamstown	12.47Q
3	Natalie Ferris	Gloucester	13.13Q
4	Kelly Spencer	Gosford	13.19q
5	Rubee King	Northern Suburbs	13.26
6	Karra-Lee Nolan	Lake Illawarra	13.31
7	Kiara Fioravanti	Tiger Wests	13.38
<b>Final</b>			
1	Ella Nelson	Sutherland	12.31
2	Laura Bonzo	Adamstown	12.50
3	Kasey Tysoe	Gosford	12.62
4	Natalie Ferris	Gloucester	12.85
5	Kelly Spencer	Gosford	13.01
6	Taylor King	Albion Park	13.04
7	Tegan Richards	Wollongong City	13.04
8	Emily Coppins	Thornton	13.46

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## Girls U17 - 100 Metre Run

### Heat 1 Heats

1	Jacqui Fry	Greystanes	12.41Q
2	Brianna Tisdell	Medowie	12.59Q
3	Karina Bangel	Kurrajong Bilpin	12.65Q
4	Kristy Price	Wallsend RSL	12.91q
5	Kirralea Shannon	Doonside	12.92q
6	Milly Collison	Cherrybrook	13.14
7	Loradana Brajkovic	Randwick Botany	13.46
8	Samantha Tabone	Nepean	13.99

### Heat 2 Heats

1	Michelle Jenneke	Cherrybrook	12.46Q
2	Kataya Barrett	Randwick Botany	12.66Q
3	Charlotte McLeish-	Kurri Kurri	12.85Q
4	Meryn Denning	Hills District	13.09
5	Kirsty Honey	Albion Park	13.11
6	Emily Bell	Koorringal Wagga	13.19
7	Sarah De Vries	St Georges Basin	13.23
8	Gabriela Glassock	Bankstown Sports	13.50

### Final

1	Jacqui Fry	Greystanes	12.32
2	Michelle Jenneke	Cherrybrook	12.42
3	Kataya Barrett	Randwick Botany	12.46
4	Brianna Tisdell	Medowie	12.51
5	Karina Bangel	Kurrajong Bilpin	12.60
6	Kirralea Shannon	Doonside	13.02
7	Charlotte McLeish-	Kurri Kurri	13.08
8	Kristy Price	Wallsend RSL	13.11

## Girls U9 - 200 Metre Run

### Heat 1 Heats

1	Mikayla Mestousis	Ryde	30.79Q
2	Kiara White	Albion Park	31.25Q
3	Georgia McEwan	Lake Illawarra	31.46Q
4	Erin Cullen	Adamstown	31.86q
5	Talia Munro	Port Hacking	32.07q
6	Jamie Blackler	Tamworth	32.45
7	Kaitlin Leyland	Glenbrook	32.49
8	Kobe Dymock	Randwick Botany	33.94

### Heat 2 Heats

1	Bethany Kranendonk	Wyong	31.23Q
2	Sinead Austwick	Albion Park	31.33Q
3	Sarah Playford	Northern Districts	31.83Q
4	Binta Salawu	Penrith Valley	32.30
5	Kimberly Keane	Sutherland	32.54
6	Emily Romero	Ingleburn RSL	33.19
7	Kiara Richardson	Lismore	33.38
8	Breannah Murtagh	Doonside	34.17

### Final

1	Mikayla Mestousis	Ryde	30.33
2	Sinead Austwick	Albion Park	30.84
3	Kiara White	Albion Park	31.00

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4	Bethany Kranendonk	Wyong	31.09
5	Georgia McEwan	Lake Illawarra	31.70
6	Erin Cullen	Adamstown	31.76
7	Sarah Playford	Northern Districts	31.96
8	Talia Munro	Port Hacking	32.35

## Girls U10 - 200 Metre Run

### Heat 1 Heats

1	Naomi Ramirez	Ambarvale	29.75Q
2	Alex Kerr	Balmain	30.21Q
3	Nicola Bowtell	Ryde	30.23Q
4	Isobel Robinson	Quirindi	31.05q
5	Casey-Lee Bedford	Lake Illawarra	31.25
6	Chloe Thurgate	Northern Illawarra	31.37
7	Melanie Kirk	Jamison	31.69
8	Alexandra Petersen	Colyton St Clair	31.76

### Heat 2 Heats

1	Sara De Silva	Winston Hills	29.97Q
2	Mellisa Bello	Rouse Hill Rams	30.12Q
3	Caitlin Thurlow	Girraween	30.18Q
4	Laycee Covington-G	Bathurst	30.26q
5	Emma Sue Greentree	Southlakes	31.54
6	Gabbie Loades	Kotara South	31.78
7	Ainslie Harvey	Emu Plains	32.10

### Final

1	Naomi Ramirez	Ambarvale	29.00
2	Sara De Silva	Winston Hills	
3	Laycee Covington-G	Bathurst	
4	Mellisa Bello	Rouse Hill Rams	
5	Caitlin Thurlow	Girraween	
6	Alex Kerr	Balmain	
7	Nicola Bowtell	Ryde	
8	Isobel Robinson	Quirindi	

## Girls U11 - 200 Metre Run

### Heat 1 Heats

1	Molly Blakey	South Eastern	27.85Q
2	Avalon Punch	Albion Park	28.91Q
3	Emma Frost	Northern Districts	29.13Q
4	Madeleine Jones	Manly Warringah	29.15q
5	Ruby McIntyre	Macquarie Hunter	29.41q
6	Lauren Russell	Kurrabung Bilpin	29.43
7	Madeleine Taylor	Camden	29.72
8	Shannon Willmott	Doonside	31.05

### Heat 2 Heats

1	Katie Smee	Raymond Terrace	28.32Q
2	Chloe Docker	Albion Park	28.49Q
3	Sherryn Micallef	Wollongong City	29.54Q
4	Emily Kitson	Campbelltown Collegians	29.72
5	Aisling Flaherty	Gosford	30.10

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	6	Katie Halliday-Joh	Blacktown	30.15
	7	Jessica Elguindy	Camden	30.96
	8	Grace Weir	Macquarie Hunter	31.28
<b>Final</b>				
	1	Molly Blakey	South Eastern	27.25
	2	Katie Smee	Raymond Terrace	27.90
	3	Avalon Punch	Albion Park	28.46
	4	Sherryn Micallef	Wollongong City	28.55
	5	Emma Frost	Northern Districts	28.98
	6	Chloe Docker	Albion Park	29.12
	7	Ruby McIntyre	Macquarie Hunter	29.70
	8	Madeleine Jones	Manly Warringah	29.86

## Girls U12 - 200 Metre Run

### Heat 1 Heats

	1	Sara Marshall	Gosford	26.96Q
	2	Courtney Boyle	Ku-Ring-Gai	27.40Q
	3	Courtney Anderson	Port Macquarie	27.79Q
	4	Emily Lagos	Rouse Hill Rams	28.21
	5	Madaleine Rushton	Cranebrook	28.33
	6	Samantha Geddes	Port Hacking	28.35
	7	Erin Chard	Kiama	29.13

### Heat 2 Heats

	1	Jenna Heath	Lithgow	27.54Q
	2	Audrey Kyriacou	Randwick Botany	27.77Q
	3	Hayley Butcherine	Orange	28.02Q
	4	Sophie Howard	Wagga Wagga	28.02q
	5	Gianna Blenkhorn	Ballina	28.13q
	6	Emily Mulcahy	Port Stephens	28.38
	7	Jade Grant	Jamison	29.78

### Final

	1	Sara Marshall	Gosford	26.46
	2	Jenna Heath	Lithgow	26.50
	3	Courtney Boyle	Ku-Ring-Gai	27.47
	4	Courtney Anderson	Port Macquarie	27.75
	5	Hayley Butcherine	Orange	27.85
	6	Audrey Kyriacou	Randwick Botany	27.94
	7	Sophie Howard	Wagga Wagga	28.10
	8	Gianna Blenkhorn	Ballina	28.36

## Girls U13 - 200 Metre Run

### Heat 1 Heats

	1	Mihaela Grnovic	Blacktown	26.70Q
	2	Riana Drake	Albion Park	26.86Q
	3	Brooke Giffen	Illawong	27.01Q
	4	Regan Yerbury	Sutherland	27.36q
	5	Natasha Fountas	Randwick Botany	27.49q
	6	Vivien Przyborowski	Macquarie Hunter	27.77
	7	Jordan Jamer	Cherrybrook	27.87

### Heat 2 Heats

	1	Hannah Jones	Gosford	27.02Q
	2	Caitlin Dooley	Port Hacking	27.76Q

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3	Kristie Blair	Werrington	27.92Q
4	Haley Turner	Forster/Tuncurry	28.02
5	Luisa Moriso	Blacktown	28.19
6	Andrea Berrell	Wollongong City	28.23
7	Paige Wilson-Mosey	Winston Hills	28.25
<b>Final</b>			
1	Regan Yerbury	Sutherland	26.06
2	Mihaela Grnovic	Blacktown	26.29
3	Hannah Jones	Gosford	26.43
4	Caitlin Dooley	Port Hacking	26.68
5	Riana Drake	Albion Park	26.97
6	Natasha Fountas	Randwick Botany	27.32
7	Brooke Giffen	Illawong	27.40
8	Kristie Blair	Werrington	28.08

## **Girls U14 - 200 Metre Run**

### **Heat 1 Heats**

1	Maddie Pirie	Revesby Workers	25.00Q
2	Tavleen Singh	Kurrajong Bilpin	25.76Q
3	Melissa Farrington	Northern Suburbs	26.37Q
4	Philippa Williams	Cherrybrook	26.72q
5	Sophie Meere	Tuggerah Lakes M	27.04
6	Susannah Brown	Armidale	27.32
7	Yvie O'Connell	Randwick Botany	27.95

### **Heat 2 Heats**

1	Caitlin Heeps	Jamison	25.77Q
2	Tahlia Hunter	Emu Plains	26.01Q
3	Victoria Ardita	Smithfield	26.03Q
4	Skye Ryan	Albion Park	26.90q
5	Kristi Taylor	Shoalhaven	27.78
6	Bridget Pearson	Wollongong City	27.86
7	Sarah Halvorsen	Charlestown	28.34

### **Final**

1	Maddie Pirie	Revesby Workers	24.92
2	Caitlin Heeps	Jamison	25.43
3	Tavleen Singh	Kurrajong Bilpin	25.91
4	Tahlia Hunter	Emu Plains	26.03
5	Melissa Farrington	Northern Suburbs	26.09
6	Victoria Ardita	Smithfield	26.33
7	Skye Ryan	Albion Park	26.67
8	Philippa Williams	Cherrybrook	26.84

## **Girls U15 - 200 Metre Run**

### **Heat 1 Heats**

1	Ella Nelson	Sutherland	25.39Q
2	Laura Bonzo	Adamstown	25.73Q
3	Kelly Spencer	Gosford	26.12Q
4	Jacarna Fenton	Kurri Kurri	26.38q
5	Tegan Richards	Wollongong City	26.51q
6	Emily Duve	Cherrybrook	26.93
7	Brinagh M'Gee	Sutherland	27.21

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8 Stephanie Lucic

Mt Pritchard

28.26

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**Heat 2 Heats**

1	Kasey Tysoe	Gosford	26.05Q
2	Savannah Walker	Stuarts Point	26.20Q
3	Kate Butcherine	Orange	26.57Q
4	Karra-Lee Nolan	Lake Illawarra	27.24
5	Danika Messina	Kurrajong Bilpin	27.64
6	Emma Horvat	Blacktown	28.75

**Final**

1	Ella Nelson	Sutherland	24.15	=RECORD – Hand held =record of 24.0sec
2	Laura Bonzo	Adamstown	25.50	
3	Kasey Tysoe	Gosford	25.77	
4	Savannah Walker	Stuarts Point	26.05	
5	Jacarna Fenton	Kurri Kurri	26.11	
6	Kelly Spencer	Gosford	26.20	
7	Tegan Richards	Wollongong City	26.39	
8	Kate Butcherine	Orange	27.05	

**Girls U17 - 200 Metre Run**

**Heat 1 Heats**

1	Jacqui Fry	Greystanes	25.52Q
2	Karina Bangel	Kurrajong Bilpin	26.07Q
3	Kirsty Honey	Albion Park	26.58Q
4	Milly Collison	Cherrybrook	26.71q
5	Kirralea Shannon	Doonside	26.73q
6	Gabriela Glassock	Bankstown Sports	27.47
7	Rachael Reid	Narromine	27.82

**Heat 2 Heats**

1	Charlotte McLeish	Kurri Kurri	26.43Q
2	Kataya Barrett	Randwick Botany	26.60Q
3	Alexandra Holt	Adamstown	26.81Q
4	Heather Addie	Warradale	27.00
5	Georgia Halvorsen	Macquarie Hunter	27.04
6	Emily Bell	Koorringal Wagga	27.31
7	Meryn Denning	Hills District	27.44

**Final**

1	Jacqui Fry	Greystanes	25.32
2	Karina Bangel	Kurrajong Bilpin	25.75
3	Charlotte McLeish-	Kurri Kurri	26.31
4	Kirsty Honey	Albion Park	26.35
5	Milly Collison	Cherrybrook	26.68
6	Kirralea Shannon	Doonside	26.83

**Girls U9 - 400 Metre Run**

**Heat 1 Heats**

1	Mikayla Mestousis	Ryde	1:10.00Q
2	N'Dea Rumble	Armidale	1:12.03Q
3	Shayannae Wright	Gosford	1:13.80Q
4	April Sweeney	Holroyd	1:15.64q
5	Teneal Morgan	Dapto	1:16.58
6	Georgia Little	Maitland	1:18.09
7	Sianna Steele	Jamison	1:18.61
8	Emily Kermond	Bankstown Sports	1:19.59

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**Heat 2 Heats**

1	Zoe Latham	Ryde	1:12.35Q
2	Sinead Austwick	Albion Park	1:12.93Q
3	Rylee Towell	Revesby Workers	1:13.84Q
4	Jordyn Snape	Liverpool City	1:16.09q
5	Tabitha Lisciotto	Tallowong Park	1:17.91
6	Chloe Lavallo	Wollongong City	1:18.49
7	Kobe Dymock	Randwick Botany	1:18.54
8	Kelsey Winchester	Maitland	1:18.55

**Final**

1	Mikayla Mestousis	Ryde	1:07.97
2	Sinead Austwick	Albion Park	1:08.34
3	N'Dea Rumble	Armidale	1:10.45
4	Rylee Towell	Revesby Workers	1:11.35
5	Zoe Latham	Ryde	1:11.90
6	Shayannae Wright	Gosford	1:13.33
7	Jordyn Snape	Liverpool City	1:15.76
8	April Sweeney	Holroyd	1:15.96

**Girls U10 - 400 Metre Run**

**Heat 1 Heats**

1	Alex Kerr	Balmain	1:06.81Q
2	Katrina Lamas	Holroyd	1:07.99Q
3	Melanie Kirk	Jamison	1:08.62Q
4	Tiarna Mason	Randwick Botany	1:08.86q
5	Nicola Bowtell	Ryde	1:10.14
6	Lauren Moore	Port Stephens	1:10.73
7	Alexandra Petersen	Colyton St Clair	1:11.11
8	Breanna Payne	Albion Park	1:11.12

**Heat 2 Heats**

1	Chloe Walters	Macquarie Hunter	1:07.79Q
2	Sara De Silva	Winston Hills	1:08.20Q
3	Raukura Doyle	Northern Suburbs	1:08.54Q
4	Kelsey Gray	Orange	1:08.83q
5	Isobel Robinson	Quirindi	1:09.20
6	Annalise Sutherland	Randwick Botany	1:09.72
7	Caitlin Vreeswyk	Doonside	1:13.16
8	Jessica Green	Albion Park	1:14.05

**Final**

1	Alex Kerr	Balmain	1:05.72
2	Katrina Lamas	Holroyd	1:05.92
3	Chloe Walters	Macquarie Hunter	1:07.03
4	Raukura Doyle	Northern Suburbs	1:08.04
5	Sara De Silva	Winston Hills	1:08.13
6	Melanie Kirk	Jamison	1:08.21
7	Kelsey Gray	Orange	1:09.28
8	Tiarna Mason	Randwick Botany	1:12.21

**Girls U11 - 400 Metre Run**

**Heat 1 Heats**

1	Sherryn Micallef	Wollongong City	1:05.25Q
2	Susie Seitaridis	Lake Illawarra	1:06.16Q

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3	Avalon Punch	Albion Park	1:06.21Q
4	Beatrice Collard	Doonside	1:06.51q
5	Mauhgan Wellham	Wallsend RSL	1:07.41q
6	Laura Towell	Revesby Workers	1:07.86
7	Nicole Ogle	Macquarie Hunter	1:12.12
<b>Heat 2 Heats</b>			
1	Molly Blakey	South Eastern	1:03.55Q
2	Alice Arnott	Quirindi	1:07.12Q
3	Sophie Gillard	Manly Warringah	1:07.64Q
4	Taryn McCaffrey	Nepean	1:07.90
5	Lauren Donnellan	Campbelltown Collegians	1:08.73
6	Aisling Flaherty	Gosford	1:08.96
7	Katrina Shaw	Doonside	1:12.52
8	Sophie Gleeson	Revesby Workers	1:12.65
<b>Final</b>			
1	Molly Blakey	South Eastern	1:02.78
2	Sherryn Micallef	Wollongong City	1:05.36
3	Avalon Punch	Albion Park	1:05.76
4	Susie Seitaridis	Lake Illawarra	1:05.89
5	Sophie Gillard	Manly Warringah	1:07.85
6	Beatrice Collard	Doonside	1:08.01
7	Alice Arnott	Quirindi	1:08.17
8	Laura Towell	Revesby Workers	1:09.68

## **Girls U12 - 400 Metre Run**

<b>Heat 1 Heats</b>			
1	Jenna Heath	Lithgow	1:01.01Q
2	Sara Marshall	Gosford	1:02.73Q
3	Monique Byers	Greystanes	1:03.08Q
4	Abby Schmiedel	Tamworth	1:03.65q
5	Madaleine Rushton	Cranebrook	1:03.73q
6	Erin Chard	Kiama	1:03.76
7	Bianca Fitzsimmons	Raymond Terrace	1:07.01
8	Kayley Alsford	Medowie	1:07.73
<b>Heat 2 Heats</b>			
1	Louise Hill	Mosman	1:02.42Q
2	Gloria Lee	Bankstown Sports	1:02.69Q
3	Millie Milne	Grenfell	1:05.07Q
4	Jerona Grove	Tumut District	1:05.37
5	Kristin Kalemusic	Emu Plains	1:05.95
6	Morgan Kitchener	Camden	1:06.37
7	Lace Temana	Port Hacking	1:06.49
8	Megan Beams	Ku-Ring-Gai	1:08.74
<b>Final</b>			
1	Jenna Heath	Lithgow	59.60
2	Louise Hill	Mosman	1:01.07
3	Sara Marshall	Gosford	1:01.50
4	Monique Byers	Greystanes	1:01.92
5	Gloria Lee	Bankstown Sports	1:02.02
6	Abby Schmiedel	Tamworth	1:03.36
7	Madaleine Rushton	Cranebrook	1:04.18
8	Millie Milne	Grenfell	1:06.00

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**Girls U13 - 400 Metre Run**

**Heat 1 Heats**

1	Lauren Abberton	Forster/Tuncurry	1:00.13Q
2	Riana Drake	Albion Park	1:01.25Q
3	Regan Yerbury	Sutherland	1:02.34Q
4	Kristie Blair	Werrington	1:02.67q
5	Andrea Berrell	Wollongong City	1:02.98q
6	Natalie Waters	Armidale	1:03.11
7	Jordan Jamer	Cherrybrook	1:03.46
8	Linzi Flaherty	Gosford	1:06.75

**Heat 2 Heats**

1	Natasha Fountas	Randwick Botany	1:01.54Q
2	Amber Price	Holroyd	1:01.94Q
3	Haley Turner	Forster/Tuncurry	1:02.06Q
4	Emily Negus	Griffith	1:04.59
5	Rachel Horwood	North Rocks	1:05.54
6	Courtney Evans	Colyton St Clair	1:07.14
7	Hannah-Rose Stewar	Jamison	1:08.98

**Final**

1	Regan Yerbury	Sutherland	58.59
2	Natasha Fountas	Randwick Botany	59.66
3	Lauren Abberton	Forster/Tuncurry	59.72
4	Riana Drake	Albion Park	59.90
5	Andrea Berrell	Wollongong City	1:01.08
6	Haley Turner	Forster/Tuncurry	1:01.98
7	Amber Price	Holroyd	1:02.50
8	Kristie Blair	Werrington	1:03.30

**Girls U14 - 400 Metre Run**

**Heat 1 Heats**

1	Tahlia Hunter	Emu Plains	58.69Q
2	Maddie Pirie	Revesby Workers	59.80Q
3	Emilie Nelson	Manly Warringah	1:00.16Q
4	Tia O'Carroll	Macquarie Hunter	1:01.53q
5	Chelsea Mifsud	Kurrajong Bilpin	1:02.37
6	Summer Micallef	Wollongong City	1:02.77
7	Ellyssa Angelucci	Wollongong City	1:03.12
8	Alicia Kappler	Campbelltown Collegians	1:07.52

**Heat 2 Heats**

1	Nicola Keane	Sutherland	59.42Q
2	Tavleen Singh	Kurrajong Bilpin	1:00.14Q
3	Tori Groom	Manly Warringah	1:00.27Q
4	Josie Ernst	Maitland	1:01.56q
5	Grace Pears	Armidale	1:03.48
6	Naomi Polyzoidis	Wollongong City	1:05.11
7	Sarah McDonald	Bankstown Sports	1:06.72

**Final**

1	Tahlia Hunter	Emu Plains	57.73
2	Nicola Keane	Sutherland	57.88
3	Maddie Pirie	Revesby Workers	58.39
4	Tori Groom	Manly Warringah	59.59

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5	Emilie Nelson	Manly Warringah	1:00.30
6	Tavleen Singh	Kurrajong Bilpin	1:00.57
7	Tia O'Carroll	Macquarie Hunter	1:00.90
8	Josie Ernst	Maitland	1:01.26

## Girls U15 - 400 Metre Run

### Heat 1 Heats

1	Savannah Walker	Stuarts Point	57.71Q
2	Karlie Chambers	Wollongong City	58.36Q
3	Daniella Lamas	Holroyd	1:00.04Q
4	Sarah Bright	Hills District	1:00.23q
5	Tahlia Patterson	Port Hacking	1:00.91
6	Rachel Attenboroug	Hornsby	1:01.81
7	Danika Messina	Kurrajong Bilpin	1:03.45

### Heat 2 Heats

1	Jacarna Fenton	Kurri Kurri	58.08Q
2	Emily Coppins	Thornton	58.79Q
3	Tara Vance	Ryde	59.88Q
4	Tegan Richards	Wollongong City	1:00.61q
5	Kate Butcherine	Orange	1:01.08
6	Sarah Long	South Eastern	1:04.77
7	Lauren Pearson	Cranebrook	1:07.35

### Final

1	Karlie Chambers	Wollongong City	56.04
2	Savannah Walker	Stuarts Point	57.28
3	Emily Coppins	Thornton	57.35
4	Jacarna Fenton	Kurri Kurri	57.47
5	Tara Vance	Ryde	58.90
6	Sarah Bright	Hills District	59.23
7	Daniella Lamas	Holroyd	1:00.02

## Girls U17 - 400 Metre Run

### Heat 1 Heats

1	Elle-Maree Farrington	Northern Suburbs	58.65Q
2	Kristy Price	Wallsend RSL	1:00.07Q
3	Georgia Halvorsen	Macquarie Hunter	1:01.61Q
4	Karina Bangel	Kurrajong Bilpin	1:02.38q
5	Jessica Coates	Smithfield	1:02.98q
6	Hannah Monty	Hills District	1:05.06
7	Teila Bruce	Shoalhaven	1:05.69

### Heat 2 Heats

1	Jo Dawson	Kurrajong Bilpin	1:00.65Q
2	Gabrielle Hurst	Leeton	1:01.21Q
3	Kirsty Honey	Albion Park	1:01.81Q
4	Milly Collison	Cherrybrook	1:03.56
5	Gabriela Glassock	Bankstown Sports	1:04.28
6	Loradana Brajkovic	Randwick Botany	1:05.03
7	Kirrilea Shannon	Doonside	1:07.32

### Final

1	Elle-Maree Farrington	Northern Suburbs	58.52
2	Kristy Price	Wallsend RSL	58.62
3	Kirsty Honey	Albion Park	59.69

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4	Gabrielle Hurst	Leeton	59.89
5	Jo Dawson	Kurrajong Bilpin	1:00.26
6	Georgia Halvorsen	Macquarie Hunter	1:01.34
7	Jessica Coates	Smithfield	1:03.53

**Girls U9 - 800 Metre Run**

1	Catherine Miller	Ku-Ring-Gai	2:42.50
2	Sinead Austwick	Albion Park	2:42.90
3	N'Dea Rumble	Armidale	2:43.20
4	Rylee Towell	Revesby Workers	2:44.40
5	Madeline Eaton	Wollongong City	2:51.60
6	Kobe Dymock	Randwick Botany	2:51.80
7	Mikayla Mestousis	Ryde	2:52.20
8	Zoe Latham	Ryde	2:52.60
9	April Sweeney	Holroyd	2:53.30
10	Ellen Kriedemann	Eastern Suburbs	2:54.30
11	Soraya Usher	Katoomba	2:56.40
12	Jordyn Snape	Liverpool City	2:57.50
13	Sianna Steele	Jamison	3:02.80
14	Kelsey Winchester	Maitland	3:03.30
15	Shayla Szakacs	Albion Park	3:09.10
16	Georgia Genders	Port Macquarie	3:16.50

**Girls U10 - 800 Metre Run**

1	Chloe Walters	Macquarie Hunter	2:32.22
2	Tiarna Mason	Randwick Botany	2:34.91
3	Ella Harris	Kiama	2:39.25
4	Katrina Lamas	Holroyd	2:40.64
5	Lauren Moore	Port Stephens	2:40.94
6	Sally Walters	Macquarie Hunter	2:43.18
7	Melissa Fitzsimmon	Ku-Ring-Gai	2:43.53
8	Summar Richardson	Nepean	2:43.87
9	Gabby Mastroianni	Manly Warringah	2:45.02
10	Melanie Kirk	Jamison	2:45.13
11	Raukura Doyle	Northern Suburbs	2:47.59
12	Janita San-L Faoag	Campbelltown Collegians	2:48.12
13	Briony Norton	Fairfield City	2:48.80
14	Jemima McCalman	Orange	2:49.47
15	Sarah Luxford	Springwood	2:49.53
16	Breanna Payne	Albion Park	2:51.92

**Girls U11 - 800 Metre Run**

1	Samantha King	South Eastern	2:28.54
2	Beatrice Collard	Doonside	2:30.36
3	Alice Arnott	Quirindi	2:31.75
4	Brooke Coggins	Wyong	2:35.02
5	Mauhgan Wellham	Wallsend RSL	2:35.16
6	Susie Seitaridis	Lake Illawarra	2:35.99
7	Mikayla Martin	Tuggerah Lakes M	2:39.34
8	Lauren Donnellan	Campbelltown Collegians	2:39.87
9	Madison Gleeson-Ro	Emu Plains	2:41.58

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10	Brittany Constable	Wollongong City	2:41.61
11	Georgina Adams	Bathurst	2:44.88
12	Alisha Romaniuk	Kurri Kurri	2:45.66
13	Skye Bennett	Blacktown	2:46.63
14	Eliza Woods	South Eastern	2:46.73
15	Katlynn Coglán	Sutherland	2:56.33

**Girls U12 - 800 Metre Run**

1	Louise Hill	Mosman	2:22.34
2	Jessica Hull	Albion Park	2:22.72
3	Alina Tape	Stuarts Point	2:23.84
4	Morgan Kitchener	Camden	2:25.81
5	Monique Byers	Greystanes	2:27.78
6	Alex McCloughlan	Macquarie Hunter	2:27.92
7	Bethany Croft	Hornsby	2:28.37
8	Sarah Marvin	Winston Hills	2:29.68
9	Gloria Lee	Bankstown Sports	2:30.53
10	Jemima Herig-Parso	Glenbrook	2:32.02
11	Kristin Kalemusic	Emu Plains	2:33.56
12	Katie Mitton	Grenfell	2:33.90
13	Madaleine Rushton	Cranebrook	2:34.35
14	Tenielle Stubbs	Woolgoolga	2:35.41
15	Abby Tozer	Tumut District	2:37.22

**Girls U13 - 800 Metre Run**

1	Natasha Fountas	Randwick Botany	2:19.70
2	Haley Turner	Forster/Tuncurry	2:24.31
3	Lauren Abberton	Forster/Tuncurry	2:24.95
4	Emily Rohr	Port Hacking	2:25.24
5	Annaliese Barton	Greystanes	2:28.05
6	Courtney Evans	Colyton St Clair	2:29.73
7	Carolena Kostas	St George	2:30.10
8	Natalie Waters	Armidale	2:30.17
9	Erin Blundell	Cherrybrook	2:30.48
10	Stephanie Kalemusi	Emu Plains	2:30.60
11	Caitlin Brown	Northern Illawarra	2:30.71
12	Olivia Kelleher	Manly Warringah	2:30.92
13	Emily Michell	Hills District	2:31.44
14	Madeline Martinosk	Wollongong City	2:45.95

**Girls U14 - 800 Metre Run**

1	Jessica Durand	Illawong	2:16.67
2	Anna Laman	Campbelltown Collegians	2:16.83
3	Kate Spencer	Ku-Ring-Gai	2:22.44
4	Olivia Leonard	Maitland	2:22.79
5	Tayla Stark	Illawong	2:25.67
6	Josie Ernst	Maitland	2:25.72
7	Amity Delaney	Manly Warringah	2:25.92
8	Olivia Lavalley	Wollongong City	2:26.92
9	Tia O'Carroll	Macquarie Hunter	2:29.66
10	Andre Jewell	Mudgee	2:34.51

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11	Naomi Richardson	Kurrajong Bilpin	2:35.23
12	Ellyssa Angelucci	Wollongong City	2:35.95

**Girls U15 - 800 Metre Run**

1	Jenny Blundell	Cherrybrook	2:13.16
2	Karlie Chambers	Wollongong City	2:15.62
3	Siobhan Deam	Sawtell-Toormina	2:16.08
4	Eliza Barton	Greystanes	2:17.66
5	Tahlia Patterson	Port Hacking	2:17.67
6	Sarah Bright	Hills District	2:18.60
7	Claire Burnett	Dapto	2:19.50
8	Felicity Bright	Hills District	2:20.96
9	Hannah Wrigley	Port Hacking	2:24.00
10	Ashleigh Garbellin	Armidale	2:24.25
11	Chloe Hackett	Grafton	2:24.73
12	Georgia Dawson	Kurrajong Bilpin	2:26.54
13	Daniella Lamas	Holroyd	2:30.17

**Girls U17 - 800 Metre Run**

1	Tia Brady	Macquarie Hunter	2:18.54
2	Lauren Parsons	Sutherland	2:21.84
3	Gabrielle Hurst	Leeton	2:22.12
4	Laura Serwa	Revesby Workers	2:26.00
5	Kristy Price	Wallsend RSL	2:28.13
6	Georgia Edis	Northern Suburbs	2:28.68
7	Natalie Sharp	Lithgow	2:29.61
8	Amanda Marks	Bathurst	2:30.99
9	Rachel Dredge	Tuggerah Lakes M	2:34.69
10	Lara Pilton	Rutherford	2:37.55
11	Teila Bruce	Shoalhaven	2:41.14
12	Madeline Jones	Bankstown Sports	2:51.28
13	Gemma Hurst	Blacktown	2:55.87

**Girls U10 - 1500 Metre Run**

1	Chloe Walters	Macquarie Hunter	5:09.35
2	Tiarna Mason	Randwick Botany	5:13.19
3	Katrina Lamas	Holroyd	5:21.09
4	Lauren Moore	Port Stephens	5:24.89
5	Sophie Saunders	Quirindi	5:32.80
6	Summar Richardson	Nepean	5:35.25
7	Maya Leverett	North Rocks	5:37.52
8	Ella Harris	Kiama	5:38.08
9	Sarah Luxford	Springwood	5:40.04
10	Gabby Mastroianni	Manly Warringah	5:40.29
11	Jemima McCalman	Orange	5:44.57
12	Janita San-L Faoag	Campbelltown Collegians	5:47.79
13	Caitlin Vreeswyk	Doonside	5:48.77
14	Olivia Whiting	Ku-Ring-Gai	5:56.28
15	Gabriella Fagan	Eastern Suburbs	5:57.19
16	Mallory English	Wollongong City	6:13.98

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**Girls U11 - 1500 Metre Run**

1	Samantha King	South Eastern	5:01.06
2	Beatrice Collard	Doonside	5:07.40
3	Brooke Coggins	Wyong	5:14.33
4	Madison Gleeson-Ro	Emu Plains	5:17.75
5	Mauhgan Wellham	Wallsend RSL	5:19.60
6	Mikayla Martin	Tuggerah Lakes M	5:20.23
7	Lauren Donnellan	Campbelltown Collegians	5:24.03
8	Emma Priestley	Adamstown	5:28.07
9	Kelsey Grimmond	Nyngan	5:28.68
10	Maddi Finch	Greystanes	5:28.71
11	Georgina Adams	Bathurst	5:38.99
12	Katlynn Cogan	Sutherland	5:39.58
13	Charlotte Lambert	Rutherford	5:41.26
14	Ashleigh Giddings	Wellington	6:03.63

**Girls U12 - 1500 Metre Run**

1	Jessica Hull	Albion Park	4:50.19
2	Bethany Croft	Hornsby	4:54.88
3	Sarah Marvin	Winston Hills	4:57.24
4	Morgan Kitchener	Camden	4:58.17
5	Alex McCloughlan	Macquarie Hunter	5:08.27
6	Tenielle Stubbs	Woolgoolga	5:10.48
7	Jemima Herig-Parso	Glenbrook	5:13.37
8	Elise Hay	Armidale	5:14.16
9	Dee Ridge	Campbelltown Collegians	5:14.42
10	Katie Mitton	Grenfell	5:21.54
11	Julia Laman	Campbelltown Collegians	5:25.65
12	Jasmine Dighton	Glenbrook	5:29.83
13	Paige Dunn	Dubbo	5:38.04
14	Jemma Wotton	Kurrajong Bilpin	5:40.94

**Girls U13 - 1500 Metre Run**

1	Natasha Fountas	Randwick Botany	4:55.88
2	Emily Rohr	Port Hacking	5:00.66
3	Andrea Lamas	Holroyd	5:02.27
4	Caitlin Brown	Northern Illawarra	5:04.45
5	Emily Michell	Hills District	5:05.62
6	Carolena Kostas	St George	5:15.91
7	Samantha Moore	Port Stephens	5:18.04
8	Jaimie Donovan	Ku-Ring-Gai	5:23.76
9	Linzi Flaherty	Gosford	5:24.25
10	Casey Hunter	Lithgow	5:28.59
11	Kirra Nean	Woodberry & Dist	5:28.69
12	Nicole Adamson	Blacktown	5:29.97
13	Arkie Cupitt	Wollongong City	5:45.57
14	Ashleigh Carter	Albion Park	5:57.48

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**Girls U14 - 1500 Metre Run**

1	Jessica Durand	Illawong	4:41.52
2	Anna Laman	Campbelltown Collegians	4:41.61
3	Caitlin Delaney	Tuggerah Lakes M	4:47.90
4	Emma McKinney	Randwick Botany	4:50.58
5	Kate Spencer	Ku-Ring-Gai	4:51.65
6	Olivia Leonard	Maitland	4:52.58
7	Amity Delaney	Manly Warringah	4:57.87
8	Renae Beutel	Lithgow	5:01.60
9	Morgan Moloney	Springwood	5:01.93
10	Olivia Lavallo	Wollongong City	5:05.39
11	Tori Jones	Shoalhaven	5:09.92
12	Jessie Stafford	Kurrajong Bilpin	5:12.67
13	Jemma Chambers	Wollongong City	5:18.87

**Girls U15 - 1500 Metre Run**

1	Eliza Barton	Greystanes	4:50.73
2	Else Gallen	Riverstone	4:51.20
3	Chloe Hackett	Grafton	4:51.73
4	Siobhan Deam	Sawtell-Toormina	4:52.86
5	Sarah Bright	Hills District	4:57.23
6	Claire Burnett	Dapto	5:00.13
7	Hannah Wrigley	Port Hacking	5:05.66
8	Ashleigh Benham	Illawong	5:05.98
9	Rachel Attenboroug	Hornsby	5:08.63
10	Katie Robinson	Kiama	5:14.59
11	Stephanie Ambrose	Bankstown Sports	5:17.13
12	Georgia Dawson	Kurrajong Bilpin	5:25.44

**Girls U17 - 1500 Metre Run**

1	Lauren Parsons	Sutherland	4:49.14
2	Laura Serwa	Revesby Workers	4:58.61
3	Lara Pilton	Rutherford	5:06.31
4	Louise Marvin	Winston Hills	5:10.04
5	Natalie Sharp	Lithgow	5:11.16
6	Audrey-Ayelia Hall	Sutherland	5:15.38
7	Gabrielle Hurst	Leeton	5:16.94
8	Rachel Dredge	Tuggerah Lakes M	5:27.71
9	Teila Bruce	Shoalhaven	5:33.51
10	Kimberley Price	Cherrybrook	5:36.77
11	Clare Williams	Cardiff	5:39.08
12	Shelby O'Carroll	Macquarie Hunter	5:48.18
13	Madeline Jones	Bankstown Sports	5:58.69
14	Elise Blunden	Kurrajong Bilpin	6:07.13
15	Gemma Hurst	Blacktown	6:25.91

**Girls U13 - 3000 Metre Run**

1	Stephanie Kalemusi	Emu Plains	10:54.38
2	Andrea Lamas	Holroyd	11:01.59
3	Emily Michell	Hills District	11:12.19

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4	Caitlin Brown	Northern Illawarra	11:21.10
5	Corinne Gard	Hills District	11:35.85
6	Samantha Martin	Randwick Botany	11:51.42
7	Jessica Vernon	Springwood	12:01.02
8	Nicole Adamson	Blacktown	12:10.84
9	Samantha Moore	Port Stephens	12:22.67
10	Tayla Merrick	Camden	12:32.26
11	Abby Brown	Riverstone	12:39.82
12	Kimberly Williams	Adamstown	12:42.35
13	Whitney Noone	Lake Illawarra	12:44.32
14	Arkie Cupitt	Wollongong City	12:52.65

### Girls U14 - 3000 Metre Run

1	Anna Laman	Campbelltown Collegians	10:04.89	<b>RECORD – Hand held record of 10:04.5min</b>
2	Jessica Durand	Illawong	10:15.25	
3	Emma McKinney	Randwick Botany	10:38.01	
4	Morgan Moloney	Springwood	10:43.66	
5	Caitlin Delaney	Tuggerah Lakes M	10:47.64	
6	Kate Spencer	Ku-Ring-Gai	10:54.17	
7	Amity Delaney	Manly Warringah	10:57.61	
8	Tori Jones	Shoalhaven	11:34.35	
9	Roslyn Mangulabnan	Doonside	12:24.86	
10	Liesl Gray	Orange	13:24.45	

### Girls U15 - 3000 Metre Run

1	Elese Gallen	Riverstone	10:33.98
2	Chloe Hackett	Grafton	10:45.72
3	Sarah Carli	Wollongong City	10:58.44
4	Felicity Bright	Hills District	11:01.77
5	Brittany Annear	Tuggerah Lakes M	11:07.66
6	Ashleigh Benham	Illawong	11:09.62
7	Hannah Wrigley	Port Hacking	11:14.26
8	Stephanie Ambrose	Bankstown Sports	11:50.61
9	Katie Robinson	Kiama	11:54.42
10	Jessica Tuohy	Randwick Botany	13:14.75
11	Holly Ratajec	Mt Pritchard	13:24.87
12	Brittany Rundle	Macquarie Hunter	14:53.43
13	Casey Griffiths	Mt Druitt	15:46.60

### Girls U17 - 3000 Metre Run

1	Lauren Parsons	Sutherland	10:41.11
2	Laura Serwa	Revesby Workers	10:59.53
3	Louise Marvin	Winston Hills	11:13.61
4	Audrey-Ayelia Hall	Sutherland	11:15.56
5	Shelby O'Carroll	Macquarie Hunter	11:56.91
6	Amy Woods	Dapto	12:11.99
7	Clare Williams	Cardiff	12:55.44
8	Hayley Wright	Mt Druitt	13:40.42
9	Elise Blunden	Kurrajong Bilpin	13:51.30

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**Girls U9 - 60 Metre Hurdles**

**Heat 1 Heats**

1	Chyna Tavai-Williams	Bankstown Sports	10.51Q
2	Georgia McEwan	Lake Illawarra	10.75Q
3	Eliza Trevena	Holroyd	11.01Q
4	Lauren Mapusua	Randwick Botany	11.05q
5	Amelia Latunin	Hunter	11.17
6	Casey O'Sullivan	Werrington	11.31
7	Steph Pryer	Kurri Kurri	11.41

**Heat 2 Heats**

1	Kristie Edwards	Manly Warringah	10.37Q
2	Tiana Jaber	Kings Langley	10.56Q
3	Tara Campbell	Doonside	10.75Q
4	Bernice De Jager	Macquarie Hunter	10.96q
5	Chloe Button	Shoalhaven	11.53
6	Majayda Darcy	Dubbo RSL	11.62
7	Kaitlin Leyland	Glenbrook	12.40

**Final**

1	Chyna Tavai-Williams	Bankstown Sports	10.28
2	Kristie Edwards	Manly Warringah	10.39
3	Tara Campbell	Doonside	10.49
4	Bernice De Jager	Macquarie Hunter	10.54
5	Georgia McEwan	Lake Illawarra	10.56
6	Tiana Jaber	Kings Langley	10.58
7	Eliza Trevena	Holroyd	10.73
8	Lauren Mapusua	Randwick Botany	11.05

**Girls U10 - 60 Metre Hurdles**

**Heat 1 Heats**

1	Shenais Moss	Revesby Workers	10.60Q
2	Jasmine Fountas	Randwick Botany	10.64Q
3	Lyndal Schnabel	Sutherland	10.75Q
4	Chelsea Loughrey	Parramatta	10.96q
5	Rebecca Pollard	Wollongong City	11.27
6	Jessica Potts	Macquarie Hunter	11.38
7	Mary Jones	Springwood	11.94
8	Ruby Smith	Wallsend RSL	12.04

**Heat 2 Heats**

1	Stevie Donougher	Port Hacking	10.50Q
2	Laycee Covington-G	Bathurst	10.76Q
3	Sarah Healey	Ku-Ring-Gai	10.83Q
4	Ellie Monk	Northern Suburbs	11.00q
5	Emma Sue Greentree	Southlakes	11.27
6	Ella Harris	Kiama	11.32
7	Sina Ngalu	Mt Pritchard	12.40
8	Naomi Zammit	Nepean	12.55

**Final**

1	Jasmine Fountas	Randwick Botany	10.24
2	Shenais Moss	Revesby Workers	10.26
3	Stevie Donougher	Port Hacking	10.65
4	Sarah Healey	Ku-Ring-Gai	10.87
5	Lyndal Schnabel	Sutherland	10.94

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6	Ellie Monk	Northern Suburbs	11.09
7	Laycee Covington-G	Bathurst	11.47
8	Chelsea Loughrey	Parramatta	11.76

## Girls U11 - 60 Metre Hurdles

### Heat 1 Heats

1	Madeleine Jones	Hornsby	9.92Q
2	Rachel Pace	Riverstone	9.92Q
3	Carla Takchi	Cherrybrook	10.01Q
4	Susie Seitaridis	Lake Illawarra	10.14q
5	Breanna Franks	Raymond Terrace	10.26q
6	Grace Weir	Macquarie Hunter	10.91
7	Chloe Neilly	Jamison	10.91
8	Alice Arnott	Quirindi	11.22

### Heat 2 Heats

1	Charly-Rose Dunne	Eastern Suburbs	9.88Q
2	Emma McGuigan	Randwick Botany	10.24Q
3	Molly Blakey	South Eastern	10.27Q
4	Melanie Ruse	Jamison	10.52
5	Rachel Tomlins	Sutherland	10.53
6	Dominique Ivanov	Lake Illawarra	10.61
7	Christina Ribeiro	Doonside	10.97
8	Alexandra Lavalle	Wollongong City	11.04

### Final

1	Carla Takchi	Cherrybrook	9.81
2	Rachel Pace	Riverstone	9.93
3	Madeleine Jones	Hornsby	10.11
4	Molly Blakey	South Eastern	10.12
5	Susie Seitaridis	Lake Illawarra	10.13
6	Charly-Rose Dunne	Eastern Suburbs	10.14
7	Emma McGuigan	Randwick Botany	10.28
8	Breanna Franks	Raymond Terrace	14.09

## Girls U12 - 60 Metre Hurdles

### Heat 1 Heats

1	Samantha Geddes	Port Hacking	9.74Q
2	Caitlin Silk	Young and District	9.99Q
3	Courtney Young	Randwick Botany	10.09Q
4	Kiara Kovacs	Doonside	10.55q
5	Alysha Burnett	Northern Districts	10.60
6	Chaquemia Davis	Wollongong City	10.65
7	Bree Watters-Campb	Woolgoolga	10.88
8	Akua Frimpong	Blacktown	12.67

### Heat 2 Heats

1	Katrina Hunt	Northern Suburbs	10.01Q
2	Courtney Boyle	Ku-Ring-Gai	10.32Q
3	Sophie Howard	Wagga Wagga	10.41Q
4	Lillie Moye	Sawtell-Toormina	10.52q
5	Rachael Brown	Port Hacking	10.56
6	Alicia Blackett	Kurrajong Bilpin	10.57
7	Constance Kikitis	Bankstown Sports	10.70

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8	Jemma House	Kurri Kurri	11.23
<b>Final</b>			
1	Samantha Geddes	Port Hacking	9.58
2	Katrina Hunt	Northern Suburbs	10.02
3	Courtney Young	Randwick Botany	10.08
4	Lillie Moye	Sawtell-Toormina	10.48
5	Kiara Kovacs	Doonside	10.68
6	Courtney Boyle	Ku-Ring-Gai	10.97
7	Sophie Howard	Wagga Wagga	17.45
	Caitlin Silk	Young and District	DQ

## Girls U13 - 80 Metre Hurdles

### Heat 1 Heats

1	Brooke Giffen	Illawong	13.10Q
2	Joanne Kilititi	Doonside	13.49Q
3	Eliza Gazal	Eastern Suburbs	13.60Q
4	Lauren Harrison	Ku-Ring-Gai	14.00q
5	Rhiannon Hails	Northern Suburbs	14.09
6	Courtney Elliott	Winston Hills	14.27
7	Jessica Bloomfield	Port Macquarie	15.03

### Heat 2 Heats

1	Tiana Penitani	Eastern Suburbs	12.74Q
2	Toni Anderson	Sutherland	13.57Q
3	Lacey Bruce	Shoalhaven	13.82Q
4	Julia Scott	Tamworth	14.02q
5	Sarah Healy	Wollongong City	14.28
6	Isabella Francis	Katoomba	15.26
7	Tayla Smith	Kurrajong Bilpin	15.70
8	Charlotte Jasprizz	Orange	15.94

### Final

1	Tiana Penitani	Eastern Suburbs	12.65
2	Brooke Giffen	Illawong	12.97
3	Joanne Kilititi	Doonside	13.22
4	Toni Anderson	Sutherland	13.28
5	Lacey Bruce	Shoalhaven	13.39
6	Julia Scott	Tamworth	13.52
7	Eliza Gazal	Eastern Suburbs	13.55
8	Lauren Harrison	Ku-Ring-Gai	13.58

## Girls U14 - 80 Metre Hurdles

### Heat 1 Heats

1	Melissa Farrington	Northern Suburbs	12.72Q
2	Elizabeth Clay	Hornsby	13.00Q
3	Catherine Smith	Port Hacking	13.22Q
4	Naomi Polyzoidis	Wollongong City	13.32q
5	Jessica Winsper	Mudgee	13.44q
6	Corrina Moore	Kings Langley	13.64
7	Kaila Simms	Maitland	13.76
8	Tavleen Singh	Kurrajong Bilpin	13.78

### Heat 2 Heats

1	Ella Regan-Lacey	South Eastern	13.02Q
2	Paige Schafer	Jamison	13.37Q

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3	Paige Ussher-Kinne	Stuarts Point	13.48Q
4	Ashley Haynes	Port Hacking	13.78
5	Bridget Pearson	Wollongong City	13.83
6	Natalie Otten	Kurrajong Bilpin	13.94
7	Remi Banuelos	Eastern Suburbs	13.95
8	Alice Katen	Forster/Tuncurry	14.32
<b>Final</b>			
1	Melissa Farrington	Northern Suburbs	12.45
2	Elizabeth Clay	Hornsby	13.02
3	Paige Ussher-Kinne	Stuarts Point	13.11
4	Paige Schafer	Jamison	13.21
5	Catherine Smith	Port Hacking	13.31
6	Jessica Winsper	Mudgee	13.42
7	Naomi Polyzoidis	Wollongong City	13.51
8	Ella Regan-Lacey	South Eastern	14.81

## **Girls U15 - 90 Metre Hurdles**

### **Heat 1 Heats**

1	Courtney Cross	Hornsby	12.99Q
2	Kelly Spencer	Gosford	13.61Q
3	Rachel Shaw	Bowral	13.85Q
4	Kiara Fioravanti	Tiger Wests	14.03q
5	Bronwen Greenfield	Illawong	14.20
6	Kara Lorentzen	Wallsend RSL	14.30
7	Georgia Marshall	Penrith Valley	16.19

### **Heat 2 Heats**

1	Natalie Ferris	Gloucester	13.50Q
2	Sara Klein	Kurrajong Bilpin	13.87Q
3	Karra-Lee Nolan	Lake Illawarra	13.94Q
4	Natalie Murray	Canterbury	14.12q
5	Katie Healey	Ku-Ring-Gai	14.40
6	Alice Hewitt	Kiama	14.81
7	Zoe Heath	Lithgow	14.90
8	Cassandra Terranova	Raymond Terrace	17.70

### **Final**

1	Courtney Cross	Hornsby	13.02
2	Natalie Ferris	Gloucester	13.54
3	Kelly Spencer	Gosford	13.60
4	Karra-Lee Nolan	Lake Illawarra	13.76
5	Sara Klein	Kurrajong Bilpin	13.81
6	Kiara Fioravanti	Tiger Wests	13.90
7	Rachel Shaw	Bowral	14.01
8	Natalie Murray	Canterbury	14.11

## **Girls U17 - 100 Metre Hurdles**

### **Heat 1 Heats**

1	Jacqui Fry	Greystanes	14.04Q
2	Michelle Jenneke	Cherrybrook	14.25Q
3	Emma Cormack	Katoomba	15.97Q
4	Natasha Terranova	Raymond Terrace	17.26q
5	Jamayka Makings	Lismore	17.27

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6	Elizabeth Borg	Lake Illawarra	17.80
7	Ashlee Batten	Tuggerah Lakes M	19.68
8	Louann Teariki	Holroyd	20.64
<b>Heat 2 Heats</b>			
1	Talissa Scott	Kiama	15.13Q
2	Elana Withnall	Old Bar	15.55Q
3	Heather Addie	Warradale	16.75Q
4	Jessica Maxwell	Glenbrook	16.95q
5	Emily Thomson	Winston Hills	17.66
6	Prue Pearson	Port Hacking	20.10
7	Kylie Stephens	Sutherland	21.44
<b>Final</b>			
1	Jacqui Fry	Greystanes	14.09
2	Michelle Jenneke	Cherrybrook	14.17
3	Talissa Scott	Kiama	15.05
4	Elana Withnall	Old Bar	15.40
5	Emma Cormack	Katoomba	15.78
6	Heather Addie	Warradale	16.56
7	Jessica Maxwell	Glenbrook	16.71
8	Natasha Terranova	Raymond Terrace	17.80

**Girls U13 - 200 Metre Hurdles**

<b>Heat 1 Heats</b>			
1	Lacey Bruce	Shoalhaven	30.13Q
2	Courtney Elliott	Winston Hills	30.49Q
3	Jordan Jamer	Cherrybrook	30.67Q
4	Zoe Hodgekiss-Garg	Albion Park	31.18q
5	Jordan Parsonage	Randwick Botany	32.23
6	Maddie Campton	Kurri Kurri	32.31
7	Brooke Teague	Bankstown Sports	33.39
8	Elise Robins	Penrith Valley	33.59
<b>Heat 2 Heats</b>			
1	Toni Anderson	Sutherland	30.85Q
2	Amelia Leard	Lithgow	31.05Q
3	Julia Scott	Tamworth	31.44Q
4	Jessica Hough	Hills District	31.54q
5	Charlotte Jasprizz	Orange	31.73
6	Monique Sale	Port Hacking	32.13
7	Danica Bird	Jamison	33.39
<b>Final</b>			
1	Lacey Bruce	Shoalhaven	29.82
2	Courtney Elliott	Winston Hills	30.18
3	Toni Anderson	Sutherland	30.24
4	Jordan Jamer	Cherrybrook	30.42
5	Amelia Leard	Lithgow	30.91
6	Zoe Hodgekiss-Garg	Albion Park	30.97
7	Julia Scott	Tamworth	31.60
8	Jessica Hough	Hills District	31.93

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**Girls U14 - 200 Metre Hurdles**

**Heat 1 Heats**

1	Melissa Farrington	Northern Suburbs	28.60Q
2	Ella Regan-Lacey	South Eastern	29.87Q
3	Natalie Otten	Kurrajong Bilpin	30.67Q
4	Naomi Polyzoidis	Wollongong City	30.86q
5	Alison Abdullah	Illawong	31.13q
6	Kaila Simms	Maitland	31.63
7	Katie Oswald	Northern Districts	31.77
8	Romy Thompson	Glenbrook	31.87

**Heat 2 Heats**

1	Paige Ussher-Kinne	Stuarts Point	29.88Q
2	Elizabeth Clay	Hornsby	30.18Q
3	Kristi Taylor	Shoalhaven	30.75Q
4	Haley Crawford	Illawong	31.35
5	Paige Schafer	Jamison	31.36
6	Cassandra Bailey	Macquarie Hunter	31.40
7	Jessica Winsper	Mudgee	31.68

**Final**

1	Melissa Farrington	Northern Suburbs	28.21
2	Ella Regan-Lacey	South Eastern	29.17
3	Paige Ussher-Kinne	Stuarts Point	29.50
4	Elizabeth Clay	Hornsby	29.73
5	Kristi Taylor	Shoalhaven	29.87
6	Alison Abdullah	Illawong	30.42
7	Natalie Otten	Kurrajong Bilpin	30.55
8	Naomi Polyzoidis	Wollongong City	30.67

**Girls U15 - 200 Metre Hurdles**

**Heat 1 Heats**

1	Sara Klein	Kurrajong Bilpin	28.47Q
2	Natalie Ferris	Gloucester	28.57Q
3	Rachel Shaw	Bowral	28.86Q
4	Kelly Spencer	Gosford	28.92q
5	Courtney Cross	Hornsby	28.95q
6	Zoe Heath	Lithgow	30.13
7	Georgia Marshall	Penrith Valley	31.24

**Heat 2 Heats**

1	Sarah Carli	Wollongong City	29.07Q
2	Karra-Lee Nolan	Lake Illawarra	29.70Q
3	Bronwen Greenfield	Illawong	29.78Q
4	Stacey Roper	Northern Districts	29.98
5	Natalie Murray	Canterbury	30.28
6	Cassandra Terranov	Raymond Terrace	35.51

**Final**

1	Natalie Ferris	Gloucester	27.09
2	Kelly Spencer	Gosford	27.22
3	Courtney Cross	Hornsby	27.92
4	Sarah Carli	Wollongong City	28.07
5	Sara Klein	Kurrajong Bilpin	28.35
6	Rachel Shaw	Bowral	28.78
7	Karra-Lee Nolan	Lake Illawarra	29.21

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8 Bronwen Greenfield Illawong 29.29

## Girls U17 - 200 Metre Hurdles

### Heat 1 Heats

1	Michelle Jenneke	Cherrybrook	29.14Q
2	Candice Ockert	Holroyd	29.40Q
3	Jamayka Makings	Lismore	30.15Q
4	Tegan Alsford	Medowie	30.80
5	Rebecca Cartwright	Kurrajong Bilpin	31.14

### Heat 2 Heats

1	Elana Withnall	Old Bar	29.48Q
2	Heather Addie	Warradale	29.76Q
3	Gabriela Glassock	Bankstown Sports	29.87Q
4	Jo Dawson	Kurrajong Bilpin	29.88q
5	Georgia Edis	Northern Suburbs	30.46q
6	Sheridan Armstrong	Wellington	33.53

### Final

1	Michelle Jenneke	Cherrybrook	27.94
2	Candice Ockert	Holroyd	28.99
3	Heather Addie	Warradale	29.23
4	Jo Dawson	Kurrajong Bilpin	29.28
5	Elana Withnall	Old Bar	29.59
6	Jamayka Makings	Lismore	29.79
7	Georgia Edis	Northern Suburbs	29.96
8	Gabriela Glassock	Bankstown Sports	30.59

## Girls U9 - 700 Metre Walk

1	Abbey Dhu	Doonside	3:36.71
2	Raquel Roukos	Doonside	3:37.72
3	Lauren Moses	Manly Warringah	3:40.08
4	Natasha Jeffrey	Winston Hills	3:43.80
5	Ali Thomson	Hills District	3:45.72
6	Chloe Lavallo	Wollongong City	3:46.56
7	Brooke Ferguson	Kurrajong Bilpin	4:04.96
8	Rachel Burnett	Dapto	4:12.79
9	Jemma Antonios	Holroyd	4:13.51
10	Brittany Cairns	Eastern Suburbs	4:16.10
11	Lara McEwen	Port Hacking	4:17.15
12	Bree Knight	Sawtell-Toormina	4:17.19
13	Dominique Holland	Grenfell	4:17.30
14	Megan Wilkinson	Kurri Kurri	4:23.23
15	Amy Henry	Illawong	4:27.90
16	Olivia Riley	Lismore	4:45.09

## Girls U10 - 1100 Metre Walk

1	Jasmyn McDonald	Parramatta	5:30.93
2	Summar Richardson	Nepean	5:34.31
3	Lucinda Francis	Ku-Ring-Gai	5:35.30
4	Sophia Dickerson	Dubbo	5:37.98
5	Deyana Trikaliotis	Blacktown	5:52.82
6	Daniele Kalemusic	Emu Plains	5:55.59

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7	Jo-Beth Elias	Parramatta	6:00.33
8	Lucinda Paine	Wollongong City	6:02.11
9	Renee Elliot-Watso	Holroyd	6:05.45
10	Kaylah Willoughby	Randwick Botany	6:19.46
11	Kimberly Redzic	Campbelltown Collegians	6:25.03
12	Carly Metcalfe	Kurri Kurri	6:31.96
13	Tahneia Resch	Wallsend RSL	6:33.48
14	Mascey Willis	Campbelltown Collegians	6:52.12
15	Megan Burnett	Dapto	7:31.89
16	Sian Keating	Edgeworth	7:42.33

### Girls U11 - 1100 Metre Walk

1	Taryn McCaffrey	Nepean	5:29.81
2	Katrina Shaw	Doonside	5:35.77
3	Rhiannon Minett	Bankstown Sports	5:44.09
4	Elleni Poulos	Randwick Botany	6:04.29
5	Adriana Shina	Hills District	6:13.91
6	Tiarnna Jurd	Nepean	6:15.62
7	Sarah Kelland	Ryde	6:20.88
8	Jaimie-Lee Rios	St George	6:24.80
9	Amelia Schubert	Port Hacking	6:35.78
10	Cori Hardy	Ballina	6:53.82
11	India Jardim	Lake Illawarra	7:11.69
12	Ashleigh Stewart	Sawtell-Toormina	7:50.81
	Alicia Cooke	Manly Warringah	DQ
	Natalia Robson	Sawtell-Toormina	DQ
	Maddie Harvey	Dubbo	DQ
	Alexandra Lavalle	Wollongong City	DQ

### Girls U12 - 1500 Metre Walk

1	Tayla-Paige Billin	Manly Warringah	7:15.41
2	Jasmine Dighton	Glenbrook	7:34.00
3	Talisha Maruta	Colyton St Clair	7:44.22
4	Carla Elias	Parramatta	7:50.38
5	Caitlin Plummer	Ku-Ring-Gai	7:52.57
6	Ashleigh Resch	Wallsend RSL	8:14.32
7	Emma Grand	South Eastern	8:15.73
8	Darcy Brown	Lake Illawarra	8:19.97
9	Georgina Dickerson	Dubbo	8:24.24
10	Chloe Sheppard	Dapto	9:01.56
11	Isabella Sund	Eschol Park	9:08.24
	Bryony Beasley	Nepean	DQ
	Grace Birch	Macquarie Hunter	DQ
	Emily Shanahan	Camden	DQ

### Girls U13 - 1500 Metre Walk

1	Gabrielle Moseley	Illawong	7:38.44
2	Tabitha Porley	Kurrajong Bilpin	7:43.69
3	Amanda Barendregt	Doonside	8:01.00
4	Nicole Axford	Hills District	8:05.56
5	Jaimie Donovan	Ku-Ring-Gai	8:14.77

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6	Jorja Gow	Edgeworth	8:19.18
7	Emma Robson	Sawtell-Toormina	8:22.00
8	Bree Herrmann	Port Hacking	8:24.90
9	Lalovi Lealaiaulot	Colyton St Clair	8:48.07
10	Madison Riley	Lismore	9:12.39
11	Amy Faras	Lake Illawarra	9:51.28
12	Zoe Jiggins	Dapto	9:54.61
13	Arkie Cupitt	Wollongong City	10:01.41
	Rebecca Melville	Ku-Ring-Gai	DNF
	Samantha Martin	Randwick Botany	DQ
	Stephanie Andreou	Eschol Park	DQ

## Girls U14 - 1500 Metre Walk

1	Amy Bettiol	Manly Warringah	7:00.68
2	Kelsey Knight	Sawtell-Toormina	7:04.51
3	Shay Southern	Kurrajong Bilpin	7:20.55
4	Summer Micallef	Wollongong City	7:43.14
5	Hannah Denney	South Eastern	7:45.62
6	Louise Cuthbert	Girraween	7:53.94
7	Emily Warden	Shoalhaven	8:07.74
8	Liesl Gray	Orange	8:08.53
9	Stephanie Trikalio	Blacktown	8:25.59
10	Tiani Dederer	Kurri Kurri	8:27.21
11	Victoria Coppini	Nepean	8:30.45
12	Amy Legeret	Eschol Park	8:34.36
13	Alyssa Perrott	Girraween	8:59.21
	Isabella Shina	Hills District	DQ
	Jessica Thomas	Gosford	DQ
	Alex Munro	Independent	DQ

## Girls U15 - 1500 Metre Walk

1	Dimitra Psarianos	Bankstown Sports	7:05.35
2	Emma Bettiol	Manly Warringah	7:15.91
3	Kirsty Klein	Kurrajong Bilpin	7:23.19
4	Samantha Flood	Revesby Workers	7:36.87
5	Ebony Gralton	Emu Plains	7:44.72
6	Joanne Elias	Parramatta	8:11.25
7	Michelle Bowd	Penrith Valley	8:19.19
8	Natalie Ambrose	Bankstown Sports	8:22.35
9	Michelle Carli	Wollongong City	9:39.89
10	Claudia Osborne	Ingleburn RSL	9:56.19
11	Mardi Mulligan	Stockton	10:03.60
12	Danielle Butler	Gloucester	10:06.20
	Brittany Annear	Tuggerah Lakes M	DQ
	Shae Mansfield	Orange	DQ
	Rhiannah Neaves	Urunga	DQ

## Girls U17 - 1500 Metre Walk

1	Tori Maxwell	Stuarts Point	7:34.41
2	Kate Scott	Revesby Workers	7:36.62
3	Tegan Hope	Randwick Botany	7:44.74

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4	Jade Dighton	Glenbrook	7:47.30
5	Prue Pearson	Port Hacking	8:26.96
6	Danielle Jones	Medowie	8:28.52
7	Hayley Wright	Mt Druitt	8:58.93
8	Rachel Addy	Glenbrook	9:21.40
9	Bethany Crane	Hornsby	9:50.67
10	Ali Langbien	Dubbo RSL	10:59.88

### Girls U9-12 4x100 Metre Relay (Jnr)

1	Randwick Botany		56.94
	1) Lauren Mapusua	2) Jasmine Fountas	
	3) Emma McGuigan	4) Audrey Kyriacou	
2	Port Hacking		56.97
	1) Talia Munro	2) Samantha Geddes	
	3) J. Ilyett	4) Stevie Donougher	
3	Gosford		57.18
	1) Shayannae Wright	2) Sara Marshall	
	3) Emily Campbell	4) Georgia Lee	
4	Kings Langley		58.16
	1) Tiana Jaber	2) Reba Maxwell	
	3) Emma-Jane Missio	4) Ashlee Tait	
5	Albion Park		58.47
	1) Breanna Payne	2) Kristy Payne	
	3) Sinead Austwick	4) Chloe Docker	
6	Tamworth		58.78
	1) Jamie Blackler	2) Alexia Bednarczyk	
	3) Sofie Langenbaker	4) Abby Schmiedel	
7	Doonside		59.52
	1) Caitlin Vreeswyk	2) Shannon Willmott	
	3) Tara Campbell	4) Kiara Kovacs	
8	Jamison		1:00.47
	1) Jade Culey	2) Jade Grant	
	3) Melanie Kirk	4) Alison Ruse	

### Girls U13-17 4x100 Metre Relay (Snr)

1	Northern Suburbs		50.60
	1) Rhiannon Hails	2) Rubee King	
	3) Elle-Maree Farrington	4) Melissa Farrington	
2	Sutherland		50.61
	1) Regan Yerbury	2) Nicola Keane	
	3) Danielle Richardson	4) Ella Nelson	
3	Gosford		50.85
	1) Hannah Jones	2) Rhiannon Walsh	
	3) Kasey Tysoe	4) Renee Wardell	
4	Albion Park		51.36
	1) Skye Ryan	2) Kirsty Honey	
	3) Riana Drake	4) Taylor King	
5	Adamstown New Lambton		51.82
	1) Claudia Lloyd-Hensley	2) Laura Bonzo	
	3) Alexandra Holt	4) Grace Limond	
6	Kurrajong Bilpin		51.98

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1) Sara Klein	2) Karina Bangel
3) Tabitha Porley	4) Tavleen Singh
7 Campbelltown UWS Collegians	52.13
1) Emily Lucas	2) Emma Johnson
3) Alicia Kappler	4) Anna Laman

## Girls U9 - High Jump

1	Chyna Tavai-Williams	Bankstown Sports	1.31m	<b>RECORD</b>
2	Maria McCrohan	Western Suburbs	1.21m	
3	Soraya Usher	Katoomba	1.15m	
4	Briana Rafferty	Nepean	1.10m	
5	Reese Bacon	Ingleburn RSL	1.10m	
6	Heidi Standen	Wallsend RSL	1.10m	
7	Tabitha Lisciotto	Tallawong Park	1.10m	
8	Hannah Swinton	Ku-Ring-Gai	1.05m	
8	Zoe Latham	Ryde	1.05m	
10	Lily Cains	Thornton	1.05m	
11	Laura Beaumont	Raymond Terrace	1.05m	
12	Eloise Ashley-Coop	Finley	1.00m	
13	Emily Romero	Ingleburn RSL	1.00m	
14	Raquel Walters	Dubbo	0.90m	
	Alison Batley	Quakers Hill	NH	

## Girls U10 - High Jump

1	Marnie Clarkson	Western Suburbs	1.42m	<b>=RECORD</b>
2	Celeste Sulerzyski	Albion Park	1.37m	
3	Lyndal Schnabel	Sutherland	1.35m	
4	Brooke Salzmann	Illawong	1.35m	
5	Eve Thomas	Port Macquarie	1.31m	
6	Emma Sue Greentree	Southlakes	1.25m	
7	Georgie McGuinness	Westlakes	1.20m	
8	Kelsey Gray	Orange	1.20m	
9	Lilli Smith	Manly Warringah	1.20m	
10	Anastasia Plummer	Hawkesbury City	1.15m	
11	Tully Brown	St George	1.15m	
12	Samadhi Wilton	Katoomba	1.10m	
13	Sarah Brown	Kurrajong Bilpin	1.10m	
13	Cameron Totaro	Ryde	1.10m	
15	Jade Cowgill	Kiama	1.05m	
15	Samantha Millerd	Tallawong Park	1.05m	

## Girls U11 - High Jump

1	Katrina Shaw	Doonside	1.46m	
2	Madeleine Jones	Hornsby	1.44m	
3	Lara Newey	Cherrybrook	1.40m	
4	Lucy Marron	Shoalhaven	1.40m	
5	Brooke Emerson	Randwick Botany	1.35m	
6	Olivia Harris	Lake Illawarra	1.35m	
6	Breanna Franks	Raymond Terrace	1.35m	
8	Emily Gain	Eastlakes	1.30m	
8	Kirsty Lucas	Koorringal Wagga	1.30m	

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8	Ruby McIntyre	Macquarie Hunter	1.30m
11	Madison Gleeson-Ro	Emu Plains	1.30m
11	Nina Osada-Phornsi	Ryde	1.30m
13	Cristina Zappia	Canterbury	1.30m
14	Lauren Russell	Kurrajong Bilpin	1.30m
15	Ruby Carroll	Douglas Park	1.25m
16	Bridget Holloway	South Eastern	1.25m

**Girls U12 - High Jump**

1	Larni Cowgill	Kiama	1.56m
2	Alysha Burnett	Northern Districts	1.52m
3	Charbella Nandan	Bankstown Sports	1.50m
4	Mercy Agbeze	Gosford	1.45m
5	Keily Dober	Manly Warringah	1.45m
6	Lucy Jaeger	Gunnedah	1.45m
7	Jordan Douglas	Young and District	1.45m
8	Erin Chard	Kiama	1.40m
8	Jaiden Walker	Stuarts Point	1.40m
10	Shannon Stephens	Sutherland	1.40m
11	Madison Mooney	Revesby Workers	1.35m
12	Bridget O'Connell	Randwick Botany	1.35m
12	Talisha Maruta	Colyton St Clair	1.35m
14	Keely Oehm	Kurrajong Bilpin	1.35m
15	Rhiannon Moran	Walcha	1.30m
16	Taylor Bryant	Colyton St Clair	1.30m

**Girls U13 - High Jump**

1	Becky Clark	Cherrybrook	1.61m
2	Toni Anderson	Sutherland	1.59m
3	Julia Scott	Tamworth	1.57m
4	Rowenn Turvey	Albion Park	1.50m
4	Nirvana Makings	Lismore	1.50m
6	Sarah Watts	Hills District	1.50m
7	Sachi Kayama	Ryde	1.50m
8	Molly Dugan	Northern Illawarra	1.45m
8	Amelia Leard	Lithgow	1.45m
8	Georgie Hatch	Eastern Suburbs	1.45m
11	Haani McInerney	Ingleburn RSL	1.35m
11	Samantha Kerr	Lismore	1.35m
13	Danica Bird	Jamison	1.35m
13	Tori Wilton	Cowra	1.35m
15	Clare Woods	Revesby Workers	1.30m
16	Lauren Simmons	Liverpool City	1.25m

**Girls U14 - High Jump**

1	Aleksandra Punosev	Green Valley	1.65m
1	Madeleine Bird	Tuggerah Lakes M	1.65m
3	Julia O'Shea	Bathurst	1.65m
4	Amanda Kerr	Lismore	1.65m
5	Gabrielle Ralphs	Hills District	1.60m
5	Josie Nichol	Balmain	1.60m

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7	Philippa Williams	Cherrybrook	1.60m
8	Nicole Gusman	Sawtell-Toormina	1.60m
9	Yasmin Akauola	Northern Illawarra	1.55m
10	Matilda Werner	Port Hacking	1.55m
11	Kiri Farmer	Illawong	1.50m
11	Taylor Cason	Penrith Valley	1.50m
13	Tamika Bostock	Lithgow	1.50m
14	Maddie Pirie	Revesby Workers	1.45m
14	Cassandra Bailey	Macquarie Hunter	1.45m
16	Stephanie Moore	Cowra	1.45m

**Girls U15 - High Jump**

1	Emily Crutcher	Grenfell	1.71m
2	Taylor King	Albion Park	1.69m
3	Sara Klein	Kurrajong Bilpin	1.59m
4	Bronwen Greenfield	Illawong	1.59m
5	Jessica Mitchell	Parramatta	1.59m
6	Carole Worboys	Bankstown Sports	1.50m
6	Alinta Williams	Ingleburn RSL	1.50m
6	Charlotte Hepworth	Manly Warringah	1.50m
9	Courtney Steele	Quirindi	1.50m
9	Nicole Barden	Manly Warringah	1.50m
11	Taleigha Gillin	Nambucca District	1.50m
11	Kate Caccamo	St George	1.50m
13	Jessica Tomassini	Wollongong City	1.45m
14	Krista Hackenberg	Colyton St Clair	1.45m
15	Katie Axelsen	Armidale	1.40m

**Girls U17 - High Jump**

1	Candice Ockert	Holroyd	1.58m
2	Tamika Wilson	Medowie	1.58m
3	Eloise Cook	Parramatta	1.52m
4	Priyanthi Pathiran	Hornsby	1.45m
5	Erin Keating	Edgeworth	1.45m
6	Sarah Riggs	Port Hacking	1.45m
7	Erica McCarthy	Parramatta	1.45m
8	Ashley Brown	Penrith Valley	1.45m
9	Nicola Hutton	Eschol Park	1.40m
10	Emily Reichler	St Georges Basin	1.35m

**Girls U9 - Long Jump**

1	Eliza Trevena	Holroyd	4.07m
2	Sarah Playford	Northern Districts	3.77m
3	Tara Campbell	Doonside	3.73m
4	Chyna Tavai-Willia	Bankstown Sports	3.71m
5	Jamie Blackler	Tamworth	3.67m
6	Sarah Johnston	Albion Park	3.61m
7	Sina Wildraut	Illawong	3.57m
8	Casey O'Sullivan	Werrington	3.55m
9	Kiara Richardson	Lismore	3.45m
10	Ella Johns	Bathurst	3.41m

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11	Georgia McEwan	Lake Illawarra	3.40m
12	Tiana Jaber	Kings Langley	3.36m
13	Angela Priftis	Randwick Botany	3.36m
14	Georgia Little	Maitland	3.28m
15	Rachel Vaughan	Winston Hills	3.13m
16	Jade Culey	Jamison	3.09m

## **Girls U10 - Long Jump**

1	Ruby Smith	Wallsend RSL	4.28m
2	Stevie Donougher	Port Hacking	4.17m
3	Brooke Salzmann	Illawong	4.05m
4	Lyndal Schnabel	Sutherland	4.05m
5	Sarah Healey	Ku-Ring-Gai	4.02m
6	Emma Sue Greentree	Southlakes	4.02m
7	Emily Matthews	Bathurst	4.01m
8	Tyler Sparks	Quakers Hill	3.97m
9	Celeste Sulerzyski	Albion Park	3.78m
10	Olivia Creswick	Greystanes	3.68m
11	Adrienne Baxter	Nepean	3.68m
12	Georgia Lee	Gosford	3.62m
13	Hannah Morson	Camden Haven	3.50m
14	Keisha Allen	Springwood	3.42m
15	Deyana Trikaliotis	Blacktown	3.38m
16	Melanie Oswald	Dapto	3.27m

## **Girls U11 - Long Jump**

1	Madeleine Jones	Hornsby	4.54m
2	Chloe Docker	Albion Park	4.53m
3	Sherryn Micallef	Wollongong City	4.44m
4	Rachel Pace	Riverstone	4.42m
5	Katie Smee	Raymond Terrace	4.28m
6	Christine Wang	Northern Suburbs	4.22m
7	Lauren Provost	Jamison	4.18m
8	Melanie Ruse	Jamison	4.04m
9	Abbey Gillam	Campbelltown Collegians	4.01m
10	Breanna Franks	Raymond Terrace	3.98m
11	Rachel Tomlins	Sutherland	3.93m
12	Gabrielle Bootes	Campbelltown Collegians	3.81m
13	Monique Sawarsin	Sawtell-Toormina	3.80m
14	Faith Estil	Girraween	3.79m
15	Christina Ribeiro	Doonside	3.58m
16	Brigette Jasprizza	Orange	3.52m

## **Girls U12 - Long Jump**

1	Sara Marshall	Gosford	5.08m
2	Katrina Hunt	Northern Suburbs	4.91m
3	Phoebe Deskovic	Cherrybrook	4.89m
4	Audrey Kyriacou	Randwick Botany	4.83m
5	Courtney Anderson	Port Macquarie	4.80m
6	Samantha Geddes	Port Hacking	4.67m
7	Emily Mulcahy	Port Stephens	4.56m

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8	Akua Frimpong	Blacktown	4.53m
9	Rachael Brown	Port Hacking	4.46m
10	Abby Schmiedel	Tamworth	4.39m
11	Sherryl Lition	Nyngan	4.39m
12	Jane Garraway	Koorringal Wagga	4.36m
13	Alicia Blackett	Kurrajong Bilpin	4.35m
14	Larni Cowgill	Kiama	4.34m
15	Lisa Kilroy	Cranebrook	4.17m
16	Madelaine Malyon	Randwick Botany	4.17m

**Girls U13 - Long Jump**

1	Brooke Giffen	Illawong	5.21m
2	Joanne Kilititi	Doonside	5.15m
3	Mihaela Grnovic	Blacktown	5.08m
4	Tiana Penitani	Eastern Suburbs	4.96m
5	Rowenn Turvey	Albion Park	4.76m
6	Maddie Campton	Kurri Kurri	4.59m
7	Sachi Kayama	Ryde	4.57m
8	Charlotte Jasprizz	Orange	4.55m
9	Madelaine Holbeach	St George	4.46m
10	Lauren Harrison	Ku-Ring-Gai	4.43m
11	Jessica Bloomfield	Port Macquarie	4.38m
12	Kate Bonser	Balmain	4.30m
13	Lacey Bruce	Shoalhaven	4.30m
14	Hannah Jones	Gosford	4.30m
15	Courtney Evans	Colyton St Clair	4.29m

**Girls U14 - Long Jump**

1	Melissa Farrington	Northern Suburbs	5.37m
2	Caitlin Heeps	Jamison	5.26m
3	Josie Nichol	Balmain	5.15m
4	Natalie Apikotoa	Kings Langley	5.02m
5	Dejane Defoe	Mt Druitt	4.95m
6	Gabriella Rhodes	Cowra	4.92m
7	Millie Smyth	Gunnedah	4.78m
8	Mikaela White	Gloucester	4.76m
9	Philippa Williams	Cherrybrook	4.75m
10	Skye Ryan	Albion Park	4.74m
11	Gabrielle Ralphs	Hills District	4.70m
12	Matilda Werner	Port Hacking	4.69m
13	Aleksandra Punosev	Green Valley	4.66m
14	Ivana Nikitovic	Bankstown Sports	4.60m
15	Susannah Brown	Armidale	4.53m
16	Tobey Madden	Canterbury	4.50m
17	Yasmin Akauola	Northern Illawarra	4.40m

**Girls U15 - Long Jump**

1	Courtney Cross	Hornsby	5.49m
2	Taylor King	Albion Park	5.34m
3	Rachel Shaw	Bowral	5.25m
4	Sara Klein	Kurrajong Bilpin	5.22m

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5	Savannah Walker	Stuarts Point	5.01m
6	Kara Lorentzen	Wallsend RSL	4.98m
7	Emily Duve	Cherrybrook	4.98m
8	Mikhaila Gray	Orange	4.90m
9	Stephanie Lucic	Mt Pritchard	4.75m
10	Emma Johnson	Campbelltown Collegians	4.69m
11	Alicia Garling	Campbelltown Collegians	4.64m
12	Rachel Perry	Port Hacking	4.60m
13	Courtney Steele	Quirindi	4.54m
14	Daniella Costa Lei	Ku-Ring-Gai	3.44m

## **Girls U17 - Long Jump**

1	Talissa Scott	Kiama	5.65m
2	Brianna Tisdell	Medowie	5.61m
3	Jacqui Fry	Greystanes	5.29m
4	Karina Bangel	Kurrajong Bilpin	4.99m
5	Petrisse Herbert	Macquarie Hunter	4.87m
6	Natalie Burns	Wollongong City	4.82m
7	Kathleen Tay	Ryde	4.78m
8	Priyanthi Pathiran	Hornsby	4.77m
9	Ashleigh Noble	Singleton	4.58m
10	Kirsty Honey	Albion Park	4.56m
11	Tamara Mossfield	Kurrajong Bilpin	4.47m
12	Georgia Edis	Northern Suburbs	4.44m
13	Nicola Hutton	Eschol Park	4.25m
14	Nicole Manzanera	Randwick Botany	4.07m
15	Alexandria Gatsios	Bankstown Sports	4.06m
16	Rebecca Cartwright	Kurrajong Bilpin	4.00m

## **Girls U11 - Triple Jump**

1	Madeleine Jones	Hornsby	9.61m
2	Lauren Russell	Kurrajong Bilpin	8.98m
3	Charly-Rose Dunne	Eastern Suburbs	8.93m
4	Katrina Shaw	Doonside	8.89m
5	Emma McGuigan	Randwick Botany	8.85m
6	Emily Campbell	Gosford	8.81m
7	Lara Fitton	Wollongong City	8.72m
8	Claudia Flynn	Wollongong City	8.59m
9	Monique Sawarsin	Sawtell-Toormina	8.51m
10	Faith Estil	Girraween	8.50m
11	Emma Frost	Northern Districts	8.43m
12	Jada Cayanan	Blacktown	8.38m
13	Becky Smyth	Gunnedah	8.32m
14	Hayley Bonser	Balmain	8.29m
15	Maddie Harvey	Dubbo	8.13m
16	Grace Weir	Macquarie Hunter	8.07m

## **Girls U12 - Triple Jump**

1	Phoebe Deskovic	Cherrybrook	10.35m
2	Katrina Hunt	Northern Suburbs	10.27m
3	Audrey Kyriacou	Randwick Botany	10.02m

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4	Madaleine Rushton	Cranebrook	9.90m
5	Emily Mulcahy	Port Stephens	9.87m
6	Sherryl Lition	Nyngan	9.79m
7	Akua Frimpong	Blacktown	9.74m
8	Ebony Blake	Nyngan	9.65m
9	Larni Cowgill	Kiama	9.54m
10	Amelia Suters	Manly Warringah	9.38m
11	Megan Doran	Muswellbrook	9.12m
12	Jaiden Walker	Stuarts Point	8.96m
13	Rachael Brown	Port Hacking	8.94m
14	Jade Grant	Jamison	8.75m
15	Genevieve Nisbet	Illawong	8.68m
16	Tiana Williams	Sutherland	8.62m

**Girls U13 - Triple Jump**

1	Joanne Kilititi	Doonside	11.16m
2	Mihaela Grnovic	Blacktown	10.90m
3	Lacey Bruce	Shoalhaven	10.61m
4	Alison Ruse	Jamison	10.23m
5	Kate Bonser	Balmain	10.20m
6	Rachael Jack	Ambarvale	9.94m
7	Madelaine Holbeach	St George	9.78m
8	Regan Yerbury	Sutherland	9.78m
9	Jessica Bloomfield	Port Macquarie	9.57m
10	Rowenn Turvey	Albion Park	9.55m
11	Sachi Kayama	Ryde	9.27m
12	Becky Clark	Cherrybrook	9.25m
13	Maddie Campton	Kurri Kurri	9.25m
14	Charlotte Jasprizz	Orange	8.98m
15	Hannah Yates	Gloucester	8.88m

**Girls U14 - Triple Jump**

1	Dejane Defoe	Mt Druitt	10.55m
2	Kiri Farmer	Illawong	10.50m
3	Millie Smyth	Gunnedah	10.46m
4	Matilda Werner	Port Hacking	10.39m
5	Xin Yue(Daisy) Din	Northern Suburbs	10.34m
6	Josie Nichol	Balmain	10.31m
7	Skye Ryan	Albion Park	10.25m
8	Aleksandra Punosev	Green Valley	10.20m
9	Kelsey Ryall	East Maitland	10.19m
10	Elizabeth Clay	Hornsby	10.01m
11	Gabrielle Ralphs	Hills District	9.97m
12	Sophie Stanton	Koorringal Wagga	9.88m
13	Jocelyn Francken	Katoomba	9.88m
14	Talisa Miller	Gunnedah	9.59m
15	Danika Heron	Shoalhaven	9.44m

**Girls U15 - Triple Jump**

1	Taylor King	Albion Park	11.22m
2	Mikhaila Gray	Orange	10.80m

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3	Rachel Shaw	Bowral	10.79m
4	Laura Bonzo	Adamstown	10.69m
5	Maddie Thornton	Ku-Ring-Gai	10.43m
6	Kara Lorentzen	Wallsend RSL	10.40m
7	Emily Coppins	Thornton	10.28m
8	Lucy Charlton	Cherrybrook	10.26m
9	Brinagh M'Gee	Sutherland	10.15m
10	Emily Duve	Cherrybrook	10.03m
11	Kate Caccamo	St George	10.01m
12	Georgia Marshall	Penrith Valley	9.84m
13	Suma Katti	Campbelltown Collegians	9.69m
14	Melissa Swan	Bankstown Sports	9.67m

**Girls U17 - Triple Jump**

1	Amy Nelson	Kurrajong Bilpin	11.30m
2	Petrise Herbert	Macquarie Hunter	11.09m
3	Michelle Jenneke	Cherrybrook	11.00m
4	Tamara Mossfield	Kurrajong Bilpin	10.88m
5	Natalie Burns	Wollongong City	10.41m
6	Elana Withnall	Old Bar	10.34m
7	Kathleen Tay	Ryde	10.27m
8	Meryn Denning	Hills District	10.04m
9	Natalie Crane	Springwood	10.00m
10	Freya King	West Wyalong	9.91m
11	Tamika Wilson	Medowie	9.86m
12	Sarah Riggs	Port Hacking	8.84m
13	Tegan Hope	Randwick Botany	8.57m
14	Shannon Drayton-Ta	Everley Park	7.63m

**Girls U9 - Shot Put**

1	Kristina Moore	Cherrybrook	8.04m
2	Jasmine Moeroa	Doonside	7.72m
3	Mallory Bassett	Hornsby	7.38m
4	Renee Fassolis	Douglas Park	6.57m
5	Emma Hutchison	Gilgandra	6.44m
6	Alana Sanchez Sidi	Tiger Wests	6.36m
7	Lauren Mapusua	Randwick Botany	6.32m
8	Hannah Kriz	Wellington	6.21m
9	Nicole Chaney	Gosford	6.12m
10	Sina Wildraut	Illawong	5.88m
11	Rachel Burnett	Dapto	5.80m
12	Renee Woods	Nambucca District	5.43m
13	Olivia Rotunno	Blacktown	5.38m
14	Samantha Allen	Kurri Kurri	5.36m
15	Jade Cannon	Macquarie Hunter	5.21m
16	Georgia Dengate	Werrington	5.10m

**Girls U10 - Shot Put**

1	Grace Robinson	St George	11.63m
2	Annabel McDermott	Ku-Ring-Gai	7.71m
3	Caitlyn Mackie	Gilgandra	7.67m

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4	Paige Farrant	Gosford	7.67m
5	Morgan Haimau-Ikih	Cardiff	7.63m
6	Brooke Srbinovski	Randwick Botany	7.47m
7	Sofie Langenbaker	Tamworth	7.16m
8	Natalia Mageropoul	Northern Districts	6.89m
9	Olivia Broadhead	Penrith Valley	6.83m
10	Shannon Burchell	Bankstown Sports	6.77m
11	Samantha Peace	Shoalhaven	6.73m
12	Belinda Carrasco	Lake Illawarra	6.71m
13	Angela Williams	Adamstown	6.50m
14	Shanaya Mamo	Blacktown	6.25m
15	Brooke Salzman	Illawong	5.93m
16	Rachel Lipscombe	Blacktown	5.43m

## **Girls U11 - Shot Put**

1	Jamie Farrant	Gosford	10.57m
2	Akaylah Leef	Wyong	10.35m
3	Molly Darrington	Narrandera	10.21m
4	Emma-Joyce Croker	Forster/Tuncurry	9.76m
5	Brooke Pembleton	Koorringal Wagga	9.61m
6	Taylor Minslow	Randwick Botany	9.37m
7	Emma Frost	Northern Districts	9.13m
8	Amelia Schubert	Port Hacking	9.03m
9	Emily Rotunno	Blacktown	8.54m
9	Jaimie-Lee Rios	St George	8.54m
11	Grace Jeffery	Macquarie Hunter	8.47m
12	Taela Bushell	Werrington	8.32m
13	Chloe Docker	Albion Park	8.12m
14	Monique Taukamo	Randwick Botany	7.82m
15	Emma Steltenpool	Nepean	7.12m

## **Girls U12 - Shot Put**

1	Juanita Lloyd	Bankstown Sports	12.59m
2	Isabella Lawrence	Macquarie Hunter	12.20m
3	Monica Dimon	Port Hacking	11.44m
4	Francesca Mayol	Winston Hills	11.32m
5	Alysha Burnett	Northern Districts	11.10m
6	Brigitta Holland	Grenfell	10.92m
7	Felicity Burnett	North Rocks	10.71m
8	Kyara Nean	Wallsend RSL	10.47m
9	Tahlia Tupaea	Emu Plains	9.93m
10	Tania Minutolo	Port Hacking	9.44m
11	Katrina Inzitari	Douglas Park	9.38m
12	Jessica Stikovic	Western Blues	9.31m
13	Kiera Garling	Dubbo RSL	9.27m
14	Gabrielle Taylor	Wallsend RSL	9.15m
15	Talisha Maruta	Colyton St Clair	8.81m

## **Girls U13 - Shot Put**

1	Taylah Sengul	Winston Hills	14.01m
2	Filoi Aokuso	Blacktown	13.64m

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3	Paletina Lemi	Winston Hills	13.29m
4	Samantha Farrant	Gosford	12.77m
5	Tai Denicaucau	Lithgow	12.60m
6	Mariella Hurtado	Smithfield	11.35m
7	Maria Fagatuai	Bankstown Sports	11.01m
8	Tania Fassolis	Douglas Park	10.01m
9	Karina Harland	Kempsey	9.63m
10	Emily Butcher	Macquarie Hunter	9.35m
11	Molly Dugan	Northern Illawarra	8.93m
12	Kirsty Robins	Penrith Valley	8.80m
13	Caitlin Williams	Northern Illawarra	8.64m
14	Alyssa Edwards	Shoalhaven	8.37m
15	Ellyn Casey	Raymond Terrace	8.28m

## **Girls U14 - Shot Put**

1	Rachelle Grozde	Albion Park	13.26m
2	Abby Moroney	Camden	12.33m
3	Gabrielle Ralphs	Hills District	11.72m
4	Bianca Tassone	Cessnock	11.34m
5	Daniela Mayol	Winston Hills	10.95m
6	Bridey Mulder	Woodberry & Dist	10.23m
7	Demi Fassolis	Nepean	9.96m
8	Eliza Cepak	Northern Suburbs	9.58m
9	Gabriella Galea	Nepean	9.20m
10	Rachell Sharne	Smithfield	8.53m
11	Katrina Blackett	Kurrajong Bilpin	8.45m
12	Brittany Dickson	Smithfield	8.41m
13	Taylor-Jane Villis	Eschol Park	8.02m
14	April Sullivan	Albion Park	6.72m

## **Girls U15 - Shot Put**

1	Kristy Dingwall	Smithfield	14.21m
2	Emily Bills	Parramatta	12.88m
3	Kini Chapple	Nepean	12.40m
4	Asalia Fagatuai	Bankstown Sports	12.37m
5	Tepa Lemi	Winston Hills	11.94m
6	Alice Iosefo	St George	11.80m
7	Courtney Cross	Hornsby	11.49m
8	Gemma Bylos	Old Bar	10.72m
9	Emily Debrot	Albion Park	10.48m
10	Kristee Sharne	Smithfield	10.40m
11	Zoe Heath	Western Blues	10.27m
12	Rachel Johnson	Mudgee	9.80m
13	Laura Darrington	Narrandera	9.48m
14	Alice Read	Tamworth	9.03m
15	Kate Ives	Macquarie Hunter	8.95m
16	Francesca Ritchie	Katoomba	8.75m

## **Girls U17 - Shot Put**

1	Ruby Morris	Lismore	11.99m
2	Tianna Cummings	Macquarie Hunter	11.02m

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3	Moana Hefferman	Holroyd	10.91m
4	Nicole Fassolis	Douglas Park	10.32m
5	Amy Nolan	Prospect	9.39m
6	Amanda Leabeater	Parramatta	9.37m
7	Jessica Maxwell	Glenbrook	8.75m
8	Tori Middlebrook	Nepean	8.73m
9	Laura Flanagan	Girraween	8.32m
10	Kate Edwards	Shoalhaven	8.17m
11	Natalie Herbert	Forbes	7.84m
12	Nicole Dahlberg	Winston Hills	7.71m
13	Mahsa Javam	Winston Hills	7.57m

**Girls U9 - Discus**

1	Jasmine Moeroa	Doonside	28.41m
2	Mallory Bassett	Hornsby	27.62m
3	Kristina Moore	Cherrybrook	26.88m
4	Sina Wildraut	Illawong	25.71m
5	Jordann Johnson	Southlakes	24.18m
6	N'Dea Rumble	Armidale	23.30m
7	Mikaela Donovan	Stuarts Point	22.60m
8	Rachel Burnett	Dapto	21.74m
9	Emily Kermond	Bankstown Sports	17.23m
10	Hannah Kriz	Wellington	16.59m
11	Angela Prince	Northern Suburbs	16.04m
12	Rhomee Gaffey	Kurrajong Bilpin	15.99m
13	Natasha Penitani	Eastern Suburbs	15.63m
14	Shaye-Lee Frier	Lake Illawarra	15.49m
15	Reese Bacon	Ingleburn RSL	15.04m

**Girls U10 - Discus**

1	Grace Robinson	St George	35.30m
2	Samantha Peace	Shoalhaven	27.59m
3	Natalia Mageropoul	Northern Districts	27.37m
4	Shannon Burchell	Bankstown Sports	26.38m
5	Hannah Southwell	Adamstown	24.86m
6	Belinda Carrasco	Lake Illawarra	24.80m
7	Bethany Parker	Kings Langley	24.64m
8	Tiana Hazlewood	Northern Districts	23.03m
9	Shanaya Mamo	Blacktown	22.21m
10	Lana Duffy	Koorringal Wagga	21.26m
11	Marnie Clarkson	Western Suburbs	21.22m
12	Dorothea Makrydima	Liverpool City	20.94m
13	Ashlee Harrison	Doonside	19.12m
14	Sophie Saunders	Quirindi	18.77m
15	Irene Minutolo	Port Hacking	18.04m
16	Mel Coyne	Westlakes	13.72m

**Girls U11 - Discus**

1	Jamie Farrant	Gosford	31.04m
2	Molly Darrington	Narrandera	28.38m
3	Akaylah Leef	Wyong	27.65m

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4	Taylor Minslow	Randwick Botany	24.34m
5	Aimee Harvey	Parramatta	23.98m
6	Susie Seitaridis	Lake Illawarra	23.66m
7	Emilia Bulloch	Campbelltown Collegians	23.38m
8	Brooke Peel	Lockhart	22.63m
9	Emma Steltenpool	Nepean	20.98m
10	Samantha Moore	Warradale	19.79m
11	Winona Rumble	Armidale	18.02m
12	Natalia Robson	Sawtell-Toormina	17.84m
13	Bronte Roberts	Raymond Terrace	16.88m
	Amelia Schubert	Port Hacking	ND
	Natasha Stork	Glenbrook	ND

## Girls U12 - Discus

1	Juanita Lloyd	Bankstown Sports	35.42m
2	Jessica Stikovic	Western Blues	33.43m
3	Monica Dimon	Port Hacking	32.41m
4	Brigitta Holland	Grenfell	31.91m
5	Alysha Burnett	Northern Districts	31.72m
6	Francesca Mayol	Winston Hills	31.52m
7	Alysia Gardner	Albion Park	30.08m
8	Isabella Lawrence	Macquarie Hunter	29.69m
9	Katrina Inzitari	Douglas Park	26.18m
10	Caillie Dunne	Northern Suburbs	25.99m
11	Jade Grant	Jamison	25.41m
12	Tania Minutolo	Port Hacking	23.09m
13	Stephanie Vowles	Lake Illawarra	22.97m
14	Alys Drury	Edgeworth	18.75m
15	Bridget Farkas	Prospect	18.74m
16	Bianca Fitzsimmons	Raymond Terrace	17.91m

## Girls U13 - Discus

1	Taylah Sengul	Winston Hills	49.57m	<b>RECORD</b>
2	Filoi Aokuso	Blacktown	47.91m	
3	Tai Denicaucau	Lithgow	43.89m	
4	Samantha Farrant	Gosford	38.40m	
5	Emily Butcher	Macquarie Hunter	35.79m	
6	Tania Fassolis	Douglas Park	34.56m	
7	Sarah Willmott	Macquarie Hunter	34.37m	
8	Paletina Lemi	Winston Hills	32.76m	
9	Mariella Hurtado	Smithfield	31.88m	
10	Maria Fagatuai	Bankstown Sports	31.57m	
11	Karina Harland	Kempsey	27.80m	
12	Kyrah Hush	Shoalhaven	27.45m	
13	Rachael Hough Devi	Randwick Botany	26.83m	
14	Kirsty Robins	Penrith Valley	23.77m	
15	Molly Dugan	Northern Illawarra	22.37m	

## Girls U14 - Discus

1	Abby Moroney	Camden	40.19m
2	Rachelle Grozde	Albion Park	35.95m

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3	Eliza Cepak	Northern Suburbs	32.50m
4	Natalie Apikotoa	Kings Langley	32.48m
5	Susannah Brown	Armidale	29.96m
6	Demi Fassolis	Nepean	29.42m
7	Jean Harvey	Parramatta	29.37m
8	Monique Wanstall	Campbelltown Collegians	27.91m
9	Phillipa Taylor	Forbes	26.62m
10	Bridey Mulder	Woodberry & Dist	26.58m
11	Taylor-Jane Willis	Eschol Park	26.46m
12	Gabriella Galea	Nepean	25.95m
13	Stephanie Farmakid	Port Hacking	24.00m
14	Sara Hedges	Singleton	21.31m
15	Katrina Blackett	Kurrajong Bilpin	20.45m

## Girls U15 - Discus

1	Kristy Dingwall	Smithfield	39.28m
2	Cassie Hewitt	Hills District	38.01m
3	Tepa Lemi	Winston Hills	37.72m
4	Kini Chapple	Nepean	37.72m
5	Alice Iosefo	St George	37.64m
6	Zoe Heath	Western Blues	35.68m
7	Emily Bills	Parramatta	34.89m
8	Emily Debrot	Albion Park	33.42m
9	Kristee Sharne	Smithfield	32.19m
10	Asalia Fagatuai	Bankstown Sports	30.56m
11	Gemma Bylos	Old Bar	27.56m
12	Laura Darrington	Narrandera	26.27m
13	Rachel Johnson	Mudgee	25.20m
14	Francesca Ritchie	Katoomba	23.56m
15	Karen Wilcocks	Inverell	21.11m

## Girls U17 - Discus

1	Brydee Clarke	Koorringal Wagga	39.92m
2	Nicole Fassolis	Douglas Park	37.15m
3	Tianna Cummings	Macquarie Hunter	36.30m
4	Moana Heffernan	Holroyd	34.14m
5	Amanda Leabeater	Parramatta	29.30m
6	Bridie Norman	Randwick Botany	29.22m
7	Ruby Morris	Lismore	28.98m
8	Elizabeth Borg	Lake Illawarra	27.38m
9	Amy Nolan	Prospect	25.69m
10	Natalie Herbert	Forbes	25.64m
11	Mahsa Javam	Winston Hills	24.07m
12	Caitlin Lowe	Winston Hills	22.31m
13	Jessica Maxwell	Glenbrook	21.51m

## Girls U13 - Javelin

1	Taylah Sengul	Winston Hills	45.91m	<b>RECORD</b>
2	Molly Dugan	Northern Illawarra	36.71m	
3	Filoi Aokuso	Blacktown	33.70m	
4	Casey Judge	Tuggerah Lakes M	32.39m	

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5	Tania Fassolis	Douglas Park	31.03m
6	Samantha Farrant	Gosford	29.88m
7	Tomasin Clark	Sutherland	29.72m
8	Luisa Moriso	Blacktown	29.55m
9	Katie Haywood	Eastern Suburbs	24.93m
10	Alyssa Edwards	Shoalhaven	24.11m
11	Alix Oseland	East Maitland	23.28m
12	Kirsty Robins	Penrith Valley	22.23m
13	Shanelle Lawrance	Edgeworth	16.88m

**Girls U14 - Javelin**

1	Catherine Smith	Port Hacking	33.90m
2	Rachelle Grozde	Albion Park	33.02m
3	Phillipa Taylor	Forbes	32.96m
4	Sheridan Marks	Hornsby	32.62m
5	Matilda Werner	Port Hacking	30.43m
6	Rebecca Riggs	Port Hacking	30.03m
7	Eliza Cepak	Northern Suburbs	29.07m
8	Alix Waddell	Jamison	29.00m
9	Daniela Mayol	Winston Hills	28.39m
10	Stephanie Farmakid	Port Hacking	26.83m
11	Bianca Tassone	Cessnock	26.32m
12	Gabriella Galea	Nepean	25.69m
13	Emma-Leigh Maley	Penrith Valley	25.67m
14	Emily Warden	Shoalhaven	25.44m
15	Cassandra Bailey	Macquarie Hunter	22.38m
16	Ebony James	Macquarie Hunter	18.88m

**Girls U15 - Javelin**

1	Emily Debrot	Albion Park	39.59m
2	Victoria McKnight	Wellington	32.44m
3	Sarah Bowden	Helensburgh	30.84m
4	Kini Chapple	Nepean	30.77m
5	Cassie Hewitt	Hills District	30.20m
6	Breannan Ryan-Hill	Kurri Kurri	28.91m
7	Georgia Marshall	Penrith Valley	27.79m
8	Stephanie Gordon	Dubbo RSL	27.72m
9	Brianna Murray	Winston Hills	27.02m
10	Christina Fassolis	Douglas Park	26.52m
11	Kristee Sharne	Smithfield	26.40m
12	Courtney Wilcox	Colyton St Clair	25.65m
12	Stephanie Ambrose	Bankstown Sports	25.65m
14	Rhiannon Howard	Macquarie Hunter	23.59m

**Girls U17 - Javelin**

1	Alison Severino	Port Hacking	39.34m
2	Nicole Fassolis	Douglas Park	38.77m
3	Tegan Smith	Tamworth	36.96m
4	Katie Lawrence	East Maitland	34.19m
5	Tianna Cummings	Macquarie Hunter	32.19m
6	Nicole Dahlberg	Winston Hills	31.35m

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7	Sarah Riggs	Port Hacking	30.66m
8	Amanda Leabeater	Parramatta	28.40m
9	Rhianna Brown	Cherrybrook	26.77m
10	Emily Reichler	St Georges Basin	25.38m
11	Amy Nolan	Prospect	24.50m
12	Tamara Mossfield	Kurrajong Bilpin	23.16m
13	Georgia Cluff	Gilgandra	21.83m
14	Amy O'Leary	Peak Hill	19.48m
15	Ashlea Rodman	Penrith Valley	17.44m